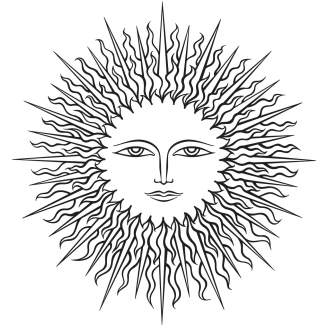


## SCHOOL OF HOMEOPATHY



### Proving: Lightning Struck Sand (Fulgurite)

**Date:** October 2013

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



Alternative Names: Petrified Lightning, Lechatelierite, and Libyanite, Darwin Glass

Origin: Worldwide

Mineral Species: A variety of Lechatelierite

Mineral Group: Oxides

Chemical Formula:  $\text{SiO}_2$

#### Lightning and the Gods

Many cultures have myths about a god who is the divine source of thunder and lightning. Such a god does not have a typical depiction, as it will vary according to the culture. In Indo-European cultures, the Thunder God is frequently known as the chief or king of the gods, e.g. Indra in Hinduism, Zeus in

Greek mythology, and Perun in ancient Slavic religion; or a close relation thereof, Thor, son of Odin, in Norse mythology.



Zeus, the god of the sky and ruler of all the gods on Olympus is well known for the lightning bolt he brandishes. His portrayal in Greek mythology is that of a powerful leader responsible for justice and mercy, the lightning bolt being used to punish those who transgress.

The ancient Slavic God Perun is described as a rugged man with a copper beard. He rides in a chariot pulled by a goat buck and carries a mighty axe. Thor, is modeled after his image, and is a fierce-eyed, red-haired and red-bearded, God of Norse mythology. He is the hammer-wielding deity associated with lightning storms, oak trees, strength, the protection of mankind, and also healing and fertility.

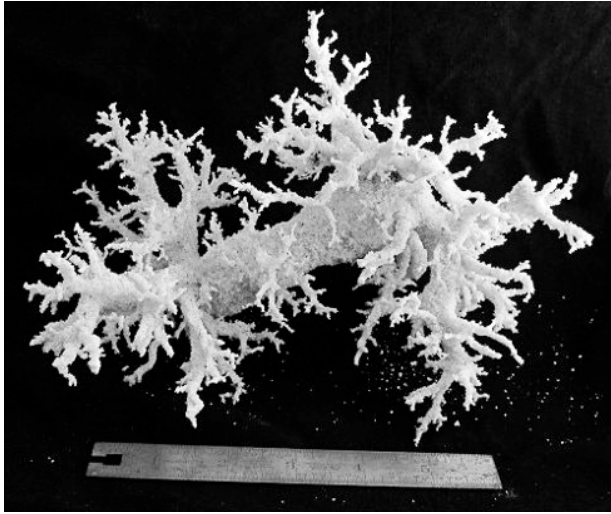
The lightning bird features heavily in Zulu, Xhosa and Pondo African mythology; the creature is sometimes black and white with red/green iridescent feathers. The bird is associated with witchcraft and it is said that the bird has the power to summon bolts of lightning to shoot out from its claws and wings. It is said that the bird would sometimes change into a good-looking man in order to seduce young women.

#### Lightning in religion

In the Christian Bible there are many occurrences of lightning being hurled down from the heavens. This was described as an act of punishment by God, striking those who had done wrong, alternatively some believe it is the brightness of God's presence blazing forth. Famously, several religious building and statues have been struck by lightning and religious believers see it as a sign of God's displeasure with the evil in the world.

#### Lightning Struck Sand

In Wikipedia we read, on Earth, the lightning frequency is approximately 40–50 times a second or nearly 1.4 billion flashes per year and the average duration is 30 microseconds. Fulgurites (from the Latin fulgur, meaning "thunderbolt") are the varietal name given to fused quartz, silicon dioxide, which has been heated by the action of lightning striking a desert and locally melting the sand. The best-known fulgurites are found in quartz sands, where they take the form of tubes that may be branched, sometimes exceeding a half-inch or more in diameter. The outer surfaces of fulgurites are often rough with adhering, un-fused sand grains. The inner surfaces and openings of the tubes are usually smooth and glassy.



Rock Fulgurites are formed when lightning strikes the surface of a rock, melting and fusing the surface, and sometimes the interior of the rock.



Fused sand and rock may also be formed by meteorite impact and volcanic explosions and also by man made electrical arcs and high voltage discharges. In all cases of formation the temperature must be high enough to fuse the silicone dioxide, at least  $1,800^{\circ}\text{C}$  is required, totally transforming its structure. Because it is now amorphous, fulgurite is classified as a mineraloid. The event of transformation in the case of a lightning strike is measured in microseconds.



Above is an image of the specimen used in our proving. This being 3 by 4 cm it was conveniently placed in a glass jars and covered with good quality Vodka and sealed. It was shaken lightly on a daily basis and in a month had provided the immersion tincture. This tincture was run up to 30c potency in the classroom (substance unknown to provers), with provers taking turns at dilution and succussion, using Korsicovian methodology. The final potency of 30c was used as the proving dose. As is our custom at the School of Homeopathy, just one dose was taken, proving diaries, and one-to-one supervision, commencing from this point, and continuing for two months.

Here is the account of the woman who found it. "I collected the fulgurite from the desert. A group of us went out riding to find them. We were near to Wickenburg, Arizona. We spotted them on horseback and then would jump off to collect them. The idea was to have a purpose while riding, rather than just drifting along. It's barren out there and then there are these fulgurites, which are like little treasures. Some glisten a little in the light."

There are two components that join in the composition of a sand Fulgurite: there is silicone dioxide, the main component of sand, and the intense heat generated by electricity in the form of the incandescent plasma of the lightning strike. The latter transforms the structure of the former. When the sand re-solidifies, it is changed forever.

**Lightning is classified as an imponderable** in homeopathy.

This group of remedies are potentised from energy sources and include Sun light (Sol), Moon light (Luna), Magnetism, Electricitas, X-ray, Mobile phone radiation, Positronium decay radiation, etc. The influence of the energy is typically 'captured' by lactose that is stirred while being irradiated, or by water in a vial that is close to the source. In the case of fulgurite however, it is sand that has become transformed by the encounter with lightning that is the source. The proving symptoms have little in common to the well known remedy Silica that is the result of slow precipitation of nