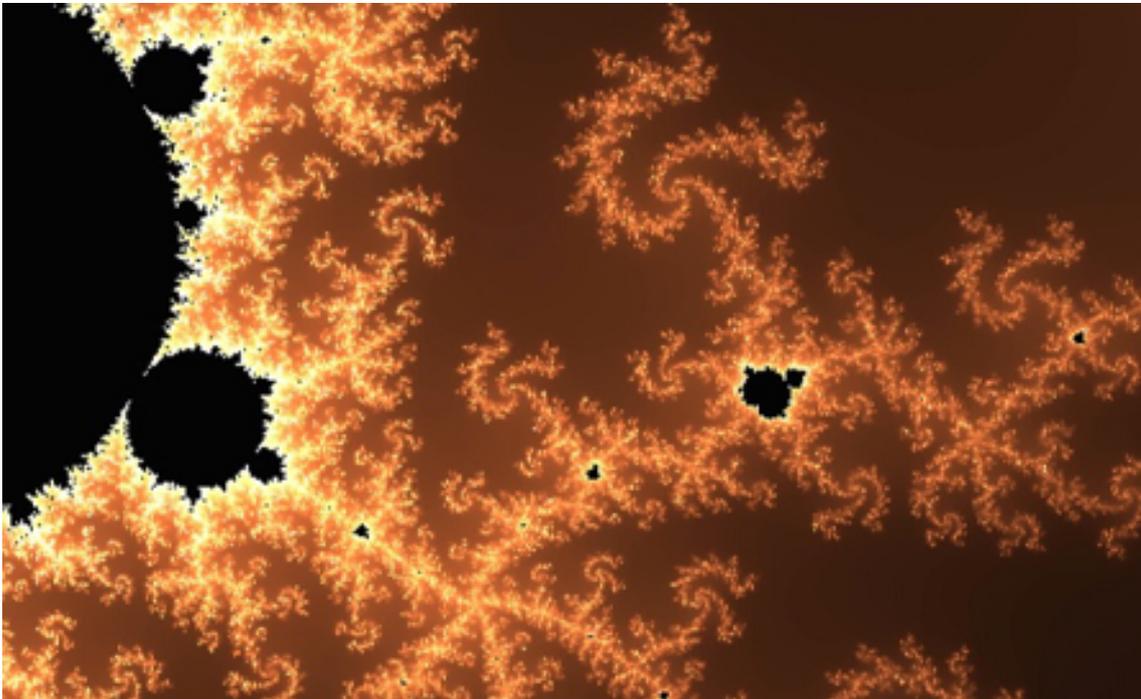


Proving: LSD (Lysergic Acid)

Date: October 1999

By Misha Norland & The School of Homeopathy.



If the doors of perception were cleansed everything would appear to man as it is, infinite. For man has closed himself up till he sees all things thro' narrow chinks of his cavern.

William Blake from *The Marriage of Heaven & Hell*

Lysergic Acid

It is a multiple million eyed monster it is hidden in all its elephants and selves it hummeth in the electric typewriter it is electricity connected to itself, if it hath wires it is a vast Spiderweb and I am on the last millionth infinite tentacle of the spiderweb, a worrier lost, separated, a worm, a thought, a self.. I Allen Ginsberg a separate consciousness I who want to be God..

Allen Ginsberg

Introduction

School of Homeopathy, February 1999 by Misha Norland

LSD 25 is the most potent psychotropic substance known to us, a mere sixth of a milligram being sufficient to induce and maintain an altered state for up to six hours. Furthermore, this initial experience may produce flashback experiences for years to come. It was the main drug informing the youth culture of Western countries in the sixties and seventies. This is well documented in literature, painting and music. The vernacular language of the sixties serves as an example of the infiltration: the trip, a word coined for the LSD experience may be so far out, it is outa sight. During the homœopathic proving many spoke of the experience as a journey, a trip! It is the extreme and 'other worldly' nature of the LSD-induced state which often makes it difficult to integrate into everyday life - it is either thought of as sacred or written off as dangerously hallucinogenic - the 'danger' being related to the disorientating effects of the experience. One of the provers said that she had been profoundly changed by the proving experience and grateful for that, but now she felt vulnerable, exposed and uncertain. Being stripped of the outer vestments of personality is only okay for those who have travelled part of this journey before, although even then, it may not be easy. Paranoid reactions are often unearthed during a trip.

Many of the world's tribal peoples rely upon natural drugs to induce religious experience. This sets a cultural background within which what we might describe as 'paranoid' states can be contained as well as made explicit. Hallucinogenic drugs also have a prime place in shamanic work. We have met our match, it seems to me, in producing a drug of such mind altering power as LSD. Perhaps we need a sledge hammer to crack open the tough nut that our century has made of us - shored up as we are against a relentless tide of TV, innanity and horror.

LSD was experimented with as a 'truth drug' by the military and the CIA. It was also used in hospices as an aid for the dying as well as being used in psychotherapeutic settings. It has been extensively used to evoke religious experiences and to intensify sexual ecstasy. There is a story, perhaps apocryphal, concerning the Maharishi who is said to have requested a trip from Timothy Leary. His response to the experience is said to have been, "it is like going on a meaningful walk". Trippers then as now repeat the experience either to reconnect with the divine or simply because the experience is superbly super-real and super-colourful. Today, in considerably attenuated doses, it is second to Ecstasy as the drug of ravers. (Most of our provers experienced music in a heightened manner.)

Some do it for therapy, some to seek truth and enhance their creativity, some for laughs. Doing it for laughs, bearing in mind the profundity of the experience may seem an anathema, however, many, including some of the provers, felt childlike, that the world was charmed and full of music, colour and good humour. Obviously there is an opposite state into which trippers may flip: a flat, grey and depressed state of tedium and pointlessness, of alienation.

Creativity especially in the field of music reached a zenith in the early seventies. The special qualities of LSD intoxication are synaesthetic, where sound and vision intermingle. Richness of musical invention and texture and mystical inspiration were characteristic of late sixties and early seventies music. Yet the values of this generation, of the flower children, have been bypassed; it is as if they have sown their seeds, but often in unfertile soils. The ground has not been fertile because our culture for the most part continues to deny spiritual values and because it erects almost impenetrable barriers against the flow of surrendering values of the ego.

Surrendering any aspect of ego is a considerable task if undertaken consciously. It is appropriately embarked upon as a spiritual or psychotherapeutic quest. The beat poet, Alan Ginsberg, trying to emulate the visionary William Blake, had this to say, "I spent about fifteen years trying to recreate the Blake experience in my head, and so wasted my time. It's just like somebody taking acid and wanting to have a God trip and straining to see God, and instead, naturally, seeing all sorts of diabolical machines coming up and around him, seeing hells instead of heavens. So I did finally conclude that the bum trip on acid as well as the bum trip on normal consciousness came from attempting to grasp, desiring a preconceived end, a preconceived universe, rather than entering a universe not conceivable, not even born, not describable" (This applied also to a number of provers who found that straining to find or do something often resulted in a difficult time while remaining open and unprejudiced brought out the important information and function without so much of the pain.) Letting go of wanting, letting go of straining to hold onto disparate fragments of a split off personality, letting go of ego, is also the unwitting result of unconscious psychic breakdown! In my opinion these aspects of 'letting go', 'breaking down', 'loosing form', are of the essence when considering the LSD experience. This may seem as meaningless as a psychotic episode or as meaningful as the Maharishi's meaning-full walk. To put it metaphorically: the 'ghost' which inhabits the heart of LSD is no-thing. LSD breaks down the ego's structures. Ultimately the LSD trip informs us that consciousness is configured around the primordial void (as the Buddhists have it). This void is also the primordial fullness. It contains all manner of things in their unmanifested state. Since they are unmanifested, the primordial state may also be described as empty. Trippers have a bad time if they are unable to sustain a view of this emptiness. This is so because without a "still point in the turning world" as T.S.Eliot put it, there are a myriad 'realities' each of which is equally plausible. The LSD intoxication is often of such intensity, the experience so real, that the trip becomes the only reality. This imaginal realm fills the field of consciousness and establishes itself as 'the' reality. Other realities are often wiped out. (Although 'observing' consciousness, in those who have this faculty well developed, may maintain a view of both realities simultaneously). Likewise, that which had been formerly thought of as 'I' or ego losses its hold. The person is as a small child again. (Many provers felt this way.) However, most individuals are well enough established in their core being to hold their ego structure together, and they may enjoy (or be but temporarily horrified) by the play of imagination as it flits like a will-o-the-whisp upon the outer fabric of sensory perceptions and memories. Or to put it another way, according to the analogy of levels of consciousness, the trip sets the tripper on the journey from peripheral to core states of being. The peripheral level (of structured memory complexes, states of knowing) gives way to uncensored memory and sensory impressions, these in turn may give way to states which resemble childhood in that they are open, rather than conditioned. Ultimately perceptions of primordial space may come - unconditioned and spacious. This state can lead to bliss or terror - the good trip or the bad trip.

To recapitulate, the central theme is about loosing form. This loss of definition applies to all aspects of the trip: visually, shapes shift and transform, synaesthetically, sensory impressions flow into one another, imaginally, ever changing pictures display themselves before the 'screen' of heightened perceptions, and at the core of being, the sense of ego identity may fall away.

The mind proving symptoms have been arranged in the following headings:

Sacred

Sacred, in the sense of inspiring awe and reverence for nature. This state is coupled with supreme well being.

Peace & Love

Connection

Truth

Merging

Delight in merging with another (God, human, animal, plant or stone) or deep fear of it. Loss of ego.

Merging of Senses, merging with Music

Nature, Animals - Immersion of awareness in inanimate objects, animating them.

Timelessness

Clairaudience and clairvoyance.

Confusion, Distortion

Childlike

Childlike, in the sense of experiencing things and events in an as new manner, as if for the first time.

Often finding things hilariously silly.

Innocence, Giggling, New

Cosseted

Unrestricted, Space

Freewheeling

Youthful

Feeling youthful, exuberant and expectant (like a teenager).

Excitement

Music, Dance

Courtship, Romance

Expansion

Exploration, Journeys

Restriction

Earthiness, Grossness, Materialism

Restlessness

Disorganised

Disconnection

Isolation, Desire to be alone

Numbness, Apathy

Apprehension

Fear

Suspicion, Jealousy

Fear of impending danger. Fear associated with loss of self.

Distortions of time and space - disorientation and forgetfulness.

Sense of alienation and loss - depression.

Death

Decay

Substance

by Peter Fraser

D-Lysergic Acid Diethylamide

C20H25N3O

Acid; Cubes; Delysid; Wedding Bells; Royal Blue; Pearly Gates; Heavenly Blue; D-LSD; LSD; LSD-25.

LSD is a synthetic alkaloid related to the alkaloids found in ergot. It was first synthesized in 1938 by Dr Albert Hofmann.

Ergot

Ergot is produced by the fungus *Claviceps purpurea* growing on grains and wild grasses. Kernels infected with the fungus develop curved brown pegs (sclerotia) that grow in place of the grains. The form used medicinally is the ergot of rye (*Secale cornutum*), which is a well known homeopathic remedy. Its keynotes include a sense of great heat; haemorrhages of thin, fetid, watery black blood; senility; menstrual colic, burning pains, gangrene and puerperal fever.

From the early Middle Ages the growth of the fungus in poorly stored grains caused mass outbreaks of ergot poisoning (ergotism), often affecting thousands at a time.

St. Anthony

Ergotism was known as St. Anthony's Fire after the Third Century anchorite saint who lived to the age of 105, spending most of his life in the Egyptian desert, tormented by demons in a myriad of forms. His great age was part of his torment, martyrdom having been denied him despite his best efforts to seek it. (*Secale* is an important remedy for senility and the aged.) Sufferers of ergotism, like him, experienced physical torment in the form of a burning fire on the skin and the mental torment of devilish hallucinations.

He is a patron of monks and of healers. The monks of The Order of Hospitallers of St. Anthony in their black robes with a blue Tau cross were well known through the Middle Ages for their succour of sick animals and people and particularly of those suffering the agonies of St. Anthony's Fire.

From the perspective of LSD it is interesting to note that the hallucinogenic torments that St Anthony experienced were almost equally divided between the taunts of the most horrible demons and the temptations of the most beautiful women and sensual delights. The temptations and torments have been a favourite subject for artists and writers, most notably Bosch and Flaubert.

The Ergot Alkaloids

Ergot was traditionally used by midwives as an ecboic, a medicine used to precipitate childbirth. It was, however, notoriously difficult to judge the correct dose and was as likely as not to cause damage to the child. Its use thus tended to be restricted to the treatment of post partum haemorrhage.

Ergotoxine was isolated in 1907 but it was found to be more toxic than therapeutic. Ergotamine was isolated by Professor Stoll in 1917 and is still used to treat migraine. He later isolated the uterotonic ingredient ergobasine (Ergometrine), which is still a major drug for the treatment of post partum haemorrhage.

In 1935 Dr Albert Hofmann, a chemist working in Prof. Stoll's laboratory at the Swiss company Sandoz began work on the ergot alkaloids. He synthesized Ergobasine and developed Hydergine which is still used to treat peripheral vascular disease, particularly in geriatric patients.

The Synthesis of LSD

In order to synthesize ergobasine Hofmann had combined lysergic acid with propanolamine. He then

produced a number of other compounds of lysergic acid. The 25th of these, LSD-25, was synthesized in 1938. It produced a strong effect on the uterus but the activity amounted to only 70% of that of ergobasine and testing was discontinued.

Unusually and for no reason other than "a peculiar presentiment (vorgefühl)- the feeling that this substance could possess properties other than those established in the first investigations" Dr Hofmann returned to work on LSD-25 in the spring of 1943. During the final stage of synthesis and purification he "was forced to interrupt my work in the laboratory in the middle of the afternoon and proceed home, being affected by a remarkable restlessness, combined with a slight dizziness. At home I lay down and sank into a not unpleasant intoxicated-like condition, characterized by an extremely stimulated imagination. In a dreamlike state, with eyes closed (I found the daylight to be unpleasantly glaring), I perceived an uninterrupted stream of fantastic pictures, extraordinary shapes with intense, kaleidoscopic play of colours. After some two hours this condition faded away."

He concluded that he must have absorbed a tiny amount of the substance through the skin of his hands. A few days later he took a minute dose of .25 mg of the drug resulting in the first proving which can be found in Appendix 1.

Properties of LSD

The self-experiment showed Dr Hofmann "that LSD-25 behaved as a psychoactive substance with extraordinary properties and potency. There was to my knowledge no other known substance that evoked such profound psychic effects in such extremely low doses, that caused such dramatic changes in human consciousness and our experience of the inner and outer world." Dosage for LSD is measured in micrograms (millionths of a gram). Even these minute doses cause massive effects. LSD tends to lodge in the liver, spleen and kidneys. Only 0.1% of the dose enters the brain and even that remains for only 20 minutes. Thus its powerful effects can be caused by less than 100 nanograms (billionths of a gram) of the substance reaching the brain and these effects continue long after there is no substance left in the brain. LSD is known to cause flashbacks where the patient again experiences the effects of the drug, even many years later. LSD may also be tetragenic and thus the effect of minute doses can be felt even by future generations. At one point LSD was cited by some homœopaths as an example of how microdoses could cause dramatic and long lasting changes in the human body.

These extraordinary properties led to experiments in the use of LSD in psychotherapy, philosophy, and by government agencies looking for ways to manipulate the mind for brainwashing and as a tool for assassination.

In spite of this experimentation no practical use for LSD has ever been found and its continued use is only as a recreational drug.

LSD and the CIA

In 1942 Gen. Wild Bill Donovan the Chief of OSS (the forerunner of the CIA) set up a secret program to find a speech inducing drug. One of the first substances tried was an extract of cannabis. At first they had some success with it, but they found that it was just as likely to cause a bad trip and paranoia as it was to make the subject open and loquacious. In the following years several US Government agencies set up similar operations. The Navy had project CHATTER which tested, among others, cannabis and mescaline.

However, it was the CIA that was most interested. They set up project BLUEBIRD which was replaced

by ARTICHOKE to investigate the use of drugs in interrogation. They later also set up MK-ULTRA to investigate whether and how it was possible to modify an individual's behaviour by covert means. They hoped to be able to brainwash people and to use them as unsuspecting and totally controlled agents. ARTICHOKE and MK-ULTRA had a paranoid distrust of each other.

The CIA projects used researchers, particularly at mental and veterans hospitals, to test and investigate all sorts of drugs but particularly hallucinogens. Many of the great advocates of LSD, including Ken Kesey and Allen Ginsberg, were introduced to hallucinogens as volunteers at CIA sponsored research programmes. At a conference on LSD in 1977 Timothy Leary said "The LSD movement was started by the CIA. I wouldn't be here now without the foresight of the CIA scientists.

Those at the agency who first tested LSD in the early 50s were convinced it would revolutionize the cloak and dagger trade. As one CIA officer recalled "We had thought this was the secret that was going to unlock the universe."

At first the experiments on LSD indicated that it might be a useful truth serum. However, it became clear that it was as likely to produce confusion, panic, boundless bliss and total paranoia as it was openness and a tendency to talk. It was also totally unreliable. Which way a subject was going to go was impossible to predict and the subject was likely to move from one state to another completely and suddenly.

In a typical LSD volte face it was then thought that LSD should be given to agents to take if they were captured so that they would babble gibberish and be difficult to interrogate.

As foreign powers might use LSD, agents were given it so they would know what it was like and would be able to handle it better if they were captured and it was used when they were being interrogated. CIA documents refer to agents familiar with LSD as "enlightened operatives".

In spite of the lack of success in finding a use for LSD the power of LSD was so great that it was felt it must have a use. This, along with the fact that the Russians were thought to be using it (they probably were as all Russian ergot mysteriously disappeared from the world market), led to continued research.

Research projects were sponsored directly and others were carefully watched. Agents were given LSD both openly and covertly. There was even a plan to spike the punch at the CIA Christmas party. In 1953 Dr Frank Olsen, who worked for the CIA, committed suicide. He had become severely depressed after his coffee had been secretly dosed with LSD. This led to some tightening up, but programmes continued.

In 1955 the CIA borrowed George White from the New York Narcotics police. He set up safe houses in Greenwich Village and later in San Francisco where prostitutes gave spiked drinks to unsuspecting customers and agents secretly observed and recorded their reactions. This went on till at least 1963 and probably till 1966.

Many possibilities were investigated by the CIA and the military. These included contaminating water supplies and aerosol dispersal over the battlefield. At one point the CIA, through the FDA, placed an order with Sandoz for 10 kilos of LSD (enough for 100 million doses). Sandoz never produced that sort of quantity so the FDA persuaded the American company Eli Lilly to start manufacturing. Ultimately the CIA and the military never did find a use for LSD and moved on to other drugs that

were more predictable.

LSD and the Counter Culture

Martin Lee and Bruce Shlain in their detailed history of LSD: *Acid Dreams. The Complete Social History of LSD: The CIA, the Sixties and Beyond* remark that "the LSD story is inseparable from the cherished hopes and shattered dreams of the sixties generation".

The first of the great prophets of LSD was Capt. Alfred Hubbard. He had been a high level officer in the OSS and had been responsible for organizing the financing of covert operations through banks and companies in Canada. He had made a fortune as a uranium entrepreneur and had contacts in the worlds of politics, business and spying. In 1951 he took his first acid trip and in the next few years became the great proselytiser for the positive power of LSD. He was known as the Johnny Appleseed of LSD, jetting around the world in his private plane turning people on to this new wonder drug. He is said to have spent more than two hundred thousand dollars on acquiring LSD through his contacts which he then gave away to friends and researchers.

One of the people that Hubbard turned on to LSD was Aldous Huxley, whose books *The Doors of Perception* and *Heaven and Hell* detail his experiences with hallucinogens.

Hubbard worked with Dr Humphry Osmund who was a staff physician at a hospital in Saskatchewan. Dr Osmund had noticed that many alcoholics only found the power to quit after they had "hit bottom" and suffered the terrors of the DTs. He used LSD to simulate this experience in a less dangerous manner. He had a significantly better success rate in treating alcoholics than conventional therapies.

It was Osmund, in a letter to Huxley, who coined a new name term for hallucinogens in an effort to differentiate the new field of psychiatric study.

To fathom hell or soar angelic Just take a pinch of psychedelic.

Psychedelic means "mind manifesting".

Osmund and Hubbard believed that LSD could transform the belief systems of the world leaders and so bring about world peace. They organized LSD sessions for the political elite in Canada, the US and Britain. These sessions are said to have included British MPs, UN representatives and a Prime Minister. Henry Luce the president of Time-Life and his wife were among the business and political movers and shakers that they "turned on".

Hubbard also introduced LSD to Hollywood. Cary Grant found the experience so helpful and healing that he became a zealous missionary.

Timothy Leary was a clinical psychologist and lecturer at Harvard. He was undergoing a bit of a midlife crisis when in 1960 he was on holiday in Mexico and took some magic mushrooms. "It was above all and without question the deepest religious experience of my life, I discovered that beauty, revelation, sensuality, the cellular history of the past, God, the Devil – all lie inside my body, outside my mind." With a colleague, Richard Alpert he began to investigate the religious experience with the help of psychedelics. They set up a group on the Harvard campus that combined all sorts of psychedelic drugs with a degree of academic study. In 1963 their activities became too much for the University and they were fired.

They set up the International Federation for Internal Freedom in Mexico. Within six months the local authorities had also got fed up and threw them out. They then moved to Millbrook, a mansion 2 hours from New York City owned by the millionaire William Mellon Hitchcock, grandson of the founder of Gulf Oil and nephew of Andrew Mellon.

For four years Leary and Alpert ran a commune at Millbrook where the psychedelic phenomenon was both experienced and investigated. Leary regarded LSD as a religious experience, as chemical mysticism. He modified the Tibetan Book of the Dead as a manual on how to confront the "Clear Light of the Void" during the acid peak experience. Leary believed that LSD tuned into genetics and could connect with the evolutionary program of DNA. God is the DNA code. "Our cortical cells, or the machinery inside the cellular nucleus, remember back along the unbroken chain of electrical transformations that connect every one of us back to that original thunderbolt in the pre-cambrian mud."

Many artists philosophers and musicians passed through Millbrook and were turned on to LSD.

The Beat poet Allen Ginsberg was introduced to LSD by Leary in 1960 and had immediately declared "We are going to teach people to stop hating and start a peace and love movement." In 1948 Ginsberg had been reading *Ah Sunflower* by William Blake when he heard a deep resounding voice. He immediately recognized it as Blake's own voice emerging from the dead. Ginsberg felt his body afloat, suffused with brilliance. Everything he looked at appeared in a new light. He was struck by an overpowering conviction that he had been born to experience this universal spirit. (Blake had also supplied Huxley with the phrase "The Doors of Perception".) Ginsberg's use of psychedelics was an attempt to recapture the cosmic heights of his Blakeian episode, however, the harder he tried to do this the more frustrated he became. Ginsberg realized that the LSD experience could not be guided or controlled. To learn from LSD requires openness and freedom from desire. Leary's programmed, Tibetan Book of the Dead, approach was likely to lead to internal struggle and conflict.

One of those that experienced LSD at Millbrook and took it to heart as a religion was Arthur Kleps. He founded the Neo-American Boohoo Church and preached the sacramental use of LSD. Though unsuccessful, he fought a long court case to have his religious beliefs in LSD recognised and protected. On the West Coast of America an approach very different from Leary's was developing. Ken Kesey had experienced mescaline through a research programme at a veteran's hospital. He then got himself a janitorial job on the mental ward where psychedelics were freely available. He described his early trips as "shell-shattering ordeals that left us kneedeep in the cracked crusts of our pie in the sky personalities.

Suddenly people were stripped before one another and behold: we were beautiful. Naked and helpless and sensitive as a snake after skinning, but far more human than the shining nightmare that had stood creaking in previous parade rest. We were alive and life was us." On a peyote trip he had a vision of the Indian Chief Broom and, mostly high on peyote and acid, he wrote *One Flew over the Cuckoo's Nest*. With the proceeds from its success he bought a ranch that soon became an acid commune. He and his friends became the Merry Pranksters and travelled the country in the first psychedelic bus. The driver was another of the Beat poets, Neal Cassady, who was known as the Zen Lunatic and drove the bus with no regard for the safety of its passengers. The bus visited Millbrook but Leary refused to meet Kesey. There was little common ground between the uptight East Coast academics and the West Coast crazies.

In San Francisco the Haight Ashbury district was evolving into a psychedelic city state. Drop outs, anarchists, protesters, psychedelic experimenters and especially musicians were gravitating towards it.

The principal supplier of LSD in Haight Ashbury was August Owsley Stanley III. He was said to have produced more than 4 million hits of acid during the mid 60s. Like Hubbard he was an apostle of the drug and he used his considerable power to maintain the high quality of supplies and to keep the price at \$2 a trip. He probably gave away half of the LSD he produced.

In January 1967 The Oracle, the main Haight Ashbury counter culture magazine, and the Psychedelic Shop, both of which were supported by Owsley, organized the Human Be In at Golden Gate Park. The Pow-Wow, or Gathering of the Tribes, brought together the varied cultural and political rebels. It was to be a "spiritual occasion of otherworldly dimensions that would raise the vibration of the entire planet and psychedelicate the radical left". It was in many ways the first worldwide event of McLuhan's Global Village. The Oracle people understood using the media and the whole world seemed to be mesmerised by what was happening in a small, run down area of San Francisco. It was the culmination of everything that had been brewing in Haight Ashbury and ushered in the year of the Summer of Love.

Very different from the Oracle group were the Diggers. Taking their name from the group of anarchist reformers in England during the Civil War, they started as a satirical street theatre group but in 1966 they set up the FREE store and through 1967 provided food and other supplies to the thousands that flooded into the area. They also set up crash pads and provided free medical services. They shunned publicity, had no leaders and were anonymous. In spite of the fact that it defied every rule of corporate governance the organization that they created was efficient, well run and immensely successful. They hoped that it would be the model of a for a new anarchist society.

Music was central to the acid experience and to what was happening in Haight Ashbury. Ken Kesey and the Merry Pranksters organized the Trips Festival and the great musicians of Acid Rock, Jefferson Airplane, The Grateful Dead and Janis Joplin were gathered in the area. The hippy phenomenon was made concrete in June 1967 with the Monterey Pop Festival. That summer also saw the release of Sgt. Pepper's Lonely Hearts Club Band. This is an LSD album, created as a whole and consistent throughout it is not just a collection of songs. It is a new type of art work in which pictorial art and music became so entwined that they are one. The song Lucy in the Sky with Diamonds describes the synaesthetic experience and many of the other tracks owe much to the Beatles experimentation with Acid. In July the Beatles sang the hippy anthem All You Need is Love in the first live, international satellite broadcast.

In 1968 and 1969 the dream seemed to collapse. Possession of LSD became illegal, the Mafia moved into Haight Ashbury and took over the drugs trade, and the local authorities cracked down. The riots at the Democratic Convention led to bloodshed. Nixon became President and seemed to be moving things back into the fifties when he had been Vice President. Woodstock was the last real manifestation of the hippy ideal; while the Altamont festival descended into violence and murder. Charles Manson, who had been a well known figure in Haight Ashbury, was arrested for murder and it appeared that he had been a lot more successful than the CIA in using LSD to brainwash his agents.

That the psychedelic experience should seem, in the end, to have come to very little is I feel quite important. It echoes the CIA's failure to find a use for it and also the feeling that I had after collating the proving.

This is partly an illusion. The world today is very different from that of the fifties. The respect for the individual and the attitudes to gender, race, sexual orientation and the attitude to animals are all radically different and the events of the sixties had a major role in this change.

Octavio Paz remarked that under the influence of LSD "The self disappears, but no other self appears to occupy the empty space it has left." "Ego" would probably be a better word to use than "self". LSD has a remarkable effect and those who have sufficient spiritual development can use that emptiness to find what is beyond the ego. However, it cannot be the short cut that many hoped it was. For those who were not ready to fill the emptiness from a deeper place it remained empty, or worse was filled with demons and images from hell.

Toxicology

Symptoms of exposure to this chemical are euphoria, hallucinations, distorted perception, excitement, and anorexia.

It can cause central nervous system effects, tachycardia, muscular weakness, increased body temperature, wavelike recurrences of perceptual changes, difficulty in locating the source of sound. Persons taking it may become hypervigilant, withdrawn or may alternate between states. It can cause fear of fragmentation or disintegration of the self, prolonged afterimages, overlapping of present and preceding perceptions, synesthesias, colours may be heard and sounds may be seen, subjective time is seriously altered and moods may be labile.

In addition, it can cause tremor, piloerection, pupillary dilatation, salivation, hyperreflexia, ataxia, and spastic paresis.

It can cause vomiting.

Other symptoms are hypertension and hypotension, coma, prolonged psychotic state, psychopathic personality disorders, increased homicidal and suicidal risk, and possible chromosome injury.

Hyperexcitability and convulsions can also be symptoms of exposure to this chemical. This compound can inhibit the firing of the raphe neurons.

It can also be habit forming.

It is a serotonin antagonist.

Pharmacy

By Misha Norland

The material for the proving originated from a 'reliable source' in Los Angeles. I purchased it in 1970. It presented in medicated gelatine, resembling a microscope slide cover - slip, about one half square centimeter in size. Each 'window', as this presentation of the drug was called, contained 250 micrograms of pure LSD 25. I experimented with this between 1970 and 72. I have recorded some of my experiences - they are given in the appendix to this proving. One 'window' was run up into the 30th potency in the Hahnemannian, single vial manner. This preparation lingered in my medicine cabinet for almost thirty years until the day of the proving.

Time and dates

Times given are the actual time of day, not time from taking the remedy. XX.XX indicates no specific time was noted.

Days are numbered from 1, the day the remedy was taken. Day 0 indicates a symptom that was general and not tied to a particular date.

Provers

Prover	Sex	Dose	Potency
01P	Male	1	30c
02P	Female	1	30c
03P	Female	1	30c
04P	Male	1	30c
05P	Female	1	30c
06P	Male	1	30c
07P	Female	1	30c
08P	Female	1	30c
09P	Female	1	30c
10P	Male	1	30c
22G	Female	0	
23G	Female	0	
24G	Female	0	
25G	Female	0	
26G	Female	0	
27G	Male	0	

Information from provers who did not take the remedy are included and clearly indicated. The reasons for this are outlined in Group and Proving Phenomena, Observations by Misha Norland, An Article published in Issue 72 of The Homoeopath, Winter 1999. The reader should make up his or her own mind as to how to treat these symptoms.

Classification of symptoms

NS A new symptom never before experienced.

OS An old symptom previously experienced, but not in the preceding year.

RS A recent symptom experienced within the last year.

AS An altered symptom, one previously experienced but with at least one quality changed.

CS A cured symptom, a symptom that was removed during the proving.

IOS An old symptom that is felt with significantly greater intensity than before.

First Reactions

I had sensations, even in that ten minutes, my back felt as though it was elongating and curving round - I was a kind of dinosaur and then a mouse if anybody is interested in that.

Well I had nothing like that, just all these amazing feelings that something was rushing at me here - solar plexus and heart. I felt lots of energy there, whirling towards me and I just thought it would be whatever it was, it just felt like it was the remedy coming into me and I had this sensation in my eyes like I had been looking at the light for too long. I had cold, cold feet, and too much brightness but almost a liquid cold heat in my eyes.

My eyes went darker. As though someone had drawn heavier curtains.

I thought the sun had gone in.

It had; When I changed, opened my eyes there was no light difference.

I thought my nose was twitching and vibrating a bit.

I had lots of twitchings and vibrations and stuff - next to my mouth and lips and down to my little finger.

I had vibrations. Clearness of vision. Tingling and a deepness - it felt deeper but in a good way. It was weird, like seeing things differently.

I felt heat coming from my neck and my back felt quite sweaty. I felt like the heating had suddenly gone up and quite dry. Dryness of lips, quite a salty sensation on my lips.

I felt a calmness - after the initial sweaty palms and what have I done, but then a real tranquillity.

I had the feeling in my mouth, like something buried near my mouth - a very thin bone, or a different structure on my mouth.

I didn't actually take it but I felt quite quickly a thing - a real pulling in of the heart - like something being pulled in from inside and then it moved downwards to the solar plexus. It was a feeling like nausea at first, but it wasn't quite nausea. It moved from there to there and then it disappeared. It felt like my legs were the wrong way - jointed the wrong way - sort of back to front.

I felt like I was being pulled over to the left - out here - this thing sort of swept through me and pulled me over. I thought I could see little black spiders and they disappeared. And then I could see material things that swirl and twist around in the wind - I could see them, well one, it was all different colours - it was very soft.

I seemed to get a warm feeling all over and my nose seems rather blocked.

I just had lovely thoughts of childhood holidays but they were all by the sea and there was a lot of sun. And again, I think I had the same thing of the as though there was a darkness but it was lovely because the light came back quite quickly and I was again back in a very hot country. But no sensations.

I had a childhood memory of a park we used to play in as children where my sister said she saw a ghost - I kind of went back there for a little while.

At the moment I feel quite shaky and quite trembly. It is almost as if I am coming out of a cold sweat. My heart beat is racing and the pressure in the heart centre....As soon as I went into the meditation I felt I was in space - as if I was in the blackness of space and there were stars all around and it was vast. I looked back and could see the Earth and felt a tremendous sense of expansion and of being in a different sense of proportion. I could look back at the earth but I felt that I didn't belong there anymore.

I felt incredibly light and incredibly free. I tried to put myself back into the earth but I couldn't because it was almost as if my gravity was too light to be on earth anymore. And I didn't feel like I belonged

there. And then I could see a fiery sun and the picture was of this beautiful flaming yellow and I could hear the roar of its energy and that was it. There were quite a lot of physical symptoms.

Q. What are they?

Well its like I'm trembling all over and my heart beat is pumping away, its probably coming back down here.

I have the same physical stuff - the trembling, but I almost had the opposite - I felt as though I were going into the earth - I was rushing through the magna of the earth and I felt warmer there.

I felt this trembling vibration - almost like of magma, just going through, not particularly a feeling of heaviness or anything just like warm fiery energy. Yes, and this trembling, all the way through, its now gone to my solar plexus and up to my heart.

I didn't take the remedy either, but I have quite a lot of sensations. I felt an energy rushing to my heart and solar plexus area and I felt hot and my face felt as though it was sweating and I had a pressure headache here which later on in the meditation went around the back of my head but also I was quite annoyed with myself because I was dithering about whether to take the remedy or not and I really wanted to but I had reasons not to but when we were meditating I felt quite tranquil about it.

I think I had some tingling in my fingers as well and later on my feet became very heavy and a bit leaden as though I couldn't feel them. That was about it.

When Sx said something about magma I had this real image of a mineshaft and I thought what a peculiar image to have and it was something deep deep down in the earth and just some machine that was going 'Flop, flop' it was thudding - it just came and went.

I put the trembling and sweaty palms down to nerves. The visions still feels different.

I had a purple shape come into mind. A sort of geometrical purple...

Q. What sort of shape?

It might have been a triangle but it wasn't very clear.

When people were saying about the darkness stuff I had that but in the middle it was purple but then there was green around it and it was coming towards me, closer and closer then it felt like it enveloped me and I figured it was just the energy of the remedy or something and it was very definitely purple in the middle - kind of like jagged but softly with green around.

I definitely felt the remedy had gone in and then I felt it come up my back. Through my abdomen, and then up my back. Up the length of my back and curved it so I felt that my head was much more elongated and curved.

What did you feel?

I felt and still feel a lot around my eyes. In terms of visual accentuation but also, I don't know how to describe it, like they are dry maybe, my mouth feels a bit dry also, but my eyes strongly so and in the

meditation I felt as though I had been sleeping for a thousand years. That kind of deep, heaviness.

A tiredness of the eye muscles - rather than wanting to go to sleep its actually I want to rest my eyes. Rest the muscles in there.

I can see better - its a strain type but not bad.

We're doing aliens milk aren't we?!

Still a lot of eye stuff - an ability to focus better. A lot of crackling sensations. Sinuses left side, head coming around left side. Dry mouth. Weird shooting pains, that don't last, the eyes - I don't want to close them.

I had a really bizarre acuteness to sound - I felt it physically. xxxx moved her feet and it was as though - I could feel it, I felt that here. Then xxxx coughed and I felt that and actually wanted to shy away from it. It was as though something had touched me and I wanted to shy away from it.

I also felt my sight was a lot clearer and there was a clarity of vision although everything was the same it seemed as if everything was more defined, everything was more in focus. Sharper. I also felt a lot of lightness and floatiness - I felt very calm and relaxed. It was as if there was me here, and something that was taking me beyond my physical limits. I was still here, sitting and there was a defined form but whatever this energy was it was taking me out beyond in every direction and there was a great feeling of being expanded out and beyond my form yet the form remains.

I could hear the crackling on the left side. Pains in the legs, they had fused into one and I became just the opposite of xxxx, I felt more condensed, a black thing, I didn't really like it. I could hear the crackling on the left side.

I'm yawning an awful lot - I feel really tired, I'd like to lie down,

I'm yawning, I didn't have a late night or anything. My eyes are moist, more than anything. I feel quite relaxed and at ease.

I felt like I was travelling a lot, very very fast, whereas before I felt like the rushes at me where me moving and so I felt like I was moving with far more ease and that I was definitely going curving that way and everything is sort of passing, and I have had the crackles in my ears when I swallow it crackles very loudly in my ears. Misha: I just want to make the comment that the things that are passing are on your left side.

I have this sense my hands were really really active - the chakras in my hands were very very full and sensitive and open and I felt that I had got something jammed - I couldn't feel what it was but it fitted in my hand - it was very warm, I was glad it was there, it had weight to it and also my heart has really softened and opened and before things were moving at it, it feels open.

I had the sensation of going down a tunnel or a passageway - I thought it was going to be similar to yours going downwards to the earth, but I realized I was actually going upwards towards the light so I came out of the hole in the ground - I felt as though I were going down but I wasn't because the hole was at the end.

My hands are buzzing

My hands are buzzing too and its as if there is cold air circulating them. It feels as if there is a definite energy coming out from the chakras on the hands. They do feel clammy and tingly and it doesn't feel as if it is from nerves or anticipation.

Reflections on the proving

Prover 1

It started with a sense of youthfulness, feeling like I was 21 again, playing 70's music, but not out of nostalgia - I had a real sense of being there, actually of that age. I felt very positive and enthusiastic, and knew I could be completely open and honest with people about my feelings - I felt very confident. My wife said she welcomed this frankness, which completely surprised me! I've really learnt something there which has had a knock-on effect for our relationship.

Then there was a gradual descent into a reflective, lonely state. I became restless and discontented. I could not concentrate on anything - I felt useless, and I felt depressed about everything. And yet I always had a sense that this was teaching me something, that truth would prevail and that I would be the better for it. I felt very disconnected from people and found great solace in being alone with nature. There was a deeply spiritual aspect to it, and at times a real beauty in my isolation.

I would do a proving again - this has been a wonderful and challenging experience I would not have missed. However, my work and study almost collapsed completely - not such good timing considering I'd just started seeing patients under supervision. Its taken me quite a while to recover some of the ground I lost through those two months.

Prover 2

Lightness, being out in space. Alienated from the earth. Bubbles of joy. Lightness and energy could contain it. Seeing colours more brightly. See the colours of people speaking. I was in a different space from people. On cloud nine. It didn't really matter. Relaxed any boundaries. Physical energy, had to be physically active. All this energy I had to use. Mental side couldn't focus. Not able to coordinate hands to type in words. Initial high mellowed. Craving fruit and apples especially. Desire ice cream. Issues around food not knowing what I want. Issues body image. Bloating constantly, affected breathing. Eye problems, watery dry, scratchy. Connection with animals birds, especially sky. Earth not enough had to travel to sun. pmt. Extremely tired. Desire chocolate carbohydrates, coffee. Depression around period. Woke up with immense desolation inside. Meditation meeting the masculine side of my life. Inner peace came back. Time stretching out. Two dreams about horses being mutilated. Looked after stray dog and finding hurt animals. More aggressive or assertive. Initially music very important but after a few days I couldn't listen to music. Couldn't tolerate it.

I started the proving in a very high, expansive and light way. All was joy, connection, and carefree.

The senses were heightened and the veil between the physical and psyche was thinner.

Then came the increasing paranoia over food and exercise and the problems with the digestive system.

Things began to slip and were markedly affected by my PMS which was getting much worse.

Concentration was becoming increasingly difficult, with a feeling of not being bothered to keep the diary or keep in contact with the proving supervisor. It didn't matter. My homeopathy assignments suffered as it took me all my time just to keep my head above water, let alone focus on the work.

By the end of the first month I had experienced the majority of symptoms. By the end of the 2nd month I did not feel that I was proving any more, but felt that it had left me in a waste land. I felt that a war had been waged and I was trying to deal with the repercussions of it all.

Prover 3

Disconnected to whole process of proving. Disconnected from my emotional process. Disconnected

from others around me. Cosseted velvety darkness. Impossible to do any mental work. Felt fine. Strange feeling of distant uneasiness. Nature really heightened. Huge black cloud kicked me in the solar plexus. Dark night of the soul. Hit by a six hundred foot wall of anxiety. Completely disconnected to everything. Back to amazing peace. Lots of eye stuff. Burning, smarting, sensation as if something in left eye. Time distorted, non linear.

Prover 5

Eye pain, too much light. Head pain. Period late. Dizziness.

Big truth. Higher truth. Wider truth. Love.

Left a bit numb do not know what to do with this changed person. More dreams than ever before.

Vivid. Darts. Vulnerable people and animals.

Prover 6

Now feel whole again. Half of me ripped away. Lots of lost emotion. In my heart disconnect. Wanting a partner. Wanted to mate. Scary, wild. Hadn't thought about families and children before. Wanted responsibility, commitment and love. Dreams of vampires losing energy, losing life form. Coming out of a cave diffuse through walls, crabs with large claws. Followed by fever, then felt out of proving.

Senses heightened. Visual things. Symmetrical rashes. Painful emotional loss. Felt I had lost the female side of me. Music important, played it loud.

Prover 7

Physical symptoms, eye stuff. Feeling the sweetness of foods. No dreams which irritated me, unusual. Got back wit ex, amorous, not a good thing. Concentration. If I did it fine. if I thought about it, couldn't do it. Time pushed. Period worst for ages, bright red blood. Restlessness, pacing. Had to do something but didn't know what. Had to eat didn't know what. Looking at flocks of birds. Music very important.

Prover 8

Really disconnected. Felt really high. Sociable, confident, golden, colours really bright. Vivid dreams, sexual dreams. Cold every week. Exhausted. Not sleeping well. Wake feeling exactly like when I go to bed. Very detached from my emotions. Haven't cried. Not heard. Relationship break up. Dreams expressing my emotions. Back to childhood stuff food, etc. music, clubbing wanted really loud music.

Group member 24

Childlike state. Indifference to desire. No thoughts future or past. Only in the present. Only the here and now. Ability to do things really good if I didn't think about it. Terrified of full moon. Affinity to nature, especially sky. Dreams miniature animals, pocket elephant. Children in danger. Weak upper back going into spasm. Protection of small animals. Dog died got a puppy. Saw more animals on road, in garden. Periods cleansing. Bright red blood but not too heavy.

Group member 25

Really glad proving over. Lost any spiritual connection. Became much more materialistic. Blow all this spiritual stuff. Life would be easier if I could be like my family and go and play golf. Vivid dreams red orange and brown. White and purple. Dream that my house had been demolished by husband.

Someone had carved a symbol on to the moon. Dreams relationships, reconciliations and quarrels.

Eye stuff at the beginning, vision much better for a while. 3 times in cold wind pinching sensation back of head. Lot of comfort food. Vegetarian but twice had to have roast beef. Haven't been able to listen to music in the car. Felt confident and harder.

Group member 26

Increased appetite. Didn't want to be sociable. Eye pain on going to sleep. Vivid dreams every night. Irritable and angry. Went for a walk in the morning and all I could do was cry. Everything that normally makes me happy was terrible, just dreadful though there was beauty all around. Did back in mid cycle never had back problems before, worse than giving birth, driving in the car made it better.

Materia Medica

The toxicological evidence brought out some mind symptoms that were less strongly expressed in the proving. This was most evident at the extremes of the remedy's action. For the sake of a balanced picture a few symptoms have been included below. They are clearly identified and have been abstracted from the appendix where they can be seen in a more complete form.

Sacred, Love

I still feel very detached from people. I went for an evening walk on my own, passed a holy well. I had a coin that the children had been playing with earlier. I threw it into the well - I wished for the ability to be a healer and for the well-being of my patients. I wished for happiness. I had a strong feeling of spiritual attachment. 01P 32 XX.XX NS

Meditation: In blackness of space. I feel the vastness of space, see the stars. Look back and see the earth. Feel expansion and limitless. I look at the earth, but space feels my home. Feel light. Try to put myself back to earth - cannot, I'm too light. My gravity is lighter, don't belong there. Moving through space, past planets and spheres. See the sun, fiery. I hear the roar of its energy, see the golden yellow. 02P 01 15.30 NS

Emotionally heavy, still have this ache inside as if a part of me is crying out, but I don't know how to feed this ache. Went into Meditation and resolved this feeling. The coming together of the myself and my inner masculine side, bound by the Principle of Love. An inner, spiritual union that is eternal and unbreakable.

Feel relaxed within myself, all the anxiety has come to the surface and been released. 02P 14 XX.XX NS

I'm moving along a path of light that weaves gently into infinity. 05P 01 20.30 NS

Reconnected with love, my cells are filled with love, I am love, I live love, I serve love. 05P 28 XX.XX NS

The most beautiful golden orb in my solar plexus where previously there had been deadness. 05P 30 XX.XX NS

Last two nights been doing lots of Tai Chi and meditation, desire to connect to the planet and cosmos. 06P 08 XX.XX NS

Meditation - was standing on edge of earth, space before me, wondered how the earth is called flat when it looks round, but felt at peace with space before me and green earth next to me. Thought I'd return home, and someone would tell me my dad had died. 08P 02 10.30 NS

During the initial meditation I had an energy rush to heart and solar plexus, emotional, almost weepy - this passed - very hot, face perspiring - then tranquility. 09P 01 15.30 NS

Looking up, I saw an overpoweringly large dome of rainbow criss-crossing and enveloping us. From the middle of the field, a silver chord leading into the eternal night sky. Toxicology

I felt as if the universe had been passed into the neurons of my brain and engraved in my genetics. Preconscious cellular processes were now understood to me. Toxicology

James told the cops that he didn't care what they did to him because he was God and he created everything. And he kept yelling that he had figured 'IT' out and that he was the smartest man alive. Toxicology

It felt like my mind was so expanded I could understand anything in an instant. It was the perfect trip. We did everything: travelled to new worlds, met mother nature personally, talked to her trees and rocks and mountains. Practiced telepathy. Toxicology

I was dying. I saw Einstein as he arrived in heaven. He asked God what the answer to life was, and God said 'YES'. Toxicology

I had travelled back to the primordial, undifferentiated oneness of being that preceded the big bang and the creation of the manifest universe. There was nothing to see or interact with; I had penetrated a level prior to any sort of subject/object distinctions. The universe was all one thing, and I was it! Toxicology

Suddenly, history made sense. A process which could only be viewed in its entirety, and with the help of LSD, I knew the conclusion. I was wondering why I was "given" this information, and realized it is locked in each of us, waiting for release. So that is what happened to Jesus and Buddha, they released it. I felt like Christ myself, despite an extremely secular personality on a day-to-day basis. I felt like I had a message to give to all mankind, and I couldn't believe I was the one who had been "chosen" to do it, of course I forgot this message by the time the trip was over. Toxicology

I felt I was the whole of the universe clawing its way out of darkness and madness toward a divine radiance and sense of health and salvation. It seemed I had turned my soul – which was also the soul of the universe – away from drowning in a river of fragments of human consciousness toward something that I could only call the genuinely Divine. The ego-dissolution continued now, but peacefully. Whatever parts of me left were replaced by that Divinity. Visions of joyously dissolving into the sun and the sky accompanied the experience – and there was an unutterable feeling of the infinite and the sacred. I encountered the stream of human consciousness again, but this time I looked on it with what I felt to be the love of God. It was beautiful, touching, precious beyond all description. Toxicology

He landed himself in an endlessly visionary, but predominantly peaceful, psychosis in which he many times surrendered to and encountered God, and was repeatedly picked apart by demons of 'every colour under the sun'. Toxicology

Peace

Feeling very calm - sense of well-being and confidence. Lethargic - don't want to work, can't focus attention. 01P 03 10.00 NS

Feeling of peace and tranquillity. Relaxed. 02P 01 19.00 NS

Feel intensely peaceful, secure and happy - (more serene than my normal happiness) - not related to anything in particular. 03P 01 16.30 NS

Friends coming around - don't feel like being sociable - don't mind them being there just don't feel like communicating. Feel very peaceful and self contained/inward - but that feels just fine. 03P 01 19.00 NS

Nothing bothers me. Feel very relaxed. 03P 02 XX.XX NS

Feel a bit irritated by things people doing like flicking a pen - with any noises that interrupt the peace. 03P 03 XX.XX NS

Feeling very loved and supported by friends, family and partner - blissful. 03P 19 XX.XX NS

Feel really able to just listen and hear what my friends are saying without judgement without losing my centre in any way. 05P 01 20.00 NS

Still relatively calm, tranquil, happy and light. 05P 21 XX.XX NS

Social boundaries were good even though drunk, didn't flirt with girlfriends of friends. Also a bit unusual for me. I was more aware of it than usual, peace and friendship more important. 06P 02 XX.XX NS

Very calm, centred, relaxed, willing to take my time over things, not being pressured by customers at work. 08P 04 XX.XX NS

Feel well, tranquil and level headed - interested in talking to customers, I just feel like I'm flowing. I like myself like this. 08P 28 XX.XX NS

Connection

I had a sense of the group as a spiral. We did a group sculpture and I saw the group as having a central core of energy with a tail (like a comet) - a feeling of insight. 01P 02 14.00 NS

Conversation with my wife. She says of me that I am more tolerant, I am more perky, I am coping with change better. She says that I am handling the transition between work and family life much more smoothly than usual. 01P 07 XX.XX NS

I am enjoying talking - a real energy for conversation. I asked a market researcher into the house who asked me loads of questions about maps - I was much more enthusiastic than she was. I have an increased energy for life. 01P 07 XX.XX NS

I bumped into the husband of my former partner. I haven't seen him or her for 5 years, and I carry some unresolved anger/sadness about the ending of the relationship. I felt happy to have seen him, as if something had been resolved by doing so. I felt 'I'm OK you're OK, the world's OK'. 01P 08 XX.XX NS

Feeling of confidence in conversation with people. Feel tuned in to a higher level of communication.

Feel more at ease with my body. I feel confident in my nonverbal communication. I feel like I'm standing more upright, prouder. 01P 12 XX.XX NS

Went for a walk with some of the group - unusual as I normally need to go off on my own. 02P 02 13.00 NS

Sense of belonging and community with the group today, felt really at ease with them, much more than usual. Don't feel so independent and self contained. 02P 02 15.00 NS

Felt as the weekend came to an end, as if I had been on a sort of retreat, felt as if I'd been part of a community, and the end of the course was like having to go back into the outside world. 02P 03 XX.XX NS

Changed to intense calmness after few minutes - image of having arrived at centre of earth. 03P 01 15.30 NS

Missing the rest of the group - want to be with people but not to interact, just to be in a group with people I know. 03P 02 19.00 NS

Don't feel like hugging friends as normally do - I feel self contained and happy in my own space - this feels OK. 03P 03 XX.XX NS

I feel very calm and unemotional taking everything in my stride removed from myself, removed from outcomes. 05P 01 20.30 NS

I lie on my back and the sensation of energy in my palms is back they are perfectly filled. 05P 01 20.30 NS

I see images of trophies, a golden person with thick bracelets. When I get up I feel a gentle band of pressure just below my elbows on my forearm. 05P 01 20.30 NS

There is a sensation in my hands as if holding something warm, egg sized, that fits the shape of my hand perfectly, I'm very aware of the chakras in my hands. 05P 04 15.30 NS

I speak to a friend, on the phone. I feel completely centred, not swayed by anything that she says, very clear about my own feelings and thoughts. Have none of my usual sense of 'have I said the right thing', self doubt. 05P 04 21.30 NS

All I want to think about is the other provers. 05P 07 XX.XX NS

Loving the freedom of being able to share myself and my joy. Really loving my partner, wanting to be affectionate with him and be happy with him. Really loving a friend and the joy of who he is. 05P 19 XX.XX NS

Sense of individuality, not isolation, not scary, feels OK. Desire to chat and have social interaction. 06P 01 20.00 NS

Strong desire to do my meditation over the last 2 weeks. Desire to connect to collectively of oneness

of people, not just social chat and interaction. 06P 09 XX.XX NS

The sun is shining. What a beautiful day. Joy back into my life. 06P 17 XX.XX NS

Driving home cried my eyes out about my best friend and my father. I love them both. Dad's birthday soon, cried when I wrote out his 60th birthday day card, bought him a present. CD player and a collection of 16 classic CDs, don't think I've ever really bought him anything before, feel terrible when I consider how much he's done for me. Feel powerful, full of love. 06P 23 XX.XX NS

Did some school work this morning. Felt I could concentrate, but only on the essence - not on finding rubrics or anything like that. That was far too structured. I wanted/needed something more abstract! 07P 07 XX.XX NS

Felt very self-righteous about my feelings and faults - and said so to my not so ex. That I was proud of myself - and my past and my faults. 07P 11 XX.XX NS

We went to pub, very noisy, content to people watch. Still a sense of calmness. Wanted some space, be alone. Really looking at people's faces. Friends partner said I was an angel (I don't know him). 08P 01 22.00 NS

Spoke to a friend on the 'phone, she said I sounded happy and I haven't for a while. More able to chat and talk to people without observing myself (which is what I normally do) and giving myself grief. Feel more confident, likeable, interesting. 08P 04 XX.XX NS

It is good to be alone, I've written a letter I'd been meaning to write for 2 months, I tidied up and sent the kangaroo to my brother, I'd been meaning to get round to it for a year. 08P 05 XX.XX NS

I'm especially enjoying female company more than men's at the moment. I feel extra relaxed with them. Like they understand me. 08P 23 XX.XX NS

Truth

I was outspoken with my partner - thoughts I'd normally keep to myself were expressed. I told her she seemed lost, and that I was irritated by this. I didn't feel guilty about it or feel the need to apologize. 01P 04 XX.XX NS

Feeling of truth. Feeling of fearlessness. I want to be alone and this is OK. 01P 10 XX.XX NS

Heightened feeling of honesty in expression. Fearless in relationships. I go to a group once fortnightly and I was really forthright tonight - very confident in my observations and comments. Being able to say things I normally wouldn't. A feeling that thoughts which I may well suppress must now be expressed. 01P 11 XX.XX NS

Still feeling quite open with people, confident in communication. I feel congruent. A feeling that my outward expression matches my internal self - honesty in communication. 01P 11 XX.XX NS

Feeling of objective detachment. I must say what I am feeling even if it hurts others. I talked with my wife about our relationship, thinking she may be hurt by my observations. On the contrary she is quite pleased by my honesty. 01P 15 XX.XX NS

More forthright with people, more able to be me. 02P 17 XX.XX NS

Feeling like my truth is readily available, speaking what is true saying it like it is, with no affectations. 05P 01 20.00 NS

Thinking about other people very evenly, knowing that people do like me. This feels very grounded in truth. I have no concern that it could be any other way. I have a trust in human reactions towards me and me towards them. 05P 02 08.00 NS

I feel as if I have lightened up a lot. On the phone to a friend I feel very open, truthful and unmoved by anything she says (i.e. I stay centred). I feel as if my communication skills have evolved/improved now that I'm not afraid of truth, mine or hers, anybody's. I don't seem to have an 'agenda' I ask for things to be repeated if I don't understand, feel fine saying 'I don't know' where as before the proving I might have felt uncomfortable about it. 05P 05 XX.XX NS

Feel as if I'm noticing my short comings, not having a big process, just noticing my annoying habits. I feel adrift with the proving and myself, this time feels so disconnected from me and the rest of my life, yet not so too. I feel this proving is about seeing truth, big and small. 05P 11 XX.XX NS

I realize now that I'm in a constant state of criticism and evaluation of myself- everything- others, it's almost as if a mirror is being reflected inside. Look at this obstacle and this. Aspects of self limitation that are obstacles to the initial state of centeredness. It's like my ego is a wall or a cell membrane with various gaps and carriers- the truth flows through as best it can. Some things carry it more freely than others. I want to cry my wall away. I'm seeing myself for what I am, warts and beauty spots. It hurts. 05P 12 XX.XX NS

On talking to another prover I realize how healing it has been to be nearly pregnant and be honest about it and about potential abortion. I feel an old hurt has been healed, a time when in my late teens I had an abortion and felt that I had to keep it totally secret, partly because of my catholic step-father. 05P 29 XX.XX NS

When I woke it was with the determination that I would tell husband that I was not prepared any longer to put up with his attitude to me. 09P 28 01.30 NS

Merging, Merging of Senses, Merging with Music

Feeling that my family is part of the connection I have with my fellow provers. Often I feel the transition between homoeopathic weekends and family life a difficult one to negotiate. No such issues tonight. 01P 03 XX.XX NS

Feeling that my son was me, in a miniature form. I was talking to Sam and it just seemed that I was talking to a smaller, younger version of me. This felt beautiful. 01P 12 XX.XX NS

I am attracted to clouds. Listening to "angel" by Robbie Williams on radio - as if splashes of bright colours coming out of clouds in time to the musical rhythm. 02P 01 15.30 NS

Look at lecturer whilst she talks. Her words become vibration and colour coming out of her mouth. My reality feels different. Her voice strikes me very acutely, as if she is her voice. Noises and voices are

acute. The people in the class are their voices - this is what I see and feel, not their form. 02P 02 15.00 NS

Whilst doing house work, felt trembly and light headed - faint. When hoovering the stairs it was as if I could see right into the pile of the carpet and see all the dust and hair that I couldn't hoover up - weird! When I reached the bottom of the stairs, another hot flush! 02P 07 14.30 NS

Sensation of intense vibration through whole body and surroundings with image of fast movement - rushing down through the magma of the earth with accompanied rumbling sound. 03P 01 15.30 NS

Image of amethyst shape surrounded by jade green light coming towards me and enveloping me - felt like the energy of the remedy coming in. 03P 01 15.30 NS

I see images of a coal shaft deep in the earth, I can hear the rhythmic thumping of what I imagine is the air vent. 05P 01 15.30 NS

I am not bogged down by cares and concerns at all. I find so much pleasure in looking at things. I absolutely love doing this proving. Have done some work today, feeling more focused although I spend a lot of my work time looking out the window. 05P 07 XX.XX NS

At home later such sympathy for sad stories on the news (horrible news) murder and kidnapping. 06P 25 XX.XX NS

Beautiful rosy grey cloud - really have to keep myself on driving, rather than looking at it - being absorbed into it. 07P 01 18.00 NS

Then I started to taste the colours. It didn't taste like chocolate or cheese, but it was a 5th taste. Like the four are Salt, Sour, Bitter, and Sweet; well Colour was a fifth taste, really creamy and smooth. I mostly tasted Red, Green, and Purple. Toxicology

It was a doorway into places I am certain I dreamt about in my childhood, crystal dimensions, where I could taste colours and touch sounds and smells with my hands from the very first trip on. Toxicology

Nature, Animals

I enjoyed walking - I went out for 30 minutes up to a hill, everything was beautiful and tranquil. I could have walked for ages. 01P 02 12.00 NS

I just want to go on a retreat or something - somewhere to be with my spirit, with no necessity to connect with people, and no responsibilities. I made the decision not to go to the college today (Sunday). My wife and children are down in Cornwall and I am going to join them. I feel like I'm skiving off work - free from pressure and responsibility. I stopped on Dartmoor on the way down, and walked to one of the Tors. The top was blanketed in snow. It felt beautiful and I knew that this was what I needed to do - not sit in a classroom all day being reflective. I felt in touch with my spirit again. 01P 31 XX.XX NS

Notice flocks of birds, their movements, patterns and numbers. Feel high, as if my cares have all receded. 02P 01 17.30 NS

Nature feels very close to me - enhanced connection with it. Particularly noticed the birds - ravens, crows and pheasants. 02P 02 07.30 NS

Desire to be outside walking and to connect with Nature especially attuned to the energy from the trees and flocks of birds. 02P 02 15.00 NS

Felt strong magical connection with Nature. 02P 03 XX.XX NS

Again, I had to go out for a walk with the dogs - very strong pull to go out. Had to run whilst out. On way back from walk, found a young stray dog, who followed us home. 02P 12 XX.XX NS

Still really noticing clouds, and the colours and shapes of nature - fascinated by the shapes of trees. 03P 03 17.00 NS

Flocks of crows keep swooping over the town. Lots of them in the garden this morning - keep imagining a crow looking at me with one eye then with other. 03P 04 XX.XX NS

Woke up feeling like a cat! Woke up in a position as if I was a cat stretched out in the sun, and could almost feel my tail and ears! - strong sensation of being feline. Then realized I was rubbing eyes with the back of my wrist like a cat cleaning herself - really strong impression which lasted about 5 minutes. 03P 07 XX.XX NS

Feeling very attracted to the form of trees. 05P 03 10.00 NS

I pay a lot of attention to flocks of birds that fly in front of me on the lanes. There are far more than usual. 05P 03 18.00 NS

I can't stop thinking about animals. Can't focus, think about hunting birds. 05P 06 XX.XX NS

My hands feel pleasantly full, and I'm thinking of animals mouths. 05P 10 XX.XX NS

I still have much increased synchronicity. Today I was walking, going to collect moss to make an altar for the circle dancing. I was intending to make a nest as it is spring. Before I had been walking even ten minutes I found a birds nest on the ground fallen out of a tree. I was filled with tears, felt completely taken care of by the goddess. 05P 42 XX.XX NS

Leaving school a kestrel lands on hedge right outside (3 yards away), go into parking lot and find a buzzard feather. Notice flocks of birds while driving along - their patterns - beautiful moving forms. 07P 01 17.00 NS

Noticing flocks of birds (starlings?) - Just want to sit and watch - their movement is like waves - very beautiful. 07P 12 XX.XX NS

Noticing flocks of birds - in amazement. 07P 23 XX.XX NS

Went for a walk alone in school garden, amazing, the snowdrops are out. Felt like I was drifting around, content and happy, my attention captured by plants. My focus on each flower intensified,

isolated. I laughed at the chickens and ducks. I feel very tired but like I could go off and wander again. 08P 02 13.30 NS

Owl hooting sounds a joy. Beautiful sound. 08P 10 XX.XX NS

Saw pheasant by road and sent prayer for protection of all animals. Saw no dead animals on the road this time. 09P 29 XX.XX NS

Driving home - saw dead fox - its face in clear view, looked peacefully sleeping, no mangled remains in sight. Later saw dead badger - back view - again could have been asleep - no blood. 09P 66 XX.XX NS

Timelessness

Loss of sense of time. 01P 01 15.30 NS

Senses more acute - jumped at a door being opened in kitchen, voices seem louder, more defined. 02P 02 10.00 NS

Time feels like it's slowed down - I keep expecting it to be hours later in the day than it is. 03P 19 XX.XX NS

Things feel very slow. I feel impassive about things and my thoughts aren't much beyond the moment. 05P 02 10.00 NS

When I think about what to wear I think of a jumper that I had over 15 years ago and wish I still had it. 05P 06 XX.XX NS

I have confusion about days of the week and where in the month we are. 05P 14 XX.XX NS

Sense of time seems altered. 07P 04 XX.XX NS

Life seems to have become very busy! Sense of time muddled - as is what day is. I am a day ahead of myself. 07P 06 XX.XX NS

No real sense of time. It's staying light later and this is very confusing. 07P 08 XX.XX NS

Sense of time altered. Look at clock and it is 21.00 and then it is midnight. 07P 10 XX.XX NS

Realized how spaced out I still feel, and how I really have lost all sense of time. It seems to be disappearing very quickly. I look at the clock and it some time and the next time I look a few hours seem to have disappeared. 07P 13 XX.XX NS

Not so spaced out - but sense of time feels very different. As if time doesn't matter. 07P 14 XX.XX NS

Sense of time still feels very distorted. I don't really have any idea what time it is - nor do I really care. 07P 17 XX.XX NS

Again sense of time is strange. It seems to go slowly at time and quickly at others. Look at clock one

time and it says 9.30 and the next time it is 1 a.m. Time's flying. 07P 18 XX.XX NS

Was slow getting going, relaxed, laid back, late but unconcerned. 09P 02 07.00 NS

Clairvoyance

I feel as if I am in psychic communication with another member of the group, I feel as one with the group. 05P 01 15.30 NS

Feeling centred, feeling in tune with a friend, I think about picking up the menu a moment before she picks it up. 05P 01 19.00 NS

I felt in tune with the landlady I saw the polish on the bookshelf a split second before she moved it. 05P 01 22.00 NS

I notice synchronistic events; I wonder whether to pull out and the car behind pulls out, the radio talks about a fly and the next car to pass me has fly as part of it's number plate. 05P 03 18.00 NS

Today the synchronicity is back. Last night someone called me an 'old witch' because I phoned them up and asked them two things; about a dance and about an old friend. The next day she received a letter from the friend and in the evening did the dance at someone else's dance group. I'm thinking about encouraging my son to wear a hat, he calls down and asks me to find one (I haven't spoken my intention). There were more synchronistic events at my sister's but I can't remember them. 05P 16 XX.XX NS

Felt like I was on a wave of synchronicity or in slow motion when I was waiting for my bus and rang friend to see if she could give me a lift. The bus went past she said she'd just rung me to see if I wanted a lift. 08P 42 XX.XX NS

Confusion, Distortion

Walked past one of Misha's upstairs rooms and 'saw' 3 cats curled up on chairs out of the corner of my eye - someone said "but Misha doesn't have cats" - sure enough there was a stuffed toy on one chair and the other chairs were empty. 03P 28 17.00 NS

I don't know where I want to be and with who. No imagination. I have got 2 apples and don't feel like eating them. No attachment or desire of any kind. 05P 02 11.00 NS

I think my body, especially my arms feel larger than they actually are. 05P 02 23.30 NS

Wondering where the proving symptoms have gone. Feeling confused by everyone else's proving symptoms, wonder if I am still proving. Would like to be away from the group on my own to connect with my own symptoms. 05P 02 23.30 NS

I'm writing numbers backwards, i.e. the 6 before the 1 when writing 16. 05P 16 XX.XX NS

At a dance workshop, I do not always understand what is being said, I hear 'Twix' instead of 'twigs' and it takes me ages to understand, I don't get any of the jokes. 05P 24 XX.XX NS

I was talking to myself in the mirror me looking at me trying to see myself, had a real awareness of a

separation, higher self looking at myself/essence of myself. My face twisted and distorted in the mirror, I looked a little stupid. Thought it was like an acid trip or that I was really stoned. 06P 52 XX.XX NS

Typing still feels very strange. I can do it if I don't think about it, but when I think about what I am doing I get lost in looking at the keys rather than typing and make loads of mistakes. 07P 13 XX.XX NS

There is something different about the way I'm thinking, my thoughts seem to trip from one thing to another in a slow syrupy way. Bit sluggish, very trippy like. 08P 02 22.45 NS

My handwriting is so bad at the moment and I keep getting my words round the wrong way - tongue twisted/tied. 08P 23 XX.XX OS

Delusion that the telephone keeps ringing. 08P 25 XX.XX NS

Lying awake, trying to sleep - illusions: Glimpses of tiny hieroglyphics which wavered and shifted, black and pale cream. Minute red dots in lines superimposed over grey bas relief (abstract). 09P 08 01.00 NS

Taking follow-up case. enjoyable, interesting, but feeling a bit at a loss. I have a strong sense of the colour red in connection with this event. 09P 27 17.00 NS

Childlike, Innocence, Giggling, New

Feeling confident, opening-out, able to receive subtle energies. I had my tarot cards read and the theme was that I had been offered a gift that I am in conflict with. 01P 02 21.00 NS

Went to bed and burst into giggles. 02P 01 22.30 NS

Walking dogs. Feel on cloud nine. Full of enthusiasm for life. Joy. Feel high and expansive. Happiness bubbles near the surface- as if I'm going to erupt with it. This light energy almost uncontainable. 02P 02 07.30 NS

Feel as if all my cares have been taken away. Feel carefree, high, and trembly. 02P 02 07.30 NS

Feel incredibly high and giggly - had to control this during meditation. Feel I'm going higher and higher. The energy is like a tap turned full on. Such enthusiasm and joy, almost uncontainable. 02P 02 10.15 NS

Friend's head looked really big - almost like a cartoon which gave me the giggles. Felt I had to suppress giggles as everyone else felt 'straight' (as if I was on drugs and no one else was). Then slipped back into the calm, contained peace. 03P 01 20.00 NS

Felt in a happy and giggly mood. 04P 01 17.00 NS

I felt happy in the group and was giggly - the feeling most in the mind. 04P 02 15.00 NS

Happy and giggly when I was in the group. 04P 03 12.00 NS

I'm noticing more details, seeing what there is to see noticing the shapes of things, seeing more of what's there, e.g.; I see all the fish on the rug, everything on the window sill rather than an overall impression. 05P 02 10.00 NS

Whilst looking at things, I can see the individuality in everything, it is like an acid trip, visuals are definitely altered, heightened. 08P 02 10.30 NS

I have such a desire to curl up with an animal - dog or my cat, or ex- partner and sleep. Just to bask in that warmth of mutual sharing that space. Sharing sleep, no needs, wants. Reminds me of when I was a child and used to curl up with our dogs in the garden in summer. Feel a desire to give and receive deep love. Want to phone ex and it to be fine. 08P 02 17.00 NS

I lay in bed and watched the clouds through the skylight, could hear the birds, sunny, it feels like a summer morning. I felt like I was lying in bed at my grandfathers house - like a whole warm day was stretched out in front of me. Made me feel a child or younger with more freedom, like I was away travelling or on school holidays. 08P 03 08.00 NS

I seem to be associating the desire to be with a dog to my childhood. Being young. 08P 03 XX.XX OS

Want a hug/cuddle so much. 08P 06 XX.XX NS

Went to bed, suddenly so focused on my teddy bear which lives on my bed, I realised it's the oldest possession I have, since 2. Strange to notice her tonight. (More childhood stuff). 08P 17 XX.XX NS

For about 10 seconds as I stood behind the till I suddenly felt as though I was naked from the waist down, but I didn't care! 08P 19 XX.XX NS

I felt everyone else was trapped (kids, pregnancy, careers), and I was being sucked into it. I felt a huge pang of desire to travel, for space. I felt so young, unconfident too, small, little, naive and inexperienced. It felt strange to be doing this course or having chosen to so young. I felt I couldn't really communicate and I wanted to be like S always asking questions, I never know which ones to ask. I always clam up. 08P 26 XX.XX NS

Glass of red wine went to my head quickly. Was laughing aloud - a bit over the top. 09P 02 19.30 NS

Wanted to plait a girl's hair (another student who was sitting in front of me in class - I don't know her well enough to do this!) - a sudden impulse. 09P 29 10.15 NS

Cosseted

Complete absence of any worries or even ability to worry - feel cosseted. 03P 02 18.00 NS

Back home, feeling cosseted again, but also slight uneasiness in background which kept reminding me of the cloud. 03P 02 19.00 NS

Feel peaceful, calm and serenely happy as if cosseted at the centre of the Earth - beautiful feeling of being centred and whole. I can talk/not talk. Happy to be with people but don't particularly want to interact, but that's OK. 03P 02 XX.XX NS

Feel relaxed and at ease. Can't stop yawning. 06P 01 15.30 NS

Desire to cuddle somebody feel tired and want to go to sleep. 06P 02 XX.XX NS

Driving in the car to stay with a friend, I wanted to drive the other way and sit in front of my woodburner, sit in front of orange flames, be cosy. 08P 01 18.00 NS

Enjoying hanging out with my cat and sitting in the sunlight coming through the window. 08P 08 XX.XX NS

Balance not good in yoga. Wanted to sleep. Later want to snuggle up in warm, did not, was quite busy. 09P 03 12.00 NS

Unrestricted, Space
Bodily sensation of lightness. 01P 01 15.30 NS

I was woken by my daughters cough. I had a strange bodily sensation of being a giant puff ball - hollow, light, fragile, round. I felt like it. I was it, and it felt just right. 01P 07 XX.XX NS

Feel light and bubbly- like bubbles rippling near to the surface within me. 02P 01 17.30 NS

Car drive home: I feel like a helium balloon, wanting to be set free. I'm held only by a thread. 02P 02 16.30 NS

Feel more contained today, but still spaced out. Not so bubbly or effervescent. 02P 03 07.30 NS

We all went for a walk - on top of hill I really wanted to fly and almost felt like I could - walking with arms outstretched like bird. 03P 03 14.00 NS

I feel as if I'm getting slimmer without any effort. 05P 06 XX.XX NS

My heart is very open and energy is travelling up my back. I have a feeling of being very high, moving from side to side rather like a kite on string. 05P 07 XX.XX NS

Must fight to focus and concentrate in afternoon lessons drifting off, into relaxation. 06P 02 XX.XX NS

A slight feel of gay abandon, what does it matter it's fun. 07P 02 XX.XX NS

Managed to do a bit of work this morning. It was really hard to do as I feel a bit scattered and still spaced out. When I don't think about feeling spaced out I can function better. But could easily just do nothing and space out! 07P 05 XX.XX NS

There seems to be an un-relativity to my life at the moment. My reality seems to be detached. Friend doing the proving arrives, we are both sort of floating around; functioning, but not really thinking. 07P 11 XX.XX NS

I am feeling quite good - but could easily drift off into space. Still no inclination to work- except for in the evenings when I feel my brain starts to work. 07P 21 XX.XX NS

Seem to be dipping in and out of being spaced and in this time zone and being somewhere else. 07P 33 XX.XX NS

Lights seem sharper, pronounced, brighter, clearer. I feel speeded up. I feel very spaced, ungrounded. 08P 01 16.30 NS

Spoke to proving supervisor, made me feel better, feel more alive. I seem to enjoy speaking to people, especially women I haven't known a long time. 08P 05 XX.XX NS

Freewheeling

Thoughts spinning a bit. Mind racing away thinking about a situation in my life - where has all the peace gone? 03P 03 23.00 NS

My mind feels like it's freewheeling - spinning with thoughts which I can't stop from buzzing through my mind - feels as if there's no resistance. Thoughts just pour through so - feels like my mind could just fly off into outer space and bruised sensation on forehead - point 2 inches above each eye worse thinking. Only thing which makes it better is cupping forehead in palms of hands which also makes mind stop freewheeling. 03P 09 23.00 NS

Know I need to do some work, no anxiety about it, no rush. When I do do work I do so slowly and casually. 05P 10 XX.XX NS

Trick is to give up need for success. No thoughts of success or failure. Profit or loss, praise nor blame. Just do it. The cosmos knows what to do and what's best. 06P 32 XX.XX NS

Want to people watch - to interact and not. Felt like crawling into bed - but if I had would have wanted to be somewhere else. A great feeling of not knowing what I want to do. Want to eat and not - to be active and to lie down. Don't care what I say. Don't really know what I want to do. 07P 02 XX.XX NS

Driving along feeling spaced out - Going to visit a friend, whose house I'd never been to before - but not really bothering to look at the map - Just drifting there. 07P 16 XX.XX NS

Feel I have loads of things to do and don't have the time. Normally would feel hassled by this - but feel a little more relaxed. 07P 19 XX.XX NS

I took the proving remedy on impulse after the meditation - I had been very uncertain as to whether I should take it at all - partly because my homoeopath had just given me a remedy, and partly because I did not want to stir up domestic strife. Misha left the bowl of pills on the table in the hall, and when I saw it I took one. Felt a bit foolish but elated. 09P 01 17.00 NS

Fast walk up hill (an effort) - "lost" on the way back though was certain of turning being same as on the way up - was wrong but right. 09P 02 14.00 NS

Youthful

Feeling young and attractive, it's a sunny day and life is good. Feeling confident and sure of myself - chatty and relaxed with people. Smiling a lot; enjoying music, hand tapping to beat; enjoying driving.

I went into work. I was joking with colleagues. At a meeting I felt so clear about my role, very confident. I was playing music in the car, really enjoying myself. Cars and rock and roll, youth and energy. I am attractive and I'm noticing attractive women more. 01P 06 11.00 NS

Feeling confident and competent at work. Positive energy for people and tasks. It seems I haven't felt like this for 20 years. 01P 07 XX.XX NS

Want to go out for a walk - its raining, but it doesn't matter what the weather's like. I love it. Full of energy. I used to be like this when younger, in my late teens, early 20s. 02P 17 XX.XX NS

Full of energy, real desire to be active outside. I feel like I did when I was younger, before illnesses. Ran 2 miles at the gym, felt so good working out the body. Not good on mental work. Difficult to concentrate and to focus on it. 02P 18 XX.XX NS

Without thinking I kept saying to my partner "I'm sure I'm on Acid" (I've never taken acid but experience felt quite 'trippy'). 03P 01 XX.XX NS

I used the word 'mardy' which I haven't used since I was a teenager! 05P 04 XX.XX NS

I spend hours in town, far longer than necessary. People don't bother me at all (they usually do, i.e. the quantity). The lights are way too bright but apart from that I am completely unflustered. In one shop they are playing an all time favourite song from poly days and I think that it is significant. 05P 04 XX.XX NS

My partner asked me yesterday 'what keeps a couple together?' I say 'sex' He's really surprised at my answer thinks it is very out of character, that usually I would say something more 'spiritual or cosmic'. 05P 06 XX.XX NS

Talking on the phone a lot and really enjoying it. 05P 06 XX.XX NS

Proving does feel like a drug. We are sitting outside in tea break, M's kid playing house/techno, I feel like I'm away travelling and we've come together in the sun, for music, post-party or it's just that travelling vibe again. 08P 03 11.30 NS

Feel well all day, feeling attractive, liked. This is all new, I feel sociable. I seem to be surrounded by lots of people, 2 people I know came into the shop, 2 housemates were hanging out in my room. Lot's of phonecalls happened whilst I was out. Odd. 08P 18 XX.XX NS

Woke up groggily, it's so dark, grey, rainy, ugh. Feel very sexually alive. 08P 20 XX.XX NS

After lunch I enjoy being outside, walking, looking across fields and chatting to W. Aware there was only 1 male there. Want some recognition, want that alive sexual dynamic to pop up, i.e. a glance, that energy exchange. 08P 30 XX.XX NS

Felt like a teenager, asked out by 2 friends. I really wanted to go out, meet new people, just be out, but I was filled with the realisation that I couldn't. Full of fear, why can't I just do that, why not be adventurous. I felt young, stuck at home on a Saturday night. There is a bubbling under, something wanting to get out. Be new not me, be sociable, attractive, interested in others. All bollocks I know.

Feel like an ugly duckling. 08P 44 XX.XX NS

Excitement

Desire for wine. Desire for conversation. I feel I have more energy, wanting to talk. As if I've been away somewhere exciting which everyone will want to hear about. Enthusiastic. 01P 03 XX.XX NS

Feeling of being understood. Feeling of abandonment gone. Feeling of being supported. Feeling of excitement. 01P 06 XX.XX NS

I feel a gentle expansion from within myself, but I feel more within myself - not flying so high. 02P 02 15.00 NS

Feels like a 'quickenning'. 02P 02 XX.XX OS

We spent day clearing tenant's rubbish out of our rented property - feel frustrated that they won't move their own rubbish and that we're going to have to hire a removal van - no longer feel angry with them. I just want to get the house clear and do the place up. Decorating feels great - putting lots of beautiful colours and good energy back into the house. 03P 09 XX.XX NS

Feeling excited seeing family and friends in Jersey and planning my wedding for next month. Rushing around like a headless chicken - I felt as if all I could feel was excitement. 03P 19 XX.XX NS

Feels like I've been drinking loads of caffeine but I haven't been drinking coffee and only a few cups of tea a day - not drinking any more tea to see if makes any difference. 03P 21 XX.XX NS

I make love with my partner at lunchtime! I'm not interested in foreplay only intercourse. 05P 05 XX.XX NS

Music, Dance

Loving music - especially heavy base rock beat. I was listening to music from upstairs window, my feet and body responded instinctively. 01P 02 16.00 NS

Really enjoying music - listened to music for 3 hours this evening, while studying. 01P 08 XX.XX NS

The internal beat has gone. Desire for music has passed. 01P 14 XX.XX NS

Strong desire to listen to loud, fast music. Listened to U2 CD in car ecstatic memories of travelling. Feel ecstatic, peaceful and content. Just feel like curling up with my partner and cat all evening. 03P 02 18.00 NS

Decorating a house with loud music playing - couldn't stop dancing even when we went to the supermarket that evening - I was dancing in the aisles and not a bit embarrassed! 03P 05 XX.XX NS

I listen to Radio 1 very loud all the way home, normally I listen to Radio 4 or an inspirational tape. 05P 03 17.30 NS

I've wanted to listen to music, loud music. The rhythm of music feels good, singing along (happy). 06P 04 XX.XX NS

Driving - I desire very loud techno and a party. 08P 02 18.00 NS

Courtship, Romance

Enjoyed "Shakespeare in Love" at cinema with partner and friends. I felt connected to romance and feeling of courtship. 01P 04 XX.XX NS

Make love with partner, feel much lighter and freer about life afterwards. 05P 10 XX.XX NS

Sad and lonely, much better for exercise. Feeling of wanting/needing to be loved to find a soul mate on all levels physical emotional and spiritual. 06P 16 XX.XX NS

I'm talking of "love" all the time, being in love, falling in and out of love, cosmic and human love. 06P 18 XX.XX NS

Talked about the future, children commitment living together. A proposal, said that if she wanted to when we're together we could get married. (never felt this way before). 06P 22 XX.XX NS

Crying at romantic films. 06P 23 XX.XX NS

Strong desire to have family and babies. 06P 25 XX.XX NS

My disease is loneliness a need and desire for love. 06P 29 XX.XX NS

Can see girlfriend as a friend. I'm too busy to have a family and I don't need a relationship, want one, yes but not need. Cured, thank the gods. Remedy seems to take half of you away, the female side? I'm a man. Therefore need to satisfy the emotions. Good remedy whatever it is. 06P 43 XX.XX NS

Ex and I are getting on very well. Just like good old times. Want to be with him. Love, sex, like, etc. I'm stronger and different. Can we get back together without falling into old patterns. 07P 04 XX.XX NS

Very amorous towards pseudo-ex. 07P 21 XX.XX NS

Feel like I want to get back together with ex-partner and it to be floaty and happy and affectionate. I want cuddles and affection. 08P 02 13.30 NS

Am sad but still calm, thoughtful about me and ex, considering if we should get back together. He told me he was going on holiday with friends. I feel so jealous. It's strange leading our own individual lives, meeting up now and then and enjoying our company, then he says that and I feel like I want to leave. It's like he's emphasising each others freedom. I don't want to hear about his mates and the ones we share, feel I want to meet new people and move on. Or us to exist together, without them being there. I guess I want to feel special and loved, I have such a desire to be held and loved - my hair stroked, wanted but also to get on with my own life. I'm just so shit at sharing. Now I'm confused. 08P 05 XX.XX OS

Went to see film. Made me want a new lover and drama and new things, intense kissing and desire, fiery emotions. 08P 43 XX.XX NS

Expansion

Feeling optimistic. It feels good to be where I am. I am neither looking forward to going home, nor dreading it. I know everything will be OK. I feel that I'm going to have a good week at work too. 01P 03 XX.XX NS

Felt confident in challenging person over change in bar. My friend said "you were very assertive". 01P 04 XX.XX NS

Feel lightness, floatiness, 'spaced out'. Feel quite calm, and relaxed, tranquil. Its taken me beyond my limits, structure and form. I feel expanded out through and beyond my form, but my form remains. 02P 01 15.30 NS

Feel at ease with people and 'authority figures' - like Misha and lecturers. Feels easy to talk to them and the others on the course. Feel relaxed with the group members. 02P 02 12.00 NS

Definitely more able to speak out, have a conversation with a lecturer, I'm not normally that able to do so. 05P 02 10.00 NS

Mind able to focus and concentrate on a few things at once. Desire for mental stimulation. 06P 01 21.00 NS

Exploration, Journeys

I have a strong feeling come to me that I may emigrate! 02P 04 XX.XX OS

Walking dogs. The sun rose into clear skies. As the sun rose the colour, and symbol of it and what it evoked in me, filled me with a huge sensation and the desire to 'travel to the sun'. Don't know if this means to warmer climates or literally to the sun, the sensation, desire and words just welled up within me. 02P 05 07.40 NS

Strong desire to travel comes up again, its unsettling. 02P 07 XX.XX NS

I have a feeling of travel of moving fast with things (the planet?) rushing past me on my left. 05P 01 15.30 NS

I'm on a journey within form, I feel contained by it. 05P 02 10.00 NS

On waking I could feel which part of my brain was awake. I was trying to stop the awakesness travel to other parts, could almost feel the nerves travelling and firing. 05P 29 XX.XX NS

Desire to go travelling - leave reality behind, be content in nature. Friend called me a poet. I was flattered. 08P 03 13.00 NS

My ex rang and I was gushing, rambling. It was nice to speak to him. I had an energy boost and I've finally convinced him that we need to see a counsellor. I feel more assertive, listened to, with a strong sound argument. 08P 03 XX.XX NS

Went to see film with ex. I desire affection so much, but I don't know if from him. I cried because the

film made me desire travel and having children, especially girls. The two girls in the film reminded me of myself and my sister when we were small. Skinny and tanned, long thin hair, being kids. I cried because I wanted sun and the freedom of travelling and new experiences. Feeling I want all these but here I was with my ex whom I've shared some past with, wanting to be with him, and wanting him to be someone new. 08P 04 XX.XX NS

Have an urge to drive off to somewhere new, to have time to sit and think. 08P 29 XX.XX NS

Restriction

Feeling tired and lethargic. It seems that the internal busyness has passed. I feel more like my normal self - i.e. having to work at feeling good. 01P 10 XX.XX NS

Irritable - especially with noise of children. 01P 16 XX.XX NS

I cannot study at the moment - my study space depresses me. I started painting the walls yellow. 01P 20 XX.XX NS

Feeling very low, depressed. I'm thinking about deferring a year on my homoeopathy course. Everything seems to be too much - not enough time to enjoy life. Everything feels quite heavy, not much light around. Feeling like I've let things go, that I'm on a slippery slope. I cannot concentrate on study - no focus. I am restless, cannot prioritize tasks. Only thing which makes me feel better is simple tasks, painting and cleaning. 01P 24 XX.XX NS

Felt irritated when not in control of a situation e.g. someone else driving the car, someone else being responsible for getting the tea. Irritation at having to depend on others for these things. 02P 03 XX.XX NS

More outspoken about my views to Husband. I feel somewhat taken for granted. Feel irritated by it. 02P 07 XX.XX NS

I need to come up into the light. A real need to get light again. Feel as if I've been in the dungeons and darkness for a while. My study is in a dark room, feel the need to take my work upstairs into the light. 02P 31 XX.XX NS

Really irritated by something that wouldn't normally annoy me - might be because period started? 03P 14 XX.XX NS

Feel my emotions in general aren't as colourful as usual. Feel my base state is a bit emotionally deadened/subdued compared to my normal state, but with spurts of intense feeling. I feel self contained rather than my normal state of feeling too open - it feels a bit more grounded but also a bit bland because of that, and I want my own energy back! 03P 23 XX.XX NS

Realize I'm late going back after every break - I just want to be outside rather than in 'class' - don't want to do anything which restricts me. 03P 28 XX.XX NS

Reluctant to do even small things although actually I think I would feel better if I did. 05P 08 XX.XX NS

Feeling burdened by the same patient who has eczema, the responsibility makes me feel heavy. I feel sick and worried. 05P 08 XX.XX NS

Not much energy in the afternoon, happy to sit and listen. Tension in neck is uncomfortable. 06P 02 XX.XX NS

I've been driving around today thinking about people, that we are all in the "human condition" souls in bodies, thinking about the "bodies" we have chosen? Ended up with? All having to go through the same or similar things, all living in this world together. All being equal yet different and separate. Met some new people and thought about their lives. 06P 04 XX.XX NS

Feeling harassed - time is moving too fast and very tired. Eyes feel very heavy. 07P 04 21.00 NS

Still calm within myself, but not so full of life, I don't want to go to work, I want to sleep as it will benefit my cold. Another day in the same place makes my heart sink. I want some time to myself. 08P 07 XX.XX NS

Feel like I've been ill and I'm in an empty space. I feel low, lonely, don't know what to do, don't know what will make me better. The day is murky, grey, cold, where is spring, I'm counting on the daffodils to tell me. I went to prune the rose, thought I'd enjoy it, but I got annoyed by the long straggly, thorned, bendy shoots. I wanted to dig up the rose and elder in the front so I could plant the japonica but its too much work and cold. I feel tired, don't know what to do with myself. I can't think. Nothing satisfies. 08P 08 XX.XX NS

The light is crap, need and desire sunlight. 08P 17 XX.XX NS

I feel serious, I'm frowning lots, straightfaced. 08P 54 XX.XX NS

Earthiness, Grossness, Materialism

I cannot stand the mess around me - I must tidy it up. My energy for work has increased but for physical labour not study. I could not study today so got on with painting the study. 01P 20 XX.XX NS

Feel really fat today, almost a paranoia that I've put on weight. Haven't felt this as intensely as now for years. 02P 05 XX.XX OS

Feel really fat again. Today is the first day that I've really registered this feeling, but its been around for a few days. I have a desire to keep a food diary to monitor my food intake. I really feel fat, as if I've suddenly put on a lot of weight. I don't like this feeling. 02P 06 XX.XX OS

Issues around food and exercise. I had to go for a 2nd walk, even though I've been to the gym and have increased my running from 1 to 1.5 miles. My stomach symptoms are aggravated by eating, bloats up more and thus feels more uncomfortable. I have neurosis around food. I feel fat and have a distorted body image of myself. I feel very anxious about it all, I must do more exercise. (When younger had anorexia and bulimia.) More liable to flare up at husband. 'I don't want to play the wife, nurturing role, I want to be nurtured'. I feel taken for granted. Strong desire for apples again. 02P 08 XX.XX OS

Convinced I've put on weight, decided to cut down on my fat intake. 02P 11 XX.XX NS

I'm getting concerned that I must be pregnant. 05P 24 XX.XX NS

Did a pregnancy test today the result is negative, I can hardly believe the result. 05P 25 XX.XX NS

Did another pregnancy test - negative! 05P 28 XX.XX NS

Eyes of a friend looked "stony": hard, black, shiny stone. 06P 01 XX.XX NS

I am feeling very old and not very well. 07P 37 XX.XX NS

I feel very tired, I feel very stoned, (I'm not) like I'm drifting about wondering if I should eat toast for something to do. I feel ugly/masculine because of my hair. I feel stoned in the respect that I don't feel quite in my body, I feel paranoid that whatever I say is rubbish. 08P 02 22.45 NS

Predominant feeling today and yesterday is of feeling ugly. I tried on a couple of dresses and looked at my hair which is so fine, and I feel masculine, ugly I don't feel feminine. I do feel that I look like a man. But what is feminine? I know I should celebrate my curves (cliché), but I don't, I need to detox my liver and get healthy. I feel older and ugly. 08P 43 XX.XX OS

Despondent. Feel gross side gaining and spiritual side receding. 09P 08 XX.XX NS

Must not let this remedy dictate to me what I eat - am going to get very fat. 09P 08 XX.XX NS

Fed up with proving. am eating too much carbohydrates, drinking too much (alcohol). Have lost spiritual base to life. Gross side is winning. No yoga. No meditation. Aching body. 09P 38 XX.XX NS

Have been thinking how this remedy has changed me. I feel harder and less caring. Have been not minding missing meditations etc. that formerly meant so much to me. Loss of intensity. May be a good thing - poss. easier to live with but harder. More confident. Eating more. Certainly drinking more alcohol, putting on weight and not caring, not minding. 09P 50 XX.XX NS

Restlessness

Feeling as if the busyness inside me is too fast. I need to slow down. I'm trying to do too much. 01P 07 XX.XX NS

Restless. I can't keep still - I'm thinking about the next task before I've completed the current one. 01P 07 XX.XX NS

Feeling restless already - lots to do, can't decide where to start. 01P 09 XX.XX NS

Desire to walk outside. For the last 3 days I've walked the dogs twice a day. 02P 07 XX.XX NS

A restlessness. This went after I went out for a walk. Afterwards wanted to relax and read a novel - haven't done that for a while. 02P 10 16.30 NS

Feel more easily irritated by people, less tolerance for what they do. 02P 11 XX.XX NS

Husband says I've been more aggressive recently. 02P 11 XX.XX NS

At the gym, desire to work really hard. Ran 2 miles. 02P 11 XX.XX NS

Unable to settle to mental work. Generally better outside and for physical activity. 02P 14 XX.XX NS

Unable to focus in on mental work. Restlessness, want to be physically active. Increasing sense of disconnection with homeopathy. It seems so distant to me. 02P 19 XX.XX NS

Craving to be outside. Went for walk but on return I couldn't bear to be inside. I don't want to sit still in lecture. 03P 02 14.30 IOS

Enjoying doing physical activity e.g. decorating, exercise, etc. but total aversion to study - I can't persuade myself to study and I'm finding it hard to be bothered to try - happy doing my own thing. 03P 19 XX.XX NS

Total aversion to doing any mental/written work, letters, etc. - want to be outside or physically active. I feel totally divorced from my mental processes - almost unable to think things through - it's easier just to be... and that's OK. Nothing matters (A bit frustrating because I have assignment 'deadlines' to meet and study is almost impossible - but without time limitations it would be quite a pleasant state). 03P 23 XX.XX NS

Feel as if I'm on Speed! Running around trying to finish decorating - lots of physical energy. 03P 27 13.00 NS

Really can't stand studying - today has been hell! - I feel I'll burst if I have to force myself to do anymore.

Feel incredibly irritable - nothing's right with the world! 03P 28 XX.XX NS

I cannot find what it is that I want. 05P 04 09.00 NS

I'm feeling grumpy and I'm not sure what about. 05P 06 XX.XX NS

I feel as if I have feelings and symptoms but I can't reach them. 05P 06 XX.XX NS

Increased sexual desire, but then my girlfriends gone. Feel like there's no release. 06P 04 XX.XX NS

Desire for exercise. 06P 07 XX.XX NS

Strong thoughts of sex the last 2 weeks. 06P 31 XX.XX NS

Very restless in the evening. 07P 03 XX.XX NS

Couldn't seem to focus on any one thing. Trying to do my assignments and work - I kept skipping from one thing to another. Nothing held me and I kept thinking of the odd line to add to the next thing. 07P 06 XX.XX NS

Irritated by noises of shuffling and footsteps of rest of yoga class settling. 09P 04 09.00 NS

Disorganized

Feeling half-hearted about being organized about this proving. I feel careless and slovenly about doing the diary. But I also resent the mess around me - I bought myself a new proving diary. I went out and bought myself a new jacket for £95 - I want to look good. I also got my hair cut - I feel like looking good to go with feeling good. 01P 04 XX.XX NS

I had a session with my clinical practice supervisor. My work with patients has been something of a shambles at times. I have been so disorganized. I could not remember the order of consultations I had done, and my supervisor described my state as 'chaotic'. Its like part of me has been away, but I've been carrying on as if I'm still here. 01P 42 XX.XX NS

Talking with mother - confusion with my words, unable to get them out straight. Stumble over what I'm saying. Also I use swear words more than usual, they just seem to slip out. 02P 04 17.00 NS

At homoeopathy course, realised this month I've increasingly had the inability to structure or put a framework on the days. I've tried to fill them with physical activity. Time distortion - The day is endless and timeless, no structure. The cut off point has been 17.00-18.00hrs. After this point, after the end of the working day, its as if the struggle to keep going, to accomplish things is finished. I had been just trying to keep my head above water up until this time, now I relax. But am unable to do anything except veg out in front of the TV. Unable to read or do. 02P 30 XX.XX NS

I cannot get myself organized to go to town. 05P 04 10.30 NS

Still can not get my head into doing any real work - just doing bits and pieces - feel very scattered. Even began to think that I have always handed in my work - so maybe I would miss a month - or hand it in incomplete and 'blame' the proving. This is very unlike me. Time is still very weird. Panics of not having enough time to do things alternating with not really caring. 07P 20 XX.XX NS

Disconnection

Very quick to anger. I was woken by 5 year old son. He ignored my plea not to turn on a light as I needed more time to wake up. I was very angry and threatened to "punch" him if he didn't stop making a noise. I had to wake myself to stop me carrying out my threat. The quick anger is not new, the violent threat is. 01P 05 07.00 NS

In the centre of Bristol, sitting on bench eating sandwiches. I became acutely aware of number of desperate/homeless people around me. My good feelings felt inappropriate. Feeling of selfishness. Feeling of my wealth amid others poverty, feelings of guilt. It's as if I have been cushioned by the proving. 01P 08 XX.XX NS

Forgetfulness. I forgot my cash machine pin number - I haven't done this for years. I forgot to turn off the oven - thinking about too many other things. I forgot to drink the cup of tea I made for myself. I am thinking about too many things at once. 01P 08 XX.XX NS

Thinking about too many things at once. Forgot to put a stamp on friend's birthday card. 01P 13 XX.XX NS

Feeling very depressed about homoeopathy - I know nothing and shouldn't be practising it. 01P 17 XX.XX NS

In the pub on evening of homoeopathy weekend. I was feeling bored with the conversation, fed up with all the self-analysis. I wanted to be somewhere else. 01P 29 XX.XX NS

At home, irritation that no tea had been prepared for me. Felt let down by my husband. 02P 02 18.00 NS

Feel increasingly spaced out and removed from what is going on. 02P 03 XX.XX NS

When riding, felt really weird - as if I wasn't really present. "spaced out" feeling - but this could have been because my period had just started. 02P 05 XX.XX NS

Feel so much emptiness and grief after reading that novel. As though it was a trigger for something within. As if it has wrenched open an old wound, a longing so strong to return, but to where? As I drive to Tesco's this morning, I feel that I don't belong here, where is my home? Everything is wrong. I'm trying to remember something which is just outside my consciousness. I ache inside, I long inside. I could burst into tears with this sickness. I do not belong here. 02P 11 11.00 NS

Went into Meditation to try and resolve this inner emptiness. Met my guide. Glimpse an insight into past lives where there was heartache and trauma. 02P 11 XX.XX NS

Have noticed that all day whilst using computer I keep pressing the wrong keys, misspelling words. Feel uncoordinated. 02P 13 XX.XX NS

Finding it very difficult to concentrate on any mental work. 02P 21 XX.XX NS

Very difficult to focus on homeopathy. Seems so distant, I question whether I should continue with the course. 02P 22 XX.XX OS

Growing feeling of "I can't be bothered" e.g. to write notes. 03P 02 16.00 NS

Feel really weak and strong sense of internal shaking. Can't focus on the 'here and now' found it really hard to concentrate on what was going on and difficult to speak to others because feeling so shaky and unfocused. 03P 12 11.30 NS

Memory for names and places is shot to pieces e.g. couldn't remember my neighbour's (of 26 years!) name or street/pub names that I've known all my life. Finding it difficult to focus mentally on anything outside of the here and now. Mixing word syllables up in my speech e.g. Denim and Demin; car park = par cark, etc. - in retrospect I've been doing this for couple of weeks. 03P 19 XX.XX NS

Felt angry with the remedy - screaming internally at it to piss off - I want my own energy back - it's as if there's a discordant note playing all the time so that I don't feel myself. 03P 25 XX.XX NS

Can't bear to study - have felt completely divorced from homoeopathy and mental processes all month. We've got college tomorrow and I've only done half an assignment. For first time this month I'm trying to force myself to study but I feel trapped and restricted sitting here trying to make sense

of notes I made 3 weeks ago - I really can't be bothered - I want to go outside and run around. Don't want to go to college tomorrow - don't want to do anything that restricts me e.g. having to be somewhere at a certain time. 03P 28 XX.XX NS

After we'd talked in class about the proving I felt a shift in energy - after a break I felt that my 'own energy' was back - I was feeling happier and more playful/mischievous than I have this last month - I felt like me again. When we'd been talking about the remedy, I had a strong intention that I didn't still want to be in the proving for our wedding (2 weeks time) so I don't know if that session closed the proving down for me? Only time will tell - it was very sudden. 03P 29 XX.XX NS

I felt depressed in my mind at the clinical day, as most of the other students had had a lot of proving symptoms when I had not had many. 04P 29 XX.XX NS

I'm feeling very far away from myself, my normal impressions and neuroses. I also have a sense of something else welling up that's emotional but too far away to reach yet. 05P 02 10.00 NS

Self evaluation is not what is required, just self observation! 05P 03 12.00 NS

When I made love with my partner last night I didn't want to kiss his mouth. I received far more than I gave and didn't seem to have any qualms about this. 05P 04 XX.XX NS

I think it's that I don't have much ego at the moment. Feeling freer and lighter in myself. The kids hassle me I get firm, but there's very little residue (i.e. of emotion). 05P 06 XX.XX NS

I seem to be having difficulty spelling simple words. I have to concentrate to get it right and add the letters afterwards if I've missed any out. 05P 06 XX.XX NS

Bored. Don't know what to do with myself. Don't want to be around the kids who are on 1/2 term. Can't find a place for myself. 05P 08 XX.XX NS

I'm feeling uncomfortable with partner for not being about and then just walking in and wanting affection. 05P 08 XX.XX NS

Lying in bed thinking that in some areas of my life what's on the inside doesn't match what's on the outside, i.e. a lot of my uncomfortable feelings about my partner get expressed outside of the relationship and don't always get integrated in that I don't say the whole truth - maybe this is a common symptom in relationships? I feel unhappy about it. I feel unfulfilled, feel that he is far more on the surface. Or maybe he really deeply loves and I don't, which is why it feels like surface to me. If I don't, why not? Did I ever? Recognize that I'm probably doing what my mother did, covering up unhappiness not matching the inner with the outer for fear of breaking up a second relationship. 05P 09 XX.XX NS

I'm very intolerant. My son says this proving has made me aggravated. I have to keep focused on this proving otherwise I feel completely at sea, in a personality that isn't me, yet that person is also me, a different aspect of me is in focus. 05P 09 XX.XX NS

Have been out for a walk with a friend, notice that I shout more than her (at the kids) about small things, that I'm less tolerant of the mud, I'm really surprised. Don't feel comfortable with her, feel a

long way away. 05P 11 XX.XX NS

Crying, it's a relief to let go. I feel lost, I've lost myself. 05P 13 19.00 NS

Criticizing every aspect of self and others. So threatened do I feel because of disconnection from self and source. Spent a lot of the day feeling down. Need music. 05P 13 XX.XX NS

At a circle dance class that I teach I forgot quite a few of the steps to the dances. Needed to look at my notes all the time. I never normally do this. 05P 15 XX.XX NS

Whilst cooking a cake I absentmindedly put pepper in the eggs! 05P 15 XX.XX NS

I'm trying to work and don't seem to be able to write neatly at all, have such an effort to make myself stay focused, want to space off. I'm getting dizzy in my forehead. Can hardly make my hands work. I can feel my thoughts being pulled away from each other. 05P 19 XX.XX NS

Forgetfulness, I forgot to buy a remedy for a patient and then, when I remembered I bought the wrong kind of pill. 05P 25 XX.XX NS

In meditation I feel very contained and cut off, disconnected from everything. In a dry desert. I have to unfreeze myself and open up. There was a resistant wall in my mind that wouldn't let go for a long time. Have been noticing how separated I feel in life generally. Noticing that I'm distant from my partner, even the children. Consciously reaching out and letting in, have to remind myself, otherwise I would wall off. Have been thinking about old friends. 05P 27 XX.XX NS

Feeling fragile, disconnected from myself, from my partner, my life. Feeling weepy and vulnerable. I am so detached from my body with this period, so light in my body, can hardly feel it. 05P 33 XX.XX NS

I feel as if I have no sense of home and cry. I have been looking and looking for where to live. Every where I go I ask myself is this home. My Osteopath says I don't feel at home in my body. I'd forgotten that my body was my home. 05P 52 XX.XX NS

I've been clumsy driving a van scraped the sides a few times helping a friend move house. It's my van but I don't drive it that often. 06P 04 XX.XX NS

Spaced out as if missing/distant to events, as they are recounted, as if a vague recollection - dim memories. Same in class - moments of just not feeling present - as if my focus was gone. Case taking very there - and then lost it briefly. Focus all fuzzy - mental. 07P 03 15.00 NS

Driving in the morning felt very weird - felt as if I really shouldn't be as I was very spacey. Still very spaced out. Trying to type felt very weird as if I'd forgotten and my computer was being very strange! 07P 04 XX.XX NS

Got emotional with ex - but not about us, about my life and my pain. Felt like saying nothing and everything. 07P 10 XX.XX NS

Yet again feel very spaced out. A friend came to see my youngest and I felt I was only half there, when

listening to her. Another friend picks up her son who was over playing with mine and I feel I don't know her. Feel awkward with each of these people. As if I can only relate to one person or child at a time. 07P 11 XX.XX NS

I don't feel me, as though I've taken a drug. 08P 01 16.30 NS

My lower legs were under water, I don't think I could feel them, didn't look like they were my legs, look detached from me. 08P 03 24.00 NS

Very low all day, I feel drowned in it. Snippets or slithers of humour snuck out once or twice. I don't feel me at all, I want to speak to ex. I don't feel me, I feel the polarity of how I was - so on top at the proving weekend. 08P 11 XX.XX NS

Went to pub with ex. Felt desperately for him then it was like a switch had flicked, my feelings towards him totally changed. I couldn't be arsed. It was a really profound sudden change, I could feel it physically as though I could touch it. My feelings towards him went. Strange. 08P 12 XX.XX NS

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Nearly ran over someone with my car. I went through an amber light. I was preoccupied, they dived, I swerved. Shat me up, I drove off. Felt in shock, heart racing. I felt disconnected, they looked comical. 08P 26 XX.XX NS

Felt not keeping up with ordinary life. Husband said it was putting pressure on me. I was annoyed he could not see he was affecting me. Annoyed with self for taking (proving) remedy. 09P 12 XX.XX NS

Have just connected the fact I have not seen my mother for a month and have not been too worried about it. 09P 29 XX.XX NS

Feeling guilty - had gone away for three days and not phoned mother before leaving - not my usual standard 09P 56 XX.XX NS

On theme of lack of consideration for my mother, it occurred to me that my occupations are as valid as my sisters', though I am not in paid employment. Felt undervalued and inadequate at same time. I usually take it for granted their time more valuable than mine. 09P 58 XX.XX NS

Isolation, Desire to be alone

Wanting to be alone - feeling uncomfortable in a room of fellow provers. Wanted to go to a quiet room somewhere. 01P 01 XX.XX NS

Sensation of changed reality - walking home from pub alone, the streets seemed deserted like the left-over set of a film. 01P 01 XX.XX NS

Wanting to be alone but with people nearby - I stayed in a pub and watched football with pub regulars while my friends went back to the B&B. 01P 01 XX.XX OS

Feeling of complete detachment from my family. They seem like a million miles away and I could be in another world. 01P 02 XX.XX NS

Wanting to be with people but also to be undisturbed. I was in the student group and saw the seating arrangement as a spiral. I placed myself in the tail of the spiral, but felt cold and distant from the energy of the group. This image of the spiral felt significant, as if it had greater meaning. 01P 03 XX.XX NS

Feeling abandoned and alone with the proving. Angry with college principal. Feel like not bothering with proving recording. I phoned prospective proving supervisor from list of names, but he can't do it. Angry about shambolic organization. 01P 05 XX.XX NS

Feeling lack of commitment to proving diary and contacting supervisor. Fear of being rejected. I wanted someone to look after me. I had a telephone call from a colleague - she advised me to get myself a supervisor. It was great to talk. 01P 07 XX.XX NS

Feeling emotionally detached from my wife - wanting to be alone. 01P 10 XX.XX NS

Feeling criticized. Feeling judged. Feeling angry. Feeling stupid. Feeling isolated. Feeling incompetent. All these are old symptoms but with an intensity that is overwhelming. 01P 28 XX.XX NS

I woke up feeling totally disinterested at the prospect of a day at college studying homoeopathy. I resolved to spend time with different people on the course today. As the day wore on I became increasingly lonely and isolated. Feeling like I know nothing. Feeling like I'm a stranger. Feeling disconnected. Feeling adrift. One of the other students asked me if I was OK - I said yes, I felt that if I said otherwise I would cry. I left college, not knowing where to go. I did not want to go to the B&B and I did not want to go to the pub. I did not want to go home. I felt like crying. I drove the car not really knowing where I was going, I got lost and began to panic a little. After an hours driving in pouring rain, horrible conditions, horrible emotional state, I arrived back where I hadn't wanted to be an hour previously - in a warm pub. It felt like I'd just come through a crisis and now I was safe. 01P 30 XX.XX NS

Feeling lonely, forsaken and abandoned. One of the other students I thought I would be with tonight went to stay with one of her friends. I feel angry with her because she asked me to arrange for her to stay at the same B&B as me. I feel let down. I feel different from everyone in the group - they all seem to have a special friend in the group, I don't. 01P 31 XX.XX NS

The week has been something of a watershed. I have felt depressed and hopeless about so much - my relationship with my wife, the children, homoeopathy, social work, friendships... my life. I don't want to see anyone or talk to anyone. I feel despairing, forsaken, awful. 01P 39 XX.XX NS

Went for another group walk after lunch. 7 of us, all paired up except me, but felt quite OK about this. Enjoyed hearing the voices and yet being separate. I felt part of it but didn't need to interact. Their voices were my primary focus of them. Feel very at ease with the group. 02P 03 14.00 NS

After reading a romantic novel set in medieval period, this deep sense of grief and emptiness just seems to be welling up inside me. I don't know where it's come from. Tremendous sense of grief. 02P 10 XX.XX NS

I don't want to be around everybody, everyone has high symptoms, I could just cry. Then very readily I swing to laughter, lots of laughter. 05P 03 12.00 NS

As I get nearer home I start to cry. I had wanted to come home and be on home territory, I cry because I have been so far from home, wonder if I know where home really is. My partner says that I look different, smaller yet wider around the eyes. 05P 03 19.00 NS

I feel so contained in myself that I have hardly a thought for how my partner is feeling (he has an exam today). 05P 04 XX.XX NS

I want every one to go off to school and leave me alone. I can't bear even to hear my daughter talking, I don't want to communicate. 05P 06 XX.XX NS

My sense of self is slipping through my fingers. I feel lonely and isolated within and without. 05P 43 XX.XX OS

On the walk up the hill a sensation of a separation from the group. Sensation is coming and going felt ignored once or twice, nice to walk, talk and interact with people. Didn't know what I wanted to do, whether to go on the walk or not. Started a few sentences, people suddenly weren't listening, ignored? 06P 02 XX.XX NS

On my own didn't like it at first felt lonely it had been a good day. Then quite quickly felt OK. About it a chance to do my thing. A great desire for interaction with people and also a great desire for solitude 06P 07 XX.XX NS

To love and to be loved. Powerless with no choice. If not the chosen one I feel low self worth. 06P 17 XX.XX NS

Friend on the phone said I sounded far away and sad. Got to stop sleeping with girls (for a while at least). Heart is so open to others emotions, I'm taking them as my own better talking to a friend. I'm depressed, better for sympathy and support. (Reflecting on this mood and feeling after the proving had worn off I believe that I hadn't been this depressed about anything in the last 6 years.) 06P 17 XX.XX NS

Feel I need love, cosmic and sexual, girlfriend. Feel tired, emotionally drained (depleted). Feel as though my heart is disintegrating. 06P 19 XX.XX NS

Humiliation, feel like I'm whipping my self. Trust in something higher than ourselves, if really a soul mate, will come back. It's all meant to be. Time for self preservation, look after number one. Desire for exercise. Doing a lot of thinking and reflecting of my love life. 06P 24 XX.XX NS

Went out for a drink with some other homoeopaths, got very drunk. One lady said that we were lost in London, I turned around and she was gone (she went to look in a shop window) when I saw that she was gone, I cried out where are you. She said that I was like a lost insecure little boy. Who has lost his mother. Panic, God I'm lost. Other people on the course said that they had a strange weird feeling being next to me, guess this remedy is like an epidemic or virus. They also said I looked nervous, shaky and scruffy 06P 38 XX.XX NS

Visited ex, I curled up next to him wanting affection. He wanted me to stay, we both wanted to curl up together, but I wanted to go, wanted my own bed and not to hurt myself even more or feel loss the next day alone again. I wanted to sleep in my own bed, house. 08P 26 XX.XX NS

I'm envious of everyone having their period at the same time, and me not. 08P 33 XX.XX NS

Starting of period, made me want to stay and be with ex. He stroked my feet and I realised I don't have any physical affection in my life, it felt unusual. I want to cry I want ex to see I have pain in me somewhere, but even I can't find it. 08P 34 XX.XX NS

Numbness, Apathy

Increasing sense of 'indifference' and not caring, or cannot be bothered to relate symptoms, etc. 02P 02 15.00 NS

Feel spaced out and apathetic. 02P 07 XX.XX NS

Feel that I can't be bothered to write this diary - I don't feel that I'm proving the remedy. Feel incredibly bored of keeping the diary and finding it difficult persuading myself to contact my proving supervisor. 03P 09 21.00 NS

Mind feels blocked and numb - I can't think straight. Mixing word syllables up and forgetting to complete tasks e.g. returning friend's calls, making cups of tea. Can't type to save my life - my left brain seems to have gone on holiday. I need to do some assignment work and case top sheets but I can't be bothered - no sense of guilt whatsoever! 03P 20 XX.XX NS

Very tired mentally and physically from build up of lack of sleep. Mind feels sluggish. 03P 23 XX.XX NS

Total aversion to mental work - I've hardly done any study this month, but I'm not really bothered (very unusual! - none of my usual feelings of having to get all assignments done and 'well'). 03P 27 15.00 NS

I felt depressed and did not feel like doing much work. 04P 32 XX.XX NS

I comment to a friend that although I have a headache I don't seem to mind about it. 05P 01 18.30 NS

Looking at myself in the mirror very evenly no revulsion or criticism, just observations thoughts of what might look better, no emotion. 05P 02 08.00 NS

Feeling bored and uninspired could happily go home (from school). 05P 03 XX.XX NS

I feel very tired yet the day feels as if it had been a non event. I am completely lacking in inspiration. 05P 04 XX.XX NS

While meditating I can't locate my chakras and cannot get focused at all I don't know what to do other than sit. I'm so completely idle. I like to stand and look out of the window a lot. I feel a bit like a captive animal looking at, watching the world without anything that I want to do. Eventually I do a

few things out of boredom. I do things slowly without my usual rush and panic. 05P 05 XX.XX NS

I haven't even unpacked from the weekend yet, it doesn't seem to matter. I have no drive or angst, I feel that I might as well do something. 05P 05 XX.XX NS

Apathy, don't care what goes on, or what I do. 06P 30 XX.XX NS

Drugged feeling in wafts - loads of energy very great fatigue. 07P 02 XX.XX NS

A friend of friend's partner stayed for dinner, he annoyed me. I didn't find him funny, but instead of getting wound up as I usually would I thought "fair enough that's cool", I felt a bit removed from them. 08P 01 21.00 NS

Thinking about going for a walk all day, I can't be arsed. I'm so lethargic its cack. Can't find the right oil to burn, none please. Nothing satisfies. 08P 10 XX.XX NS

Was thinking about being taken over by this remedy - allowing myself to be - and how it has made me more relaxed and less intense but I have lost by this and at same time am no better for it - am also more self indulgent - not taking care of my body. 09P 08 XX.XX NS

Weeping over own inadequacy as human being and quarrel with husband. Feel it in stomach as sinking feeling. Have been feeling cut off from emotions. 09P 31 05.00 NS

Extreme energy drop. Could not be bothered to do anything. Mummy here - wanted me to cut some picture mounts for her - would have gone to bed otherwise! 09P 37 XX.XX NS

Apprehension, Fear

Recalled a childhood memory of sister saying she'd seen a ghost. I felt excited, fearful, apprehensive. 01P 01 15.30 NS

I was very nervous about talking to the camera for our proving report - all these symptoms seem to reflect this anxiety. I want to be somewhere else, wanting to be outside, feeling exposed in the group. I am finding it hard to stay in the group - I am feeling vulnerable. 01P 02 10.15 NS

Struggled to cinema with my son to see 'Bugs Life' - I was very sensitive to the violence in the cartoon. 01P 17 XX.XX NS

At my group this evening, one of the members was experiencing deep pain and grief at the prospect of separating from his children. I felt deeply moved and distressed - feeling that my own relationship with my wife could resolve into a separation amidst grief and pain. Also a feeling that I have been denying these feelings about the relationship. I felt that I had acknowledged my own self-deception and was fearful of the path I have to follow, though I felt I was 'in truth'. It feels like I am having a peek at the other side of myself - at a side I prefer not to see/hear/feel. 01P 25 XX.XX NS

Unable to study, despite wish to do so. It seems that something has changed within me - something from deep within me has been released and I cannot put it back. It needs to be befriended, welcomed, but it may be painful for me. It's hard to concentrate on anything else while this is happening - I feel unable to find my resolve at the moment. I am fearful of exposing my vulnerability. I feel that I should

keep my deepest thoughts secret. I need to protect myself. 01P 26 XX.XX NS

Two months after taking the remedy. I have climbed out of the pit I was in. I feel that I have integrated with myself again - with the familiar me. Its like I've been on quite a perilous journey. 01P 65 XX.XX NS

Feel shaky and trembly. Heart beat faster. A cold sweat. Pressure in the heart centre. Feel cold and shivering. 02P 01 15.30 NS

Anxiety about going to the stables and riding my horse. 02P 05 09.30 NS

Went out for a long horse ride with friends, without husband. Felt really nervous and apprehensive to the stage of looking for an excuse not to go. Was fine on the ride. 02P 09 10.00 NS

Woke up with a sense of foreboding and anxiety. Undefined. Later walking the dogs, still have this sense of foreboding with me. 02P 20 XX.XX NS

Driving in this ecstatic state under beautiful clear twilight sky with bright stars, when I noticed a humungous dark cloud enveloping the whole sky in front of us consumed an by anxiety and an apprehension for the group of what was ahead - as if part of the proving was about entering the Dark Night of the Soul. 03P 02 18.30 NS

Opened living room curtains and had a fleeting thought and uneasiness that there would be blood on the lawn and on outside of window - nothing there. 03P 03 08.00 NS

Very mild niggling anxiety - uneasiness and uncertainty about the unknown - the black cloud of last night. 03P 03 08.00 NS

Mild sensation of uneasiness of unknown origin again - not brought on by anything. Sensation of foreboding as if something's going to happen. Getting stronger - senses feel heightened. Feel that beings/ghosts are present that I can't quite see, but it feels as if they will suddenly appear. I was about to go upstairs for a bath but I don't think now's a good time! Feel a bit anxious. All my senses feel on edge and ultra heightened with even slight noises making me jump. Feel that the boundaries between dimensions are thinning. I have had times of feeling like this in past so not sure of the category but this does feel linked to the proving. 03P 07 22.00 NS

My proving supervisor rang to see how I was as I hadn't phoned him for a while and I was telling him I felt nothing was going on. Put the phone down and was immediately hit by a 600ft wall of anxiety. Felt an all consuming despair, hopelessness and desolation hit me from out of nowhere - not especially linked to anything (vaguely to a money situation we have at the moment but way, way out of all proportion). Total anxiety, despair and desolation leading to panic. I couldn't feel my link to spirit at all for the first time in my life. The image was of previously having lived in a bubble of life beliefs, consciousness, etc., floating in nurturing blackness (space?), but that the bottom of the bubble had burst, destroying all my beliefs, awareness, trust and everything that is life. I'm free-falling downwards through oblivion. There is no bottom to the fall and no-on/nothing can help me. There's just desolation and panic. Is this the cloud - the black night of the soul I felt uneasy about after taking the remedy? I feel my trust in the process of life has been severed. Sobbing my heart out - my heart chakra feels painful - tight shut. Head bruising much worse and inward pressure on forehead and for short time on vertex. Breathing short, rapid - grabbing lungfuls of air as feel I'm suffocating with

panic. Picked up my journal to 'write the feelings out of my system' and after a couple of minutes a numbness suddenly descended and all the panic went as if someone had snapped their fingers. Head still felt bruised and pressure worsened for few minutes and I started feeling very cold and as if trembling inside. This gradually wore off leaving slight achy head and feeling cold. The numbness gradually turned into an all consuming peace. Almost back to the initial proving state with it's inability to worry. Feel connected to Spirit again and strong feeling of everything's going to be all right. Feel happy - the joy is back. Where did all that come from? 03P 11 11.00 NS

Feel like I'm trembling inside and feeling anxious - no apparent reason. 03P 13 XX.XX NS

Feel awful. Really stressed/anxious - no particular reason for it. I feel all my nerves are wired to the National Grid. 03P 14 XX.XX NS

I have an incredible hot nery feeling, fear is leaping into my throat, it makes me dizzy I am about to relay my symptoms to the group, I have a sense of foreboding. There is sweat above my top lip. 05P 02 10.00 NS

Another prover's eyes look really weird; dark with shadows. 05P 03 10.00 NS

My partner has looked like a large vulture ever since I got home. 05P 04 XX.XX NS

I remember that I was more fearful than usual overtaking lorries on the motorway. 05P 05 XX.XX NS

Anxiety-feeling sick in solar plexus because of worry about a patient who needs constant daily reassurance about her child's treatment. 05P 07 XX.XX NS

Today I'm feeling very elated yet, I have an underlying sense of dread that is very far away, a feeling of 'this won't last can I trust it. 05P 19 XX.XX NS

In the bathroom saw a pile of toy crabs, spiders, insects, etc. and a black hair brush. Made me jump, had to kick them to make sure they were toys, startled when I opened the door to the shower and they moved, unusual for me. 06P 02 XX.XX NS

Get depressed and feel small and unsure around 18.00. 07P 17 18.00 NS

During the meditation I saw small black spiders, which for once I wasn't scared of, then I was aware the sun had gone in and the light in the room was darker, I felt bad about the sun going in. Then I saw swirly things, material- red, yellow, green - twisting, soft ribbon. 08P 01 15.30 NS

I need support through all this. Homoeopathy is so subtle that it is scaring me. I feel out of control, not ungrounded but just misplaced. My soul slightly dislodged as in relation to my physical body. Oh man! How to explain ? I don't know what's going on with my emotions, and I know they are expressing physically, through my lungs as ever. 08P 42 XX.XX NS

Meditation on remedy - unfocussed - towards end had shivering, shuddering down back of neck. 09P 02 10.00 NS

I could not be bothered to express myself. Had lost the "laid back" feeling and felt anxious. After I

spoke, I felt weepy and felt a pain at my lower sternum - then someone joked and I was laughing and weepy, but was not able to say so at the time. 09P 02 14.45 NS

Smoke alarm "beeped" as I passed it, on the way to get early morning tea, making me jump. 09P 08 XX.XX NS

In class I did not understand what being said (lasted a few minutes). Have been feeling shaky and anxious all day. 09P 31 XX.XX NS

Suspicion, Jealousy

Feeling paranoid in shop situation. I couldn't make up my mind what to buy and a queue was forming - I felt stupid and embarrassed. 01P 02 19.00 NS

Talking to someone in mortgage office about a finance problem and I felt like I wanted to laugh and cry at the same time and felt really stressed. I was aware that my face was flushing and felt that everyone in the office was looking at me. Felt really paranoid and just wanted to get out of the office as quickly as possible. Later I felt as if I'd been really hysterical - feel I'm going mad - over-reacting to everything - not sure I like this remedy! 03P 12 XX.XX NS

Feel so physically and mentally tired - looking for a wedding outfit but can't be bothered to try anything on I'm so tired and feel a complete mess - partner is very supportive but I feel the shop girls are all laughing about what a state I'm in behind my back - just want to crawl out of the shop whilst they're not looking - feel I want to crawl into my partner's pocket and be carried out of sight back to the car! 03P 20 XX.XX NS

Whilst out for a walk I realize that I have left my door key in a far more prominent place than usual. I'm concerned someone will be hiding in my house on my return. When I get home, I grab a big stick and prowl around the house checking each room, my adrenaline is very high. 05P 22 XX.XX NS

Feeling intolerant of a friend who has come to stay, feel she's dishonest because she is so nice. This is bothering me a lot more than it ever has done before. 05P 24 XX.XX NS

Have used the phrase spitting pins and thought about it a lot. 05P 27 XX.XX NS

I feel that the proving has left me softer, that I've reached a new place, I realize that I am on the same side as my partner. I feel ready and able to love him aware that I need to put in what I want to receive. Am ready to allow trust in. Ready to see that. Recognize that I don't need not to trust, if my partner needs to e.g. flirt that's up to him, I can't suppress or palliate. I would just need to respond if something did happen. Something strange is happening. When I came back from school I felt completely and irrationally convinced that the friend I had just stayed with was wishing that she could get together with my partner, I just heard it some how. This is what prompted the trust stuff above. I tell my partner how I felt ask him if there is anything on his side. Two days later there is a message on the answer phone asking if she can come and stay. I feel very glad to have got clear with my partner already. 05P 34 XX.XX NS

This friend is due to arrive tomorrow. When ever I think of her arrival I am convinced that she will want to borrow a favourite dress of mine which is purple. I get madder and madder at the thought of it, especially as she is seven months pregnant and it will not fit her. I decide to ring her up and remind her that one of the evenings we will be circle dancing and suggest that she brings a dress! 05P 39

XX.XX NS

I go and meet my friend from the station, she has had her luggage stolen! This means that for the entire visit of 5 days I have to lend her my clothes, even my knickers! I don't lend her my purple dress! I also have to lend her paper, pens, a bag, toiletries etc. I start to wonder who has manifested what? I decide that I haven't created the theft of her bag, rather that I tuned into the theft unconsciously and it filtered through me as I'm not lending her that... Of course, I could be entirely mistaken. Feel that I need to watch my thoughts. 05P 40 XX.XX NS

My friend comes into the kitchen dressed in my clothes and says to my partner 'There seem to be two Genevieves now'. I am really pissed off with her, think she is making a direct suggestion that she could replace me. 05P 41 XX.XX NS

One person in the house really got on my nerves and I really wanted them to leave. They felt evil. I was shocked by my reaction. 07P 02 XX.XX NS

I do feel a sense of calm within me, but ex-partner (of 1 month) rang to speak to friend and I felt a strong pang of jealousy that he is spending tonight with lots of male friends. It intensifies the fact that I don't have any friends to visit at home. I felt angry with him, I haven't felt jealous of him till now. 08P 01 20.00 NS

I'm aware that J and K are stoned, I feel paranoid especially when J and I go to the shop. What to buy? Why am I here? What to do? I feel I'm being watched. Teenage stoned paranoia. I feel I'm picking up on J's stoned mind. 08P 02 22.45 NS

Went round ex and friends house, ex not there. Felt angry he's not there as he's out doing stuff. I want him to grieve for me. It's like he couldn't be arsed to share time with me. I know he loved me but it didn't feel like it. Or maybe it was me. I keep having pangs of jealousy. We won't commit to each other. I wish he and others hadn't moved here now, it feels like my home - all mine and now there's all these intruders interfering, (old friends). I want them to fuck off. 08P 07 XX.XX NS

Feel withdrawn and a bit paranoid but amused by stories of people's kids 09P 02 12.00 NS

Death, Decay

Mind feels very unfocused, can't concentrate on anything and not interested in present and eyes just want to un-focus into the distance and almost as if a shroud coming down over eyes. 03P 02 16.00 NS

I think that the person lecturing us looks really odd, her face is hanging down. 05P 03 16.00 NS

Friend on phone said as if I was talking from a "dark chamber". I've been the victim of a very needy energy vampire. I feel that I've been giving, giving, giving and nothing in return. 06P 19 XX.XX NS

I still feel sick, trippy, aware of people's expressions being bendy, ugly, deformed, like I'm observing them in slow motion, it's very LSD like. 08P 01 16.30 NS

Because I've been feeling shit for a while now I'm desperate to have a new remedy. I'm starting to feel really desperate, thinking I'm going mad. How can I spend the majority of my life feeling crap,

especially recently. I feel no joy when I wake each day, it makes me feel I've been alive too long. 08P
55 XX.XX NS

The sensation was of being suddenly and vigorously pursued by vast collections of entities that were very specifically bent on doing us grievous harm. I could feel them shrieking as they chased us, these horrible 'alien' monsters. Toxicology

An old corn stalk on the ground suddenly turned into a corpse and grabbed my ankle. Toxicology I thought for some reason that I was going to die. I would close my eyes for awhile, then open them to make sure I wasn't dead yet. My whole life started flashing before my eyes. An old ugly nurse kept coming over and asking me the same questions over and over and it was driving me insane. 'This is hell.' I thought. I've already died and I'm in hell. Toxicology

I spent the next few hours in hell. I was certain I was dying, or had already died. I kept thinking about heaven and hell, and lots of Christian religious themes. I was certain that since I was not 'good' as the churches of the Christian world defined it, I must be 'evil'. I went through hours of agony and terror. At some point, I apparently pissed my pants in fear. I thought when I ran out of cigarettes, I would simply cease to be. At this point, the idea didn't frighten me any longer. Death would have been a relief. Toxicology

As I sat on the carpeted floor, my bones were seeping through my skin, I felt knives stabbing at me, and felt the pain. I literally went crazy. The words didn't come out, the pictures I saw were flashes of the devil, angels, clouds, knives. Toxicology

The thing looked like a monkey. It had a round head, two long legs, and tail or some sort of appendage. It moved like monkey, jumping with blinding speed, and running up walls. I thought it was a silly visual, until I realized it was aware of me and was starting to interact. "What kind of chemical can do this?" I remember wondering. This is just a hallucination, right? Well, it didn't matter if it was a hallucination or a flesh-and-blood rhesus monkey, because this thing was chasing me and I was terrified. I was temporarily convinced that some sort of evil was toying with me. Toxicology

He said that the demons were coming and I was going to go to hell. Suddenly I saw a flash of light and D.B. became a demon. The veins were popping out of his head and his eyes were dripping blood and horns came out of his head. Toxicology

I saw the most evil looking demonic figure when I looked out the window. This thing was so scary to look at that when I would look at it and make eye contact with it it would actually make me go into convulsions. I lost all control of my body when this would make eye contact with me. I imagined that we had driven head on into an 18 wheeler and got killed. I could hear the screeching metal, then everything got quite a peaceful, but dark and evil quiet. I was terrified at this point. I actually thought we were dead. I thought we were doomed to hell for sure! The demonic figures reappeared and this time more scary than before. This time I remember claws on this creature. I kept thinking I would be dragged away. All I saw when I looked in the mirror was a horribly drug ravaged corpse, like it was me but I was transparent, like some kind of spirit of evil decent, very evil. Well after this experience I still thought I might really be dead and for about a year I wouldn't go into any cemetery because I was terrified I would find my own grave and that is when I thought I would have to finish with the death part of the trip. Toxicology

Dreams

I was in the proving group talking about my fear of being ridiculed. I brought to consciousness a memory from childhood (long forgotten) of an occasion when I had been ridiculed in a group over something I'd done. I had a sense from the dream of having had a profound insight/revelation. 01P 02

I was walking up a marble staircase with two other people, iron railings on left side, wall on right - it was spiral. It seemed to me that the stairs became incredibly steep and I was only moving up by pulling on the iron rail. It became precarious. My colleagues were ahead of me, having no such problems - they were laughing at my struggle, seemingly in disbelief. 01P 02

I was responsible for someone in a large hospital complex. I was visiting and was their social worker. I was in a group with this client and had a student with me - I was the leader. The client was very difficult to be with - he had learning difficulties and was aggressive. During a dancing group his movements were chaotic and threatening, directed at me, waving arms close to me. He disappeared at one stage - I was almost relieved - my student went and found him. I left him at the dance group because a minibus was due to take him home. But, just after I'd left I saw him and several other clients walking on the road. He refused to get in the minibus saying he'd find his own way home. I doubted this. I was worried about this and several other things I'd left behind in the building. My feeling was one of huge responsibility and impending misfortune - things will get out of control. Earlier in the dream, I'd been wandering around the grounds and offices of an autistic organization. On leaving their offices an autistic client came toward me and I began to make an exaggerated and aggressive hand gesture toward him, which I just caught myself doing and changed it. He said "I don't like you". He caught my unconscious intention - I felt that he saw through me. 01P 04

I was walking in the mountains and I was looking later at the photos I'd taken. The photos were like air-reconnaissance ones - from a great height. On the walk I had gone much higher than others, so my photos were of other people in the group from high above them. They were small specks. Others commented about the height I'd achieved. I had a feeling of surprise at my achievement and pride at its recollection, especially that this observation of my achievement was made by others. 01P 05

I was with my wife and met up with a homoeopathic patient of mine. She was very pleased with her treatment, and her sense of well-being since the remedy I gave her. I felt great about this, and my wife was very impressed. I felt a great ego-boost. Feeling of great surprise at my talents and abilities. 01P 08

I was with a group of people with learning difficulties and some staff. One client was being very aggressive, bullying other clients. I confronted him and he attacked me. We were out in an open space and he kept running at me to hit me. He was very tall but uncoordinated, so most of the time I was able to sidestep him. On one occasion as he came at me, I managed to time my side step so well that I got under his lunge and threw him over my shoulder. He landed in a heap on the ground. He continued to come at me but with less threat. I eyeballed him and told him that if he continued I would flatten him. Other people were around us - they commented favourably on my intervention. I had the feeling of confidence in the face of aggression, of courage. 01P 09

I was accompanying C, a female friend of my wife's, helping her out with some task. She lived by the sea, quite close to us. We bumped into D a former work colleague of mine (who I hadn't seen in ages). We talked about football, Bristol City, and I wanted to continue the conversation but C was anxious

to move on. I remember feeling that C represented something completely different from D - something about working class and middle class and me caught between the two. Also, a feeling of being constrained by responsibility, prevented from doing what I would like to do. 01P 10

Awoke knowing that I'd dreamt but without recollection. 01P 14

I was at work. My colleague, R, had tried to avoid a piece of work he didn't want to do. When our manager was trying to allocate work and gauging our commitments, R kept quiet and she began to push the work in my direction. I knew that R was in a better position to do it and I told him so. I also told him that his strategy of keeping silent was very destructive of teamwork. I was shaking as I told him and I went out of the room unable to control my anger. I stayed in the toilet for a while waiting for my shaking to stop. I felt really good at having the courage to confront him. 01P 15

It was like a dating agency set-up. I was given the option of two women who were matched with me by the agency. They were in separate rooms and I was able to look at them without them seeing me. To my surprise they were both in their mid 30s, single, without children, and beautiful. I could not face meeting them because I had not been honest. I felt a cheat - I had not said that I was attached, and yet somehow it seemed right to me that I should be matched with a much younger woman. 01P 18

I was in a strange house, where it was suggested I try a 'ghost train' type experience. I clambered into a dark tunnel-like area and there were noises/shrieks all around me. I could see that it was a home-made, DIY environment, of cardboard and various textures of materials, but it was still quite scary. I went through on my hands and knees, making roars and growls as I did so, to cover up my fear. I came out into a room full of cushions and beanbags, and I was completely surrounded by images of men and women having sex - pictures of penises and vaginas all around me. It was a mixture of a turn-on and depravity/disgust. I noticed a woman asleep, curled upon the floor, she was naked and deformed. She opened an eye and suddenly came for me, like an animal. I ran from her, trying to get out the way I'd come in, but she was too fast and too strong for me. She had me trapped. I realized that I had been fed to her and that she was going to rape me. I was terrified but resigned to my fate. 01P 19

Dream about the football results. Stimulated by excitement of my team doing well - Oxford United beat Bolton 6-1, Bristol City lost 6-1 at Port Vale. 01P 23

I was with my son (aged 5) walking along a road which was very high up. We sidetracked to a space where the road just dropped beneath us - a precipitous vertical drop of hundreds of feet. Sam was playing too close to the edge and I became very scared. I began to lose sense of my own boundaries, disoriented in mind and body. 01P 30

I was in the mountains with friends from the men's group. I was chanting self-affirmations ('I am beautiful, I am wild') into the rocks. I felt I was doing something skillful, solitary, and spiritual. I was looking down on the view. I joined the others eventually. 01P 30

Remember 2 dreams about horses. First one: A big horse kicks out at me as I pass. There's a lad on her. Two other men, whom I know try to beat or kick the horse, the lad almost comes off her. The lad then produces a lighter, and flicks the flame on. He threatens the horse with burning. I see red - I raged at him, that he should not treat the horse this way. My husband also went at the lad and snatched the lighter away. Dream 2: A girl on a horse is not controlling it. I was walking around a group of horses

who were tacked up, trying to sort out something, she kept spoiling things and I became annoyed. 02P 05

Dreaming of mundane activities like cutting garden hedge. 03P 02

Aware of lots of dreaming but only remember this part of one dream: 3 young boys roaming around an underground car park killing people. One man trying to stop them - he was lying on the floor pretending to be already dead. As they approached him, he sprang up and threatened them with his 'weapon' - a safety razor! He held it to one of their throats but could only nick the boy's skin spot of blood. He bounced another boys head repeatedly against a concrete pillar but again the only damage was pinpricks of blood, this time in a pattern (circle of pinpricks with a clear cross in the middle) - can't remember what happened before or after. 03P 04

I was skiing down some stairs (ski slope turned into a flight of stairs) When We'd finished skiing, we couldn't find the car - felt a bit emotionally detached. 03P 05

I had 2 bras and both of them were broken - I was at a friend's house getting ready to go to a posh restaurant - wanted some needle and thread to fix bra but my friend wasn't there - knew some was in her chest drawers but felt guilty looking through her drawers for it. 03P 08

A quiet but vivid dream, where I was at a funeral. The person being buried had been a famous pilot in WW2. I wanted to put a flag on the grave, but everyone was trying to stop me. I succeeded but then woke up. 04P 02

A strong dream about a love-hate relationship with one of table tennis team members. I was shouting out and woke my wife. 04P 06

My wife commented that since the proving, she has dreamed a lot more vivid dreams. 04P 28

Dream of a male friend we want to have an affair with each other. 05P 02

I'm signing something, a consent form to do with the proving. I sign my name Jesus Scase! The pen is blotchy and I see triangles everywhere. 05P 02

Dream of a friend. She looks in the mirror and sees the reflection of an old lady looking at her and talking to her. 05P 02

People have patches of black charred skin if they have been effected by the proving a friend has such a patch on her belly. I tell the proving co-ordinator that I'm feeling weird and he presses a point on my left hand to relax me. When I wake from this dream I have a dry tightness at the back of my throat and I feel uneasy about waking up in the middle of the night and finding my way to the loo. 05P 02

Lots of dreams about domestic affairs, important politician at the proving co-ordinators house discussing water rates. 05P 03

I was playing 'Chopsticks' on the piano with another prover, we were completely untogether (I did this a lot as a child). 05P 03

A woman tells me that my son is a born arguer he overhears and stomps off, I feel relieved that it was

not my fault. 05P 03

A swimming pool with snakes in it, young children were being thrown in for sport. We caught the snakes, twisted them to break their backs and saved the children. 05P 03

A man shot a poison dart at me it landed at my feet. He fully intended to try again, was marking off the days. He shot another, it bounced off the wall and came back to find me I had the feeling that it had 'my name on it'. 05P 04

A nurse held 2 phones together so that the people on either end could kiss. 05P 04

I arrive at a friend's house, all the electrical switches in my car were in the wrong place on the steering wheel, I didn't know how to put them back. 05P 04

I'm in a second hand shop and buy things that I do not need, Because I still want them. 05P 04

There was a swimming pool party with many people, even the king. We had to fill up the pool by filling the bath and emptying it into the pool. One tub seemed to almost fill the pool. Someone said a German word 'anstour' which meant yes it hurts a little but taps very lightly (I can't find a real meaning/translation for this word). 05P 05

Children have been kidnapped, one changed into a miniature sheep. We are desperately chasing the people who have just taken them just when we think we are there another disaster strikes. 05P 07

There is a wild game to play, a dangerous game, a vehicle shoots exploding darts ahead and blows up the car in front. The game is played on bikes too and soon people are shot at too. Eventually I got one in the arm, I was waiting for it to blow up. A doctor came with an antidote, we were in the States. A woman lived in a small tin hut/house. She was having sex with someone who was not her partner, he was from old days. Her partner came home and she diverted him upstairs away from her lover. As she did a tornado struck the house and the partner was killed by a tree. Soon afterwards the lover was killed. In this house there was a glowing green wall, when I looked more closely it was green and blue like the earth. This same woman then joined in the wild game just described. The emergency services came and carried the bodies away in a big plastic bag of which they had loads. One of them eats an apple as he does, seems immune to the gore. 05P 07

A big gathering, perhaps my daughter's birthday party. I'm serving out birthday cake it won't go round, takes forever. I feel thoroughly dumped on, my daughter isn't even in sight nor my partner. Later I find out he is in the pub (he never goes to the pub). He justifies himself, I scream and shout. We are outside someone's house and two men and a woman are watching. My partner goes to find something, he is wearing my purple swimming costume and has an erection. I'm surprised he wants to go to the car looking like this. 05P 08

A girl is upset that her boyfriend has given another girl a present, a hat, it turns out that he is dating them both and they didn't know. They are very upset and throw away the bananas they are eating in defiance and protest. 05P 08

I dream of my childhood beds. Dream of a mountain road, telling people it was hard to come down in a car. Dream of a cross-roads where lots of children slept out in the roadside, each night different ones, in sleeping bags, I thought it was early to be camping out, didn't think I'd let my kids do it, was

concerned that they were vulnerable. 05P 09

Dream of skipping in a large green walled space with a huge rope. A tutor is turning it and lots of children are jumping. There is an accident and the tutor goes off to get some whiskey, I take over the rope turning for a while. My mother is there and says that she had whiskey when she was in court getting divorced. 05P 09

I'm cooking a meal, my partner insists that I put slices of meat in yet, we are all veggie, even him. 05P 10

Dream of a woman, listening to her story. She had swallowed a water bomb on her 30th birthday and was waiting for it to explode. Somebody was listing herbs she could take. I saw an old school friend she said 'on a course and you have a family I would have been happy with just one of those things'. 05P 10

Waiting to catch a ferry. My partner and I are walking round the departure lounge. I am naked and wonder why people stare at me. Eventually I put a T shirt on. We are too late for the ferry, it doesn't matter, we just get another one. 05P 10

I dream of a big pot of dried lentils. It's the place that they are kept in. As I get some out I realize there are a few vegetables in there. I move things around to see what else there is and realize that there is the odd blue flame in there as if really it were a gentle fire. 05P 12

Dreamt of sitting on the loo with a policeman staring at me. I realized I hadn't closed the door. My left arm would hardly work to shut it. 05P 14

Dreamt I went along to the fourth year class. A friend and others from my year had the same idea. The lecturer was outrageous with them. Dreamt of a classroom of school children doing the most beautiful singing. My daughter was spending a day in the class above her. Dreamt of my old form teacher from secondary school. I really didn't like her. 05P 14

Dreamt of finding a house that I wanted to move to, opposite a common with woods, felt so glad to have found somewhere. 05P 15

A doctor or a dentist wants to give me an injection. I get really cross, he's going to do it almost without asking. There is a group of students watching. Eventually he does it in my arm and I feel myself go sleepy and heavy. I'm standing up and he's holding me very close so that I don't fall. 05P 17

I am or am watching a famous person who is being constantly pursued. I dream of his elaborate plans to escape. It's frustrating and miserable, yet exciting. 05P 19

There's an alternative camp, a singing friend is behaving like a born again new ager. I am leading a dancing spiral that is also climbing. My friend's teenage daughter does a beautiful dance at the top before she jumps down, when I go something is wrong with my eyes, I can't see and I ask for support. 05P 19

Dream of washing in a communal space, several young men are coming in as I am topless and I suddenly feel very vulnerable. They approach me and I simply punch them each in the face. 05P 22

I am at a large old house on some kind of work shop with my partner and children. My partner is talking about going away with the children next time I go on a school weekend with some other friends. I am furious convinced that he will be unfaithful. The place is so crowded that it is impossible to relate to anyone, through the crowds I can see a few old school friends. I fell out with my partner we were in bed, about to make love, he looked up and noticed that we were in a dormitory, he just got out of bed and went off. When I went to find him, he ignored me, didn't seem to care about me. All the people seem very big and it bothers me. 05P 22

I'm walking with a group of friends, but end up walking on my own as the rest of the group form pairs. eventually I get cross with them for leaving me out. I shout and walk off, later I tell them how I feel and am quite embarrassed, but I think they should know. I tell one of these friends that I think she is using me as a platform to launch herself from. (I can hear an owl). 05P 24

Dreamt of a picture of myself which was a reflection of when I was younger, about 17 looking in the mirror. Was not sure if it was a picture or a mirror. 05P 30

Dreams of school friends, of them loving me and caring for me. I was confused didn't know where my loyalty lay with my partner or one of these male friends, wasn't sure if they were the same person. 05P 30

Dream of trying to escape, finding my way through housing estates into town streets 05P 33

Trying to get home in car, running out of fuel, asking the way. 05P 36

My sister has been killed some how and I was one of the suspects even though she'd died abroad. I'd given her a remedy, Carcinasin. She came back to talk, didn't say how she had died though. 05P 37

There is a battle. Our children are in danger, have been taken away. We ride horses to the 'school' where they have been taken. I have a knife and a sword. we are all disguised as French generals. A boy has turned into a snowy owl. There is a secret wall/hedge through which children can disappear. 05P 40

Dream of walking through a wood. I have heavy boots on. There are many baby birds on the ground. I see that lots of them are owls, barn owls. There are dozens of them, I try not to step on them. There is one that is damaged and homeless and I try to find someone to inform. 05P 42

Meeting an old friend outside a public loo. (He is very good looking and I used to fancy him when I was in my late teens). He relates to me as if I am really square and he is really wacky. (This is how it was, he was 'hip' and took loads of drugs and I wasn't quite in his 'league'). 05P 42

I cut my left arm off at a gathering, perhaps when drunk. Someone else had cut both their arms off, I think I was copying. I was wondering what had possessed me, why it didn't hurt, why there had been no blood. Realizing that I needed that arm, How would I drive? How would I play tennis? (I am not a tennis player). Was glad to wake up and realize that it was a dream. 05P 43

Some student friends and I are at school. The principal says that there is a prowler next door, asks me to find his rifle. I can't and get an axe instead. Then can't find the principal to give it to him. People are

crouching behind bushes and trying to cross an open space. I see the intruder on the veranda with a gun getting ready to shoot. I approach him, we are both fairly astonished. I get his gun off him, It is a friend of my parents who was my old French teacher. He runs off, I let him. We all gather back in a room at school and discuss what has happened. 05P 44

My sister and I are in bed, we are intending to make love. We are self conscious and awkward and don't know what to do. I realize that I don't want to touch her genitals. 05P 44

I was captured by the Nazis with my family. We were marched through under ground tunnels. We met a line of people clothed in black coming back the other way. They were bodies with dead eyed souls. I was frightened. We ran away no one seemed to try and stop us, yet it still felt as if we were pursued. We stowed away with a taxi driver not noticed to our surprise when we went through the check points. We got out and ran through woods and in shallow rivers, there was still something to escape from, the risk of being recaptured. 05P 51

I was looking to buy a house. I saw one I liked way beyond my price. When I saw the agent it was 100,00 less there had been a printing error. When I walked in I knew it was full of spirits. There was a lift that took you back and forward in time. There was good verses bad guys. We jammed the bad guys in the past one of them looked like captain Flint from Peter Pan. It was like the best film I had ever seen. 05P 56

Saw big spider on the ceiling of a room fear when it ran at me, said wow look at that. Fear. 06P 02

Lost in a car park, walking in streets of a town with mates. Can't find my car, going round in circles, after a night out on the town with friends, feel annoyed and stupid little worried, what's happening, go off on my own to look for the car scared of heights in the dream I am climbing around steps and stairs that are high up on a building with out a right hand rail, just a drop to the city below, I stay away from the edge, lost way in the streets, feel I know the town, big buildings, me friends and empty streets. 06P 02

Dream short one of gang warfare and knife fights. 06P 02

Went to bed that night with the intention to dream about the remedy of the proving. Like a guided meditation and dream programming. Dream; I was standing in a wheat field, at least the crop felt like wheat, bright day hedges and a long field full of wheat or other cereal crop. 06P 08

Dreamt last night of car battery acid. Woke with "acid" taste in mouth. 06P 14

Woke in night, dream of vampires, very scared, hid under the covers, fear of a few different things, can't remember what exactly even seconds after waking, but haven't been this frightened in a nightmare for years. 06P 19

Escaping from the crab cave, big crabs with big right claws, no fear now I can escape, diffuse through the walls and low overhanging rocks. 06P 40

Alarm wakes me in morning from dreams of moving house. 07P 02

Woke by dreams but indifferent to them! Just didn't seem important to write down or

remember. 07P 03

Dreams of being held and warm. 07P 04

Had some very vivid dreams - but can't for the life of me remember in the slightest what they were about. 07P 07

Very deep, vivid dream - but can't remember a thing about it. 07P 08

A dream I finally remember! In a maternity ward, trying to find a bed, find one on the top floor. Give birth to a puppy. I am relieved as I didn't want another boy. 07P 13

Remembered a dream - first time for about a month. About buying a new house - with a large garden, which needed to be divided. A greenhouse with tomatoes and peppers in it - but they were dried up. 07P 37

I was walking down a track and there was a lot of baby animals everywhere, but in mini size. Ducks here, chicks there, then I went into a field. There was an enclosure like a paddling pool, a duck or a dog had just given birth with placenta next to her and a mini puppy still caught up in it. I picked it up and rubbed it to make it start breathing. Took a while, then I looked at the puppy's' siblings, and there was a mini hippo, elephant, thought this is strange. 08P 02

I was in this room in a tall office block making love to some man, but it was like going into a photo-booth, I paid to use the room whilst another man hung around kind of observing, but not, he was a security guard. There were no soft furnishings, only boxes for a window display, we kept moving around the room trying to get comfortable. Our time was up, we got dressed, the first man left and another man came in, we started making love. I enjoyed it more, we chatted. The onlooker/not onlooker man was still there. The sex wasn't loving, just to reach a goal - orgasm. Then I was in an office, listening to part of the dialogue from "Bladerunner", I realised I'd forgotten to go to work a couple of days before. 08P 02

Dreamt of cockroaches, feared them. They were behind net curtains, their bodies just lying around, maybe dead, red and shiny. I hate their antlers. I was scared and disgusted by them. I had to get someone else to remove them. 08P 04

Dreams unremembered. 08P 06

Dreamt lots, unremembered. I can't remember any dreams of the last couple of nights, feel better when I dream. 08P 07

Dreamt I was being watched. 08P 08

Dream of trying to find a toilet and the sensation of trickling liquid. 08P 08

Dreamt I was in a futuristic place, outside, there were 3 square holes like mini coffins with metal lids. Each day I had to be kept in it, (there were others next to me - like some kind of prison). The stupid thing was I had to put a knee into each hole and the rest of my body into the other (impossible, then be locked in). My knees were bent under me. My knees and head were in the holes and my body spilled on the surface of the ground. I/we were waiting for authority types to go so we could escape.

There were healers around. Very bizarre, reminded me of film 'Handmaids Tale'. 08P 09

Dreams, all of sex, again in another big house. It was of desire and lust, no act, but very very strong sexual tension. 08P 10

I was in this huge house, lots of rooms and people. It seemed to be haunted with strange booming noises coming from way off. A weird old man went to show us something, it was obvious he had strange powers. He went and lay on a bed, stretched his fingers and arms towards the ceiling and drew down the decoration (painting) as though it were made up of dust and stars. It was very spooky special effects like. I was scared. The ceiling went woosh back up and settled into its picture as before. (I was a bit freaked by this dream and drew a cartoon of the dream). 08P 10

Sexual dreams, but not fulfilled. Strong sexual tension between me and men - none I know. Fumbling, etc., but more looks and glances, flirtatious and me trying to take it further. Not happening, frustration ! No completion, powerful desire with no act. 08P 10

Dreamt I was in my bedroom in old family home (teenager), kissing a woman. Again, sense of frustration, desire and being stopped by the other person. 08P 12

Dreamt I was in a redbrick house following a lad from room to room, escaping out of windows. It was dark, he kept disappearing. Again I think it was sexual in motive. 08P 12

Dreamt I was in Wales but then it was somewhere which reminded me of Derbyshire. I went into a shop twice because I had my eye on a dark-haired lad. We got talking and went for a walk. It was all sunny and happy and energetic but calm. We made love, he was gorgeous. My ex was about, but didn't seem to mind. 08P 14

I was on a train thing, or on a platform, there were lines of 100's of people, it was a prison too. A ticket inspector woman approached everyone. I dug around in my pockets, felt panicky. I didn't have a ticket but had this ball which was okay. There was such an atmosphere of fear and panic. There was a sensation of trying to get it right, being safe mixed in with fear. 08P 20

Dreamt I fancied this lad. He worked in the garden in this big house/shop with lots of floors. I saw him briefly and put down the round basket I was carrying of chillies and garlic, to mark the spot where I'd seen him. He disappeared, I walked round and round trying to find him, but I kept bumping into beautiful women who seemed to be his ex girlfriends. I was getting lost and couldn't find my way back to the basket. Finally he appeared and I gingerly approached him, took his head in my hands, up close and told him I loved him. He said he did too. I was so happy. I woke it felt like a premonition, there is someone out there. 08P 27

I was observing room upon room of women who were trying to conceive, but they only could if they orgasmed, so self stimulation was meant to occur. I was trying to work out if it was, I couldn't tell. The conception was using the syringe method. Women were dressed in white, big soft lit halls. 08P 28

Dreamt a few dreams, where I was falling, once I hit the ground. Fear of being weightless and out of control. 08P 37

I turned over in bed and shit came out, I put it behind my bed with cucumber. 08P 44

Dreamt I was jumping and freefalling down this endless swirling silvery grey tube/shute. It was swirling round me as I dropped down down. Before I jumped someone told me, or I realised if I jumped I would go back in time. It felt like a major leap of faith to jump. Finally I snapped out of it to wake in this dreary room of wooden furniture. I looked at a clock and calendar, I'd gone back in time one month. 08P 54

Changing dirty nappy of large 2 year old called Lydia (not a child known to me) - noticed smell while arranging cushion on tiny chair for smaller, older girl. Asked the mother if I could help. Poo 2 dark brown speckled cakes. Hard to cope as surroundings poor and unhygienic, was worried about getting all disinfected. 09P 05

Small boy playing in round bright orange space craft. Small girl had to walk miles across country to see friend at seaside. I follow in car - red lorry or bus backs into parked car - I bang side of red lorry and it moves on. Looking up at very tall trees. expecting thunderstorm. 09P 07

Woke from dreams of tiny coloured birds (American) singing beautifully. More birds, larger, caged, cage seemed too small - imagined these very lively talkative birds getting even larger - would need huge cage . Planning to build extension onto house (not mine - strange bungalow on hill top). 09P 11

Waking from dreams, vivid, fading: Lots of colour - mostly yellows. Decorating child's room with wall painting. In shop with many stairs. A sign, LWS which I kept misinterpreting as "Wills", so missing way to food shop. Driving home on narrow lanes with crops growing over hedges (GMO's?). 09P 15

Dream recalled of being nervous entering a room to join a meeting. Square table. Men in suits. My husband. 09P 23

Black and white dreams - could not hold on to them - Black and white dreams are unusual - only remember one before, many years ago, and that had some yellow in it. 09P 25

Pity for young girl sitting on floor naked, unaware she was exposing her (deformed?) sexual parts (she looked as if she was made of clay). 09P 29

While dropping off to sleep had image of horse's head looking as if flayed, like an anatomical drawing. woke up startled - a disturbing image. 09P 32

Finding an empty seat on end of row, had to read aloud to a group of people but had to stop because some words had been replaced with odd symbols that I could not interpret quickly enough to keep the flow going. 09P 33

Slowly waking (aching bones) from dream: Holding down man so someone could tie his hands (handcuff). Did not want to hurt him as he was nice man. Quite young, dark, slim. 09P 36

Large black and white pigs at bottom of our garden - was afraid but they did not move up the garden. 09P 38

Dream walking down city street looking for my office block - was told that sometimes a building disappears and reappears. Feel this dream had been dreamed before. 09P 51

Vivid dreams. People quarrelling. Reconciliation. I was conciliator? Period setting. I was some way in charge, responsible. Someone was sprinkling flakes of some kind of waxy substance all over floors - I was very annoyed - my authority being challenged? I was picking it up and trying to remove it. 09P 53

Woke from vivid dreams. My son given some kind of spiritual token. He becomes softer, more gentle. Says he will start studying things he missed. Was shown bright artifacts in secondary colours - golds, purples, greens, to do with children. 09P 55

Waking dream - vivid. Travelling to Misha's, surrealistic, long, rambling. alligators in huge water garden. Stepped on large blue stone, it was an alligator, had to be careful, but not frightened. Running barefoot like child on grass with flowers. Then slept again, return to same or similar dream. 09P 60

Waking dream vivid, anxious, bordering on nightmarish. My husband had decided our house not good enough, had to be demolished. I saw it razed to ground, bare earth, mess, worried how to tell my mother. Realised was only dream - house restored. 09P 65

I walk out of wooded park-land where my home is into an urbanized area in which I loose my way. In order to return, and because the way I have just walked via back streets, is unrecognizable to me, my sole option is to follow the main streets until I begin to remember the way back via arterial routes. This I do while darkness begins to fall. Realizing that my return is taking much longer than I had anticipated, I begin to march along the streets and eventually out of the city. The road is no longer lit, and as it changes into country track, blackness of the star lit night awes me. I feel apprehension welling up within me, as if something strange, unknown and maybe magical could happen - perhaps an encounter with beings from another dimension. 10P 02

Physicals

Sensorium

Dizziness on standing near desk at work. It lasted a second or two - I sat down, dizziness stopped. 01P 06 XX.XX NS

When preparing lunch with another of the group, felt jittery and slightly trembly - she did as well. 02P 03 13.00 NS

Dizziness in my third eye. 05P 02 15.30 NS

So dizzy after walking. 05P 03 14.30 NS

Dizzy sensation at the front of my head, a light headed feeling. 05P 04 XX.XX NS

I'm still very dizzy in my forehead especially if I'm leaning forward. 05P 05 XX.XX NS

Cut my finger whilst cooking. I get very faint which lasts at least ten minutes lying down and half an hour needing to be slow I do tend to faintness. 05P 10 18.00 OS

Very dizzy standing up, actually need to lie down. 05P 12 13.00 NS

Feeling dizzy as I cook. 05P 14 XX.XX NS

Incredible dizziness need to sit or lie down, feel the same two hours later having been lying down the entire time. 05P 32 12.30 IOS

Inner Head

Headache after walking on Glastonbury Tor, in very cold wind. Pain at front of head across left eye and forehead. 01P 16 XX.XX NS

Strong desire for coffee, had 2 with the result of a headache. 02P 09 13.00 OS

Crushing pain in head as if from a metal helmet - over vertex, forehead and temples - with nausea in solar plexus. 03P 01 15.30 NS

Mild stabbing in left temple. 03P 01 15.30 NS

Dragging headache over left eye - felt as if left side of face and eye were being dragged down. 03P 02 14.30 NS

Forehead feels bruised. 03P 14 16.30 NS

Sharp heavy pain inside head with nausea. 03P 20 24.00 NS

My head and lungs feel stuffy - bunged up inside and heavy. 03P 21 XX.XX NS

Excruciating headache as if a nail was being hammered into each temple and nausea from coffee. Wanted coffee for first time since took remedy. 03P 24 14.30 NS

I had a blocked nose and developed a headache at the back of the neck just above the top of the neck. 04P 20 XX.XX NS

Heaviness in third eye. 05P 01 16.00 NS

Numbing headache across my third eye, numbing and cold. 05P 01 18.00 NS

My forehead is numb painfully numb. 05P 01 20.30 NS

I still have a headache across my forehead. 05P 01 22.00 NS

I still have a dizzy, nauseous sensation in my head. 05P 04 XX.XX NS

On going dizzy sensation in my forehead. 05P 04 XX.XX NS

05P 06 XX.XX NS

Have felt dizzy in forehead all morning. 05P 07 XX.XX NS

Fizzy dizziness in forehead like an untuned TV. 05P 07 XX.XX NS

Pain behind eyes after eating a cake from the bakers (i.e. it is full of white sugar). 05P 25 XX.XX NS

Tension around back of head, neck is tight. 06P 01 15.30 NS

Pressure over eyes, headachy. 06P 01 15.30 NS

Right, frontal, pressive, expansive pain in head. 06P 01 18.00 NS

Headache above eyes, neck stiff. 06P 02 XX.XX NS

Heaviness in occiput. 06P 02 XX.XX NS

Head pain, right, frontal side above right eye. 06P 05 XX.XX NS

Headache, frontal, after eating. 06P 06 XX.XX NS

Woke at 3 a.m. With terrible hangover headache, (very unusual) 1 pints of lager last night. 06P 06 XX.XX NS

A few shooting pains - mainly right side of head. 07P 01 15.30 NS

Sensation of crackling in head, especially right side. Crackling feeling in left sinus. 07P 01 16.00 NS

In the afternoon got a terrible headache - mainly right side. Worse for movement. Yelled at kids a lot. Just want some space and some rest. 07P 26 XX.XX NS

Had a horrible hang over - didn't drink very much. 07P 37 XX.XX NS

Left side of head felt like it was sweeping off or I was being pulled over from top left side of head. 08P 01 15.30 NS

Head feels incredibly heavy and large, like a baby's wobbling on a thin post, unbalanced. 08P 01 16.30 NS

Headache in left temple. 08P 16 XX.XX NS

Ache at front of head - pressive - this passed - sensation at occiput - aching. Some tingling. A purple shape (triangle?). 09P 01 15.30 NS

Sickish headache forehead to vertex. 09P 07 24.00 NS

Slight headache over left eye - pressive. 09P 29 17.30 NS

Outer Head

Slight swelling on back of head - near left ear (where arm of glasses end), very sensitive, worse for touching. Its like the start of a boil. 01P 10 10.00 NS

Hair has gone really curly. 08P 15 XX.XX NS

Sight & Eyes

Visual disturbance on closing my eyes - shafts of light in bright colours, forming triangles. 01P 01 15.30 NS

Sensation of fading light. 01P 01 15.30 NS

Itching under left eye. 01P 01 15.30 NS

Eyes feel heavy. 01P 01 XX.XX NS

Eyes, field of vision felt scattered. I was driving home, and I had no central focus. I felt as if I had to stay in inside lane on motorway, did not trust my perception. 01P 03 XX.XX NS

Startled on waking by brightness. I awoke with a start - it seemed very light. I wondered who had turned the light on but it was the daylight. 01P 09 07.30 NS

Awoke in surprise at the brightness of the light coming through the window. Similar to yesterday but I was not startled. 01P 10 07.15 NS

Sight feels clearer. Clarity of vision, though its the same. Everything seems more defined. 02P 01 15.30 NS

Eyes feel dry and strained. 02P 01 17.30 NS

When I started walk, eyes started to water profusely for about 10 minutes. 02P 02 07.30 NS

When walking dogs - eyes streamed immediately that I went outside. Lasted for 5 minutes. 02P 03 07.30 NS

Feel tired today especially in the eyes. They feel tired and dry. 02P 13 XX.XX NS

Right eye watering. Left eye dry and burning - wanted to blink all time, as if not enough moisture and feels swollen with sensation of pressure behind it and in left sinus (forehead and cheek bone). 03P 01 15.30 NS

Sensation of eyelash in left eye - irritated but no eyelash in eye. Eyes feel tired and swollen. 03P 01 16.30 NS

Driving home saw a buzzard - looked big with stunning wings - transfixed by it. Colours look really bright so almost hurt eyes. 03P 01 16.30 NS

Eyes feel tired, swollen, puffy and red as if had no sleep at all, but people said they looked really clear and bright. 03P 02 09.00 NS

Sensation as if there was an eyelash in left eye - no eyelash there. Eye feels dry as if I need to blink frequently to moisten surface. 03P 04 20.00 NS

Tic/twitching in right eye - upper lid outside corner. 03P 04 23.00 NS

Right eye stinging. 03P 05 20.00 NS

Eyes burning slightly again today especially right eye. 03P 05 XX.XX NS

Eye driving me nuts - getting sore and watering but nothing in eye. 03P 06 10.00 NS

Eyes feel like they're bulging, swollen, smarting - want to shut them they feel so tired. Left eye feels as if has eyelash in it - upper outer corner again. 03P 06 XX.XX NS

Eyes feeling swollen and tired and ache a bit if I roll them as if I'm starting flu. Partner says my eyes have been looking more tired and red than normal in last few days. 03P 07 XX.XX NS

Skin under both eyes is puffy and swollen (not upper eyelids as last few days). Patch of dry flaking skin under left eye. 03P 11 09.00 NS

Eyeballs feel very swollen, behind eyes and upper eyelids. They still look tired but not as much as yesterday evening. The rims of the eyelids upper and lower are red. 03P 14 XX.XX NS

Eyes feel like a bull frog - as if they're bulging out of my head and they look really tired and puffy (not surprising with all the lack of sleep). 03P 25 XX.XX NS

I experience bright light in my eyes, images over my mouth of a different structure, rushes of energy into my solar plexus. 05P 01 15.30 NS

I have a sensation in my eyes of cold light as if I'd been looking at the sun for too long. 05P 01 15.30 NS

My eyes are starting to hurt and there are tremblings in my whole body. 05P 01 16.00 NS

Cold ache in left eye. 05P 02 15.30 NS

Lots of yawning and runny eyes. 05P 02 XX.XX NS

Pain in eyeballs. 05P 03 16.00 NS

On my journey home I noticed far more of the view than normal, noticed things that I didn't usually see, far more detail, Seeing beyond my usual field of vision. 05P 03 17.30 NS

Dry scratchy eyes, they feel red. 05P 03 22.30 NS

I have pain in both my eyeballs as I'm eating my dinner. 05P 05 19.00 NS

My eyes are sticky. 05P 05 XX.XX NS

Eye pain as before but less intense. When eyes are closed it's worse. 05P 10 XX.XX NS

Eyes moist. 06P 01 15.30 NS

Light got darker, as if the sun went in. Black objects, flecks shoot across vision on the right hand side. 06P 01 15.30 NS

Colours seem very bright. Lights of cars very bright on the motorway. 06P 01 18.00 NS

Eyes crusty in the morning. Inner canthi, pick crusts from them. 06P 02 XX.XX NS

Clearness of vision - Deepness of vision - Tingling and freshness in eyes. 07P 01 15.30 NS

Eyes, sensation as if ability to focus is much better, different and more precise. Don't want to shut my eyes. 07P 01 16.00 NS

Eyes focus in a strange way - awkward - takes time but very clear (eyes feel as if I had taken acid). Spaced - focused/unfocused. 07P 01 18.00 NS

Eyes very dry and still - they feel 'old'. 07P 02 XX.XX NS

Pupils feel like they are going in and out a lot a kind of darkness when I change from close to distant vision. Focus. A shooting pain in right eye, through middle. 07P 02 XX.XX NS

Eyes still feel very weird - eyes watering. 07P 03 XX.XX NS

Eyes feel deep and tired. 07P 04 XX.XX NS

Eyes still feel a bit funny if I focus hard or have to look at anything for too long. 07P 20 XX.XX NS

Left eye is a bit bloodshot, inner side of iris feels dry. It is not helped by me as I keep putting my fingers in my eyes to wipe out sleep which there seems to be a lot of. Left eye now feels sore and dry. 08P 02 22.45 NS

Dry eyes, left eye more dry and still a little bloodshot. 08P 03 08.00 NS

Eyes still dry, need lubrication. 08P 04 XX.XX NS

Still putting my fingers in my eyes a lot to remove sleep, they feel dry too. 08P 04 XX.XX NS

Both eye rims feel dry and smarting, need more lubrication. 08P 04 XX.XX NS

Up, still feel knackered, eyes are red especially left one, itchy, bit bloodshot. 08P 37 XX.XX NS

Eyes still red, on waking felt gritty. 09P 05 08.00 OS

Saw kaleidoscope effect with eyes closed, also figures, faint, outlined in colour against black. 09P 05 22.30 NS

Eyes felt a bit dry, though they are watering. 09P 30 05.30 NS

Eyes feel strained. 10P 01 15.30 NS

Hearing & Ears

Hearing is very acute especially when doors open or close to the extent that I'm startled by it. 02P 02 15.00 NS

Hearing ultra acute - baby coughed and I jumped - cough felt like a shock that went right through my system. 03P 01 20.00 NS

Hearing in left ear seems muffled with an outward pressure pain in ear my left. My ear often feels as if hearing blocked, but usually just with a cold. 03P 02 15.00 NS

Hearing very muffled. 03P 02 17.00 NS

Occasional stabbing in left ear with muffled hearing. 03P 02 23.00 NS

Mild stabbing pain in right ear. 03P 04 20.00 NS

Felt as if an insect was crawling out of my left ear during the night - made me think ear might be healing - still mildly blocked in morning. 03P 04 XX.XX NS

There is crackling in my ears when I swallow. 05P 01 15.30 NS

I'm still aware of pain in my eyes and also have pain in my ear lobes. 05P 01 18.30 NS

Wax in my ears, loads of it. 05P 03 11.00 NS

I have a deafness for words and a feeling of fullness and warmth in my right ear. 05P 03 14.00 NS

Fullness and popping in my ears whilst driving home. 05P 03 17.30 NS

Far away noises are obvious, easy to hear. 05P 04 XX.XX NS

Feeling of fullness in ears, the sensation is of slight pressure. 05P 10 XX.XX NS

Incredibly dizzy and ringing in ears for 10 minutes. 05P 26 XX.XX NS

Noise of the door alarm in the shop made me jump. 06P 01 18.00 NS

Noise is irritating. 06P 02 XX.XX NS

Hear buzzards again - have to go and look at them. I'd like to be free like them. Sense of hearing very acute - heightened - for birds and a tractor sounded deafening. 07P 02 XX.XX NS

Notice a bird of prey's call. Hearing acute. 07P 02 XX.XX NS

Left ear feels as if there is a spot in the ear canal. 07P 18 XX.XX NS

Left ear feels as if there is a spot in it. 07P 23 XX.XX NS

Right ear seems to have a lot of wax in it. Left ear aches on swallowing. 08P 05 XX.XX NS

Left ear bunged up and aching. 08P 54 XX.XX NS

Tinnitus in right ear briefly - half minute or so. 09P 01 17.30 NS

Right ear blocked with watery discharge, a bit sore. 09P 02 08.00 NS

I could hear more distant voices better than close ones. 09P 02 11.00 NS

Ear worse on swallowing while driving. 09P 02 18.00 NS

Ear still sore and deaf. Crust on outer ear. 09P 02 22.00 NS

Had watery discharge from right ear. 09P 02 23.30 NS

Inner ear feels hot. 09P 03 12.00 NS

Thought I heard the telephone ring once. 09P 05 22.30 NS

Right ear - watery discharge! Do not believe this!! Tastes salty. 09P 29 17.30 NS

Unpleasant pinching pain behind ears worse cold air, better warm air - went into warm shop, and pain went. 09P 53 XX.XX NS

Slight sharp pain in right ear with ringing tinnitus. 09P 60 XX.XX NS

Smell & Nose

Nose (right nostril worse) feels bunged up and head congested. 03P 06 XX.XX NS

Nose is blocked. 03P 14 XX.XX NS

I had a blocked nose and was thinking of the proving. 04P 06 20.00 NS

Pressure around my nose either side of the centre. 05P 04 XX.XX NS

My nose is tingling as if I'm about to get a cold. 05P 05 XX.XX NS

I want to press either side of my nose, painful on pressure. 06P 01 18.00 NS

Painful spot, pimple on right of nose no pus, red, worse pressure. 06P 04 XX.XX NS

Blocked nose, worse on the left. Greenish/clear discharge. Better for sneezing. 06P 45 XX.XX NS

Fire lit at home I can't stand the smell of burning plastic coming from it - other don't seem to mind. 07P 02 XX.XX NS

Nose still feels crusty - inside. As if I should pick it - Blowing it will do nothing. 07P 19 XX.XX NS

I'm obsessed with the smell of lavender. 08P 02 XX.XX NS

Garlic cooking at college, I normally love the smell, but it smells rancid, foul and impure. 08P 03 10.00 NS

I completely love the smell of lavender at the moment. 08P 03 XX.XX NS

I've got intensely itchy/tickly nasal passages and roof of mouth, lots of sneezing and clear discharge. Like when I have an allergy. Seems better for burning sandalwood oil. Left side of nose is blocked. 08P 06 XX.XX NS

Nose is blocked with sticky discharge. 08P 11 XX.XX NS

Sticky green discharge caught in left side of nose and throat, very gluey. 08P 12 XX.XX NS

Slight nosebleed, left nostril, bright red. 09P 04 21.30 OS

Coryza - wanted to sneeze. 09P 05 16.00 NS

Nose streaming, irritating, with post nasal drip, went on for some hours. Better for blowing nose. 09P 62 XX.XX NS

Lower Part of Face

Lips burning, salty and dry. 01P 01 15.30 NS

Swollen jaw on the right side - no visible swelling but sensitive to touch. 01P 02 XX.XX NS

Left jaw hinge aching. 03P 01 15.30 NS

Want to wet my lips, lips feel smooth. Lower lip seems fuller. 06P 01 16.00 NS

Top edge of lip, sore, dry, smarting. 08P 08 XX.XX NS

Lips are dry, I keep chewing or licking my lips if nervous or I think someone's observing me. 08P 53 XX.XX NS

Face

I went to see an Osteopath. She said that my complexion was 'yellow - liverish'. 01P 20 XX.XX NS

Face hot and flushed. 03P 14 XX.XX NS

Definite funny feelings around my nose and mouth. 05P 01 16.00 NS

I have pain in my eyebrows like a cold, pressing feeling. 05P 04 XX.XX NS

I have a flat red spot under my left eye. 05P 05 XX.XX NS

Every evening at about 7 p.m. Face is red, flushed. Cheeks and forehead especially, and back of neck is stiff and painful. 06P 06 XX.XX NS

Swollen itchy, red, painful to touch lump by left side of nose/cheeks. 08P 21 XX.XX NS

Red pimple above left eyebrow. 09P 05 XX.XX NS

Teeth & Gums

Teeth at the back on the bottom right were aching. 01P 02 XX.XX RS

I had a throbbing toothache in my right lower jaw, and had to take Arnica and Aconite for relief. 04P 13 XX.XX NS

The toothache continued and I continued to take Arnica and Aconite. I also felt my head was very blocked up. 04P 14 XX.XX NS

Woke up with bleeding gums and realize they have spontaneously bled frequently during the proving.

Normally they bleed (if they bleed) when I'm cleaning my teeth, which is not happening. 05P 36 XX.XX NS

Taste and Tongue

I have a metallic taste in my mouth from eating Christmas cake. 05P 03 14.00 NS

Sensation as if tip of tongue as if burnt. 06P 01 22.00 NS

Tip of tongue felt sore - burnt and red. 07P 13 XX.XX NS

Tongue sore back, left side. 09P 02 22.00 NS

Inner Mouth

Mouth dry. 02P 01 15.30 NS

Sensation of numbness radiating from the tablet affecting roof of mouth and tongue. Turned into sensation of intense vibration starting where tablet touched roof mouth/tongue then extended to tip of tongue and lips. 03P 01 15.30 NS

Mouth dry and feel thirsty. 03P 01 18.30 NS

Funny metallic burning in the roof of my mouth (right side) where the tongue touches. 11.30 p.m. 05P 12 23.30 NS

I've had the feeling that I've got a hair stuck in my mouth a lot the last few days. 05P 22 XX.XX NS

Dry mouth. Right upper molars - teeth feel as if bones scraping together. 07P 01 16.00 NS

Metallic taste in mouth. 07P 01 18.00 NS

Roof of mouth dry and sore, worse swallowing and cold air. 08P 06 XX.XX NS

Mouth ulcer, right side, front of upper jaw above wisdom tooth, worse for touch. 08P 12 XX.XX NS

Mouth feels dry. 10P 01 15.30 NS

Throat

Throat sore, tickle - sensation of fullness, clearing throat regularly 01P 05 09.00 OS

Throat raw and felt constricted - soon wore off. 03P 01 09.00 OS

Throat sore and raw around throat chakra better after an hour but 3rd eye chakra instead felt bruised and heavy. 03P 04 20.00 NS

Sore throat with swollen glands in right side of neck and desire for ice cream. 03P 05 09.00 OS

I felt that my throat was sore and also I had toothache in my right lower jaw. 04P 12 21.00 NS

Feeling dry tightness at the back of my throat. 05P 02 01.00 NS

Something is extending my throat, more on the left side. 05P 02 10.00 NS

When I opened the door to a friend my throat became very dry and tight. 05P 20 XX.XX NS

Woke with sensation of "lump" "ball" of phlegm in throat, difficulty to swallow it. 06P 04 XX.XX NS

Throat is dry. 08P 02 08.30 NS

Appetite, Thirst & Desires

Desire for alcohol - for cold sweet drinks, dry white wine. 01P 01 XX.XX NS

Desire for alcohol - cold white wine especially. 01P 02 19.00 NS

No desire for wine or beer. Desire for cider - cold, sweet, thin liquids. 01P 13 XX.XX NS

Felt that I wanted something to eat, now! Wanted something, but do not know what it is. Thought I wanted a stir-fry - but didn't enjoy eating it. Husband was eating ice-cream - had a strong desire for this and ate some. Felt very picky with food - nothing satisfied (except the ice-cream). 02P 02 18.00 OS

Strong desire for coffee. Couldn't settle till had one, then felt really relaxed. 02P 03 XX.XX OS

Pre-menstrual symptoms are worse. (They have been getting much better since homoeopathic

treatment). Unsatisfied appetite. Nothing is enough, always feeling hungry throughout the day. 02P 04 XX.XX OS

Craving for apples, ate 4. 02P 05 XX.XX NS

A strong craving for apples today, eaten 5 of them. 02P 06 XX.XX NS

Desire for coffee again. 02P 08 07.30 NS

Aversion to having any margarine on bread, etc. Over the last couple of days have noticed that it tastes awful. 02P 10 XX.XX NS

Desire for sweets, particularly chocolate. 02P 10 XX.XX NS

Aversion to margarine. Ate mainly fruit all day. 02P 12 XX.XX NS

For lunch strong aversion to any fats, especially margarine and cheese. Didn't know what to eat. 02P 13 12.00 NS

Desire for fruit especially apples. 02P 17 XX.XX NS

Not sure what I want to eat - quite hungry but no idea what I fancy - maybe small "piccy" tasty bits. Ate something but it didn't satisfy me. 03P 02 21.00 NS

At pub can't stand the smell of cigarette smoke (doesn't usually bother me) eyes watering and smarting and throat smarting. 03P 06 21.00 NS

Cigarette smoke making me feel sick - strong aversion to smell making me feel really irritable. Can't bear even mild smell on partner's clothes. 03P 07 XX.XX NS

Desire for ice cream - normal for me, but for the first time in years I didn't cough as soon as I'd finished eating it. This ice cream cough disappeared for the rest of the proving, but came back a few weeks after the rest of the proving symptoms had disappeared. 03P 10 21.00 AS

Wanting to drink tea for the last couple of days - normally I can't stand tea! 03P 11 XX.XX NS

Really craving tea, but we've run out so I'm feeling even more irritable. 03P 12 XX.XX NS

Still craving tea and aversion to coffee (strongly opposite to normal). 03P 19 XX.XX NS

I really want to eat ice cream which I do, and it makes my headache feel better. 05P 01 18.30 NS

I don't seem hungry but know I need to eat I don't mind that my food arrives after everyone else's. 05P 01 18.30 NS

I stop off at the garage and buy lemon bon bons which I have not eaten since I was about 16. 05P 03 17.30 NS

I think my appetite has dwindled. 05P 07 XX.XX NS

Feel completely happy to start eating tortilla chips at midnight. My partner says that my whole eating pattern is out of character. 05P 10 24.00 NS

I would really like some ice-cream. 05P 10 XX.XX NS

At lunchtime I get a dry sharpness in my throat that isn't better for drinking. 05P 24 13.00 NS

Appetite down a bit. 06P 02 XX.XX NS

Sensitive to cigarette smoke in the morning. Can taste it, yuk. 06P 02 XX.XX NS

Smoked a lot of joints last night, not smoked since New Year. Hammered last night. 06P 03 XX.XX NS

Had a lot to drink last night, whiskey, Jack Daniels, and beer. It got to me. Really hungover and feel vacant this morning, no headache but "squeezed". Feel really strange this morning. Eyes bloodshot. 06P 03 XX.XX NS

Appetite not usual, still reduced. 06P 04 XX.XX NS

Eat some sweets, taste very sweet (and good). 07P 02 11.30 NS

Very thirsty - drank loads of sparkling water and cranberry juice. 07P 02 22.00 NS

Very hungry. 07P 02 XX.XX NS

Great hunger on and off all day. 07P 03 XX.XX NS

Very hungry - desire red meat. 07P 04 16.00 NS

Still hungry for and craving sweets, which taste very sweet. 07P 07 XX.XX NS

Have been drinking too much red wine during the evenings. Too much tea and coffee during the day. 07P 23 XX.XX NS

Strong craving for liquorice comfits, parents ate them when I was a kid. 08P 04 XX.XX NS

All that dried fruit I craved yesterday, I can't bear it now. I chucked a dried peach on the floor of the car. I have no appetite, had potatoes for tea. Can't be arsed to cook, it doesn't interest me and I'm so tired. Want to be taken out for a meal. I want to be looked after tonight, loved and held and cared for. I want to cry but can't, the tears of pain in my heart are there but do not flow. 08P 07 XX.XX NS

I ate some dried fruit yesterday which I'd craved, it gave me stomach cramps also in the night. 08P 07 XX.XX NS

I really want home-made rice pudding the way mum makes it. Milky, sweet, runny. 08P 08 XX.XX NS

No appetite, quite thirsty. Drank 2 chamomile and raspberry leaf teas. 08P 08 XX.XX NS

Desire caffeinated tea, not herbal (which is the only tea I drink). 08P 15 XX.XX NS

Desire sweet things after dinner. I wanted a big home-made pudding, sponge or pie. I went off on one about how mum always made them when I was a kid. I wanted that warm sweet comfiness of when I was a kid. All golden. 08P 15 XX.XX NS

Desire puddings and sweet things again. Childhood memories again, keep remembering stuff like the drought in 1977, how mum used to make puddings when I was small. It's all remembered in a golden happy light, and I keep telling everyone them. 08P 16 XX.XX NS

This is unusual, no appetite for breakfast. Usually I come downstairs and have breakfast immediately, but I couldn't be bothered and tidied the kitchen. 08P 20 XX.XX NS

Desire mashed potato and celeriac. 08P 20 XX.XX NS

Was very hungry, had two courses for dinner at the pub. 09P 01 19.00 NS

Stuffed full with food, preferred warm food. 09P 02 13.30 NS

Eating too much. Second helping of pasta. 09P 03 18.30 NS

Made fried egg sandwich for lunch. 09P 04 12.00 NS

Eating stodgy bun. 09P 06 10.30 NS

Had pasta and creme caramel for lunch - stuffed full. 09P 06 13.00 NS

My husband made a tuna salad for supper. Could not face it. Normally like Tuna very much. 09P 06 XX.XX NS

Was hungry. Had 2 helpings of bread pudding at lunch. 09P 29 13.00 OS

I had roast beef and enjoyed (had not enjoyed beef for years, and rarely eat it. This was a strong desire and great enjoyment. 09P 52 XX.XX OS

Hiccough, Belching, Nausea & Vomiting
Gagging in my throat, feeling nauseous. 01P 01 XX.XX NS

Flatulence, bloated stomach after eating. 01P 01 XX.XX OS

I've had a bloated feeling all day. Also been suffering from wind. 02P 10 XX.XX NS

Feel mildly nauseous again, very unusual for me. 03P 25 XX.XX NS

I'm feeling nauseous in my solar plexus. 05P 05 12.00 NS

Feeling nauseous after lunch. 05P 06 14.00 NS

Did another meditation, I thought I could throw up, felt something big was rising from my solar plexus, with nausea. Thought I would have to run to the loo, but it passed. 08P 01 16.00 NS

Better for eating, more grounded, the nausea gone. 08P 01 20.00 NS

Still a little nauseous, feels like thick liquid rising in lower throat, then goes down. 08P 01 22.00 NS

Nauseous quite strongly, better leaning over at waist height. 08P 22 XX.XX NS

Felt nausea, hypogastrium whilst driving home too fast in 40 area. 09P 06 09.45 NS

Slight nausea and sick headache. 09P 09 XX.XX NS

Nausea, umbilical area, went after food. 09P 60 10.00 NS

Scrobiculum & Stomach

After eating, had slight cramping pains in tummy. Felt uncomfortable, lasting 20 minutes. 02P 03 XX.XX NS

Felt nauseous in the pit of my stomach for 30 minutes. No apparent cause. 02P 06 16.00 OS

Aching in pit of stomach after eating breakfast. 02P 07 08.00 NS

Early lunch, felt very full after eating and felt nauseous. 02P 07 12.00 NS

My stomach is really bloated. There is a dull ache in my abdomen. I feel uncomfortable. 02P 08 07.30 NS

For 2.5 hours my stomach has got more and more bloated, since eating dinner. Lot of rumbling and wind. 02P 11 18.00 NS

Stomach again very bloated worse after eating. Wind is also worse after eating. 02P 11 XX.XX NS

Feel bloated after breakfast. Bloatingness lasted all day. 02P 12 XX.XX NS

Sensation of nausea in pit of stomach. Ate fruit for breakfast. Not much hunger, just feel sick. 02P 12 XX.XX NS

Not really interested in food but ate and felt sick. Ate some fruit, felt really bloated, not myself. 02P 13 18.00 NS

Again got up feeling bloated. This is continual now. 02P 14 08.30 NS

Bloating has diminished today. 02P 15 XX.XX NS

Stomach feels strange - hungry but not hungry. 07P 01 18.00 NS

Stomach feels strychnine like, I feel nauseous in solar plexus, feels metallic. 08P 01 16.30 NS

Abdomen

Dull ache starting at both sides of lower abdomen extending down to inner thighs. It's unusual to have this now as I normally get this after period starts. 02P 04 XX.XX NS

Bloating back with a vengeance. All through the day. 02P 20 XX.XX NS

PMS bad. Bloating, increased appetite and a strong dragging sensation in the lower abdomen. 02P 21 XX.XX NS

Cramping pain in solar plexus with nausea and numb 'greasy' sensation in mouth. 03P 01 18.30 NS

Spleen felt bruised. 03P 02 09.00 NS

Both kidneys aching/burning as if I'm overworked/stressed but I'm not. 03P 04 XX.XX NS

Gripping pains in the bowel area. 04P 04 06.30 NS

Sensation of tightness under umbilicus. 05P 10 XX.XX NS

After eating lunch I got up and could barely straighten up because I got a stomach cramp in my intestines across the top of my pelvis. 05P 20 12.30 NS

Sensation in hypogastrium after food, hard pain, sharp worse for pressure. 06P 01 20.00 NS

Abdomen, sensation like a round circle, from bottom of ribs (sternum) to below belly button. Much worse movement and worse for doubling up, no desire for stool, a little better if movement is continued for a while. 06P 01 22.00 NS

Pain in hypogastrium, centre, below sternum, after eating, feels full and hard, better for walk up the hill. Not comfortable sitting. 06P 02 XX.XX NS

Cramping ache around solar plexus area. Just drunk red wine, and I haven't eaten dinner yet. I'm hungry, it hurts a lot, makes me feel quiet and sad. Acknowledging that made it ease and pass. 08P 22 XX.XX NS

Cramps round bowel, lower intestine, uterus, thought it was menstrual cramps but not. Very painful, better passing stool, worse before and after breakfast. 08P 27 XX.XX AS

Waistband very tight. Had to change clothes. 09P 08 XX.XX NS

Ache at left side - waist level - worse bending, better continued movement. 09P 08 XX.XX NS

The pain on my left side was worse for dropping chin to chest. 09P 09 XX.XX NS

Sickish stomach pain in umbilical area - had to run to loo at same time, thought I had a stomach bug. Was loose, but not diarrhoea. Pain better in an hour or so. 09P 59 17.30 NS

Rectum & Stool

Stool - strong, sweet smelling, yellow-brown, loose. 01P 05 09.00 NS

Very loose stools, yellow, without bulk. 01P 11 XX.XX NS

Bit constipated - stool small pellets. 03P 06 XX.XX NS

Diarrhoea all day - stool loose and dark. 03P 07 XX.XX NS

Acute diarrhoea. 04P 04 XX.XX NS

Itching anus after sugar. (i.e. passing a stool having been eating sugar.) I noticed this two evenings ago too. 05P 10 XX.XX NS

Rapid expulsion of bowels. 05P 13 XX.XX NS

Diarrhoea. 05P 39 15.00 NS

Constipation this morning. 06P 03 XX.XX NS

A lot of wind (farts). 07P 02 XX.XX NS

Still more wind (flatulence) than normal. 07P 12 XX.XX NS

Rectum sore and stinging, worse in the evening and afternoon. 08P 03 XX.XX NS

Specks of blood after stool, no pain or soreness. 08P 04 XX.XX NS

Watery blood after passing stool, very painful like tearing. Ow. 08P 09 XX.XX NS

Anus sensation of tearing after passing stool. 08P 10 XX.XX NS

Loo - another urge to shit. (No cramps), but stool felt hard, like ripping my anus, right side, a little blood. After sitting on chair felt like a broom stick or stool still pushing in right buttock/side of anus. Feels like a splinter, or a sideways pumpkin seed pricking. 08P 30 XX.XX NS

Passed stool twice - once soon after waking, then after breakfast about 9.30. 09P 02 09.30 NS

Wanted to poo - recall this at same time yesterday. 09P 02 16.45 NS

Stool easy, well formed, pale yellowish. Sharp odour. 09P 04 07.00 NS

Stool, sort of triangular, 2 toned - slight abdominal pain after. 09P 05 18.00 NS

Stool - expected diarrhoea but was constipated - produced brown sheep droppings plus a

"floater". 09P 07 24.00 NS

Flatulence "bad egg" smell. 09P 08 XX.XX NS

Stool loose, thin, yet not very easy to produce. 09P 09 08.15 NS

Stool - slow and fairly copious - A bit constipated. 09P 09 22.00 NS

Loose stool - almost diarrhoea - dirtied water - brown and some "chopped spinach" with urgency. 09P 10 06.30 NS

I am very constipated - pooing frequent intervals - soft stuff, never quite clears. Feel filthy inside. 09P 40 XX.XX NS

Urinary Organs

The last 2 weeks I've had to get up in night every night to go to the loo. 03P 21 XX.XX NS

Male Sexual Organs

Two symmetrical red dots on either side of meatus (glans penis). Genitals hot slightly itchy and sweaty. 06P 07 XX.XX NS

Female Sexual Organs

Period pain getting worse, unusual as it doesn't normally do this until day 2. I've already had to take 2 pain killers. 02P 05 XX.XX NS

PMS symptoms: Though out the day I've had increased appetite, dragging sensation in lower abdomen and great sense of tiredness. 02P 22 XX.XX OS

PMS: Period's due next week - normally I feel fine until the flow but this month my breasts feel sore/bruised and my hips, thighs and lower abdomen are bloated with water retention and lower abdomen feels very sensitive to pressure. Feel really irritable - like I'm giving a big "Piss off" to the world. I feel as if I 'don't give a shit' about anything. 03P 12 XX.XX NS

Slight vaginal bloody mucus It's only day 21 of my cycle. 05P 07 XX.XX NS

I'm having clear vaginal discharge when really my period is due. This doesn't normally happen. 05P 14 XX.XX NS

It is day 41 of my menstrual cycle and I have not yet had a period, I have heavy breasts all day, this is a pre menstrual symptom that is worse than normal. 05P 24 XX.XX NS

My period has started, day 50! I have no stomach cramps (very unusual) only slight low back ache. Delayed menses is really an old symptom, but never to this extreme before. 05P 32 XX.XX NS

My blood is a more pink-scarlet colour, usually it is darker, it also seems thinner. 05P 32 XX.XX NS

Passed a large clot, the size of the largest tea spoon. 05P 33 XX.XX NS

Menses heavier and much brighter red than normal. 07P 06 XX.XX NS

Wake at about 5 with very bad period pains. I haven't had such bad ones for years. Bright red but not flowing very well. Sexually active this month. 07P 33 XX.XX NS

Period started today, thinking about it now, I haven't had spots which usually accompany my pre-menstrual phase. 08P 07 XX.XX NS

Cramping pain going from my womb to small of back. Cramps building up then fading then gone, then back again. Twisting pain. 08P 07 XX.XX NS

Feels like a fist is trying to burst through my abdomen, all the way from my back. 08P 08 XX.XX AS
Went to toilet, big flow of bright red blood. 08P 08 XX.XX NS

This period is different. The red is an 'unnatural', bright, practically fluorescent red and there's lots of it. It's heavy. 08P 08 XX.XX NS

Suddenly had very strong cramp in uterus again, most unusual when its day 4 of period. Lasted 1 minute. 08P 10 XX.XX NS

Feel worse menses, I always feel better. 08P 10 XX.XX NS

Clear sticky leucorrhoea. 08P 13 XX.XX OS

Uterus feels bloated, it's with ovulation, feels like it's pressing on to abdomen. Swollen, with sensation of air/pressure pushing outwards. Feels like passing wind would relieve, but that's not possible ! Like mild cramps got progressively worse throughout the day. 08P 19 XX.XX NS
Uterus area still worse pressure, feels sensitive and bruised. This mid cycle tenderness is lasting longer than normal. 08P 21 XX.XX NS

Metallic pain in uterus, ovulating worse pressure. Feels like a metal bar going horizontally from ovary to ovary. 08P 48 XX.XX AS

Pain at beginning of intercourse. 09P 04 XX.XX NS

Vaginal discomfort - prickling sensation inside - lasted half an hour. 09P 26 11.00 NS

Voice & Larynx, Trachea & Bronchia

I phoned home and my wife said "your voice has changed, its higher in pitch, its got more enthusiasm in it". 01P 02 22.00 NS

My voice has gone husky and deep. 08P 05 XX.XX NS

Respiration

Breathless during walk home. 01P 01 XX.XX NS

My stomach feels sore. Feel slightly out of breath, especially when going upstairs, worse from exertion. My stomach feels so big that it is restricting my breathing. 02P 08 XX.XX NS

Numb sensation in mouth extending down through upper lungs as breathed in, as if mucus membranes coated with something greasy - accompanied with mild nausea in solar plexus. 03P 01 15.30 NS

I can't breathe. Upper lungs feel constricted and feel suffocated. I often get lung symptoms like this but not normally out of the blue, or disappearing so quickly. 03P 02 12.00 AS

Lungs feel heavy and constricted with tight breathing worse thinking. 03P 09 23.00 NS

My breathing is tight and shallow. 03P 14 XX.XX NS

Lungs feel stuffy and tight with restricted breathing. 03P 23 XX.XX NS

My chest and breathing feels restricted as I try to study. 03P 28 XX.XX NS

Pain in right breastbone with shortness of breath. 05P 03 14.00 NS

Gentle stabbing bottom of left rib cage and slight breathlessness on leaning forwards while sitting. 05P 08 XX.XX NS

Slight breathlessness and pressing pains in ribs. 05P 08 XX.XX NS

In bed, afraid I could not breathe through my nose. 09P 05 22.30 NS

Thought I would not be able to breathe (nose slightly blocked) a panicky feeling. 09P 08 01.00 NS

Cough

Cough on waking. 01P 02 XX.XX NS

Cough from phlegm in throat, headache, all over head, nearly vomit from coughing. 06P 42 XX.XX NS

Cough deep and dry worse at night had to expectorate, better for expectoration. 06P 44 XX.XX NS

I had a tickly cough from nowhere which I tried to suppress, resulted in tears running from right eye. 08P 01 16.00 OS

Coughing phlegm up. 08P 05 XX.XX NS

Woke to alarm with a dry gravelly lower throat/chest, have to cough to clear it, mucous coughs up. 08P 05 XX.XX NS

My chest suddenly catches over a bit of phlegm as it rises in my lungs making my throat/chest go into spasm. Cough is dry and hurts my chest. The mucous covers my larynx so my voice cuts out. 08P 05 XX.XX NS

Tickly cough, worse reclining, better coughing up phlegm. 08P 07 XX.XX NS

Woke in night coughing, worse raising head and chest more on pillows. Lots of phlegm. Water is just pouring out of right nostril onto pillow. A rude way to wake in the night. Feel fluey tired, achy limbs. 08P 07 XX.XX NS

I forget I have a cough, then it comes from the blue with phlegm. It tickles, 1 or 2 coughs each time. 08P 10 XX.XX NS

Coughing up phlegm, made tickly, worse by others' smoking tobacco. 08P 11 XX.XX NS

Had coughing fit, really tickly, not better for coughing up phlegm, brought tears to my eyes. Wanted to run off and hide and cough my lungs up. Been coughing on and off all day. Green, sticky expectoration. 08P 12 XX.XX NS

Kept waking in night on and off with cough. Woke in morning with small tickly cough again, worse from the smoky room last night. Lots of phlegm coming up - loose but copious, clear wet and warm. 08P 17 XX.XX
NS

Had to lift up head to cough, big mouthful of spongy light green soft phlegm. 08P 53 XX.XX NS

Inner Chest & Lungs

Awoke with pain in upper chest, right-side. Aggravated by breathing in. 01P 17 07.30 NS

Tingling in solar plexus and then heart chakra. 03P 01 15.30 NS

Sensation in chest as if large bubbles rising up my oesophagus or bronchi - have had this a bit a few times in last few days. 03P 27 17.00 NS

When I was thinking of the proving I became aware that my nose was blocked. I also had a feeling of tightness in the chest like having a weight on the front of my chest or as if my chest was in a vice. 04P 09 15.00 NS

I have a stitching pain in left side in ribcage/lungs. 05P 06 XX.XX NS

Slight stabbing in right rib cage below breast. 05P 08 XX.XX NS

Fluttering sensation below ribs on left hand side when sitting forward. 06P 02 XX.XX NS

Chest is dry and grainy, sore. Worse cold dry air, wood smoke. Better for scarf and heat. 08P 05
XX.XX NS

Aware all day that my lungs feel tight and small, worse since Friday talking to ex. I know its connected to my emotions concerning him. I don't know how to feel, I don't seem to be getting upset about him much, it's like I don't have the time to think about it at the moment. I'm so busy. 08P 23 XX.XX
NS

Flashing thoughts of anger with sensations of pain in my soul, congestion around solar plexus, and

my lungs so wheezy, different to normal, they feel ill too, bit bunged up, better coughing, worse tobacco smoke. (I don't smoke). 08P 38 XX.XX NS

When I exhale there is a rattling sound and it tickles, makes me cough. Lungs feel thick with phlegm, it's not shifting, but when it does it is thick green solid phlegm. 08P 42 XX.XX NS

Chest and lungs still fucked. Coughing, hard to move thick green phlegm. 08P 44 XX.XX NS

Heart, Pulse & Circulation

Feel trembly and shaky. Feel that I have an irregular heart pattern/ palpitations. Lasts for 30 minutes. 02P 06 20.40 NS

There is warmth in my heart, buzzing and tingling at my crown chakra. 05P 01 15.30 NS

Outer Chest

Breasts feel sore and a bit swollen as if week before my period but it isn't. 03P 08 XX.XX NS

Chest feels bruised. 03P 14 XX.XX NS

Very sharp pain on the left had side of my chest just below the neck. 04P 04 02.00 NS

Sensation of firm discomfort on right side underneath ribs. 05P 04 09.00 NS

A full feeling under my left armpit, as if there was a small ball there. 05P 16 XX.XX NS

Sharp pain deep in my left breast, wonder if it is to do with the singing I've been doing. 05P 18 XX.XX NS

Pain below central left pectoral muscle, spot of pain, dull. 06P 17 XX.XX NS

Right sterno-clavicular getting worse - very stiff feeling and very sensitive to being jarred. I used to think it was hormonally related and was worse when I drank a lot of tea or coffee. I have been drinking a lot of tea - throughout the whole proving. 07P 21 XX.XX OS

Feel very bloated - Breasts are tender. 07P 26 XX.XX NS

Breasts are so sore, worse walking, I can't bear it, I feel so angry they're definitely more hard, painful, swollen, fuller than normal. Fuck off. 08P 23 XX.XX NS

I woke in the night and it lasted all morning on my breast bone, an intense bruised feeling, wondered at one point is it my heart, am I having a heart attack? Bit worried as most unusual, worse lying on front. 08P 45 XX.XX NS

Big painful eruption on left breast, bruised and tender, pressure building up from pus. 08P 46 XX.XX NS

Had a pain in left breast which felt circular. 09P 05 22.30 NS

Pain in right breast. 09P 06 09.45 NS

Neck & Back

Sweaty back. 01P 01 15.30 NS

Back of the neck hot. 01P 01 15.30 NS

Back - shivery sensation, wave of coldness across it. 01P 05 09.00 OS

Neck strain - right side - from ear down to spine. I had been at desk all day. 01P 05 XX.XX RS

Lower back left side near kidney - muscle strain. 01P 09 09.00 NS

Neck - muscle strain, painful, radiating from back of neck to back of both shoulders. 01P 09 09.00 OS

Sharp pain - as if lower back had collapsed.. This happened while I was crouched in the car brushing the floor. Pain alleviated only by lying on a hard surface. 01P 17 XX.XX NS

Back still very sore, lower back pain - worse for sudden movement. 01P 18 XX.XX NS

Lower back - pain on movement, worse for sitting, bending. Neuralgia in both legs. Shooting sensations from small of back, down thighs into calves. Worse for standing. 01P 20 XX.XX NS

I feel the pressure in my shoulders extending down into my upper arms again. 02P 07 XX.XX OS

Intense vibration of spine from base upwards and in womb. 03P 01 15.30 NS

Kidney ache getting worse - feel swollen, bruised better for rubbing back. 03P 04 19.00 NS

Nape of neck aching around 6th/7th cervical vertebra - maybe from decorating? 03P 05 20.00 NS

Kidneys aching, bruised, swollen as if stressed out, but not. Better hot water bottle on back. 03P 07 XX.XX NS

Neck very stiff and sore. 03P 21 11.00 NS

Neck went 'out' with a crack - didn't hurt immediately but ache got steadily worse after 10 minutes. Aching around 6th cervical vertebra and extending towards left shoulder. 03P 22 22.00 NS

Neck feeling OK first thing this morning. Cracked again later in morning - again no pain immediately but started to ache about 10 minutes later. Then intense tingling radiating from around 6th cervical vertebra across tops of shoulders and down tops of arms and with this, breathing felt tight and bruised and head felt heavy around centre of forehead - both felt connected to neck. 03P 24 XX.XX NS

Neck worse this morning - neuralgic, lightening pain around 6th cervical vertebra with aching around that. Better after massaging neck reflex points on thumb. 03P 26 XX.XX NS

Woke up with aching neck again - same as yesterday but worse on the left side spine and extending across top of left shoulder. 03P 27 09.00 NS

Aching in coccyx. 05P 01 19.30 NS

Tightness of left neck and left hip. 05P 03 08.30 NS

Still have that feeling in my hands; energized chakras, also there is a lot of energy travelling up my spine to the top of my head. 05P 03 10.00 NS

I have splintering pain in my spine at heart level which lasts about 10 minutes. 05P 06 12.00 NS

More backache - bottom of shoulder blade on the right hand side. 05P 09 12.00 NS

Tightness in my lower back. 05P 09 XX.XX NS

Right sterno-clavicular is still playing up - neck feels very stiff and today my back is a bit achy. 07P 23 XX.XX OS

Pain radiating up my neck to head. Hurts a great deal on being jarred - I feel as if I am holding my shoulder very tight to protect it. 07P 26 XX.XX OS

Whole body feels stiff, aches and pains on movement. In back, especially around shoulder blades. 07P 34 XX.XX NS

Metallic buzzing on right side back of neck, unnatural. It's all like strychnine, chemically and buzzy. 08P 01 16.30 NS

Lower back kidney area aching. Worse for waking, rising. 08P 03 08.00 RS

Aches from middle of left shoulder up left side of neck. 08P 05 XX.XX NS

Back aches as if I've been drilled right through my spine around the top of my sternum. It's parallel to where my chest feels dry. 08P 05 XX.XX NS

Ache in small of back. I just want to curl up in bed and sleep. I feel I need more unconsciousness of sleep - as it feels that I'm spending too much time awake (not enough yin). 08P 07 XX.XX NS

Upper Limbs

Hands tingling and trembling. I am picking things up and putting things down. 01P 02 10.15 NS

Pressure in shoulders, both sides. Down acting pressure travelling down into my upper arms. 02P 01 17.30 NS

Shooting pain from inside face of right wrist extending down into centre of my palm. Lasted for 10 minutes. 02P 02 13.00 NS

Hands feel weak, to the extent that I don't want to hold my pen or write - to form words seems difficult. 02P 02 15.00 NS

Right little finger tingling. 03P 01 15.30 NS

Arms and hands weak and trembly, so difficult to hold pen or write. 03P 01 15.30 NS

Arms heavy. 03P 02 14.30 NS

Right shoulder feels heavy and aching behind the scapula and right upper arm aching/bruised. 03P 04 XX.XX NS

Still stretching a lot especially arms - feels great. 03P 06 XX.XX NS

Skin at inner elbows really itching. I found myself scratching my arms without realizing it - when I looked at them there were spots of red - as if blood under skin in pinpricks - went after 10 minutes. 03P 13 XX.XX NS

Upper arms ache/tired/heavy. 03P 14 XX.XX NS

Have a wandering pain in my right forearm, feels as if it is in the bone. 05P 04 XX.XX NS

Sensation of light band around forearms on the muscle below the elbow. 05P 06 XX.XX NS

Want to keep my left arm at my side and folded across. (the lymph node is still sore and swollen). Shooting pains in left forearm the pain is on/off almost pulsing. 05P 07 XX.XX NS

Very sore under left arm pit. Feels as if there was a growth there or muscular. It's worse for touch, worse for use of left arm. When talking to supervisor on phone feel that a lymph node is swollen. 05P 07 XX.XX NS

Pain in finger tips of right hand. 05P 10 XX.XX NS

Pain in lymph gland under right arm. 05P 13 XX.XX NS

Aching in left forearm as if carrying something heavy. 05P 15 XX.XX NS

Left arm heavy and tired on the steering wheel driving. 06P 01 18.00 NS

Sweaty palms. 07P 01 15.30 NS

Twisting - slightly cramping feeling in right arm, extending from elbow half way down arm worse on extending it. 07P 04 XX.XX NS

Left elbow dry and itchy. 09P 05 XX.XX NS

Lower Limbs

Hip left side, dull ache - feels worse after standing or walking. 01P 01 XX.XX OS

Awoke with awareness of ache along length of R. thumb. It felt like a repetitive strain type ache. I could see enlarged blood vessels. 01P 13 07.30 RS

Tingling in fingers, palms cold and clammy. Activity in hand chakras. 02P 01 15.30 NS

Tingling, buzzing feet. 05P 01 20.30 NS

A feeling in my veins, inside leg below the knee, it's a throbbing. 05P 02 11.00 NS

I have pain in the node at the top of my left thigh. 05P 04 XX.XX NS

Aching in both knees at the front. 05P 15 16.00 NS

Aching in lymph area at the top of both thighs. 05P 19 XX.XX NS

On my left foot the little toe nail has split down the side to the base and is sore. 05P 21 XX.XX NS

Itchy left shin. 07P 02 XX.XX NS

A stop (pustule) on inside of left first toe. 07P 13 XX.XX NS

Big toes being pulled by my tights, slight ingrown pain, sore and tender bruise on inner edge of toes. 08P 04 XX.XX NS

Legs really aching, dull heavy feeling on outside of thighs, better sitting cross-legged. 08P 05 XX.XX NS

Right knee aches, like I've twisted it, feels like it wants to click. 08P 06 XX.XX NS

Outside of knees have dull ache, better stretching thighs. They ache so much, feels like a massage would soothe. 08P 06 XX.XX NS

Heavy ache in right leg. 08P 25 XX.XX NS

Feet felt leaden. 09P 01 15.30 NS

Feet icy cold. 09P 01 17.30 NS

At the end of a walk had a pain (ache) in my right ankle which passed off quickly. 09P 02 14.00 NS

Icy cold feet at 6 p.m. Then at 11 p.m they were not cold. Would normally be the other way round. 09P 02 18.00 AS

Pain in right shin, sharp, fleeting on bone, whilst driving. 09P 04 12.00 NS

Pain left side of left heel worse for stretching hamstring/achilles. Tearing and sharp. 09P 09 XX.XX NS

Heel pain has moved down nearer sole. 09P 16 XX.XX AS

Pain in right shin. Stabbing. Also restless legs. Have been restless all evening. 09P 20 21.00 NS

Very cold feet and ankles, worse for sitting, better for movement, unusual for this time of day. 09P 28 16.00 AS

Sudden cramping in right toes (3 middle ones) lasted several minutes, worse jumping around and massaging, better relaxing. 09P 49 XX.XX NS

Limbs in General

Weak heavy pain in right hip and right upper arm. 03P 01 15.30 NS

Keep stretching like a cat, especially arms out to the sides which feels really good. 03P 02 XX.XX NS

Knife like pain "cut" base of palm on right hand near thumb and sole of foot (left). 06P 09 XX.XX NS

Pulsating legs - moving upwards, and right arm. 07P 01 15.30 NS

Sleep

To bed but not feeling tired. Usually tired by 10 p.m. - my energy is increased. 01P 05 10.15 NS

Still awake. I've got more energy at nighttime. 01P 09 XX.XX NS

After lunch, feel as if the energy has descended into a tiredness. Feel OK but tired. 02P 02 12.30 NS

Woke up feeling very tired and heavy. Eyes felt tired. Felt lethargic and bloody awful. All my limbs felt heavy. Felt really grotty. Unable to do much of anything today. 02P 10 07.30 NS

Very sleepy - wanted to go to sleep. 03P 01 19.00 NS

Difficulty sleeping with over excitement and overactive brain. 03P 19 XX.XX NS

Woke up feeling very tired and un-refreshed. 03P 20 08.00 NS

Can't sleep because mind freewheeling. 03P 20 24.00 NS

Can't sleep again - I feel I haven't had a good night's sleep since we took the remedy. This is how I normally feel around the full moon - it feels as if the moon has been full for the whole month! My mind wasn't racing I just couldn't drop off to sleep and my partner's been the same this past week. 03P 21 24.00 NS

Another sleepless night - this just has to be a nocturnal animal!!! - I'm exhausted! 03P 25 XX.XX NS

Feels like a dreamless sleep I can't remember anything about the night. 05P 06 XX.XX NS

Feel tired, more tired, yawns, 10 times or more. 06P 01 15.30 NS

Woke at 5 a.m. 06P 02 05.00 NS

Tired feeling, yawning in the group, again worse after group meditation. Rubbing sides of my nose, rubbing eyes. Desire to relax and lie down ,and it doesn't seem to matter! Worse when in the group, yawning, time to tea break went quickly. 06P 02 XX.XX NS

Went to bed very bloated - and restless. 07P 02 22.00 NS

Wake on back (uncommon). 07P 02 XX.XX NS

Woke up yawning. 07P 03 XX.XX NS

Woke in middle of night on back again with dreams I couldn't remember. 07P 04 XX.XX NS

Woke in night again with un-remembered dreams and again on my back. 07P 05 XX.XX NS

Very tired until about 21.00 then couldn't get to sleep. 07P 07 XX.XX NS

Took a nap - slept for 2 hours very solidly - this is unusual for me. 07P 07 XX.XX NS

Waking very tired. 07P 10 XX.XX NS

Felt very tired in mid after-noon. 14.00 till 18.00. 07P 16 XX.XX NS

After a very late night, feel totally exhausted - Take an afternoon nap and wake up thinking it is morning. 07P 20 XX.XX NS

Woke up feeling exhausted. Felt as if I didn't move all night. 07P 25 XX.XX NS

Had to take an afternoon nap - felt a bit better after. 07P 26 XX.XX NS

Woke, feel dizzy, groggy like my head not round, needed to be made whole from jigsaw pieces. 08P 02 XX.XX NS

Woke up in the night a lot, cold, restless. 08P 02 XX.XX NS

I couldn't sleep until twoish but I thought I was asleep, then thought I was awake, thought I'd lay there for a couple of hours when I must have slept for a bit, friend talking kept waking me. 08P 02 XX.XX NS

Woke feeling foggy again, slow to get going. 08P 03 08.00 NS

Feel very foggy, desire to stay in bed. Tired. 08P 05 XX.XX NS

Desire sleep to shut it all out. Do not want to rise at 08.30. Exhausted. 08P 08 XX.XX NS

Kept waking up really hot, sweat on my chest, felt angry. 08P 23 XX.XX NS

Woke up to alarm, sweating on chest, hot in bed. 08P 29 XX.XX NS

Woke up talking in my sleep, trying to say a word repeatedly, something beginning with 'B'.
Something like 'blinder', I couldn't get it out, I felt trapped and stuck. Felt muddled, unsettled, hot
and in-between worlds. Wanted ex there. 08P 30 XX.XX NS

Temperature & Weather

My feet felt cold - unusual for me, I had to put thicker socks on. 01P 03 XX.XX NS

Feeling alternately chilly and hot. 01P 16 XX.XX NS

Heat through body Feel v hot and sweaty. Increased heart beat, face is hot and flushed. Feels as if I've
had a hot flush. 02P 02 10.15 NS

Feel warm and sweaty. Hands feel cold and sweaty. Am getting hot flushes, had to take my jumper
off- unheard of as I normally feel the cold. 02P 03 10.20 NS

For an hour I had waves of heat travelling up through my body, like a hot flush. 02P 07 10.00 NS

I've had the odd hot flush though out the day, there doesn't seem to be a pattern. 02P 11 XX.XX NS

Feeling of warmth through whole body. 03P 01 15.30 NS

Felt cold inside. 03P 01 15.30 NS

Feel warm all over (very unusual for me) with warm flushes to face. 03P 01 16.30 NS

Icy cold even down to bones. (I often feel cold but there is a different quality to it?) 03P 01 20.00 NS

Feel hot all over with flushes to face. 03P 02 10.00 NS

Feel icy cold and shaking inside with cold. 03P 03 12.00 NS

Freezing cold - been cold all day but getting better. Sitting in front of blazing fire and I feel frozen to
the bone with shivering - my partner says it's boiling in here! 03P 07 22.30 NS

Meditating after taking the remedy. My sensation was limited to a feeling of general warmth through
the whole body and blocked up nose. 04P 01 15.30 NS

Following a meditation I felt warm all over my body, and had a blocked nose, but did not talk of it to
others as it was not very strong. 04P 02 10.30 NS

I felt warm all over my body and had a blocked nose. 04P 03 10.30 NS

My face is hot and I have sweaty palms. 05P 01 16.00 NS

I feel so hot, especially in my arms and cheeks. 05P 01 20.30 NS

Warmth in my third eye, my hands are hot and I feel heat all over. 05P 02 10.30 NS

Hot hands, warm heart almost as if it came when the buzzard flew near. 05P 02 15.30 NS

I'm finding the cold unbearable it stops me going outside. 05P 06 XX.XX NS

Woke in night with a very warm heated sensation as if in a circle in the centre of my back, lovely, like a sun. 08P 02 XX.XX NS

Feel burning hot - just before getting up. 09P 08 07.15 NS

Felt extremely hot but skin cool to touch. 09P 21 XX.XX NS

Felt very hot, sweaty, exhausted. Felt quite ill. This passed and I felt quite OK in half an hour or so. 09P 25 21.30 NS

Felt very hot. Ambient Temperature is 10C. 09P 26 08.00 NS

Skin

Itchy patch of tiny red pimples on inner end of each elbow crease right arm worse. Itching wore off during day but rash remained. 03P 07 XX.XX NS

Skin itching and rash inside of elbow crease again as on day 7. Skin really itching inner elbows especially right arm. 03P 09 XX.XX NS

Skin in my armpits is itching as well as the inside of elbows. 03P 14 XX.XX NS

Skin on the palms of my hands feels very dry - (might be from all the decorating we're doing, but I don't normally get like this). 03P 25 XX.XX NS

I scorched my right hand at bedtime on a candle and the skin went black. It reminded me of my first proving dream. 05P 23 XX.XX NS

Itchy, prickly, feeling at top of thighs and top of arms. Red rash on ankles and shins, worse hot shower. 06P 05 XX.XX NS

Itchy legs, thighs, nipples. Skin on forearms and face is dry and redish. Rash on thighs front and back red spots (around hair follicles) and on clear skin no heads to spots slightly itchy on top right thigh on outside of thigh also on glans penis near meatus (inflammation). 06P 06 XX.XX NS

Itchy dry spot top of right arm. Itchy nipples right worse than left. 06P 07 XX.XX NS

Lower abdomen as well as top of thighs is affected with red itching spots (moving up body). 06P 07 XX.XX NS

Both sides of lower abdomen, symmetrical ovals right on "love handles" (fat above hips) red, itchy patch of rash about 3-4 inches long and 1-1 inches wide. Similar to exactly symmetrical dots on either side of glans penis, very strange, as exactly symmetrical on abdomen as well. 06P 12 XX.XX NS

Woke with tiny raised vesicles on my inside right heel, they were red hot and sweaty. 06P 39 XX.XX NS

Rash, symmetrical top of both thighs outside and front of thighs below hips. 06P 44 XX.XX NS

Nose and skin feels very dry. 07P 02 XX.XX NS

The itchy red rash which has been coming and going the last 4/5 months, on inner left elbow has cleared up. 08P 10 XX.XX NS

Spots on base of neck and itchy cheeks and jawline, worse for wine. 08P 19 XX.XX NS

Red, swollen, hard spots on my face and neck, worse touch. Look like bites. Really hard. One left side jawline, one right side neck under jaw, slow to heal. 08P 25 XX.XX NS

More lumps and bumps on chin and left cheek, red swollen and hard. My skin looks unhealthy. 08P 29 XX.XX NS

Attacks & Periodicity

Cannot bear 16.30 - 20.00, I seem to brighten around 20.00, as long as I've eaten as well. (This is more exaggerated than usual) 08P 05 16.30 IOS

Rest, Position & Motion

Feeling tired, feel like I could just lie down somewhere. 01P 01 XX.XX NS

Wanting to walk - feel like I could walk for miles. 01P 01 XX.XX NS

Generals

Sensation of energy throughout my body - pulsing within me. I did a meditation - it seems as if some extra energy is coursing through my veins, which has its own beat and rhythm. I feel compelled to move with it. 01P 06 XX.XX NS

At the end of a walk felt really trembly and weak. An 'all gone' sensation. 02P 06 17.00 OS

All of a sudden, I felt really tired. 02P 12 22.00 NS

Feel really tired now, but also restless. 02P 13 17.50 NS

My energy feels higher. Have had two walks and been to the gym, running 2 miles. Felt nauseous when out walking. 02P 15 XX.XX NS

Felt hyperglycaemic when walking. Felt feint. Lacking in energy. Was weak in the gym. 02P 22 XX.XX NS

Clumsy: I knocked over 2 cups of water and friends knocked over beer and wine, each one was like a tidal wave! 03P 01 20.00 NS

Retaining lots of water thighs, hips, stomach since yesterday morning. 03P 04 XX.XX NS

Feel very tired and lethargic - not much get up and go. Feel achy/tired as if going down with flu - especially both arms and up across top of shoulders (not over-exertion tired). 03P 06 09.00 NS

Mentally and physically exhausted. All these 11 p.m. symptoms are similar to symptoms I had years ago when I was ill and very stressed - now very little stress. 03P 09 23.00 OS

Feeling very tired mentally and physically - wanting to go to bed by 7 p.m. everyday. 03P 19 XX.XX NS

Am generally not able to do very much in the evenings. 05P 00 XX.XX NS

It's heavy work standing up. 05P 01 18.00 NS

Again I feel as if I'm going to have a cold. 05P 06 XX.XX NS

Cold - flu symptoms. Feel achy. Dry mouth. Headache. Shivering. Stiff all over. Running nose, both sides. Urine is dark yellow/orange. Desire to stay in bed and sleep. 06P 41 XX.XX NS

Eyes and throat very dry. 07P 02 XX.XX NS

Much better when outside. 07P 02 XX.XX NS

Felt very greasy - needed a shower. 07P 03 XX.XX NS

Feels like my lymph is very congested. Lymph glands raised, tender and achy in left groin as well as right side of neck, mainly rear. 07P 34 XX.XX NS

Had a bath, feel tired, could feel my energy waning 19.30 onwards, not so hyper and gushing. I lay in the bath nearly falling asleep, found a raised rash on left side of right breast - I can feel bumps, slightly pink. 08P 03 XX.XX NS

Tired, no energy. Better resting feet on chair, or pulling knees up to chest. 08P 05 XX.XX NS

I'm pissed off I've got another cold, but I tell myself it's only the proving. I want to stay in bed. There's a dull ache in my cheekbones, they feel full. My jaw also aches. 08P 07 XX.XX NS

I feel so waterlogged, loose clear wet warm phlegm in lungs, throat and nose. I'm always sniffing and swallowing it back down. 08P 17 XX.XX NS

Woke with sore throat, lots of sneezing, watery discharge streaming from nose. Not another cold - shit! One cold a month all winter. 08P 37 XX.XX NS

Repertory

MIND

- MIND - ABSORBED
- MIND - ABSTRACTION OF MIND - driving the car; when

- MIND - ACTIVITY; desires
- MIND - AFFECTION; loves
- MIND - AFFECTIONATE
- MIND - AFFECTIONATE - love and warmth, desires to give and receive **
- MIND - AILMENTS FROM - anticipation
- MIND - AILMENTS FROM - disappointment
- MIND - AILMENTS FROM - humiliation
- MIND - AILMENTS FROM - love; disappointed
- MIND - AIR; mental symptoms amel. in open
- MIND - AMATIVENESS
- MIND - AMOROUS
- MIND - ANGER
- MIND - ANGER - love; from disappointed
- MIND - ANGER - pains - about
- MIND - ANGER - respiration difficult; with
- MIND - ANGER - sudden
- MIND - ANGER - violent
- MIND - ANIMALS - love for animals
- MIND - ANOREXIA NERVOSA
- MIND - ANTICIPATION - stage fright
- MIND - ANXIETY
- MIND - ANXIETY - alternating with - cheerfulness
- MIND - ANXIETY - anticipation; from
- MIND - ANXIETY - causeless
- MIND - ANXIETY - conscience; anxiety of
- MIND - ANXIETY - evening
- MIND - ANXIETY - fear; with
- MIND - ANXIETY - flushes of heat - during
- MIND - ANXIETY - future, about
- MIND - ANXIETY - others, for
- MIND - ANXIETY - riding, while
- MIND - ANXIETY - salvation, about
- MIND - ANXIETY - speaking, when
- MIND - ANXIETY - speaking, when - company, in
- MIND - ANXIETY - waking, on
- MIND - AUDACITY
- MIND - AVERSION - family; to members of
- MIND - AWARENESS heightened
- MIND - AWARENESS heightened - birds; of the presence of
- MIND - AWARENESS heightened - body; of
- MIND - AWARENESS heightened - consciousness expanded
- MIND - AWARENESS heightened - details, for **
- MIND - AWARENESS heightened - individuality in all things, of **
- MIND - AWARENESS heightened - thoughts and feelings, of
- MIND - AWKWARD
- MIND - BAD TEMPER
- MIND - BATHING - desire to bathe

- MIND - BEAUTIFUL things - desire for
- MIND - BED - remain in bed; desires to
- MIND - BEING in the present; feeling of
- MIND - BIRDS - loves **
- MIND - BLISSFUL feeling
- MIND - BUSY
- MIND - BUSY - fruitlessly
- MIND - CAPRICIOUSNESS
- MIND - CAREFREE
- MIND - CARESSED; being - wants to be caressed
- MIND - CENSORIOUS
- MIND - CENSORIOUS - oneself; of
- MIND - CHAOTIC - orderly manner; cannot perform anything in
- MIND - CHEERFUL
- MIND - CHEERFUL - company, in
- MIND - CHILDISH behaviour
- MIND - CHILDREN - beget and to have children; desire to
- MIND - CLAIRVOYANCE 2
- MIND - CLOUDS - attracted by
- MIND - COLORS - red - desire for
- MIND - COMPANY - aversion to
- MIND - COMPANY - aversion to - bear anybody, cannot
- MIND - COMPANY - aversion to - country away from people; wants to get into the
- MIND - COMPANY - aversion to - desire for solitude
- MIND - COMPANY - aversion to - fear of being alone; yet
- MIND - COMPANY - aversion to - loathing of company
- MIND - COMPANY - aversion to - sight of people; avoids the
- MIND - COMPANY - desire for
- MIND - COMPANY - desire for - alternating with - aversion to company
- MIND - COMPANY - desire for - group, of the
- MIND - COMPANY - desire for - menses, during
- MIND - COMPANY - desire for - spoken to, but averse to being
- MIND - COMPANY - desire for - women, of **
- MIND - CONCENTRATION - difficult
- MIND - CONCENTRATION - difficult - abstract subjects; except on **
- MIND - CONCENTRATION - difficult - attention, cannot fix
- MIND - CONCENTRATION - difficult - conversation, during
- MIND - CONCENTRATION - difficult - food, when preparing
- MIND - CONCENTRATION - difficult - one subject; on
- MIND - CONCENTRATION - difficult - studying
- MIND - CONFIDENCE - want of self-confidence
- MIND - CONFIDENCE - want of self-confidence - failure, feels himself a
- MIND - CONFIDENT
- MIND - CONFUSION of mind
- MIND - CONFUSION of mind - daily affairs; about
- MIND - CONFUSION of mind - identity, as to his
- MIND - CONFUSION of mind - identity, as to his - boundaries, and personal

- MIND - CONFUSION of mind - identity, as to his - depersonalization
- MIND - CONFUSION of mind - knows not where he is
- MIND - CONFUSION of mind - riding, while
- MIND - CONFUSION of mind - situations, of
- MIND - CONFUSION of mind - time; as to
- MIND - CONFUSION of mind - waking, on
- MIND - CONNECTION, sense of - oneness of people, to the **
- MIND - CONTENT
- MIND - CONTENT - himself, with
- MIND - CONTENT - others; with
- MIND - CONVERSATION - desire for
- MIND - COUNTRYSIDE - desire for
- MIND - COURAGEOUS
- MIND - CURSING
- MIND - CURSING - pains, at
- MIND - DANCING
- MIND - DEATH - desires
- MIND - DEATH - thoughts of
- MIND - DECOMPOSITION of shape
- MIND - DECOMPOSITION of shape - space, of
- MIND - DEEDS - great; sensation as if he could do
- MIND - DEFORMATION of all objects
- MIND - DELUSIONS
- MIND - DELUSIONS - alone, being - dead and still; and all about her were
- MIND - DELUSIONS - alone, being - no one else exists **
- MIND - DELUSIONS - alone, being - world; alone in the
- MIND - DELUSIONS - animals - mouths **
- MIND - DELUSIONS - annihilation; about to sink into
- MIND - DELUSIONS - beautiful
- MIND - DELUSIONS - beautiful - she is beautiful and wants to be
- MIND - DELUSIONS - beautiful - things look
- MIND - DELUSIONS - beautiful - youth, beauty, love and peace
- MIND - DELUSIONS - belong here; does not
- MIND - DELUSIONS - betrayed; that she is
- MIND - DELUSIONS - bird - seeing birds
- MIND - DELUSIONS - bird - seeing birds - crow looking at him, a **
- MIND - DELUSIONS - bird - seeing birds - vultures **
- MIND - DELUSIONS - blood - sees **
- MIND - DELUSIONS - body - heavy and thick; body has become
- MIND - DELUSIONS - body - immaterial, is
- MIND - DELUSIONS - body - lighter than air; body is
- MIND - DELUSIONS - body - ugly; body looks
- MIND - DELUSIONS - body - withering, is
- MIND - DELUSIONS - boundaries - between dimensions are thinning **
- MIND - DELUSIONS - boundaries - inner and outer realities inverted **
- MIND - DELUSIONS - boundaries - personal - dissolved - between self and child **
- MIND - DELUSIONS - boundaries - personal - dissolved - between self and family and friends **

- MIND - DELUSIONS - boundaries - personal - dissolved - she did not know who he was **
- MIND - DELUSIONS - boundaries - personal - dissolved **
- MIND - DELUSIONS - brain - awake, she could feel which parts of her brain were **
- MIND - DELUSIONS - brain - wired to the universe, is **
- MIND - DELUSIONS - bubbles, sees - rising to the surface - within him and he feels light **
- MIND - DELUSIONS - cats - he is a cat
- MIND - DELUSIONS - cats - sees
- MIND - DELUSIONS - child - he is a child
- MIND - DELUSIONS - ciphers, sees
- MIND - DELUSIONS - clouds - black cloud enveloped her; a heavy
- MIND - DELUSIONS - clouds - bright colours come out of clouds in time to music **
- MIND - DELUSIONS - clouds - self will be dissolved into **
- MIND - DELUSIONS - connected, is - oneness with his fellow man and the whole of the universe, a feeling of
- MIND - DELUSIONS - consciousness - others, he has the consciousness of **
- MIND - DELUSIONS - consciousness - outside of his body; his consciousness were
- MIND - DELUSIONS - cosmic **
- MIND - DELUSIONS - cosseted, she is being **
- MIND - DELUSIONS - cosseted at the centre of the earth, he is **
- MIND - DELUSIONS - criticized, she is
- MIND - DELUSIONS - danger, impression of
- MIND - DELUSIONS - dark - in the dark; delusions
- MIND - DELUSIONS - dead - he himself was
- MIND - DELUSIONS - dead - persons, sees
- MIND - DELUSIONS - demons - picking him apart, are **
- MIND - DELUSIONS - demons **
- MIND - DELUSIONS - destruction - her beliefs, awareness, trust and everything that is life had been destroyed **
- MIND - DELUSIONS - devil - sees
- MIND - DELUSIONS - die - about to die; he was
- MIND - DELUSIONS - dirty - he is
- MIND - DELUSIONS - divine, being
- MIND - DELUSIONS - division between himself and others
- MIND - DELUSIONS - drifting **
- MIND - DELUSIONS - drugged; as if
- MIND - DELUSIONS - earth, has arrived at the centre of the **
- MIND - DELUSIONS - ego - dissolved, has **
- MIND - DELUSIONS - ego; had lost their
- MIND - DELUSIONS - emotions - colors, have
- MIND - DELUSIONS - emotions - see, he can **
- MIND - DELUSIONS - empty
- MIND - DELUSIONS - empty - all is an empty illusion **
- MIND - DELUSIONS - energy - pulsating through his body **
- MIND - DELUSIONS - enlarged - arms are **
- MIND - DELUSIONS - enlarged - body is
- MIND - DELUSIONS - enlarged - body is - parts of body
- MIND - DELUSIONS - evil

- MIND - DELUSIONS - evil - happened to him; feeling as though some evil had
- MIND - DELUSIONS - eyes - stony; of **
- MIND - DELUSIONS - face; her own - distorted in the mirror, is **
- MIND - DELUSIONS - face; her own - melting, is **
- MIND - DELUSIONS - face; her own - unfamiliar; looks
- MIND - DELUSIONS - faces, sees
- MIND - DELUSIONS - faces, sees - distorted
- MIND - DELUSIONS - faces, sees - larger; grow
- MIND - DELUSIONS - faces, sees - melting **
- MIND - DELUSIONS - faces, sees - ridiculous
- MIND - DELUSIONS - faces, sees - scrambled **
- MIND - DELUSIONS - faces, sees - ugly
- MIND - DELUSIONS - falling - he is
- MIND - DELUSIONS - falling - he is - oblivion, downward through **
- MIND - DELUSIONS - fancy, illusions of
- MIND - DELUSIONS - far away from herself, she is **
- MIND - DELUSIONS - floating - air, in - balloon, like a
- MIND - DELUSIONS - floating - air, in - kite, like a, or a balloon on a string
- MIND - DELUSIONS - flying - could fly; as if he
- MIND - DELUSIONS - fog, everything is enveloped in a **
- MIND - DELUSIONS - forsaken; is
- MIND - DELUSIONS - fractals, sees
- MIND - DELUSIONS - friend - demon, is a **
- MIND - DELUSIONS - friend - surrounded by friends; being
- MIND - DELUSIONS - friendless, he is
- MIND - DELUSIONS - God - communication with God; he is in
- MIND - DELUSIONS - God - he is God **
- MIND - DELUSIONS - God - presence of God; he is in the
- MIND - DELUSIONS - God - sees God
- MIND - DELUSIONS - great person, is a
- MIND - DELUSIONS - hand - she holds something warm that fits the shape of her palm perfectly
**
- MIND - DELUSIONS - head - enlarged - friend's head is **
- MIND - DELUSIONS - hearing - illusions of
- MIND - DELUSIONS - hearing - illusions of - beautiful **
- MIND - DELUSIONS - heart - disintegrating, is
- MIND - DELUSIONS - heavy; is
- MIND - DELUSIONS - hell - is in
- MIND - DELUSIONS - home - away from home; he is
- MIND - DELUSIONS - ignored; she is **
- MIND - DELUSIONS - images, phantoms; sees - frightful
- MIND - DELUSIONS - insane - become insane; he will
- MIND - DELUSIONS - insane - he is insane
- MIND - DELUSIONS - intelligence - smartest man alive, he is the **
- MIND - DELUSIONS - journey; he is on a
- MIND - DELUSIONS - journey; he is on a 2
- MIND - DELUSIONS - kidnapped

- MIND - DELUSIONS - knowledge; he possesses infinite
- MIND - DELUSIONS - laughed at and mocked at; being
- MIND - DELUSIONS - legs - belong to her; her legs don't
- MIND - DELUSIONS - legs - cut off; legs are
- MIND - DELUSIONS - light [= low weight] - float; he was so light he could
- MIND - DELUSIONS - light [= low weight] - is light; he
- MIND - DELUSIONS - looking - everyone is looking at her
- MIND - DELUSIONS - lost, self is **
- MIND - DELUSIONS - lost; she is
- MIND - DELUSIONS - marriage - going to be married; is
- MIND - DELUSIONS - masculine, she looks **
- MIND - DELUSIONS - melting - things are **
- MIND - DELUSIONS - motion
- MIND - DELUSIONS - naked, he is
- MIND - DELUSIONS - naked, he is - waist down, from the **
- MIND - DELUSIONS - neglected - duty; he has neglected his
- MIND - DELUSIONS - noise - hearing noise
- MIND - DELUSIONS - objects; about - strange; objects were
- MIND - DELUSIONS - old - aged; feels
- MIND - DELUSIONS - path of life that weaves gently into infinity, is on a **
- MIND - DELUSIONS - people - seeing people - looking at him
- MIND - DELUSIONS - pictures are making faces at him **
- MIND - DELUSIONS - place - different places at a time; of being in
- MIND - DELUSIONS - place - strange place; he was in a
- MIND - DELUSIONS - place - two places at the same time; of being in
- MIND - DELUSIONS - poisoned - he - has been
- MIND - DELUSIONS - power - all-powerful; she is
- MIND - DELUSIONS - pregnant, she is
- MIND - DELUSIONS - prisoner; she is a
- MIND - DELUSIONS - puffball, hollow, light, fragile, round; he is a **
- MIND - DELUSIONS - pursued; he was
- MIND - DELUSIONS - pursued; he was - fiends, by
- MIND - DELUSIONS - pursued; he was - horrid thing, by some
- MIND - DELUSIONS - pursued; he was - police, by
- MIND - DELUSIONS - pursued; he was - vast collections of entities bent on doing him harm **
- MIND - DELUSIONS - reality has fragmented **
- MIND - DELUSIONS - rushing **
- MIND - DELUSIONS - separated - body - mind are separated; body and
- MIND - DELUSIONS - separated - body - soul; body is separated from
- MIND - DELUSIONS - separated - body - spirit had separated from body
- MIND - DELUSIONS - separated - he were separated from himself
- MIND - DELUSIONS - separated - he were separated from himself - life, and his own **
- MIND - DELUSIONS - separated - thoughts are separated from him; strange
- MIND - DELUSIONS - separated - world, from the - he is separated
- MIND - DELUSIONS - sick - being
- MIND - DELUSIONS - side - female side is taken away **
- MIND - DELUSIONS - side - reversed, right and left are **

- MIND - DELUSIONS - sight and hearing, of
- MIND - DELUSIONS - sinking; to be
- MIND - DELUSIONS - skull - open to the cold, is
- MIND - DELUSIONS - small - things - appear small; things
- MIND - DELUSIONS - small - things - appear small; things - large; sometimes very small and sometimes very
- MIND - DELUSIONS - small - things - grow smaller; things
- MIND - DELUSIONS - smell - with his hands, he can **
- MIND - DELUSIONS - smell, of
- MIND - DELUSIONS - snakes - in and around her
- MIND - DELUSIONS - snowflakes **
- MIND - DELUSIONS - soul - see into people's souls, he can **
- MIND - DELUSIONS - sounds - feel, he can **
- MIND - DELUSIONS - sounds - visible, are **
- MIND - DELUSIONS - space - bodily space, energy and dimension
- MIND - DELUSIONS - space - carried into space; he was
- MIND - DELUSIONS - space - carried into space; he was - lying; while
- MIND - DELUSIONS - space - expansion of
- MIND - DELUSIONS - space - home, feels space is his - does not belong on earth **
- MIND - DELUSIONS - space - spread through space, he was **
- MIND - DELUSIONS - space - tiny point in the vastness of space, he is a **
- MIND - DELUSIONS - spectres, ghosts, spirits - evening - appear; a spectre will
- MIND - DELUSIONS - spectres, ghosts, spirits - seeing
- MIND - DELUSIONS - speed - quickening **
- MIND - DELUSIONS - strange - everything is
- MIND - DELUSIONS - strange - familiar things seem strange
- MIND - DELUSIONS - strangers - wherever he goes he is a stranger
- MIND - DELUSIONS - sun - desires to travel to the **
- MIND - DELUSIONS - superiority, of
- MIND - DELUSIONS - tactile
- MIND - DELUSIONS - talking - friends are talking about her
- MIND - DELUSIONS - talking - nonsense, that she speaks **
- MIND - DELUSIONS - taste, of
- MIND - DELUSIONS - taste, of - color, can taste **
- MIND - DELUSIONS - teenager; she is a
- MIND - DELUSIONS - telephone is ringing **
- MIND - DELUSIONS - thieves - house, in
- MIND - DELUSIONS - thin - he is getting
- MIND - DELUSIONS - thoughts - see, he can **
- MIND - DELUSIONS - thoughts - seen his thoughts can be **
- MIND - DELUSIONS - time - earlier; time seems
- MIND - DELUSIONS - time - endless, the day is **
- MIND - DELUSIONS - time - exaggeration of time
- MIND - DELUSIONS - touch - sounds, he can **
- MIND - DELUSIONS - transparent - everything is
- MIND - DELUSIONS - transparent - he is
- MIND - DELUSIONS - trapped; he is

- MIND - DELUSIONS - trapped; he is - life, in **
- MIND - DELUSIONS - traveling, of
- MIND - DELUSIONS - troll, he is turning into a **
- MIND - DELUSIONS - truth - apparent, is **
- MIND - DELUSIONS - understand - the mathematics of the world, he can **
- MIND - DELUSIONS - unearthly, of something
- MIND - DELUSIONS - universe- parallel, he is in a **
- MIND - DELUSIONS - unreal - everything seems unreal
- MIND - DELUSIONS - visions, has
- MIND - DELUSIONS - visions, has - beautiful
- MIND - DELUSIONS - visions, has - colorful
- MIND - DELUSIONS - visions, has - delight; visions of
- MIND - DELUSIONS - visions, has - fantastic
- MIND - DELUSIONS - visions, has - horrible
- MIND - DELUSIONS - visions, has - monsters, of
- MIND - DELUSIONS - visions, has - real; visions are
- MIND - DELUSIONS - visions, has - wonderful
- MIND - DELUSIONS - visual
- MIND - DELUSIONS - vitality; vivid consciousness of usually unnoticed operations of
- MIND - DELUSIONS - vivid
- MIND - DELUSIONS - voices - hearing
- MIND - DELUSIONS - voices - people are their **
- MIND - DELUSIONS - voices - visible are **
- MIND - DELUSIONS - walls
- MIND - DELUSIONS - walls - melting; walls are **
- MIND - DELUSIONS - watched, she is being
- MIND - DELUSIONS - words - colour and vibration; become **
- MIND - DELUSIONS - world - new world; he is moving in a
- MIND - DELUSIONS - world - several worlds simultaneously, he is in **
- MIND - DELUSIONS - wretched; she looks - looking in a mirror; when
- MIND - DELUSIONS - wrong - something were wrong
- MIND - DELUSIONS - young, she is again
- MIND - DESIRES - full of desires - indefinite
- MIND - DESIRES - full of desires - inexpressible desires; full of
- MIND - DESIRES - nothing; desires
- MIND - DESPAIR
- MIND - DESPAIR - recovery, of
- MIND - DETACHED
- MIND - DETACHED - daily activity, from
- MIND - DETACHED - family, from his **
- MIND - DETACHED - people, from **
- MIND - DISCONTENTED
- MIND - DISCONTENTED - everything, with
- MIND - DISCONTENTED - himself, with
- MIND - DISCONTENTED - others; with
- MIND - DISCONTENTED - surroundings, with
- MIND - DISCOURAGED

- MIND - DISSOCIATION from environment
- MIND - DISTANCES - exaggerated; are
- MIND - DISTANCES - inaccurate judgement of
- MIND - DISTURBED, averse to being
- MIND - DREAM; as if in a
- MIND - DREAM; as if in a - beautiful
- MIND - DREAM; as if in a - escapes in a world of dreams
- MIND - DRUGS - desire - recreational
- MIND - DULLNESS
- MIND - DULLNESS - company, in
- MIND - DULLNESS - company, in - can only relate to one person at a time **
- MIND - DULLNESS - evening - amel.
- MIND - DULLNESS - heard, what he has
- MIND - DULLNESS - thinking - slowly
- MIND - DWELLS - childhood, on his
- MIND - DWELLS - happy moments; dwells on past
- MIND - DWELLS - past disagreeable occurrences, on
- MIND - DYSLEXIA
- MIND - ECCENTRICITY
- MIND - ECSTASY
- MIND - ECSTASY - alternating with - anxiety **
- MIND - ECSTASY - sublime - nature, in
- MIND - ECSTASY - sublime - nature, in - birds, in the flight of
- MIND - EMOTIONS - suppressed
- MIND - ENNUI, tedium
- MIND - ENVIRONMENTAL orientation - decreased
- MIND - ENVIRONMENTAL orientation - increased
- MIND - ENVY
- MIND - ESCAPE, attempts to
- MIND - ESCAPE, attempts to - sit and think, to **
- MIND - ESTRANGED - family; from his
- MIND - ESTRANGED - wife, from his
- MIND - EUPHORIA
- MIND - EXCITEMENT
- MIND - EXCITEMENT - alternating with - sadness
- MIND - EXCITEMENT - alternating with - tranquillity **
- MIND - EXCITEMENT - company, in
- MIND - EXECUTION lost as the result of overpowering visual sensations
- MIND - EXERTION - physical - amel.
- MIND - EXERTION - physical - desire
- MIND - EXERTION - physical - desire - air; in open
- MIND - EXHILARATION - air, in open
- MIND - EXHILARATION - blissful
- MIND - EXTRAVAGANCE
- MIND - FANCIES - absorbed in
- MIND - FANCIES - exaltation of
- MIND - FANCIES - pleasant

- MIND - FANCIES - vivid, lively
- MIND - FASTIDIOUS
- MIND - FEAR
- MIND - FEAR - alone, of being
- MIND - FEAR - death, of
- MIND - FEAR - ghosts, of
- MIND - FEAR - happen, something will
- MIND - FEAR - insanity
- MIND - FEAR - observed, of her condition being
- MIND - FEAR - robbers, of
- MIND - FEAR - suffocation, of
- MIND - FEAR - suffocation, of - night
- MIND - FEAR - trifles, of
- MIND - FEARLESS
- MIND - FEARLESS - danger; in spite of
- MIND - FIRE - near the fire; desire to be
- MIND - FOREBODINGS
- MIND - FORGETFUL
- MIND - FORSAKEN feeling
- MIND - FORSAKEN feeling - isolation, sensation of
- MIND - FRIGHTENED easily
- MIND - FRIGHTENED easily - trifles, at
- MIND - FROWN, disposed to
- MIND - GIGGLING
- MIND - GRIEF
- MIND - HAUGHTY
- MIND - HEEDLESS
- MIND - HELD - desire to be held
- MIND - HELPLESSNESS; feeling of
- MIND - HIDING - himself
- MIND - HIGH-SPIRITED
- MIND - HOME - desires to go
- MIND - HOMESICKNESS
- MIND - HOMESICKNESS - weeping, with **
- MIND - HORRIBLE things, sad stories affect her profoundly
- MIND - HURRY, haste
- MIND - HURRY, haste - unconcerned, but **
- MIND - HYSTERIA
- MIND - IMPULSE; morbid - run; to
- MIND - IMPULSIVE
- MIND - INDIFFERENCE, apathy
- MIND - INDIFFERENCE, apathy - appearance; to his personal
- MIND - INDIFFERENCE, apathy - business affairs, to
- MIND - INDIFFERENCE, apathy - company, society - to
- MIND - INDIFFERENCE, apathy - duties; to
- MIND - INDIFFERENCE, apathy - evening
- MIND - INDIFFERENCE, apathy - everything, to

- MIND - INDIFFERENCE, apathy - external things; to
- MIND - INDIFFERENCE, apathy - family, to his
- MIND - INDIFFERENCE, apathy - joy; to
- MIND - INDIFFERENCE, apathy - joyless
- MIND - INDIFFERENCE, apathy - pain - to pain
- MIND - INDIFFERENCE, apathy - pleasure, to
- MIND - INDIFFERENCE, apathy - taciturn
- MIND - INDIFFERENCE, apathy - window; looks hours out of
- MIND - INDIVIDUALITY, sense of **
- MIND - INDUSTRIOUS, mania for work
- MIND - INITIATIVE, lack of
- MIND - INSECURITY; mental
- MIND - INTOLERANCE
- MIND - INTOLERANCE - noise, of
- MIND - INTROSPECTION
- MIND - IRRESOLUTION, indecision
- MIND - IRRESOLUTION, indecision - trifles, about
- MIND - IRRITABILITY
- MIND - IRRITABILITY - causeless
- MIND - IRRITABILITY - children, towards
- MIND - IRRITABILITY - dependency, at her own **
- MIND - IRRITABILITY - husband; towards
- MIND - IRRITABILITY - menses - during
- MIND - IRRITABILITY - noise, from
- MIND - IRRITABILITY - trifles, from
- MIND - IRRITABILITY - working, when
- MIND - JEALOUSY
- MIND - JEALOUSY - irrational
- MIND - JEALOUSY - love; from disappointed
- MIND - JEALOUSY - sadness, with
- MIND - JEALOUSY - women - between
- MIND - JESTING - jokes; understand, does not **
- MIND - JOY
- MIND - JOY - nature, in
- MIND - JOY - nature, in - birds, in the flight of
- MIND - LASCIVIOUS, lustful
- MIND - LASCIVIOUS, lustful - daytime
- MIND - LATE - too late; always
- MIND - LAUGHING
- MIND - LAUGHING - alternating with - weeping
- MIND - LAUGHING - causeless
- MIND - LAUGHING - constant
- MIND - LAUGHING - desire to laugh
- MIND - LAUGHING - immoderately
- MIND - LAUGHING - ludicrous, everything seems
- MIND - LAUGHING - serious matters, over
- MIND - LAUGHING - silly

- MIND - LAUGHING - trifles, at
- MIND - LAUGHING - weeping - same time; weeping and laughing at the
- MIND - LAZINESS
- MIND - LAZINESS - content, with
- MIND - LAZINESS - physical
- MIND - LAZINESS - sadness, from
- MIND - LAZINESS - sleepiness, with
- MIND - LIGHT - abundance of; sees an
- MIND - LIGHT - desire for
- MIND - LIGHT - desire for - sunlight; to be in
- MIND - LONGING
- MIND - LONGING - knows not what for
- MIND - LONGING - nature, for **
- MIND - LOOKED AT, cannot bear to be
- MIND - LOOKING - window; looking hours out of the
- MIND - LOQUACITY
- MIND - LOVE - love-sick
- MIND - LOVE - romantic love; desire for
- MIND - LOVE - talks of **
- MIND - LOVE - thoughts of **
- MIND - MANNISH - women
- MIND - MARRIAGE - desires to be married **
- MIND - MATERIALISTIC
- MIND - MEDITATING
- MIND - MEDITATING - impossible **
- MIND - MEMORY - active - past events, for
- MIND - MEMORY - weakness of memory
- MIND - MEMORY - weakness of memory - dates, for
- MIND - MEMORY - weakness of memory - happened, for what has
- MIND - MEMORY - weakness of memory - places, for
- MIND - MEMORY - weakness of memory - proper names
- MIND - MENTAL EXERTION - agg. - impossible
- MIND - MENTAL EXERTION - aversion to
- MIND - MENTAL EXERTION - desire for
- MIND - MERGING OF SELF with one's environment
- MIND - MISTAKES; making - hearing, in - wrong - words **
- MIND - MISTAKES; making - localities, in
- MIND - MISTAKES; making - names, in
- MIND - MISTAKES; making - perception, of
- MIND - MISTAKES; making - perception, of - misunderstands what she has seen or heard
- MIND - MISTAKES; making - space; in
- MIND - MISTAKES; making - space; in - time; and in
- MIND - MISTAKES; making - speaking, in - spelling, in
- MIND - MISTAKES; making - speaking, in - syllables - wrong syllables
- MIND - MISTAKES; making - time, in
- MIND - MISTAKES; making - time, in - conception of time; has lost the
- MIND - MISTAKES; making - time, in - conception of time; has lost the - evening

- MIND - MISTAKES; making - time, in - confounds - days of the week
- MIND - MISTAKES; making - time, in - confounds - present with past
- MIND - MISTAKES; making - time, in - present merged with eternity
- MIND - MISTAKES; making - writing, in
- MIND - MISTAKES; making - writing, in - omitting - letters
- MIND - MISTAKES; making - writing, in - transposing - letters
- MIND - MISTAKES; making - writing, in - transposing - numbers **
- MIND - MISTAKES; making - writing, in - transposing - words
- MIND - MISTAKES; making - writing, in - wrong - words
- MIND - MOOD - alternating
- MIND - MOOD - changeable
- MIND - MOOD - changeable - sudden **
- MIND - MUSIC - agreeable, is
- MIND - MUSIC - amel.
- MIND - MUSIC - colours, moving to music, sees
- MIND - MUSIC - desire for
- MIND - MUSIC - desire for - loud **
- MIND - NAKED, wants to be
- MIND - NATURE - attuned to **
- MIND - NATURE - fascinated by the colours and shapes of **
- MIND - NATURE - loves
- MIND - OBJECTIVE, reasonable
- MIND - OPTIMISTIC
- MIND - PLANTS - loves
- MIND - PLAYING - desire to play - toys; with childish
- MIND - POSITIVENESS
- MIND - PRAYING
- MIND - PROSTRATION of mind
- MIND - QUIET disposition
- MIND - QUIET; wants to be
- MIND - RAGE, fury
- MIND - RAGE, fury - violent
- MIND - RASH
- MIND - RASH - driving, when
- MIND - RECOGNIZING - not recognize; does - surroundings
- MIND - REPROACHES - himself
- MIND - REST - cannot rest when things are not in the proper place
- MIND - RESTLESSNESS
- MIND - RESTLESSNESS - anxious
- MIND - RESTLESSNESS - busy
- MIND - RESTLESSNESS - evening
- MIND - RESTLESSNESS - walking, while - amel.
- MIND - SADNESS
- MIND - SADNESS - disappointment, from
- MIND - SADNESS - evening
- MIND - SADNESS - evening - 18 h
- MIND - SADNESS - love; from disappointed

- MIND - SECRETIVE
- MIND - SELF-INDULGENT
- MIND - SELFISHNESS, egoism
- MIND - SENSES - acute
- MIND - SENSES - acute - detail; to minutest
- MIND - SENSES - confused
- MIND - SENSES - perverted
- MIND - SENSITIVE
- MIND - SENSITIVE - colors, to
- MIND - SENSITIVE - cruelties, when hearing of
- MIND - SENSITIVE - external impressions, to all
- MIND - SENSITIVE - light, to
- MIND - SENSITIVE - music, to
- MIND - SENSITIVE - nature and natural objects, to
- MIND - SENSITIVE - noise, to
- MIND - SENSITIVE - noise, to - sudden
- MIND - SENSITIVE - noise, to - voices, to
- MIND - SENTIMENTAL
- MIND - SERIOUS, earnest
- MIND - SHRIEKING - sleep, during
- MIND - SITTING - aversion to sit
- MIND - SITTING - inclination to sit
- MIND - SITTING - inclination to sit - meditates, and
- MIND - SITTING - inclination to sit - still
- MIND - SIZE - incorrect judgement of
- MIND - SLOWNESS
- MIND - SLOWNESS - motion, in
- MIND - SPACED-OUT feeling
- MIND - SPEECH - confused
- MIND - SPEECH - hesitating
- MIND - SPIRITUALITY
- MIND - SPIRITUALITY - loss of **
- MIND - SPOKEN TO; being - aversion
- MIND - STARTING, startled
- MIND - STARTING, startled - anxious
- MIND - STARTING, startled - door - opened; when a door is
- MIND - STARTING, startled - easily
- MIND - STARTING, startled - electric - shocks through the body while wide awake
- MIND - STARTING, startled - noise, from
- MIND - STRANGE - everything seems
- MIND - STRIKING - children; striking one's own
- MIND - STRIKING - desire - strike; to
- MIND - STUDYING - difficult
- MIND - STUPEFACTION
- MIND - STUPEFACTION - coffee; as if from **
- MIND - SUSPICIOUS
- MIND - SUSPICIOUS - friends, his best

- MIND - SUSPICIOUS - talking about her, people are
- MIND - SYMPATHETIC
- MIND - SYMPATHETIC - animals; towards
- MIND - SYNCHRONICITY - awareness of synchronistic events **
- MIND - SYNCHRONICITY **
- MIND - TACITURN
- MIND - TACITURN - sadness, in
- MIND - TALKING - amel. the complaints
- MIND - TALKING - desire to talk to someone
- MIND - TALKING - sleep, in
- MIND - THEORIZING
- MIND - THOUGHTS - control of thoughts lost
- MIND - THOUGHTS - disconnected
- MIND - THOUGHTS - himself - cannot think of anyone besides
- MIND - THOUGHTS - persistent
- MIND - THOUGHTS - persistent - birds, of **
- MIND - THOUGHTS - persistent - corpse of animals, of the **
- MIND - THOUGHTS - persistent - nature, of **
- MIND - THOUGHTS - persistent - youth, beauty and love; of
- MIND - THOUGHTS - rapid, quick
- MIND - THOUGHTS - rush, flow of
- MIND - THOUGHTS - sexual
- MIND - THOUGHTS - spinning **
- MIND - THOUGHTS - wandering
- MIND - THOUGHTS - wandering - studying, while
- MIND - TIME - immaterial is **
- MIND - TIME - quickly, appears shorter; passes too
- MIND - TIME - slowly, appears longer; passes too
- MIND - TIMIDITY
- MIND - TIMIDITY - public; about appearing in
- MIND - TOUCHED, aversion to being
- MIND - TRANQUILLITY, serenity, calmness
- MIND - TRAVELLING - desire for
- MIND - TREES - loves **
- MIND - TRIFLES seem important
- MIND - TRUTH; desire for **
- MIND - TRUTH; telling the plain
- MIND - UNCONSCIOUSNESS
- MIND - UNCONSCIOUSNESS - conduct, automatic
- MIND - UNDERSTANDING - not understand; does - questions addressed to her
- MIND - UNFEELING, hardhearted
- MIND - UNOBSERVING
- MIND - UNREAL - everything seems
- MIND - UNTIDY
- MIND - VIOLENCE - aversion to
- MIND - VIOLENT
- MIND - VIVACIOUS

- MIND - WALKING - air; in the open - amel. mental symptoms
- MIND - WALKING - desire for
- MIND - WALKING - desire for - air; in the open **
- MIND - WANDERING - desire to wander
- MIND - WANDERING - desire to wander - nature, in **
- MIND - WATCH; to - desires to watch and listen **
- MIND - WEEPING
- MIND - WEEPING - amel.
- MIND - WEEPING - cough - during
- MIND - WEEPING - desire to weep
- MIND - WITHDRAWAL from reality
- MIND - WRITING - indistinctly, writes
- MIND - WRONG, everything seems

Physicals

VERTIGO

- VERTIGO - ACCOMPANIED by - ear; noises in
- VERTIGO - ANXIETY, during
- VERTIGO - BENDING head; on - forwards
- VERTIGO - COOKING, while **
- VERTIGO - FOREHEAD, felt in
- VERTIGO - LYING - down - necessary
- VERTIGO - LYING - down - necessary - amel., doesn't **
- VERTIGO - RISING - after
- VERTIGO - RISING - seat; from a - on
- VERTIGO - STANDING, while
- VERTIGO - VERTIGO
- VERTIGO - WALKING - after

HEAD

- HEAD - CONGESTION
- HEAD - CRACKLING sensation in
- HEAD - DRAGGING sensation in
- HEAD - ENLARGED sensation
- HEAD - ERUPTIONS - boils
- HEAD - ERUPTIONS - painful
- HEAD - FALLING - hither and thither
- HEAD - HAIR - curly, becomes
- HEAD - HEAVINESS - Forehead
- HEAD - HEAVINESS - Occiput
- HEAD - NAUSEA
- HEAD - NUMBNESS; sensation of - Forehead
- HEAD - PAIN - accompanied by - nausea
- HEAD - PAIN - coffee - from
- HEAD - PAIN - cold - air - amel.
- HEAD - PAIN - cutting
- HEAD - PAIN - cutting - Temples - left

- HEAD - PAIN - extending to - mouth - roof of mouth **
- HEAD - PAIN - Forehead, in
- HEAD - PAIN - Forehead, in - eating
- HEAD - PAIN - Forehead, in - extending to - vertex
- HEAD - PAIN - Forehead, in - eyes - above
- HEAD - PAIN - Forehead, in - eyes - above - left
- HEAD - PAIN - Forehead, in - eyes - above - right
- HEAD - PAIN - Forehead, in - eyes - behind
- HEAD - PAIN - ice cream - amel. **
- HEAD - PAIN - jar - any jar; from
- HEAD - PAIN - motion - agg.
- HEAD - PAIN - nail, as from a
- HEAD - PAIN - nail, as from a - Temples
- HEAD - PAIN - numbness; with
- HEAD - PAIN - Occiput
- HEAD - PAIN - Occiput - alternating with - forehead; pain in
- HEAD - PAIN - pinching - Sides
- HEAD - PAIN - pressing
- HEAD - PAIN - pressing - armor, as if in
- HEAD - PAIN - pressing - Forehead
- HEAD - PAIN - pressing - Forehead - eyes - over
- HEAD - PAIN - pressing - Forehead - eyes - over - left
- HEAD - PAIN - pressing - hat - as from a tight hat
- HEAD - PAIN - pressing - Sides - right
- HEAD - PAIN - shooting
- HEAD - PAIN - shooting - Sides - right
- HEAD - PAIN - Sides - left
- HEAD - PAIN - Sides - left - pulled over from top left side, as if **
- HEAD - PAIN - Sides - right
- HEAD - PAIN - sore
- HEAD - PAIN - sore - Forehead
- HEAD - PAIN - sore - Forehead - eyes; above
- HEAD - PAIN - sore - Forehead - spots, in
- HEAD - PAIN - Temples - left
- HEAD - PAIN - warm - room - amel.
- HEAD - PAIN - wind - cold
- HEAD - SWOLLEN feeling
- HEAD - TINGLING
- HEAD - UNSTEADY feeling

EYE

- EYE - AGGLUTINATED
- EYE - AGGLUTINATED - Canthi - inner
- EYE - AGGLUTINATED - morning
- EYE - CLOSING the eyes - will not close; the eyes
- EYE - COLDNESS
- EYE - COLDNESS - left

- EYE - DISCHARGES
- EYE - DISCOLORATION - red
- EYE - DISCOLORATION - red - Lids - edges of
- EYE - DISTENDED feeling
- EYE - DRYNESS
- EYE - ECCHYMOSIS
- EYE - ECCHYMOSIS - left **
- EYE - HEAVINESS
- EYE - IRRITATION
- EYE - ITCHING
- EYE - ITCHING - left
- EYE - LACHRYMATION
- EYE - LACHRYMATION - air - open
- EYE - LACHRYMATION - cough, with
- EYE - LACHRYMATION - right
- EYE - LACHRYMATION - yawning, when
- EYE - PAIN
- EYE - PAIN - aching
- EYE - PAIN - aching - left
- EYE - PAIN - burning
- EYE - PAIN - burning - right
- EYE - PAIN - closing - agg.
- EYE - PAIN - dryness of eyeballs, with
- EYE - PAIN - eating - while **
- EYE - PAIN - motion; on - eyes; of
- EYE - PAIN - sand, as from
- EYE - PAIN - sand, as from - morning
- EYE - PAIN - sore
- EYE - PAIN - sore - foreign body; as from a
- EYE - PAIN - stinging
- EYE - PROTRUSION - sensation of
- EYE - RUB, desire to
- EYE - STICKY lids
- EYE - SWELLING
- EYE - SWELLING - Lids
- EYE - SWELLING - sensation as if
- EYE - TINGLING
- EYE - TIRED EXPRESSION
- EYE - TWITCHING
- EYE - TWITCHING - Lids - right
- EYE - TWITCHING - Lids - upper
- EYE - WINKING

VISION

- VISION - ACCOMMODATION - defective
- VISION - ACCOMMODATION - slow; too
- VISION - ACUTE

- VISION - ACUTE - clear, bright and lucid
- VISION - BRIGHT
- VISION - BRIGHT - objects seem brighter
- VISION - CHANGING
- VISION - CIRCLES - objects - moving in a circle
- VISION - CLARITY of
- VISION - COLORS before the eyes
- VISION - COLORS before the eyes - amethyst **
- VISION - COLORS before the eyes - black
- VISION - COLORS before the eyes - black - points
- VISION - COLORS before the eyes - black - spots - floating
- VISION - COLORS before the eyes - bright
- VISION - COLORS before the eyes - golden
- VISION - COLORS before the eyes - gray
- VISION - COLORS before the eyes - jade **
- VISION - COLORS before the eyes - moving in time to music **
- VISION - COLORS before the eyes - red - spots
- VISION - CONFUSED
- VISION - CONTRACTED - visual field
- VISION - DAZZLING
- VISION - DIM
- VISION - DIM - alternating with - clear vision
- VISION - DIM - daytime
- VISION - DIM - increasing suddenly
- VISION - DIM - increasing suddenly - decreasing suddenly
- VISION - DISTORTED
- VISION - ENLARGED
- VISION - EXERTION - vision agg.; of
- VISION - ILLUSIONS
- VISION - ILLUSIONS - voices, sees **
- VISION - LIGHT - cold **
- VISION - MOVING
- VISION - MOVING - objects seem to be moving - left, on his **
- VISION - OBJECTS - beside field of vision; sees objects
- VISION - OBJECTS - beside field of vision; sees objects - left, on his **
- VISION - PERSPECTIVE distorted **
- VISION - SHAFTS of coloured light **
- VISION - SMALL, objects seem
- VISION - SNOW - flakes
- VISION - TRIANGLES **
- VISION - VIBRATION

EAR

- EAR - DISCHARGES
- EAR - DISCHARGES - right
- EAR - DISCHARGES - watery
- EAR - ERUPTIONS - Concha

- EAR - ERUPTIONS - Meatus
- EAR - FULLNESS, sensation of
- EAR - FULLNESS, sensation of - right
- EAR - HEAT - Meatus
- EAR - NOISES in
- EAR - NOISES in - crackling
- EAR - NOISES in - crackling - swallowing, when
- EAR - NOISES in - right
- EAR - NOISES in - ringing
- EAR - NOISES in - ringing - right
- EAR - NOISES in - swallowing, when
- EAR - PAIN
- EAR - PAIN - aching
- EAR - PAIN - aching - left
- EAR - PAIN - cutting
- EAR - PAIN - cutting - left
- EAR - PAIN - Lobe
- EAR - PAIN - pressing
- EAR - PAIN - pressing - left
- EAR - PAIN - pressing - outward
- EAR - PAIN - right
- EAR - PAIN - stitching
- EAR - PAIN - stitching - insect; as from stitch of
- EAR - PAIN - stitching - right
- EAR - PAIN - swallowing, on
- EAR - PAIN - swallowing, on - left ear
- EAR - STOPPED sensation
- EAR - STOPPED sensation - left
- EAR - WAX - increased

HEARING

- HEARING - ACUTE
- HEARING - ACUTE - distant sounds
- HEARING - ACUTE - music, to
- HEARING - ACUTE - noises, to
- HEARING - ACUTE - voices and talking
- HEARING - ILLUSIONS
- HEARING - ILLUSIONS - sounds - beautiful **
- HEARING - ILLUSIONS - sounds are visible **
- HEARING - IMPAIRED
- HEARING - IMPAIRED - left
- HEARING - IMPAIRED - words, for

NOSE

- NOSE - CATARRH
- NOSE - CONGESTION - nose; to
- NOSE - CORYZA

- NOSE - CORYZA - discharge, with
- NOSE - CORYZA - lying - fluent, while
- NOSE - DISCHARGE - clear
- NOSE - DISCHARGE - copious
- NOSE - DISCHARGE - crusts, scabs, inside
- NOSE - DISCHARGE - glue-like
- NOSE - DISCHARGE - greenish
- NOSE - DISCHARGE - thick
- NOSE - EPISTAXIS
- NOSE - EPISTAXIS - blood - bright
- NOSE - EPISTAXIS - left
- NOSE - ITCHING
- NOSE - ITCHING - Inside
- NOSE - OBSTRUCTION
- NOSE - OBSTRUCTION - left
- NOSE - OBSTRUCTION - night
- NOSE - ODORS; imaginary and real - lavender
- NOSE - PAIN - pressing
- NOSE - PINCHED
- NOSE - SMELL - acute
- NOSE - SMELL - acute - delight in smells
- NOSE - SNEEZING

FACE

- FACE - CHEWING - Lips **
- FACE - DISCOLORATION - red
- FACE - DISCOLORATION - red - evening
- FACE - DISCOLORATION - red - excitement
- FACE - DISCOLORATION - yellow
- FACE - DRYNESS
- FACE - DRYNESS - Lips
- FACE - DRYNESS - Lips - licks them frequently
- FACE - ERUPTIONS
- FACE - ERUPTIONS - acne
- FACE - ERUPTIONS - Cheeks - left
- FACE - ERUPTIONS - Forehead
- FACE - ERUPTIONS - hard
- FACE - ERUPTIONS - painful
- FACE - ERUPTIONS - painful - Nose
- FACE - ERUPTIONS - painful - Nose - touched, when
- FACE - ERUPTIONS - pimples - Nose
- FACE - ERUPTIONS - red
- FACE - ERUPTIONS - red - Cheeks
- FACE - ERUPTIONS - red - Chin
- FACE - ERUPTIONS - spots
- FACE - EXPRESSION - old looking
- FACE - HEAT

- FACE - HEAT - flushes
- FACE - LICKING lips
- FACE - PAIN
- FACE - PAIN - burning - Lips
- FACE - PAIN - Cheek
- FACE - PAIN - Eyebrow **
- FACE - PAIN - Jaw
- FACE - PAIN - Jaw - articulation - left
- FACE - PAIN - pressing - Eyebrow **
- FACE - PERSPIRATION
- FACE - PERSPIRATION - heat, during
- FACE - PERSPIRATION - Lips - upper
- FACE - PULLING sensation, being pulled down **
- FACE - SWELLING - Eyes - under
- FACE - SWELLING - Jaw - lower

MOUTH

- MOUTH - BLEEDING - Gums
- MOUTH - BLEEDING - Gums - easily
- MOUTH - DISCOLORATION - Tongue - red
- MOUTH - DRYNESS
- MOUTH - DRYNESS - Palate
- MOUTH - DRYNESS - Palate - air agg.; open
- MOUTH - GREASY sensation
- MOUTH - HAIR; sensation of a
- MOUTH - ITCHING - Palate
- MOUTH - NUMBNESS
- MOUTH - NUMBNESS - Palate
- MOUTH - NUMBNESS - Tongue
- MOUTH - PAIN - burning - Palate
- MOUTH - PAIN - burnt, as if - Tongue
- MOUTH - PAIN - burnt, as if - Tongue - tip
- MOUTH - PAIN - Palate
- MOUTH - PAIN - Palate - cold air - agg.
- MOUTH - PAIN - Palate - swallowing
- MOUTH - PAIN - sore - Palate
- MOUTH - PAIN - sore - Palate - swallowing saliva
- MOUTH - PAIN - sore - Tongue
- MOUTH - PAIN - sore - Tongue - sides - left
- MOUTH - PAIN - sore - Tongue - tip
- MOUTH - PAIN - Tongue - root
- MOUTH - TASTE - colors **
- MOUTH - TASTE - metallic
- MOUTH - TASTE - salty
- MOUTH - ULCERS
- MOUTH - ULCERS - Gums
- MOUTH - ULCERS - painful

TEETH

- TEETH - PAIN
- TEETH - PAIN - left
- TEETH - PAIN - Lower teeth
- TEETH - PAIN - right
- TEETH - PAIN - scraping

THROAT

- THROAT - ANXIETY and apprehension in throat
- THROAT - BUBBLING in esophagus
- THROAT - CONSTRICTION
- THROAT - CONSTRICTION
- THROAT - DRAWN out sensation
- THROAT - DRYNESS
- THROAT - DRYNESS - drinking does not amel.
- THROAT - HAWK; disposition to
- THROAT - LUMP; sensation of a
- THROAT - LUMP; sensation of a - morning
- THROAT - PAIN
- THROAT - PAIN - right
- THROAT - SPASMS
- THROAT - SPASMS - coughing; on
- THROAT - TICKLING
- THROAT - TICKLING - cough; causing

EXTERNAL THROAT

- EXTERNAL THROAT - SWELLING - Cervical Glands

STOMACH

- STOMACH - ANXIETY
- STOMACH - APPETITE - capricious appetite
- STOMACH - APPETITE - changeable
- STOMACH - APPETITE - diminished
- STOMACH - APPETITE - diminished - morning
- STOMACH - APPETITE - increased
- STOMACH - APPETITE - increased - alternating with loss of appetite
- STOMACH - APPETITE - increased - intermittent, in
- STOMACH - APPETITE - increased - menses - during
- STOMACH - APPETITE - ravenous
- STOMACH - DISTENSION
- STOMACH - DISTENSION - eating - after
- STOMACH - FULLNESS, sensation of
- STOMACH - FULLNESS, sensation of - eating - after
- STOMACH - GAGGING
- STOMACH - NAUSEA
- STOMACH - NAUSEA - abdomen - in abdomen

- STOMACH - NAUSEA - coffee - after
- STOMACH - NAUSEA - eating - after
- STOMACH - NAUSEA - eating - after - amel.
- STOMACH - NAUSEA - motion - on
- STOMACH - NAUSEA - throat, in
- STOMACH - NAUSEA - walking
- STOMACH - NAUSEA - walking - air; in open
- STOMACH - PAIN
- STOMACH - PAIN - aching - eating; after
- STOMACH - PAIN - cramping
- STOMACH - PAIN - cramping - eating - after
- STOMACH - PAIN - straightening up agg.
- STOMACH - SINKING
- STOMACH - THIRST
- STOMACH - VOMITING - coughing

ABDOMEN

- ABDOMEN - CONSTRICTION
- ABDOMEN - CONSTRICTION - Umbilicus - region of
- ABDOMEN - DISTENSION
- ABDOMEN - DISTENSION - flatus, passing - with
- ABDOMEN - DISTENSION - morning
- ABDOMEN - ERUPTIONS
- ABDOMEN - ERUPTIONS - pimples
- ABDOMEN - ERUPTIONS - pimples - itching
- ABDOMEN - FLATULENCE
- ABDOMEN - PAIN
- ABDOMEN - PAIN - bending - double
- ABDOMEN - PAIN - bursting
- ABDOMEN - PAIN - cramping, griping
- ABDOMEN - PAIN - cramping, griping - stool - after - amel.
- ABDOMEN - PAIN - extending to - thigh
- ABDOMEN - PAIN - flatus; passing - amel.
- ABDOMEN - PAIN - Hypogastrium
- ABDOMEN - PAIN - Hypogastrium - eating - after **
- ABDOMEN - PAIN - Hypogastrium - sitting - while
- ABDOMEN - PAIN - Hypogastrium - walking - amel.
- ABDOMEN - PAIN - menses - before
- ABDOMEN - PAIN - menses - during
- ABDOMEN - PAIN - motion, on
- ABDOMEN - PAIN - motion, on - continued amel.
- ABDOMEN - PAIN - pressing - menses - before
- ABDOMEN - PAIN - pressure - agg.
- ABDOMEN - PAIN - Sides - left
- ABDOMEN - PAIN - Sides - motion amel **
- ABDOMEN - PAIN - sore - Spleen
- ABDOMEN - PAIN - stool - after

- ABDOMEN - PAIN - Umbilicus
- ABDOMEN - PAIN - Umbilicus - stool - before
- ABDOMEN - RUMBLING
- ABDOMEN - RUMBLING - eating - after
- ABDOMEN - SENSATION - golden orb in the solar plexus. of a **
- ABDOMEN - SENSITIVE, skin

RECTUM

- RECTUM - CONSTIPATION
- RECTUM - CONSTIPATION - portal stasis, from
- RECTUM - CONSTIPATION - stool - remains long in the rectum with no urging
- RECTUM - DIARRHEA
- RECTUM - FLATUS
- RECTUM - FLATUS - eating, after
- RECTUM - FLATUS - offensive
- RECTUM - FLATUS - offensive - eggs; spoiled
- RECTUM - HEMORRHAGE from anus
- RECTUM - HEMORRHAGE from anus - stool - after
- RECTUM - HEMORRHAGE from anus - stool - difficult stool; from
- RECTUM - HEMORRHAGE from anus - stool - hard stool; from
- RECTUM - INACTIVITY of rectum
- RECTUM - ITCHING
- RECTUM - ITCHING - Anus; around
- RECTUM - PAIN
- RECTUM - PAIN - afternoon
- RECTUM - PAIN - cutting
- RECTUM - PAIN - cutting - stool - during
- RECTUM - PAIN - evening
- RECTUM - PAIN - soreness
- RECTUM - PAIN - stinging
- RECTUM - PAIN - stool - during
- RECTUM - PAIN - tearing
- RECTUM - PAIN - tearing - stool - after
- RECTUM - PAIN - tearing - stool - during
- RECTUM - URGING
- RECTUM - URGING - sudden

STOOL

- STOOL - BALLS, like
- STOOL - BROWN
- STOOL - CHOPPED - spinach
- STOOL - DARK
- STOOL - FORCIBLE, sudden, gushing
- STOOL - FREQUENT
- STOOL - HARD
- STOOL - HARD - blood, with
- STOOL - ODOR - sweetish

- STOOL - SHEEP dung, like
- STOOL - SMALL
- STOOL - THIN
- STOOL - THIN - yellow
- STOOL - YELLOW
- STOOL - YELLOW – brownish

BLADDER

- BLADDER - URGING to urinate - night

KIDNEY

- KIDNEYS - PAIN
- KIDNEYS - PAIN - aching
- KIDNEYS - PAIN - morning
- KIDNEYS - PAIN - pressure amel. **

URINE

- URINE - COLOR - dark
- URINE - COLOR - yellow - orange

MALE

- MALE GENITALIA/SEX - ERUPTIONS - Penis
- MALE GENITALIA/SEX - ERUPTIONS - Penis - glans
- MALE GENITALIA/SEX - ERUPTIONS - Penis - pimples
- MALE GENITALIA/SEX - HEAT
- MALE GENITALIA/SEX - SEXUAL DESIRE – increased

FEMALE

- FEMALE GENITALIA/SEX - COITION - enjoyment - absent
- FEMALE GENITALIA/SEX - COITION - enjoyment - increased
- FEMALE GENITALIA/SEX - COITION - painful
- FEMALE GENITALIA/SEX - INSENSIBILITY of vagina - coition, during
- FEMALE GENITALIA/SEX - LEUKORRHEA
- FEMALE GENITALIA/SEX - LEUKORRHEA - bland
- FEMALE GENITALIA/SEX - LEUKORRHEA - bloody
- FEMALE GENITALIA/SEX - LEUKORRHEA - mucous
- FEMALE GENITALIA/SEX - LEUKORRHEA - sticky **
- FEMALE GENITALIA/SEX - MENSES - bright red
- FEMALE GENITALIA/SEX - MENSES - clotted
- FEMALE GENITALIA/SEX - MENSES - clotted - large clots
- FEMALE GENITALIA/SEX - MENSES - copious
- FEMALE GENITALIA/SEX - MENSES - late, too
- FEMALE GENITALIA/SEX - MENSES - late, too - fourteen days
- FEMALE GENITALIA/SEX - MENSES - late, too - twenty-one days
- FEMALE GENITALIA/SEX - MENSES - thin
- FEMALE GENITALIA/SEX - PAIN - bearing down
- FEMALE GENITALIA/SEX - PAIN - bearing down - menses - before
- FEMALE GENITALIA/SEX - PAIN - bearing down - Uterus and region

- FEMALE GENITALIA/SEX - PAIN - cramping - Uterus
- FEMALE GENITALIA/SEX - PAIN - cramping - Uterus - extending to - back; up the
- FEMALE GENITALIA/SEX - PAIN - cramping - Uterus - menses - during
- FEMALE GENITALIA/SEX - PAIN - Ovaries - menses - during
- FEMALE GENITALIA/SEX - PAIN - sore - Uterus
- FEMALE GENITALIA/SEX - PAIN - sore - Uterus - pressure
- FEMALE GENITALIA/SEX - PAIN - Uterus
- FEMALE GENITALIA/SEX - PAIN - Uterus - bar, as from a metal bar from one ovary to the other **
- FEMALE GENITALIA/SEX - PAIN - Uterus - menses - during
- FEMALE GENITALIA/SEX - PAIN - Uterus - pressure - agg.
- FEMALE GENITALIA/SEX - PAIN - Vagina
- FEMALE GENITALIA/SEX - PAIN - Vagina - coition, during
- FEMALE GENITALIA/SEX - SENSITIVENESS - Uterus
- FEMALE GENITALIA/SEX - SEXUAL DESIRE - increased
- FEMALE GENITALIA/SEX - SEXUAL DESIRE - increased - morning in bed
- FEMALE GENITALIA/SEX - SEXUAL DESIRE - violent
- FEMALE GENITALIA/SEX - SWOLLEN - Uterus
- FEMALE GENITALIA/SEX - TINGLING, voluptuous

LARYNX

- LARYNX AND TRACHEA - CONSTRICTION
- LARYNX AND TRACHEA - CONSTRICTION - Larynx
- LARYNX AND TRACHEA - DRYNESS
- LARYNX AND TRACHEA - NUMBNESS trachea
- LARYNX AND TRACHEA - PAIN - rawness - Larynx
- LARYNX AND TRACHEA - VOICE - deep
- LARYNX AND TRACHEA - VOICE - higher
- LARYNX AND TRACHEA - VOICE - husky
- LARYNX AND TRACHEA - VOICE - lost
- LARYNX AND TRACHEA - VOICE - lost - cough, with

RESPIRATION

- RESPIRATION - ANXIOUS
- RESPIRATION - DIFFICULT
- RESPIRATION - DIFFICULT - abdomen, as from
- RESPIRATION - DIFFICULT - ascending
- RESPIRATION - DIFFICULT - exertion - after
- RESPIRATION - DIFFICULT - sitting - bent - forward
- RESPIRATION - DIFFICULT - walking
- RESPIRATION - IMPEDED, obstructed
- RESPIRATION - IMPEDED, obstructed - anxiety, with
- RESPIRATION - SUPERFICIAL
- RESPIRATION - WHEEZING

COUGH

- COUGH - COUGH in general
- COUGH - DRY

- COUGH - ICE CREAM **
- COUGH - LOOSE
- COUGH - MUCUS - Chest; in
- COUGH - NIGHT
- COUGH - PAROXYSMAL - consisting of - two coughs
- COUGH - SLEEP - wakens from
- COUGH - SUDDEN
- COUGH - TICKLING
- COUGH - TOBACCO smoke - agg.
- COUGH - VIOLENT
- COUGH - WAKING, on

EXPECTORATION

- EXPECTORATION - DIFFICULT
- EXPECTORATION - GELATINOUS
- EXPECTORATION - GREENISH
- EXPECTORATION - HAWKED up, mucus
- EXPECTORATION - MUCOUS
- EXPECTORATION - THICK

CHEST

- CHEST - ANXIETY in
- CHEST - APPREHENSION
- CHEST - BALL; sensation of a - Axillae - left **
- CHEST - BALL; sensation of a - Axillae **
- CHEST - BUBBLING
- CHEST - CONGESTION
- CHEST - CONSTRICTION
- CHEST - DRYNESS
- CHEST - ERUPTIONS - Mammae
- CHEST - ERUPTIONS - Mammae - pimples
- CHEST - FLUTTERING
- CHEST - FLUTTERING - sitting - forward **
- CHEST - HEAT - Heart, in region of
- CHEST - HEAT - morning, on waking
- CHEST - INDURATION - Mammae
- CHEST - ITCHING - Axilla
- CHEST - ITCHING - Mammae - nipples
- CHEST - ITCHING - Mammae - nipples - right **
- CHEST - MAMMAE - menses agg.; before
- CHEST - OPPRESSION
- CHEST - PAIN
- CHEST - PAIN - Clavicle
- CHEST - PAIN - cough, during
- CHEST - PAIN - cutting
- CHEST - PAIN - cutting - Clavicle - above
- CHEST - PAIN - cutting - Sides - left

- CHEST - PAIN - jar agg.
- CHEST - PAIN - Mammae
- CHEST - PAIN - Mammae - left
- CHEST - PAIN - Mammae - menses - before
- CHEST - PAIN - Mammae - right
- CHEST - PAIN - Mammae - step, every
- CHEST - PAIN - Pectoral muscles
- CHEST - PAIN - pressing - Ribs
- CHEST - PAIN - respiration
- CHEST - PAIN - Sides - left
- CHEST - PAIN - Sides - right
- CHEST - PAIN - Sides - right - inspiration; during
- CHEST - PAIN - sore, bruised
- CHEST - PAIN - sore, bruised - lying - agg.
- CHEST - PAIN - sore, bruised - Mammae
- CHEST - PAIN - sore, bruised - Mammae - menses - before
- CHEST - PAIN - sore, bruised - Mammae - stairs, going up and down
- CHEST - PAIN - sore, bruised - morning
- CHEST - PAIN - sore, bruised - Sternum
- CHEST - PAIN - sore, bruised - Sternum - morning
- CHEST - PAIN - Sternum
- CHEST - PAIN - stitching
- CHEST - PAIN - stitching - Ribs - right
- CHEST - PAIN - stitching - Sides - left
- CHEST - PAIN - stitching - Sides - left - bending - forward **
- CHEST - PALPITATION of heart
- CHEST - PALPITATION of heart - tremulous
- CHEST - PERSPIRATION
- CHEST - PERSPIRATION - morning
- CHEST - PERSPIRATION - night - waking, on
- CHEST - STIFFNESS
- CHEST - SWELLING - Mammae

BACK

- BACK - BUZZNG sensation in **
- BACK - COLDNESS
- BACK - COLDNESS - cold - air - as from
- BACK - FORMICATION - Spine
- BACK - HEAT - Cervical region
- BACK - PAIN - aching
- BACK - PAIN - aching - Coccyx
- BACK - PAIN - aching - Dorsal region
- BACK - PAIN - aching - Lumbar region
- BACK - PAIN - Cervical region
- BACK - PAIN - Cervical region - extending to - arm
- BACK - PAIN - Cervical region - extending to - head
- BACK - PAIN - Cervical region - extending to - shoulders

- BACK - PAIN - Cervical region - right
- BACK - PAIN - Dorsal region - scapulae
- BACK - PAIN - Dorsal region - scapulae - right
- BACK - PAIN - extending to - abdomen
- BACK - PAIN - jarring agg.
- BACK - PAIN - Lumbar region
- BACK - PAIN - Lumbar region - extending to - thighs
- BACK - PAIN - Lumbar region - left
- BACK - PAIN - Lumbar region - lying - amel.
- BACK - PAIN - Sacral region
- BACK - PAIN - Sacral region - extending to - down legs
- BACK - PAIN - Sacral region - motion - during
- BACK - PAIN - Sacral region - sitting
- BACK - PAIN - Spine
- BACK - PAIN - stitching - Lumbar region
- BACK - PAIN - stitching - Lumbar region - lying - amel.
- BACK - PERSPIRATION
- BACK - SHIVERING
- BACK - SHIVERING - Cervical region
- BACK - STIFFNESS
- BACK - STIFFNESS - Cervical region
- BACK - STIFFNESS - Dorsal region
- BACK - TENSION - Cervical region
- BACK - TREMBLING - Cervical region **

EXTREMITIES

- EXTREMITIES - AWKWARDNESS
- EXTREMITIES - AWKWARDNESS - Fingers
- EXTREMITIES - AWKWARDNESS - Hands
- EXTREMITIES - BANDAGED, sensation as if
- EXTREMITIES - COLDNESS - Foot
- EXTREMITIES - COLDNESS - Foot - evening
- EXTREMITIES - COLDNESS - Foot - evening - 18 h
- EXTREMITIES - COLDNESS - Foot - sitting - while
- EXTREMITIES - CONSTRICTION
- EXTREMITIES - CONSTRICTION - Forearm
- EXTREMITIES - DISCOLORATION - Fingers - thumb - redness
- EXTREMITIES - DRYNESS - Hands
- EXTREMITIES - DRYNESS - Hands - palm
- EXTREMITIES - ERUPTIONS
- EXTREMITIES - ERUPTIONS - Elbow - bend of
- EXTREMITIES - ERUPTIONS - Elbow - bend of - scratching, after
- EXTREMITIES - ERUPTIONS - Foot - heel - vesicles **
- EXTREMITIES - ERUPTIONS - itching
- EXTREMITIES - ERUPTIONS - pustules
- EXTREMITIES - ERUPTIONS - rash
- EXTREMITIES - ERUPTIONS - Thigh

- EXTREMITIES - ERUPTIONS - Thigh - itching
- EXTREMITIES - ERUPTIONS - Thigh - pimples
- EXTREMITIES - ERUPTIONS - Thigh - pimples - itching
- EXTREMITIES - ERUPTIONS - Thigh - pimples - red
- EXTREMITIES - ERUPTIONS - Thigh - rash
- EXTREMITIES - ERUPTIONS - Toes - pustules
- EXTREMITIES - ERUPTIONS - vesicles
- EXTREMITIES - HEAT - Hand
- EXTREMITIES - HEAT - Upper limbs
- EXTREMITIES - HEAVINESS
- EXTREMITIES - HEAVINESS - Foot
- EXTREMITIES - HEAVINESS - Hip
- EXTREMITIES - HEAVINESS - Leg
- EXTREMITIES - HEAVINESS - Leg - right **
- EXTREMITIES - HEAVINESS - Shoulder
- EXTREMITIES - HEAVINESS - Shoulder - right
- EXTREMITIES - HEAVINESS - Thigh
- EXTREMITIES - HEAVINESS - Thigh - sitting, while - amel. **
- EXTREMITIES - HEAVINESS - Upper arm
- EXTREMITIES - HEAVINESS - Upper limbs
- EXTREMITIES - HEAVINESS - Upper limbs - left
- EXTREMITIES - INFLAMMATION - Lymphatics - Arm; of
- EXTREMITIES - ITCHING - Elbow - bend of
- EXTREMITIES - ITCHING - Forearm
- EXTREMITIES - ITCHING - left
- EXTREMITIES - ITCHING - Leg
- EXTREMITIES - ITCHING - Thigh
- EXTREMITIES - ITCHING - Upper limbs
- EXTREMITIES - NAILS; complaints of - split nails
- EXTREMITIES - PAIN - aching - Ankles
- EXTREMITIES - PAIN - aching - Ankles - walking - after
- EXTREMITIES - PAIN - aching - Forearm
- EXTREMITIES - PAIN - aching - Forearm - left
- EXTREMITIES - PAIN - aching - Knee
- EXTREMITIES - PAIN - aching - Shoulder
- EXTREMITIES - PAIN - aching - Shoulder - extending to - neck **
- EXTREMITIES - PAIN - aching - Shoulder - left
- EXTREMITIES - PAIN - aching - Shoulder - left - extending to - neck **
- EXTREMITIES - PAIN - aching - Thumb
- EXTREMITIES - PAIN - Ankle
- EXTREMITIES - PAIN - Ankle - extending to - soles
- EXTREMITIES - PAIN - cramping - Toes
- EXTREMITIES - PAIN - cramping - Toes - right **
- EXTREMITIES - PAIN - cutting - Foot - sole
- EXTREMITIES - PAIN - cutting - Hand
- EXTREMITIES - PAIN - cutting - Hand - palm
- EXTREMITIES - PAIN - cutting - Leg

- EXTREMITIES - PAIN - cutting - Leg - calf
- EXTREMITIES - PAIN - Fingers - tips of
- EXTREMITIES - PAIN - Foot - heel
- EXTREMITIES - PAIN - Foot - heel - left
- EXTREMITIES - PAIN - Forearm - right
- EXTREMITIES - PAIN - Forearm - wandering
- EXTREMITIES - PAIN - Hip - left
- EXTREMITIES - PAIN - Hip - standing
- EXTREMITIES - PAIN - Hip - walking
- EXTREMITIES - PAIN - Leg - right
- EXTREMITIES - PAIN - pressing - Knee - twisted, as if
- EXTREMITIES - PAIN - pressing - Shoulder
- EXTREMITIES - PAIN - pressing - Shoulder - extending to - upper limbs **
- EXTREMITIES - PAIN - shooting - Forearm
- EXTREMITIES - PAIN - sore, bruised - Toes - first
- EXTREMITIES - PAIN - sprained, as if - Knee
- EXTREMITIES - PAIN - sprained, as if - Knee - right
- EXTREMITIES - PAIN - stitching - Wrist
- EXTREMITIES - PAIN - tearing - Foot - heel
- EXTREMITIES - PAIN - tearing - stretching out limbs, on
- EXTREMITIES - PAIN - Thigh - left
- EXTREMITIES - PAIN - Toes - first
- EXTREMITIES - PAIN - Wrist - extending to - hand
- EXTREMITIES - PERSPIRATION - Hand - palm
- EXTREMITIES - PULSATION
- EXTREMITIES - PULSATION
- EXTREMITIES - PULSATION - Forearm
- EXTREMITIES - PULSATION - Leg
- EXTREMITIES - PULSATION - Lower limbs
- EXTREMITIES - PULSATION - Upper limbs
- EXTREMITIES - PULSATION - Upper limbs - right
- EXTREMITIES - STRETCHING out - Upper limbs **`
- EXTREMITIES - TINGLING
- EXTREMITIES - TINGLING - Fingers
- EXTREMITIES - TINGLING - Fingers - fourth
- EXTREMITIES - TINGLING - Fingers - right
- EXTREMITIES - TINGLING - Foot
- EXTREMITIES - TINGLING - Hand
- EXTREMITIES - TREMBLING
- EXTREMITIES - TREMBLING - Hand
- EXTREMITIES - TREMBLING - Hand - writing - while
- EXTREMITIES - WEAKNESS - Hand
- EXTREMITIES - WEAKNESS - Hand - grasping objects, on
- EXTREMITIES - WEAKNESS - Hand - writing - while
- EXTREMITIES - WEAKNESS - Upper arm

SLEEP

- SLEEP - POSITION - back, on
- SLEEP - RISE - aversion to
- SLEEP - RISE - aversion to - waking; after
- SLEEP - SLEEPINESS
- SLEEP - SLEEPINESS - afternoon
- SLEEP - SLEEPINESS - afternoon - 14 h - 14-17 h
- SLEEP - SLEEPINESS - eating - after
- SLEEP - SLEEPINESS - morning - 6 h - waking; on
- SLEEP - SLEEPINESS - sudden
- SLEEP - SLEEPLESSNESS
- SLEEP - SLEEPLESSNESS - night
- SLEEP - SLEEPLESSNESS - night - midnight - before - 2 h - until
- SLEEP - SLEEPLESSNESS - thoughts - activity of thoughts; from
- SLEEP - UNREFRESHING
- SLEEP - WAKING - dreams, by
- SLEEP - WAKING - menses - during - pain, from
- SLEEP - WAKING - night - midnight - after - 3 h
- SLEEP - WAKING - night - midnight - after - 5 h
- SLEEP - WAKING - pain, with
- SLEEP - YAWNING
- SLEEP - YAWNING - constant
- SLEEP - YAWNING - frequent
- SLEEP - YAWNING - waking, on

CHILL

- CHILL - CHILLINESS
- CHILL - INTERNAL
- CHILL - SHAKING

FEVER

- FEVER - ALTERNATING with - chills

PERSPIRATION

- PERSPIRATION - COLD
- PERSPIRATION - EATING - after
- PERSPIRATION - WARM

SKIN

- SKIN - COLDNESS - heat; with internal
- SKIN - DIRTY
- SKIN - DRY
- SKIN - ECCHYMOSES
- SKIN - ERUPTIONS - menses - before
- SKIN - ERUPTIONS - rash
- SKIN - ERUPTIONS - rash - itching
- SKIN - ERUPTIONS - symmetrical
- SKIN - ITCHING

- SKIN - ITCHING - bathing - warm - agg.
- SKIN - ITCHING - spots
- SKIN - UNHEALTHY

DREAMS

- DREAMS - ACID **
- DREAMS - ACTIVITY - mundane **
- DREAMS - ALLIGATORS **
- DREAMS - AMOROUS
- DREAMS - AMOROUS - boyfriends, old
- DREAMS - AMOROUS - feeling, without **
- DREAMS - AMOROUS - frustration
- DREAMS - AMOROUS - lust without consummation **
- DREAMS - AMOROUS - women masturbating to conceive **
- DREAMS - AMPUTATION - arm; of
- DREAMS - AMPUTATION - arm; of - left **
- DREAMS - ANGER
- DREAMS - ANIMALS
- DREAMS - ANIMALS - baby **
- DREAMS - ANIMALS - miniature **
- DREAMS - ANIMALS - miniature ** 2
- DREAMS - ANXIOUS
- DREAMS - APPREHENSION **
- DREAMS - AWE - apprehension, and **
- DREAMS - AWE **
- DREAMS - BEAUTIFUL dreams
- DREAMS - BIRDS
- DREAMS - BIRDS - caged **
- DREAMS - BIRDS - coloured **
- DREAMS - BIRDS - injured **
- DREAMS - BIRDS - owls **
- DREAMS - BLACK & WHITE **
- DREAMS - BLINDNESS
- DREAMS - BOYFRIEND - old boyfriend
- DREAMS - BRACELETS **
- DREAMS - BUILDINGS
- DREAMS - BUILDINGS - disappearing and reappearing **
- DREAMS - CHILD - childhood activities **
- DREAMS - CHILD - she is a **
- DREAMS - CHILDREN; about
- DREAMS - CHILDREN; about - danger, in **
- DREAMS - CHILDREN; about - kidnapped **
- DREAMS - CHILDREN; about - rescuing; of
- DREAMS - CLAIRVOYANCE, of **
- DREAMS - CLIMBING
- DREAMS - CLOTHES
- DREAMS - CLOTHES - underwear

- DREAMS - COCKROACHES **
- DREAMS - COLORED
- DREAMS - COLORED - bright **
- DREAMS - COLORED - gold **
- DREAMS - COLORED - orange
- DREAMS - COLORED - red
- DREAMS - COLORED - yellow
- DREAMS - CONFIDENT and assertive, she is
- DREAMS - CONFUSION - identity; of
- DREAMS - CONFUSION - others' identity; of **
- DREAMS - COOKING
- DREAMS - COOKING - meat
- DREAMS - CRABS **
- DREAMS - DANGER
- DREAMS - DEAD BODIES
- DREAMS - DEAD BODIES - with dead eyed souls **
- DREAMS - DEATH
- DREAMS - DEATH - father; of
- DREAMS - DEATH - relatives; of
- DREAMS - DEATH - relatives; of - sisters **
- DREAMS - DISORIENTED in mind and body **
- DREAMS - DIVIDED - parts, into - three **
- DREAMS - DOGS
- DREAMS - DOGS - birth - giving birth **
- DREAMS - ENCOUNTERS with beings from another dimension **
- DREAMS - envy **
- DREAMS - ESCAPING
- DREAMS - EXCLUDED from the group **
- DREAMS - EXPLOSION - bombs; of
- DREAMS - EXPLOSION - bombs; of - he has swallowed a bomb and is waiting for it to go off**
- DREAMS - FALLING
- DREAMS - FANTASTIC
- DREAMS - FEAR - panic, and **
- DREAMS - FIELDS
- DREAMS - FIGHTS
- DREAMS - FIGHTS - knives, with
- DREAMS - FIRE - blue flame, a **
- DREAMS - FLIES
- DREAMS - FRIGHTFUL
- DREAMS - FUNERALS
- DREAMS - GOLDEN - people **
- DREAMS - GREENHOUSE
- DREAMS - GUILT
- DREAMS - HELD & WARM, of being **
- DREAMS - HIGH places
- DREAMS - HORRIBLE
- DREAMS - HORSES

- DREAMS - HORSES - ugly
- DREAMS - HOSPITALS
- DREAMS - HOUSES
- DREAMS - HOUSES - big
- DREAMS - HOUSES - haunted **
- DREAMS - HOUSES - raised to the ground **
- DREAMS - HUMILIATION
- DREAMS - IMPRISONMENT
- DREAMS - INCEST
- DREAMS - INSECTS
- DREAMS - JEALOUSY
- DREAMS - JOURNEYS
- DREAMS - LAUGHED at **
- DREAMS - LOOKING for someone - love, to **
- DREAMS - LOST - being
- DREAMS - MEAT
- DREAMS - MEN - threatening
- DREAMS - MIRRORS - dissolves, his image **
- DREAMS - MIRRORS - wizened, his image becomes **
- DREAMS - MIRRORS. of
- DREAMS - MOUNTAINS
- DREAMS - MOUNTAINS - beautiful
- DREAMS - MOUNTAINS - looking down from **
- DREAMS - MOUNTAINS; walking in the
- DREAMS - MOVING; of
- DREAMS - MURDER
- DREAMS - MURDER - unsuccessful **
- DREAMS - NAKED people
- DREAMS - NAKED people - deformed, and **
- DREAMS - NAKEDNESS
- DREAMS - NIGHTMARES
- DREAMS - PARTIES
- DREAMS - PEOPLE - clothed in black **
- DREAMS - PIGS
- DREAMS - PROFOUND
- DREAMS - PURSUED, being
- DREAMS - PURSUED, being - police; by
- DREAMS - QUARRELS
- DREAMS - RAPE
- DREAMS - REPEATING
- DREAMS - RIBBONS - coloured **
- DREAMS - ROMANTIC
- DREAMS - RUNNING
- DREAMS - SHIT **
- DREAMS - SHOPPING
- DREAMS - SHOT - being shot at **
- DREAMS - SINGING - beautiful **

- DREAMS - SKIING **
- DREAMS - SNAKES
- DREAMS - SOILING himself
- DREAMS - SPACE - Earth in **
- DREAMS - SPACE - feels at home in **
- DREAMS - SPACE **
- DREAMS - SPIDERS
- DREAMS - SPIDERS - miniature black **
- DREAMS - SPIRALS
- DREAMS - SPIRITS - house full of **
- DREAMS - STAIRS
- DREAMS - STAIRS - spiral **
- DREAMS - STARS - falling stars
- DREAMS - STARS - starlit night **
- DREAMS - TIME - distortion of **
- DREAMS - TIME - travel **
- DREAMS - TIME; lost conception of
- DREAMS - TOILETS - trying to find **
- DREAMS - TRAIN
- DREAMS - TRAPPED, being
- DREAMS - TROPHIES **
- DREAMS - TUNNELS
- DREAMS - UNREMEMBERED
- DREAMS - VAMPIRES
- DREAMS - VIOLENCE
- DREAMS - VIVID
- DREAMS - WALLS **
- DREAMS - WATCHED, being **
- DREAMS - YOUTH, TIME OF

GENERALS

- GENERALS - ACTIVITY - amel.
- GENERALS - ACTIVITY - increased
- GENERALS - ACTIVITY - physical
- GENERALS - AFTERNOON - 16 h - 16-20 h
- GENERALS - AIR - open air - amel.
- GENERALS - ALTERNATING states
- GENERALS - ANALGESIA
- GENERALS - ANALGESIA
- GENERALS - BURNS
- GENERALS - CHANGE - symptoms; change of - constant
- GENERALS - COITION - after - amel.
- GENERALS - COLD - air - agg.
- GENERALS - COLD - air - aversion to
- GENERALS - COLD - feeling - Bones
- GENERALS - CONTRADICTION and alternating states
- GENERALS - CONVULSIONS - fear, from

- GENERALS - DROPSY - external dropsy
- GENERALS - EATING - after
- GENERALS - EATING - after - amel.
- GENERALS - EVENING - 19 h
- GENERALS - FAINTNESS
- GENERALS - FAINTNESS - exertion, on
- GENERALS - FAINTNESS - walking - air; in open
- GENERALS - FOOD and DRINKS - alcoholic drinks - agg. - hangover; excessive
- GENERALS - FOOD and DRINKS - alcoholic drinks - agg. - intoxicated; easily
- GENERALS - FOOD and DRINKS - alcoholic drinks - desire
- GENERALS - FOOD and DRINKS - apples - desire
- GENERALS - FOOD and DRINKS - beef - desire **
- GENERALS - FOOD and DRINKS - celeriac - desire **
- GENERALS - FOOD and DRINKS - cheese - aversion
- GENERALS - FOOD and DRINKS - chocolate - desire
- GENERALS - FOOD and DRINKS - coffee - agg.
- GENERALS - FOOD and DRINKS - coffee - aversion
- GENERALS - FOOD and DRINKS - coffee - desire
- GENERALS - FOOD and DRINKS - eggs - desire - fried eggs
- GENERALS - FOOD and DRINKS - fat - aversion
- GENERALS - FOOD and DRINKS - fruit - agg. - dried **
- GENERALS - FOOD and DRINKS - fruit - desire
- GENERALS - FOOD and DRINKS - fruit - desire - dried
- GENERALS - FOOD and DRINKS - garlic - aversion
- GENERALS - FOOD and DRINKS - ice cream - desire
- GENERALS - FOOD and DRINKS - margarine - aversion
- GENERALS - FOOD and DRINKS - meat - desire
- GENERALS - FOOD and DRINKS - nursery foods
- GENERALS - FOOD and DRINKS - potatoes - desire - mashed **
- GENERALS - FOOD and DRINKS - puddings - desire
- GENERALS - FOOD and DRINKS - stimulants - desire
- GENERALS - FOOD and DRINKS - sugar - agg.
- GENERALS - FOOD and DRINKS - sweets - desire
- GENERALS - FOOD and DRINKS - tea - agg.
- GENERALS - FOOD and DRINKS - tea - desire
- GENERALS - FOOD and DRINKS - tuna fish - aversion **
- GENERALS - FOOD and DRINKS - warm food - desire
- GENERALS - FOOD and DRINKS - wine - agg.
- GENERALS - FOOD and DRINKS - wine - desire
- GENERALS - HEAT - flushes of
- GENERALS - HEAT - flushes of - daytime
- GENERALS - HEAT - flushes of - exertion, from least
- GENERALS - HEAT - flushes of - extending to - upwards
- GENERALS - HEAT - flushes of - perspiration - anxiety; and
- GENERALS - HEAT - flushes of - sleep - during
- GENERALS - HEAT - lack of vital heat
- GENERALS - HEAT - sensation of

- GENERALS - HEATED, becoming
- GENERALS - INFLUENZA
- GENERALS - LASSITUDE
- GENERALS - LASSITUDE - evening
- GENERALS - LOSS - blood; of
- GENERALS - MENSES - before
- GENERALS - MENSES - during - agg.
- GENERALS - NUMBNESS - externally
- GENERALS - PAINLESSNESS of complaints usually painful
- GENERALS - PULSATION - Veins
- GENERALS - REST - must rest
- GENERALS - RESTLESSNESS
- GENERALS - SIDE - right
- GENERALS - STIFFNESS
- GENERALS - STRETCHING
- GENERALS - STRETCHING - cat, like a **
- GENERALS - SWELLING - Glands; of
- GENERALS - SWELLING - puffy, edematous
- GENERALS - SYNESTHESIA **
- GENERALS - TOBACCO - aversion to
- GENERALS - TOBACCO - aversion to - morning
- GENERALS - TOBACCO - aversion to - smell of tobacco; sensitive to
- GENERALS - TREMBLING - externally
- GENERALS - TREMBLING - externally - anxiety - with
- GENERALS - TREMBLING - externally - walking - after
- GENERALS - TREMBLING - internally
- GENERALS - TREMBLING - internally - anxiety; with
- GENERALS - VIBRATION, fluttering, etc.
- GENERALS - VIBRATION, fluttering, etc. - energy throughout his body pulsating within him **
- GENERALS - WALKING - air, in open - amel.
- GENERALS - WALKING - amel.
- GENERALS - WALKING - desire for
- GENERALS - WARM - desire for warmth
- GENERALS - WEAKNESS
- GENERALS - WEAKNESS - exertion - slight; from
- GENERALS - WEAKNESS - restlessness, with
- GENERALS - WEAKNESS - standing, on
- GENERALS - WEAKNESS - sudden
- GENERALS - WEARINESS
- GENERALS - WEARINESS - afternoon
- GENERALS - WEARINESS - evening
- GENERALS - WEARINESS - night

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.

Appendices

How LSD Originated by Dr Albert Hoffman

In the realm of scientific observation, luck is granted only to those who are prepared. (Louis Pasteur)
Time and again I hear or read that LSD was discovered by accident. This is only partly true. LSD came into being within a systematic research program, and the "accident" did not occur until much later: when LSD was already five years old, I happened to experience its unforeseeable effects in my own body - or rather, in my own mind.

Looking back over my professional career to trace the influential events and decisions that eventually steered my work toward the synthesis of LSD, I realize that the most decisive step was my choice of employment upon completion of my chemistry studies. If that decision had been different, then this substance, which has become known the world over, might never have been created. In order to tell the story of the origin of LSD, then, I must also touch briefly on my career as a chemist, since the two developments are inextricably interrelated.

In the spring of 1929, on concluding my chemistry studies at the University of Zurich, I joined the Sandoz Company's pharmaceutical-chemical research laboratory in Basel, as a co-worker with Professor Arthur Stoll, founder and director of the pharmaceutical department. I chose this position because it afforded me the opportunity to work on natural products, whereas two other job offers from chemical firms in Basel had involved work in the field of synthetic chemistry.

First Chemical Explorations

My doctoral work at Zurich under Professor Paul Karrer had already given me one chance to pursue my interest in plant and animal chemistry. Making use of the gastrointestinal juice of the vineyard snail, I accomplished the enzymatic degradation of chitin, the structural material of which the shells, wings, and claws of insects, crustaceans, and other lower animals are composed. I was able to derive the chemical structure of chitin from the cleavage product, a nitrogen-containing sugar, obtained by this degradation. Chitin turned out to be an analogue of cellulose, the structural material of plants. This important result, obtained after only three months of research, led to a doctoral thesis rated "with distinction."

When I joined the Sandoz firm, the staff of the pharmaceutical-chemical department was still rather modest in number. Four chemists with doctoral degrees worked in research, three in production. In Stoll's laboratory I found employment that completely agreed with me as a research chemist. The objective that Professor Stoll had set for his pharmaceutical-chemical research laboratories was to isolate the active principles (i.e., the effective constituents) of known medicinal plants to produce pure specimens of these substances. This is particularly important in the case of medicinal plants whose active principles are unstable, or whose potency is subject to great variation, which makes an exact dosage difficult. But if the active principle is available in pure form, it becomes possible to manufacture a stable pharmaceutical preparation, exactly quantifiable by weight. With this in mind, Professor Stoll had elected to study plant substances of recognized value such as the substances from foxglove (*Digitalis*), Mediterranean squill (*Scilla maritima*), and ergot of rye (*Claviceps purpurea* or *Secale cornutum*), which, owing to their instability and uncertain dosage, nevertheless, had been little used in medicine.

My first years in the Sandoz laboratories were devoted almost exclusively to studying the active principles of Mediterranean squill. Dr. Walter Kreis, one of Professor Stoll's earliest associates, lunched me in this field of research. The most important constituents of Mediterranean squill already existed in pure form. Their active agents, as well as those of woolly foxglove (*Digitalis lanata*),

had been isolated and purified, chiefly by Dr. Kreis, with extraordinary skill.

The active principles of Mediterranean squill belong to the group of cardioactive glycosides (glycoside = sugar-containing substance) and serve, as do those of foxglove, in the treatment of cardiac insufficiency. The cardiac glycosides are extremely active substances. Because the therapeutic and the toxic doses differ so little, it becomes especially important here to have an exact dosage, based on pure compounds.

At the beginning of my investigations, a pharmaceutical preparation with Scilla glycosides had already been introduced into therapeutics by Sandoz; however, the chemical structure of these active compounds, with the exception of the sugar portion, remained largely unknown.

My main contribution to the Scilla research, in which I participated with enthusiasm, was to elucidate the chemical structure of the common nucleus of Scilla glycosides, showing on the one hand their differences from the Digitalis glycosides, and on the other hand their close structural relationship with the toxic principles isolated from skin glands of toads. In 1935, these studies were temporarily concluded.

Looking for a new field of research, I asked Professor Stoll to let me continue the investigations on the alkaloids of ergot, which he had begun in 1917 and which had led directly to the isolation of ergotamine in 1918. Ergotamine, discovered by Stoll, was the first ergot alkaloid obtained in pure chemical form. Although ergotamine quickly took a significant place in therapeutics (under the trade name Gynergen) as a hemostatic remedy in obstetrics and as a medicament in the treatment of migraine, chemical research on ergot in the Sandoz laboratories was abandoned after the isolation of ergotamine and the determination of its empirical formula. Meanwhile, at the beginning of the thirties, English and American laboratories had begun to determine the chemical structure of ergot alkaloids. They had also discovered a new, watersoluble ergot alkaloid, which could likewise be isolated from the mother liquor of ergotamine production. So I thought it was high time that Sandoz resumed chemical research on ergot alkaloids, unless we wanted to risk losing our leading role in a field of medicinal research, which was already becoming so important.

Professor Stoll granted my request, with some misgivings: "I must warn you of the difficulties you face in working with ergot alkaloids. These are exceedingly sensitive, easily decomposed substances, less stable than any of the compounds you have investigated in the cardiac glycoside field. But you are welcome to try."

And so the switches were thrown, and I found myself engaged in a field of study that would become the main theme of my professional career. I have never forgotten the creative joy, the eager anticipation I felt in embarking on the study of ergot alkaloids, at that time a relatively uncharted field of research.

Ergot

It may be helpful here to give some background information about ergot itself. [For further information on ergot, readers should refer to the monographs of G. Barger, *Ergot and Ergotism* (Gurney and Jackson, London, 1931) and A. Hofmann, *Die Mutterkornalkaloide* (F. Enke Verlag, Stuttgart, 1964). The former is a classical presentation of the history of the drug, while the latter emphasizes the chemical aspects.] It is produced by a lower fungus (*Claviceps purpurea*) that grows parasitically on rye and, to a lesser extent, on other species of grain and on wild grasses. Kernels infested with this fungus develop into light-brown to violet-brown curved pegs (sclerotia) that push forth from the husk in place of normal grains. Ergot is described botanically as a sclerotium, the form that the ergot fungus takes in winter. Ergot of rye (*Secale cornutum*) is the variety used medicinally.

Ergot, more than any other drug, has a fascinating history, in the course of which its role and meaning have been reversed: once dreaded as a poison, in the course of time it has changed to a rich storehouse of valuable remedies. Ergot first appeared on the stage of history in the early Middle Ages, as the cause of outbreaks of mass poisonings affecting thousands of persons at a time. The illness, whose connection with ergot was for a long time obscure, appeared in two characteristic forms, one gangrenous (ergotismus gangraenosus) and the other convulsive (ergotismus convulsivus). Popular names for ergotism - such as "mal des ardents," "ignis sacer," "heiliges Feuer," or "St. Anthony's fire" - refer to the gangrenous form of the disease. The patron saint of ergotism victims was St. Anthony, and it was primarily the Order of St. Anthony that treated these patients.

Until recent times, epidemic-like outbreaks of ergot poisoning have been recorded in most European countries including certain areas of Russia. With progress in agriculture, and since the realization, in the seventeenth century, that ergot-containing bread was the cause, the frequency and extent of ergotism epidemics diminished considerably. The last great epidemic occurred in certain areas of southern Russia in the years 1926-27. [The mass poisoning in the southern French city of Pont-St. Esprit in the year 1951, which many writers have attributed to ergot-containing bread, actually had nothing to do with ergotism. It rather involved poisoning by an organic mercury compound that was utilized for disinfecting seed.

The first mention of a medicinal use of ergot, namely as an ebolic (a medicament to precipitate childbirth), is found in the herbal of the Frankfurt city physician Adam Lonitzer (Lonicerus) in the year 1582. Although ergot, as Lonitzer stated, had been used since olden times by midwives, it was not until 1808 that this drug gained entry into academic medicine, on the strength of a work by the American physician John Stearns entitled *Account of the Putvis Parturiens, a Remedy for Quickening Childbirth*. The use of ergot as an ebolic did not, however, endure. Practitioners became aware quite early of the great danger to the child, owing primarily to the uncertainty of dosage, which when too high led to uterine spasms. From then on, the use of ergot in obstetrics was confined to stopping postpartum hemorrhage (bleeding after childbirth).

It was not until ergot's recognition in various pharmacopoeias during the first half of the nineteenth century that the first steps were taken toward isolating the active principles of the drug. However, of all the researchers who assayed this problem during the first hundred years, not one succeeded in identifying the actual substances responsible for the therapeutic activity. In 1907, the Englishmen G. Barger and F. H. Carr were the first to isolate an active alkaloidal preparation, which they named ergotoxine because it produced more of the toxic than therapeutic properties of ergot. (This preparation was not homogeneous, but rather a mixture of several alkaloids, as I was able to show thirty-five years later.) Nevertheless, the pharmacologist H. H. Dale discovered that ergotoxine, besides the uterotonic effect, also had an antagonistic activity on adrenaline in the autonomic nervous system that could lead to the therapeutic use of ergot alkaloids. Only with the isolation of ergotamine by A. Stoll (as mentioned previously) did an ergot alkaloid find entry and widespread use in therapeutics.

The early 1930s brought a new era in ergot research, beginning with the determination of the chemical structure of ergot alkaloids, as mentioned, in English and American laboratories. By chemical cleavage, W. A. Jacobs and L. C. Craig of the Rockefeller Institute of New York succeeded in isolating and characterizing the nucleus common to all ergot alkaloids. They named it lysergic acid. Then came a major development, both for chemistry and for medicine: the isolation of the specifically uterotonic, hemostatic principle of ergot, which was published simultaneously and quite independently by four institutions, including the Sandoz laboratories. The substance, an alkaloid of comparatively simple structure, was named ergobasine (syn. ergometrine, ergonovine) by A. Stoll

and E. Burckhardt. By the chemical degradation of ergobasine, W. A. Jacobs and L. C. Craig obtained lysergic acid and the amino alcohol propanolamine as cleavage products.

I set as my first goal the problem of preparing this alkaloid synthetically, through chemical linking of the two components of ergobasine, lysergic acid and propanolamine (see structural formulas in the appendix).

The lysergic acid necessary for these studies had to be obtained by chemical cleavage of some other ergot alkaloid. Since only ergotamine was available as a pure alkaloid, and was already being produced in kilogram quantities in the pharmaceutical production department, I chose this alkaloid as the starting material for my work. I set about obtaining 0.5 gm of ergotamine from the ergot production people. When I sent the internal requisition form to Professor Stoll for his countersignature, he appeared in my laboratory and reproved me: "If you want to work with ergot alkaloids, you will have to familiarize yourself with the techniques of microchemistry. I can't have you consuming such a large amount of my expensive ergotamine for your experiments."

The ergot production department, besides using ergot of Swiss origin to obtain ergotamine, also dealt with Portuguese ergot, which yielded an amorphous alkaloidal preparation that corresponded to the aforementioned ergotoxine first produced by Barger and Carr. I decided to use this less expensive material for the preparation of lysergic acid. The alkaloid obtained from the production department had to be purified further, before it would be suitable for cleavage to lysergic acid. Observations made during the purification process led me to think that ergotoxine could be a mixture of several alkaloids, rather than one homogeneous alkaloid. I will speak later of the far-reaching sequelae of these observations.

Here I must digress briefly to describe the working conditions and techniques that prevailed in those days. These remarks may be of interest to the present generation of research chemists in industry, who are accustomed to far better conditions.

We were very frugal. Individual laboratories were considered a rare extravagance. During the first six years of my employment with Sandoz, I shared a laboratory with two colleagues. We three chemists, plus an assistant each, worked in the same room on three different fields: Dr. Kreiss on cardiac glycosides; Dr. Wiedemann, who joined Sandoz around the same time as I, on the leaf pigment chlorophyll; and I ultimately on ergot alkaloids. The laboratory was equipped with two fume hoods (compartments supplied with outlets), providing less than effective ventilation by gas flames. When we requested that these hoods be equipped with ventilators, our chief refused on the ground that ventilation by gas flame had sufficed in Willstätter's laboratory.

During the last years of World War I, Professor Stoll had been an assistant in Berlin and Munich to the world-famous chemist and Nobel laureate Professor Richard Willstätter, and with him had conducted the fundamental investigations on chlorophyll and the assimilation of carbon dioxide. There was scarcely a scientific discussion with Professor Stoll in which he did not mention his revered teacher Professor Willstätter and his work in Willstätter's laboratory.

The working techniques available to chemists in the field of organic chemistry at that time (the beginning of the thirties) were essentially the same as those employed by Justus von Liebig a hundred years earlier. The most important development achieved since then was the introduction of microanalysis by B. Pregl, which made it possible to ascertain the elemental composition of a compound with only a few milligrams of specimen, whereas earlier a few centigrams were needed. Of the other physical-chemical techniques at the disposal of the chemist today - techniques which have

changed his way of working, making it faster and more effective, and created entirely new possibilities, above all for the elucidation of structure - none yet existed in those days.

For the investigations of Scilla glycosides and the first studies in the ergot field, I still used the old separation and purification techniques from Liebig's day: fractional extraction, fractional precipitation, fractional crystallization, and the like. The introduction of column chromatography, the first important step in modern laboratory technique, was of great value to me only in later investigations. For structure determination, which today can be conducted rapidly and elegantly with the help of spectroscopic methods (UV, IR, NMR) and X-ray crystallography, we had to rely, in the first fundamental ergot studies, entirely on the old laborious methods of chemical degradation and derivatization.

Lysergic Acid and Its Derivatives

Lysergic acid proved to be a rather unstable substance, and its rebonding with basic radicals posed difficulties. In the technique known as Curtius' Synthesis, I ultimately found a process that proved useful for combining lysergic acid with amines. With this method I produced a great number of lysergic acid compounds. By combining lysergic acid with the amino alcohol propanolamine, I obtained a compound that was identical to the natural ergot alkaloid ergobasine. With that, the first synthesis - that is, artificial production - of an ergot alkaloid was accomplished. This was not only of scientific interest, as confirmation of the chemical structure of ergobasine, but also of practical significance, because ergobasine, the specifically uterotonic, hemostatic principle, is present in ergot only in very trifling quantities. With this synthesis, the other alkaloids existing abundantly in ergot could now be converted to ergobasine, which was valuable in obstetrics.

After this first success in the ergot field, my investigations went forward on two fronts. First, I attempted to improve the pharmacological properties of ergobasine by variations of its amino alcohol radical. My colleague Dr. J. Peyer and I developed a process for the economical production of propanolamine and other amino alcohols. Indeed, by substitution of the propanolamine contained in ergobasine with the amino alcohol butanolamine, an active principle was obtained that even surpassed the natural alkaloid in its therapeutic properties. This improved ergobasine has found worldwide application as a dependable uterotonic, hemostatic remedy under the trade name Methergine, and is today the leading medicament for this indication in obstetrics.

I further employed my synthetic procedure to produce new lysergic acid compounds for which uterotonic activity was not prominent, but from which, on the basis of their chemical structure, other types of interesting pharmacological properties could be expected. In 1938, I produced the twenty-fifth substance in this series of lysergic acid derivatives: lysergic acid diethylamide, abbreviated LSD-25 (Lyserg-saure-diethylamid) for laboratory usage.

I had planned the synthesis of this compound with the intention of obtaining a circulatory and respiratory stimulant (an analeptic). Such stimulating properties could be expected for lysergic acid diethylamide, because it shows similarity in chemical structure to the analeptic already known at that time, namely nicotinic acid diethylamide (Coramine). During the testing of LSD-25 in the pharmacological department of Sandoz, whose director at the time was Professor Ernst Rothlin, a strong effect on the uterus was established. It amounted to some 70 percent of the activity of ergobasine. The research report also noted, in passing, that the experimental animals became restless during the narcosis. The new substance, however, aroused no special interest in our pharmacologists and physicians; testing was therefore discontinued.

For the next five years, nothing more was heard of the substance LSD-25. Meanwhile, my work in the ergot field advanced further in other areas. Through the purification of ergotoxine, the starting material for lysergic acid, I obtained, as already mentioned, the impression that this alkaloidal preparation was not homogeneous, but was rather a mixture of different substances. This doubt as to the homogeneity of ergotoxine was reinforced when in its hydrogenation two distinctly different hydrogenation products were obtained, whereas the homogeneous alkaloid ergotamine under the same condition yielded only a single hydrogenation product (hydrogenation = introduction of hydrogen). Extended, systematic analytical investigations of the supposed ergotoxine mixture led ultimately to the separation of this alkaloidal preparation into three homogeneous components. One of the three chemically homogeneous ergotoxine alkaloids proved to be identical with an alkaloid isolated shortly before in the production department, which A. Stoll and E. Burckhardt had named ergocristine. The other two alkaloids were both new. The first I named ergocornine; and for the second, the last to be isolated, which had long remained hidden in the mother liquor, I chose the name ergokryptine (kryptos = hidden). Later it was found that ergokryptine occurs in two isomeric forms, which were differentiated as alfa- and beta-ergokryptine.

The solution of the ergotoxine problem was not merely scientifically interesting, but also had great practical significance. A valuable remedy arose from it. The three hydrogenated ergotoxine alkaloids that I produced in the course of these investigations, dihydroergocristine, dihydroergokryptine, and dihydroergocornine, displayed medicinally useful properties during testing by Professor Rothlin in the pharmacological department. From these three substances, the pharmaceutical preparation Hydergine was developed, a medicament for improvement of peripheral circulation and cerebral function in the control of geriatric disorders. Hydergine has proven to be an effective remedy in geriatrics for these indications. Today it is Sandoz's most important pharmaceutical product.

Dihydroergotamine, which I likewise produced in the course of these investigations, has also found application in therapeutics as a circulation- and bloodpressure-stabilizing medicament, under the trade name Dihydergot.

While today research on important projects is almost exclusively carried out as teamwork, the investigations on ergot alkaloids described above were conducted by myself alone. Even the further chemical steps in the evolution of commercial preparations remained in my hands - that is, the preparation of larger specimens for the clinical trials, and finally the perfection of the first procedures for mass production of Methergine, Hydergine, and Dihydergot. This even included the analytical controls for the development of the first galenical forms of these three preparations: the ampules, liquid solutions, and tablets. My aides at that time included a laboratory assistant, a laboratory helper, and later in addition a second laboratory assistant and a chemical technician.

Discovery of the Psychic Effects of LSD

The solution of the ergotoxine problem had led to fruitful results, described here only briefly, and had opened up further avenues of research. And yet I could not forget the relatively uninteresting LSD-25. A peculiar presentiment - the feeling that this substance could possess properties other than those established in the first investigations - induced me, five years after the first synthesis, to produce LSD-25 once again so that a sample could be given to the pharmacological department for further tests. This was quite unusual; experimental substances, as a rule, were definitely stricken from the research program if once found to be lacking in pharmacological interest.

Nevertheless, in the spring of 1943, I repeated the synthesis of LSD-25. As in the first synthesis, this involved the production of only a few centigrams of the compound.

In the final step of the synthesis, during the purification and crystallization of lysergic acid diethylamide in the form of a tartrate (tartaric acid salt), I was interrupted in my work by unusual sensations. The following description of this incident comes from the report that I sent at the time to Professor Stoll:

Last Friday, April 16, 1943, I was forced to interrupt my work in the laboratory in the middle of the afternoon and proceed home, being affected by a remarkable restlessness, combined with a slight dizziness. At home I lay down and sank into a not unpleasant intoxicated-like condition, characterized by an extremely stimulated imagination. In a dreamlike state, with eyes closed (I found the daylight to be unpleasantly glaring), I perceived an uninterrupted stream of fantastic pictures, extraordinary shapes with intense, kaleidoscopic play of colors. After some two hours this condition faded away.

This was, altogether, a remarkable experience - both in its sudden onset and its extraordinary course. It seemed to have resulted from some external toxic influence; I surmised a connection with the substance I had been working with at the time, lysergic acid diethylamide tartrate. But this led to another question: how had I managed to absorb this material? Because of the known toxicity of ergot substances, I always maintained meticulously neat work habits. Possibly a bit of the LSD solution had contacted my fingertips during crystallization, and a trace of the substance was absorbed through the skin. If LSD-25 had indeed been the cause of this bizarre experience, then it must be a substance of extraordinary potency. There seemed to be only one way of getting to the bottom of this. I decided on a self-experiment.

Exercising extreme caution, I began the planned series of experiments with the smallest quantity that could be expected to produce some effect, considering the activity of the ergot alkaloids known at the time: namely, 0.25 mg (mg = milligram = one thousandth of a gram) of lysergic acid diethylamide tartrate. Quoted below is the entry for this experiment in my laboratory journal of April 19, 1943.

Self-Experiments

4/19/43 16:20: 0.5 cc of 1/2 promil aqueous solution of diethylamide tartrate orally = 0.25 mg tartrate. Taken diluted with about 10 cc water. Tasteless.

7:00: Beginning dizziness, feeling of anxiety, visual distortions, symptoms of paralysis, desire to laugh.

Supplement of 4/21: Home by bicycle. From 18:00- ca.20:00 most severe crisis. (See special report.) Here the notes in my laboratory journal cease. I was able to write the last words only with great effort. By now it was already clear to me that LSD had been the cause of the remarkable experience of the previous Friday, for the altered perceptions were of the same type as before, only much more intense. I had to struggle to speak intelligibly. I asked my laboratory assistant, who was informed of the self-experiment, to escort me home. We went by bicycle, no automobile being available because of wartime restrictions on their use. On the way home, my condition began to assume threatening forms. Everything in my field of vision wavered and was distorted as if seen in a curved mirror. I also had the sensation of being unable to move from the spot. Nevertheless, my assistant later told me that we had traveled very rapidly. Finally, we arrived at home safe and sound, and I was just barely capable of asking my companion to summon our family doctor and request milk from the neighbors.

In spite of my delirious, bewildered condition, I had brief periods of clear and effective thinking - and chose milk as a nonspecific antidote for poisoning.

The dizziness and sensation of fainting became so strong at times that I could no longer hold myself erect, and had to lie down on a sofa. My surroundings had now transformed themselves in more terrifying ways. Everything in the room spun around, and the familiar objects and pieces of furniture assumed grotesque, threatening forms. They were in continuous motion, animated, as if driven by an inner restlessness. The lady next door, whom I scarcely recognized, brought me milk - in the course of the evening I drank more than two liters. She was no longer Mrs. R., but rather a malevolent, insidious witch with a colored mask.

Even worse than these demonic transformations of the outer world, were the alterations that I perceived in myself, in my inner being. Every exertion of my will, every attempt to put an end to the disintegration of the outer world and the dissolution of my ego, seemed to be wasted effort. A demon had invaded me, had taken possession of my body, mind, and soul. I jumped up and screamed, trying to free myself from him, but then sank down again and lay helpless on the sofa. The substance, with which I had wanted to experiment, had vanquished me. It was the demon that scornfully triumphed over my will. I was seized by the dreadful fear of going insane. I was taken to another world, another place, another time. My body seemed to be without sensation, lifeless, strange. Was I dying? Was this the transition? At times I believed myself to be outside my body, and then perceived clearly, as an outside observer, the complete tragedy of my situation. I had not even taken leave of my family (my wife, with our three children had traveled that day to visit her parents, in Lucerne). Would they ever understand that I had not experimented thoughtlessly, irresponsibly, but rather with the utmost caution, and that such a result was in no way foreseeable? My fear and despair intensified, not only because a young family should lose its father, but also because I dreaded leaving my chemical research work, which meant so much to me, unfinished in the midst of fruitful, promising development. Another reflection took shape, an idea full of bitter irony: if I was now forced to leave this world prematurely, it was because of this lysergic acid diethylamide that I myself had brought forth into the world.

By the time the doctor arrived, the climax of my despondent condition had already passed. My laboratory assistant informed him about my self-experiment, as I myself was not yet able to formulate a coherent sentence. He shook his head in perplexity, after my attempts to describe the mortal danger that threatened my body. He could detect no abnormal symptoms other than extremely dilated pupils. Pulse, blood pressure, breathing were all normal. He saw no reason to prescribe any medication. Instead he conveyed me to my bed and stood watch over me. Slowly I came back from a weird, unfamiliar world to reassuring everyday reality. The horror softened and gave way to a feeling of good fortune and gratitude, the more normal perceptions and thoughts returned, and I became more confident that the danger of insanity was conclusively past.

Now, little by little I could begin to enjoy the unprecedented colors and plays of shapes that persisted behind my closed eyes. Kaleidoscopic, fantastic images surged in on me, alternating, variegated, opening and then closing themselves in circles and spirals, exploding in colored fountains, rearranging and hybridizing themselves in constant flux. It was particularly remarkable how every acoustic perception, such as the sound of a door handle or a passing automobile, became transformed into optical perceptions. Every sound generated a vividly changing image, with its own consistent form and color.

Late in the evening my wife returned from Lucerne. Someone had informed her by telephone that I was suffering a mysterious breakdown. She had returned home at once, leaving the children behind with her parents. By now, I had recovered myself sufficiently to tell her what had happened.

Exhausted, I then slept, to awake next morning refreshed, with a clear head, though still somewhat

tired physically. A sensation of well-being and renewed life flowed through me. Breakfast tasted delicious and gave me extraordinary pleasure. When I later walked out into the garden, in which the sun shone now after a spring rain, everything glistened and sparkled in a fresh light. The world was as if newly created. All my senses vibrated in a condition of highest sensitivity, which persisted for the entire day.

This self-experiment showed that LSD-25 behaved as a psychoactive substance with extraordinary properties and potency. There was to my knowledge no other known substance that evoked such profound psychic effects in such extremely low doses, that caused such dramatic changes in human consciousness and our experience of the inner and outer world.

What seemed even more significant was that I could remember the experience of LSD inebriation in every detail. This could only mean that the conscious recording function was not interrupted, even in the climax of the LSD experience, despite the profound breakdown of the normal world view. For the entire duration of the experiment, I had even been aware of participating in an experiment, but despite this recognition of my condition, I could not, with every exertion of my will, shake off the LSD world. Everything was experienced as completely real, as alarming reality; alarming, because the picture of the other, familiar everyday reality was still fully preserved in the memory for comparison.

Another surprising aspect of LSD was its ability to produce such a far-reaching, powerful state of inebriation without leaving a hangover. Quite the contrary, on the day after the LSD experiment I felt myself to be, as already described, in excellent physical and mental condition.

I was aware that LSD, a new active compound with such properties, would have to be of use in pharmacology, in neurology, and especially in psychiatry, and that it would attract the interest of concerned specialists. But at that time I had no inkling that the new substance would also come to be used beyond medical science, as an inebriant in the drug scene. Since my self-experiment had revealed LSD in its terrifying, demonic aspect, the last thing I could have expected was that this substance could ever find application as anything approaching a pleasure drug. I failed, moreover, to recognize the meaningful connection between LSD inebriation and spontaneous visionary experience until much later, after further experiments, which were carried out with far lower doses and under different conditions.

The next day I wrote to Professor Stoll the abovementioned report about my extraordinary experience with LSD-25 and sent a copy to the director of the pharmacological department, Professor Rothlin.

As expected, the first reaction was incredulous astonishment. Instantly a telephone call came from the management; Professor Stoll asked: "Are you certain you made no mistake in the weighing? Is the stated dose really correct?" Professor Rothlin also called, asking the same question. I was certain of this point, for I had executed the weighing and dosage with my own hands. Yet their doubts were justified to some extent, for until then no known substance had displayed even the slightest psychic effect in fraction-of-a-milligram doses. An active compound of such potency seemed almost unbelievable.

Professor Rothlin himself and two of his colleagues were the first to repeat my experiment, with only one third of the dose I had utilized. But even at that level, the effects were still extremely impressive, and quite fantastic. All doubts about the statements in my report were eliminated.

Provers' Previous Experiences with LSD

A few highlights of some experiences with the crude drug as recounted by some provers.

My initial experiences relocated some of my early childhood perceptions of reality: unbounded wellbeing, awe and wonder in each and every fragment of the world. I choose the word 'fragment' because my attention was riveted upon tiny things. These were apprehended in spot-it clarity, my vision having been brought forward into the microscopic realm where detail hitherto forgotten (since childhood), transfixed me in reverential delight at the inventiveness of creation. Not only this, also I perceived things, as it were, alive, animated by an inner luminescence and dynamic. So great was this inner force that that which I examined began to move, to open and close in gradual and rhythmic pulse, as do underwater organisms when swayed by soft currents or their own muscular propulsions. Everything 'breathed' in slow motion. Soon the whole of my vision was thus affected: the whole world was alive! Not only this, also the 'breathing' activity joined all things together in wonderful harmonic sway. Since these LSD experiences I have retained some of the freshness of this 'vision of the world' and when I view certain cloud formations, then the pulsing, breathing movements readily become perceptibly once again. Apropos of which: it is easy to understand how flashbacks to drug induced experiences occur (by a trigger experience) and to appreciate that were they characterised by horror, then that memory and state would be reactivated.

I had a notable experience with moon light on one occasion while on LSD. The light radiated from the moon like that of the sun's corona during a total eclipse. The corona expanded as, stock still, I watched, filling me with expectation, wonder, fear. Then a force which I could not resist, flung me forward onto the meadow. My face was pressed into the dewy grass, into the sweet smell of earth. I lay there for some time before I dared look up.

One day when tripping with my friend in a mountainous region we embarked upon a climb which took us some hours. I remember that we proceeded slowly, being guided by instinct as well as by the smallest crevices in the rock face. These foot and hand holds were more than adequate for our purposes because they seemed large. Thus we were propelled by total confidence and supported by the flimsiest of roots and branches, cracks and crevices. None of this would be of particular note, excepting, perhaps the absence of anxiety, the single minded concentration and lack of usual verbal communication between us. All our 'talk' was by glances, feeling sense and telepathy. What was of note, is that upon reexamining our point of departure on the climb a few days later, we were unable to find a single hand or foot hold. We could not even begin to imagine how we had done it! To verify our experience, to be sure that this was not an hallucination, we took a much longer route to the summit, finding evidence there of our buried pack-lunch paper bags. Later on the day of our trip, we entered the village cafe, and were amazed to notice that everything had shrunk to a fraction of its size: tiny cups and saucers, tiny rolls and tea cakes. The folks had also miniaturised and seemed to us like pixies and dwarfs. We laughed like children, having so much difficulty in ordering that we finally gave up and ran out of the place convulsed in giggles.

I was in a London suburb living room with a group of stoned hippies. Everything and everyone was 'breathing' in a slow pulse. A sound like that of the wind circling, getting close and circling far away, then returning in a rush, accompanied the visual effect of 'breathing'. I 'became' each of the other people in turn. As if moving upon a slow roundabout, I entered the being of each of the others. Through their eyes I saw myself, as well as, through shifted viewpoint and perspectives, I saw the room. The effect made me giddy and disoriented. But worst of all, I had lost myself. I was not ready for this. This was horrifying. The worst experience I had ever had!

I was in a Los Angeles back yard listening to radio music, distant conversations, birds, traffic, someone having a quarrel with his wife. The music 'became' visual: twirling, unfurling, fern-frond shapes in ever changing colours. It was like a Walt Disney cartoon. I was at once engaged by this display and appalled by the vulgarity of the colours. Then, somehow, the bird song got caught up in the cartoon. Multi-coloured feathers in kaleidoscopic array danced in step to the music. The vulgarity reached fever-pitch. At last the noise of traffic 'scratched' across the visual field: the animator had trashed his drawings! The sounds of the warring couple now took up centre stage, they were quarrelling in my head, the cartoon master was inside my brain, the husband and wife were boxing it out in my skull.

My last experience with LDS occurred while I was holidaying in Pembrokeshire. Nothing had happened for some hours after taking the dose and I had begun to think that this trip was a dud. I was sitting in a relaxed half lotus asana when I found my awareness suddenly raised out of myself. I was at a point of awareness some great distance above myself. As if from a balloon cradle high in the sky, I had a spherical perception of the scene: sun, clouds, birds, ocean, ships, land, trees, gardens, houses, people. Then, it seemed to me, a rainbow bridge extended itself from where my awareness was. It was like peacock's wings unfurling in a perfectly symmetrical and spherical array. I was the single point of awareness and at the same moment I was those myriad rainbow colours. I do not know for how long I retained this dual consciousness. It was interrupted by my three year old son who entered the room with some urgent request. I was instantly recalled; my full attention rested with him. Satisfied, he withdrew. Now a presence seemed to advise to me, telling me that while I was here (in my body), the essential practice was to keep my back upright and my energy aligned.

A few years later, I was called to attend to an accident. He had been tripping and preaching, very loquaciously. He was viewing what he described as, 'the spider's-web of the world'. He had stepped out upon it and fallen from a second story window. Undeterred by his broken leg, he had climbed the stairs, repositioned himself at the same window ledge, and stepped out upon his hallucinatory platform. Why had he done it a second time, I asked him, 'because it beckons me,' he explained, 'because I am holy'. His house mates had been too paranoid to call an ambulance, besides which, he felt no pain. I gave him Stramonium (I cannot remember which potency) and called the local hospital!

We went to see a Japanese drummer/ percussionist, and we both started to "come up" in the theatre. This was a feeling of excitement and anticipatory anxiety, sights and sounds began to take on a more vivid and acute quality. The percussionist, Stomo Yamashta, had sparks flying from drum sticks and the concert was amazing. The major effect began once we left the theatre. It seemed that the enclosed space of the theatre had made the sensory experience more controllable, but once outside things felt different. We had to walk for ages because we could not go home. We walked out of the city into some tree-lined green space, it felt like leaving this world behind. The surroundings took on a more menacing appearance, trees with laughing faces, my scarf brushed my face and I thought it was a hand. Perceptions became mixed up. It was still exciting, it was indeed a trip into somewhere unknown. So much was comical, I formed a close relationship to my bicycle, which I pushed home.

We spent the morning wandering around the town admiring the sights which were more colourful and interesting than they should have been. We felt separated from the world around us, not part of it. We were completely unaware of danger and walked out into the middle of busy roads as cars screeched around us. One friend wondered if stubbing out a cigarette on his hand would hurt and so he tried it. It did but was still hilarious. We were aware that we were doing something wrong and when we saw a policeman on the other side of the road, we walked by on tiptoe, fingers to lips, going, 'shhhh' to each other and laughing hysterically. We went to a pub for lunch. Our sober friend

went to purchase beers. He returned with a tray containing a pint of Guinness and three halves of bitter. It seemed grossly unfair that he should have this enormous glass, it appeared several feet high, of rich black beer while we had thimble sized glasses of gnat's piss. All three of us seemed to have had the same hallucination and the same reaction to it. We spent the afternoon at a film. It was a terrible farce but seemed to be both deep and hilarious. But the dark contained space brought us down a bit. Interestingly, soon after starting work on the proving I spoke to two of these friends for the first time in more than 25 years.

Toxicological reports

There are many descriptions of LSD trips available in literature and on the internet.

The following extracts are taken from peoples experiences posted on the sites www.lycaenum.org and www.erowid.org both of which have a large number of drug experience of all sorts.

The brief extracts have been chosen because they are particularly descriptive or because they are good examples of experiences that have been described many times by different people.

Releasing a Soul Into the Rainbow Dome by Zen

1995 was the year of acid for me, a doorway into places I am certain I dreamt about in my childhood, crystal dimensions, where I could taste colors and touch sounds and smells with my hands from the very first trip on, I felt great amounts inhibitions and unresolved issues from my shitty past leaving me, literally 'enlightening' me. I was like a snake shedding skin and slithering into a newer safer place. I stopped being afraid of who I had become.

I could not register the cold in my body though mentally I KNEW it was freezing!! D and I looked at each other in frozen silence, reading each other's minds.

I had lost my pregnancy two weeks ago, and today's purpose was to let go. We approached this seemingly dreary mission with intense peace and love. Looking up, I saw an overpoweringly large dome of rainbow criss-crossing and enveloping us. From the middle of the field, a silver chord leading into the eternal night sky. I fell in and out of sounds and sights, at some point I had a conversation with the child I had lost, voices whispered from beyond the sphere; it was so sad and elating at the same time.

Under the covers, to celebrate our 'letting go', we had very emotional, yet detached 'can't feel my dick' sex. I never felt closer, yet never felt further apart from D. Throughout sex, I smelt sandalwood all over the place, on our bodies, in the music.

Brain Wrapped Around the Universe by G 96

My first reaction was a sense of horror – because I had forgotten the hellish feeling of Metaphysical Emptiness I had associated with this before. The feeling that all is an empty illusion, and the only truly existing thing was just a brain/thought process that happened to be in a particular configuration in the pre-determined cycle. Instead of seeing the world, I saw the underlying reality behind the world, namely, the amorphous tissue behind the retina – a total deconstruction of reality into the ugly, raw input. I was a mere detail, a mere surface expression of this inevitable program. For the next few hours I explored my brain as if it were physical territory. I thought my God, it is so dirty in here. How could I even see correctly with all this gunk here? It occurred to me that cleaning it out would clear up my perception of reality.

I become strangely 'inverted', outer and inner reality were somehow reversed. I could 'see' my brain 'out there' (even though it looks like ordinary reality for the most part, I 'knew better'), and it was

kind of hard to make sense of ordinary tactual input. I think there was something weird about left/right being reversed that confused me.

The Hurried Treadmill Stopped by Big J

We went for a walk to the other end of the field. We suddenly stopped as the darkness felt like liquid enveloping us and reading our every thought. The usual field was now a horizontal cliff which frightened us even though we still can't recall why. Perhaps it was fear of the unknown or a projection of some fear embedded in our consciousness we were not ready to face. Anyways, we unanimously decided to make our way back to our campsite. Our pace became hurried. It felt as if the faster I walked, the faster the 'object' that was back there was coming faster and faster. Regardless, we strained to walk casually. I looked at the ground and my feet to keep focus on the task at hand. An old corn stalk on the ground suddenly turned into a corpse and grabbed my ankle. It finally let go and I hauled back to the warm shelter of the campfire which nestled us from the darkness of the unknown.

I felt as if the universe had been passed into the neurons of my brain and engraved in my genetics. Preconscious cellular processes were now understood to me. I could feel the platelets in my blood cells forming. The quick of my fingernails pushing and growing every so slowly.

Fundamental Sensations by Anonymous

I prepared for the 'experiment' with a checklist of questions to myself about my experiences. The questions were in the nature of 'How does the visual world look?' 'How do you experience sounds?' 'can you compute 345/15?' and the like. When I finally got around to the questions I discovered a fact that leaves me astounded to this day. I answered every one of the perceptual questions exactly as I would have while stone cold sober. The reason why this was so surprising was that I was actually feeling very very different. In fact I was feeling exceeding peculiar. In fact words cannot express how strange I was feeling, and yet, my sensations of the world around me were exactly as they are normally. So, I asked myself, what is it that is actually different? Well, the sights and sounds and smells were the same. It was my perception of them that was different. This experience gave me a new appreciation for the word perception. Normally we think that if we observe an object, a pencil in your hand for instance, we see exactly that, a pencil, the real pencil, and nothing but the pencil. It came to me that that is not the case. Even when regarding as matter-of-factual an object as a common everyday pencil, we perceive it through a filter of our own perspective, our own view of things. This perspective is normally so ordinary and unremarkable that we are not even aware of it, but it was exactly this perspective, our view of the world around us, that is altered by the drug. It brought my attention to something that I had been totally unaware of although it has been in front of me all my life.

1 Blotter, 2 Nutters and a Telephone Call by Anonymous

One of their friends, who I hardly knew, was a bit of a ruffian. He had also had the acid and was going a bit mental. He was talking constantly to the group pacing the garden. The group listened to him and laughed occasionally. I laughed along with the group politely while looking for an excuse to leave as it was obvious that this guy was losing it and could turn violent. Whether he could sense my uncomfortableness or just didn't like the look of me I don't know, he suddenly stared at me and asked what I was laughing at. Where there was laughter it fell into intense silence. It is hard to explain the sudden dropping feeling that came over me as he made his challenge. There was laughter and a warm fuzzy feeling, then suddenly a deep dropping sensation, silence, a sudden sharp coldness, and a feeling that I was on the spot and had to respond as a failure to could result in violence, to me by him. This sudden flip of events shocked me so severely that I could only manage that I was laughing at nothing. This didn't help matters much and it was only the intervention of mutual friends which

calmed the mad fucker down.

Local Teen Claims to be God by Anonymous

James trolled the cops that he didn't care what they did to him because he was God and he created everything. And he kept yelling that he had figured 'IT' out and that he was the smartest man alive. The cops thought that it was kind of funny.

The Bad Candyflip by Scotto

The sensation was of being suddenly and vigorously pursued by vast collections of entities that were very specifically bent on doing us grievous harm. We fled through psychedelic corridors and churning maelstroms of energy, and the terror in me gradually increased over the course of what I'm guessing was a half an hour, maybe more. The intensity continued to build, and it seemed extremely relentless; I could feel them shrieking as they chased us, these horrible 'alien' monsters. I had never encountered such mayhem before, and was frightened beyond belief.

Impossible to Understand Reality by G.T. Currie

Cory and I sat down in a hallway of the residence, it was time to try our time perception experiments. A friend of ours, Sean, had sat down next to us to chat (but had no idea what we were up to). The experiment was as follows. Person A would have the watch, pen, and journal. Person B would have to estimate the elapse of 30 seconds by any means possible to them and tell person B when that time had elapsed. Person A would then right down the elapsed time and ask person B how much time they estimated had actually passed. I was first to be person B and Cory was first to be the recorder.

'Ok, start....now!' Cory said. '1 and... 2 and... 3..', I thought but was then distracted. 'I'm sorry Cory,' I appologized, 'there's no way I can do 30 seconds... We've got to cut it down to 10 seconds...' 'No, keep going Greg, you can do it...' 'No, seriously, there's no way I'll make 30 seconds...' Cory smiled, 'I'm still timing you!' 'Stop! Stop! Now!' I shouted. Cory looked at the watch and wrote down the elapsed time. 'What's your estimated time?' Cory asked. 'Oh my gods! Atleast 5 minutes have gone by!' I exclaimed. Cory shot me a strange look, wrote down my time, and said, 'Actual time...11 seconds...'

Cory didn't believe me, he thought I was just pulling his leg. So he became person B and I became the recorder. 'Ok, start....now!' I said as the second hand reached 12. Cory started to talk to our friend Sean. They talked and talked. All of a sudden Cory looked alarmed and turned towards me, 'Stop! Stop! Oh no! I forgot all about the experiment!' I wrote down the actual time and asked him for his estimated time. He replied, 'Oh man! Atleast 15 minutes have passed by!' I grinned, 'Actual time: 15 seconds!' The time dilation was fantastic!

I Think I'm Going to Die by Anonymous

I thought for some reason that I was going to die. I would close my eyes for awhile, then open them to make sure I wasn't dead yet. My whole life started flashing before my eyes. They carried me to an ambulance and I don't remember anything else except arriving at the hospital and looking up at doctors who were strapping things with wires attached to them on my chest a poking me with hard objects. I was strapped down on my bed and I kept trying to get up. An old ugly nurse kept coming over and asking me the same questions over and over and it was driving me insane. 'This is hell.' I thought. I've already died and I'm in hell. You don't (or maybe you do) know what it's like thinking your in hell. I started crying because I was so scared.

My Language by Vera Lynne

I acquired the most wonderful feeling. I, in about 10 seconds, figured out everything. I discovered the language that human should be speaking. It was the most perfect language. It was so perfect though, and it was all jetting through my brain so incredibly quickly, that I could not relay it to a single soul. My thoughts were not compatible with any known words. In this time, I had discovered how to obtain perfection in the world. I found the beauty in every single image that flashed through my mind. I realized the perfection in all life, which is normally viewed as just the opposite.

For a Short Time I was There by Sean Le Blanc

I could see this huge octagonal carpet suspended in the blackest darkness. The colors blended from one corner to the next, and I knew that each of the eight corners was emotion; the burgandy corner was guilt, the maroon was shame, the dark purple was frustration, and so on. Slowly, one of the corners started to droop down, and as it did I could feel the associated emotion welling up inside me. Suddenly the corner plunged into the void and I was wracked with overwhelming guilt, so much so that I would violently shake and moan on the bed.

... all I could think of was how much I loved my daughter and at that instant my daughter came straight out of her room and climbed into my lap. She stared long and deep into my eyes and said, 'Daddy, you have rainbows in your eyes' and I realized that I was not made of flesh anymore, I was a giant, glowing, sunshine-filled diamond, and fear fell away. Pain fell away. And I was filled with the power of the Universe. Even weeks later I could feel it. I had the power to look inside people and see their fears and weaknesses and I knew they were totally powerless against me. Of course, all the power I had was light and love and all I wanted to do to people was to love and heal them and bring them into the light. It was truly magical.

Beyond Our Grasp by Bill

Then I started to taste the colors. It didn't taste like chocolate or cheese, but it was a 5th taste. Like the four are Salt, Sour, Bitter, and Sweet; well Color was a fifth taste, really creamy and smooth. I mostly tasted Red, Green, and Purple. They were trying to mix together but couldn't and constantly swirled.

My First Freak Out by Cope Head

I somehow convinced myself I was in mortal peril. I was convinced I was dying.

And what did I see? A giant snake crawling right towards me and my roommate leaving with my ride. My roommate was deathly afraid of snakes, which is why he left. The neighbors had brought over a bull snake to show us. The guy who it belonged to had thought it would be funny to let it go so it would crawl over to me. I just thought that was the final straw.

I spent the next few hours in hell. I was certain I was dying, or had already died. I kept thinking about heaven and hell, and lots of Christian religious themes. I was raised Christian, but had rejected it long ago. Not as fully as I had presumed, apparently. I was certain that since I was not 'good' as the churches of the Christian world defined it, I must be 'evil'. I went through hours of agony and terror. At some point, I apparently pissed my pants in fear. I thought when I ran out of cigarettes, I would simply cease to be. At this point, the idea didn't frighten me any longer. Death would have been a relief. The thought crossed my mind that maybe I was supposed to do some symbolic suicide to move on, and I looked for a gun or knife to do it with. Luckily, there was nothing like that present.

Am I Going To Die? by siren

As I got up, I saw everything distorted, words did not make sense, and I lost myself in my brain and

the drug completely. I called out to my friend, and said 'I'm going to die'. She took me for a walk, and I saw colors and with every step I took, I sunk farther in the ground. I looked at my friend, and she had no body, just a huge face. A car was coming straight at me, and I just stared, she had to pull me out of the way.

As I sat on the carpeted floor, my bones were seeping through my skin, I felt knives stabbing at me, and felt the pain. I literally went crazy. The words didn't come out, the pictures I saw were flashes of the devil, angels, clouds, knives ... all I could think of. My body felt like jello, then rock hard.

Why I'm Never Touching LSD by Anonymous

I flew out of my own body and out the back of the car and I could see myself in a way weirder than an out-of-body because I could see my body in the car and I could see my soul floating above the car all from a different perspective. Everything shifted into cartoon form and looked very fucked up, everything became 2-D and flat. The part of me that was floating above the car changed form so it's now 2-D face grew a zig-zag mustache and one of its eyes became a spinning spiral while the other became a flickering eye of horus, which shot occult symbols out (the symbols were constantly floating around the head). Then the soul's head began spinning and turned into a top on which there were various changing 2-D cartoon faces all with the mustache, eyes, etc. Finally the face stayed the same, it was the face of my father!

Then a strange 'electrical tornado' crashed down upon the 'top' head. Both bodies crumbled to dust and blew away. My position then shifted so I could see out of every dust particle. The particles then spread throughout the universe and absorbed into everything. I have had near death experiences before and this was exactly the same as the others. I existed in everything simultaneously yet I did not exist myself. I could only experience, I could not act.

Visions of Blood and Warriors by Michael

Then we went upstairs and started playing a multi-player game on my Nintendo 64 and then it started to begin.

I had the most intense feeling to kill everyone in the game. I started shooting anyone and everyone while watching light spectrums on the big screen zooming in and out. I saw tracers fly past every bullet. My heart pounded.

It began with seeing players from the game in the house. I was starting to feel as if I was in the game and I had a gun of my own. I then without any reason at all stuck my face to the tv and for about an hour I thought I was in the game. My friend D. told me I was sitting the whole time but in my mind I would fly around corners shooting my bullets with tracers golare.

When I got hit with a bullet I could almost feel it in my body. I started to get upset and started to go insane. Running all over the map shooting anyone and everyone who opposed me. I began screaming wildly. I remember once I was being chased so bad I aimed the gun at my head and pulled the trigger four times. Each time I could feel the bullet pierce my skin but when I checked nothing had happened. I turned around fell over and began to throw up humungous chunks. I thought I was dying in real life or at least something bad was going to happen. I came down to my computer and wrote the following lines.

'As I sit here I feel as if I am going insane. I see visions of blood, god, warriors and war. I cannot escape it and I fear I will be in this world for the rest of my phycotic life'

Trip from Hell by Anonymous

Then I was overcome with depression and had to walk out. I sat on the interior stairs of the center and cried, telling my friend what a loser I thought I was, and how my life was worthless. Then I thought I was going to quit breathing,

A Sudden Respect for the Complexity of Things by Anonymous

I was looking up at the trees again. It occurred to me how much the trees did look like fractals, and suddenly the mathematical beauty of the trees was clearer to me. The complex mysterious equations that dictated how the trees were pushed up out of the ground towards the sky were suddenly more apparent; and I also realized how these equations dictated the growth of the grass, the rolling of the hills, even our very bodies. I had a sudden respect for the complexity of things, with an intensity that I hadn't had before, and this complexity seemed sharper in everything I turned my eyes towards.

Mother Nature and the Mountain by e is4 Pete

It was amazing how much like a dream the past 18 years of my life were. Reality wasn't reality at all, and I was finally awakened from it, into a far better place where reality is constantly changing at the touch of a thought.

We were surrounded by miles of wilderness all around us and we could look down on it all and command it. As superior beings we watched the sun slowly rise and light the valleys below, feeling a bit like Zeus must have on top of Mount Olympus.

Talking to the ranger was fun as it turned out. It felt like my mind was so expanded I could understand anything in an instant, while his was compressed and slow. He was just checking to see if we were OK as it turned out, and gave off a good vibe.

It was the perfect trip. We did everything: traveled to new worlds, met mother nature personally, talked to her trees and rocks and mountains. Practiced telepathy. We met new people experiencing the same things as we were. We danced. We discovered new ways of thinking. We bonded. No matter what happens many years from now, The four of us will always have that night to look back upon. Everything was perfectly synchronized.

My Trip To Hell by A.J.H.

I kept dazing off and suddenly the room went dark and colors of neon green and pink were everywhere. I felt like I was all alone and nobody else really existed but they were all just images. I was looking at my arms and they turned into clay and crumbled to the ground. Everybody's hair was changing color and everyone's faces were scrambling around. I was feeling very scared.

He said that the demons were coming and I was going to go to hell. Suddenly I saw a flash of light and D.B. became a demon. The veins were popping out of his head and his eyes were dripping blood and horns came out of his head.

Kind of Happy by Trip

D started staring at his hand, he told my to come over there and look at his hand so I did and I noticed what he was talking about. His hand would become horrifically misshapen.

We went to the mirror and looked at ourselves, we were transforming into trolls or something it looked really weird. The whole night everything had something to do with trolls and it felt like we

were in a different universe, like a parallel universe or something. I had no track of time.

LSD: Rainbow style by Sandoz

I could hear a girl breathing across the road from me. I moved closer to her. I felt that I needed to protect her. I was her bodyguard. I had no idea who she was. I asked her name and she told me it was Amy.

He talked to me for a little bit and I asked him to help me find my clothes. After a while he looked down at me and exclaimed 'You don't have any clothes!' 'I know! Help me find them, they're lost!' I stumbled into the brush, and I remember crashing over and falling down. I was dying. I saw Einstein as he arrived in heaven. He asked God what the answer to life was, and God said 'YES'.

A Horrific Trip by Psycho-Dale

I would look through the passenger's side window and I got the fright of my life when I did. I saw the most evil looking demonic figure when I looked out the window. It scared me really bad. This thing was so scary to look at that when I would look at it and make eye contact with it it would actually make me go into convulsions. I lost all control of my body when this would make eye contact with me. Then it got to where when I would try to look away it would follow and if I waited too long to move away again it would catch up with me again and do the same thing.

I imagined that we had driven head on into an 18 wheeler and got killed. I could hear the screeching metal, then everything got quite a peaceful, but dark and evil quiet. I was terrified at this point. I actually thought we were dead, it was like I was outside of my body looking at us from a different perspective. I thought we were doomed to hell for sure! I kept asking him if I was alive and if we had been killed. I asked him about the wreck and he said what wreck. The demonic figures reappeared and this time more scary than before. This time I remember claws on this creature. I kept thinking I would be dragged away.

All I saw when I looked in the mirror was a horribly drug ravaged corpse, like it was me but I was transparent, like some kind of spirit of evil, decent, very evil. It scared me so bad.

Well after this experience I still kinda thought I might really be dead and for about a year I wouldn't go into any cemetery because I was terrified I would find my own grave and that is when I thought I would have to finish with the death part of the trip. This permanently damaged my brain people.

Rite of Passage by John Q Public

Both of us experienced tremendous distortions in time. I remember lighting a cigarette and tripping for an eternity on the surrounding countryside, returning to my cigarette only to discover that less than a millimeter had been burned.

My father had told me that one thing he really enjoyed when doing LSD was looking at himself in the mirror and watching the flesh on his face melt off. Sure enough, when I tried, I got the same results. I haven't been able to reproduce it since. I thought it was hilarious.

Alien Landscapes

Are you familiar with the film editing technique of fading out from the edge of the screen inwards until the image is reduced to a tiny dot in the center? This is essentially what happened to my consciousness over a period of a few minutes. First my peripheral perceptions blurred and contracted, then my primary senses, my connection to my body, and finally my sense of "me". There was

absolutely nothing scary or uncomfortable about this sequence of events; it felt completely natural and benign. At the end of this process, I was nothing but a single, dense, tiny point of consciousness in the midst of a vast, multidimensional, seemingly empty space. Then that vanished, and with it went the last vestige of observer consciousness and individual identity. At this point I felt that I had traveled back to the primordial, undifferentiated oneness of being that preceded the big bang and the creation of the manifest universe. There was nothing to see or interact with; I had penetrated a level prior to any sort of subject/object distinctions. The universe was all one thing, and I was it!

Acid Test

I wasn't afraid of losing my mind, but I was suddenly afraid of dying. That's not a usual fear for me, but at the time one of the girls was carrying my child and I didn't want to leave yet. The death trip took hold because of the fear, and I became convinced I was dying.

I was lying on my girl's stomach. Our child moved inside her, right under my head. That light left my head and entered her, going directly to the child.

I suddenly sat upright and announced "our son just woke up." I could see him in there, and I knew he had just become aware. When he was born, he never cried. From the first, his eyes focused and he looked around. I was the oldest child in my family, among my siblings and my cousins – I had seen many babies. This was the oldest baby I ever saw. There was a fully formed person in there, not the proto-person I'd seen in so many other babies.

Wanderlust

About three years ago 14 people and I took two "test-tube" blotter papers. Rather than splitting up individually, we split into groups of three or four - not based on gender, age or friendship, but somehow individual people "called" to us and we were off.

Immediately, like square dancing, we switched groups, and formed into other little circles of energy. The wandering in and out of groups lasted all night, and amazingly, no cliques formed – it was a beautiful example of free social acceptance and energy exchange.

I could see little lines or strings connected between everyone. Amazed, there were 13 strings coming into ME from the other people in the group, all different colors, ebbing and flowing as their "group" morphed into another state of consciousness. In rapture, I watched, most of the night, people walking between groups, the morphs changing each time a new person entered or left it. Even the people who were sitting alone were connected to everybody in the group, even if they did not realize it.

It was like watching a lava-lamp, but I decided to check out if the colors (that were also feelings) had any validity if I walked into a group of people. Sure enough, the group that was morphing with yellow and green (which to me felt lack of intellect, high emotion) was in the land of OZ, not thinking, not rather just sitting and feeling the world. The group with red and purple were all a little scared, and the group with brown and green were all talking rapidly, building a concept and quickly losing it.

Wet Thug to the Brain

Had a tremendously awful non-lsd trip a couple days ago. I was open to the universe, emotionally, mentally, and physically. I had great set, setting and a stack of carefully selected CD's and Art Books, and I got a big sticky wet thug to the brain instead.

Imagine a thick force field, with the consistency of mashed potatoes. Very little visual distortion, ZERO trippiness or weird thoughts. Unpleasant and chemically and toxic feeling. On good acid thoughts begin from point a and on the way to point b they go bzziiing wheee pop swirl wow and maybe never get to point b. On this foggy stuff, thoughts went right from a to b but had to go through thick spacy nothingness on the way. I felt very high but there was nothing interesting about it and it was nothing like LSD should be. I was very disappointed and upset.

Shot to Hell

The walls melted and the controls on my audio mixer became the throttle for a spaceship. I knew immediately I was in for something much deeper than I had planned. The grid which reality is imposed upon was incredibly clear and intuitive. It seemed that with a few more minutes "in there", I could have had the ability to rearrange molecular structure to my satisfaction. The lines in the grid are a glowing yellow, by the way.

The typical LSD white-yellow morphing snowflake pattern was everywhere. It always starts on the floor, even on the lowest of doses. This time it was so thick, so vivid, and it was breathing. The pattern seemed to be getting thicker, while it is usually two-dimensionally mapped onto a surface. However, it continued to expand until it seemed to be hovering above the floor like traces of fog.

A chunk of this "fog" seemed suddenly autonomous, and moving against the grain of the rest of it. Intrigued, I studied it. What resulted was possibly my first "encounter" with a psychedelic entity.

The thing looked like a monkey. It had a round head, two long legs, and tail or some sort of appendage. It moved like monkey, jumping with blinding speed, and running up walls. I thought it was a silly visual, until I realized it was aware of me and was starting to interact. "What kind of chemical can do this?" I remember wondering. This is just a hallucination, right? Well, it didn't matter if it was a hallucination or a flesh-and-blood rhesus monkey, because this thing was chasing me and I was terrified. I was temporarily convinced that some sort of evil was toying with me. My response was typical, I tried to physically escape. It was naive of me to think that a bathroom door might provide a layer of protection from a psychedelic demon, but it was my only strategy. Of course, the thing came right through the door, and as I collapsed on the floor in fear, surrendering, it vaporized. I was quite relieved that it was finally gone. However, a tower of greenish gel-like substance was in my bathroom. This was remarkable, the only "tactile" hallucination I had ever had. This stuff was really there, I could feel it and spread it around. I don't have any clue what it was and have never heard of anything similar appearing during an LSD trance. It has never happened again.

Anyway, the jello from beyond was very ephemeral, it also vaporized within seconds of appearing. Some mild synesthesia was starting to occur, as I noticed the visuals I had were beating and cycling in response to the music. I tried to enjoy it. It occurred to me that death would be the only escape, and thought about suicide in a most analytical, unemotional manner.

The plan seemed great, complete escape and minimal pain if done properly. However, it was intuitively obvious to me that death would only be the beginning, and I would actually only be accelerating the arrival of the next phase of suffering. This became a kind of suffocating feeling, I was trapped in life and death was no escape. I felt strangely immortal, and this led to a very bizarre perspective. Suddenly, history made sense. A process which could only be viewed in its entirety, and with the help of LSD, I knew the conclusion.

I was wondering why I was "given" this information, and realized it is locked in each of us, waiting for release. So that is what happened to Jesus and Buddha, they released it. I felt like Christ myself, despite an extremely secular personality on a day-to-day basis. I have since read of this phenomenon as being common on LSD, in fact it is called by some the "Messiah phenomenon". It was true that I felt like I had a message to give to all mankind, and I couldn't believe I was the one who had been "chosen" to do it, of course I forgot this message by the time the trip was over.

Heading Towards Dissolution

It seemed an increasing amount of "myself" was being replaced by this random stream of human consciousness. The process – which I felt was divine, yet cruel and terrifying now – seemed to be attempting to dissolve me. In several intense moments in which it seemed all time was frozen and I was utterly paralyzed, the process – which I now perceived as the acid itself and as something evil – seemed to inform me that it could not proceed without me severing my attachments to those I loved. I wished me to sever them, and would continue making the experience an utter nightmare until I did.

At one point, I had one of the most powerful hallucinations I've ever experienced. I opened my eyes and watched my friend transform into a Chinese woman, grow a pointed nose, a third eye, and then turn into a monstrous baboon-like demon.

As the dissolution continued, I felt as though my body was becoming possessed by random personalities that flowed in from the stream of core human consciousness. I remember looking at my friend with the consciousness of others, touching him as though he was some remarkable alien thing.

The urging toward dissolution became so intense that I was sure that "I" would not return from the trip. I was terrified – I didn't want to die. I thought I was literally losing my mind, and losing it permanently.

Everything around me seemed utterly alien; once, when my friend tried to talk to me, I felt I had lost the ability to apprehend language.

My friend was eventually able to get through to me, to talk me back to a state of semi-sanity. It took a tremendous amount of will on my part to cling to his words and make sense of them – and as I did so, I felt I was the whole of the universe clawing its way out of darkness and madness toward a divine radiance and sense of health and salvation. This continued for some time; it was utterly exhausting, and I didn't know how long I would be able to bear it. The feeling of dissolution had taken on a physical character – a searing iciness seemed to be taking my body over.

My friend continued to reassure me that I'd be okay. Eventually, I began to feel like it. I had made it "to the light", it seemed, and felt a peace return and saturate my being. Concentrating on the light, I was able to manifest it in greater and greater degrees. It seemed I had turned my soul – which was also the soul of the universe – away from drowning in a river of fragments of human consciousness toward something that I could only call the genuinely Divine.

The ego-dissolution continued now, but peacefully. Whatever parts of me left were replaced by that Divinity. Visions of joyously dissolving into the sun and the sky accompanied the experience – and there was an unutterable feeling of the infinite and the sacred.

I encountered the stream of human consciousness again, but this time I looked on it with what I felt to be the love of God. It was beautiful, touching, precious beyond all description.

Nothing Fun About It

I found it disturbing, i.e. threatening and anxiety-inducing, that I found myself losing touch with my hands and my feet, i.e. lost my interior "map" of where my body was.

Reality Rebirth

I was looking out over the leaves and a little stream when suddenly my reality fragmented. It was harsh and total. I was completely unprepared. I had taken LSD enough times to be familiar with the spectrum of effects, but this caught me completely off guard. Everything turned into black and white shards in my vision and I couldn't talk, I was so frightened. I had never had this happen before, usually things would shift, melt, but still look more or less like I had expected. not so this time.

I turned around, nearly crying, to try and tell my friends what was happening, and found that they were experiencing the same sort of phenomena – that of reality dissolving and becoming what our minds created. It was horrifying for me. I felt my skull open to the cold outside and my vision dissolved into empty, howling nothingness.

Psychotic Break

Over the last month or so I had a pretty good friend of mine start taking more and more acid, intensely pushing the envelope of the real in his world until about two weeks ago, when it all came apart in his hands. He landed himself in an endlessly visionary, but predominantly peaceful, psychosis in which he many times surrendered to and encountered God, was repeatedly picked apart by demons of 'every color under the sun', and, as he reports it, 'was never in less than three simultaneously occurring worlds', of which this world was only rarely one. he remembers having his entire soul history laid out before him in absolutely glaring and unbelievably painful and ecstatic detail, and says there were many times in which he would remember the "Ericness" of himself, and thus was able rip out those parts of himself that he no longer wanted and heal those parts that so definitely needed healing – "constipated energy" he called it. He describes it very physically, but it sounds like the pain was beyond what we know on the physical plane.

The most amazing thing though is that he was in a mental ward for a large part of this time, had no one wise to guide him through vast parts of it, and yet came back, reintegrated all this transcendent experience, and is in every way a better person for it. He is still a little bit easier to spook at times, but his posture is completely straight and clear now (he used to be hunched a bit), his chronic acne disappeared (just plain gone), and he has a mellow, gentle glow around him that is completely new. he feels better than he has ever felt in his life. life is 'holy and new'.

Amoeba-Shaped Table

The surrounding walls started to melt. The bricks within the wall started to fall out leaving gaping holes in the wall. These holes were soon magically repaired as the wall melted more to cover them. Brian flicked on the lights and showed me how to see worms in the ceiling. I also checked myself out in the mirror, which was blew my mind because I was able to see through my reflection's eyes for quite a distance.

At this point, B. and I discovered a bunch of magazines on the floor and began looking through them.

Suddenly, the pictures of people in the magazines began making faces at us, and both B. and I went into fits of laughter for about 20 minutes. I ended up in a study lounge sitting at a round table. The top of the table was a pool of water. I could see through the table down to the floor, and when I looked up from underneath the table I could see the ceiling. I tried sticking my hand through the

table, but to my disappointment that didn't work. However, I could blow into the water and cause ripples to spread throughout the tabletop. In addition, there were hundreds of tiny brown frogs swimming in the tabletop as well. I acquired X-ray vision for a small point in time. I was able to see through my hand. Rather than seeing flesh on my hand, all I saw was the bone structure and blood vessels. It was awesome to watch the blood flow around my hand, and whenever I bent my fingers, I would see my bones move to accommodate. As the music began I had the most earthshattering visual and audio experience of my life.

The back of my eyes became a projection screen for an incredible laser shower. I was treated to a kaleidoscope-like show with millions of every changing and shifting patterns of color and light. It was almost fractal-like because the images kept zooming in towards the middle of the existing pattern I saw.

Whenever the pace or tone of the music changed, so did the patterns. Everytime I was about to distinguish a pattern, it morphed into something else. Meanwhile, the music was bathing my body with pleasure. I could feel each beat of the music in rhythm with my own heart beat. The vocals rang throughout my head, vibrating along my entire body.

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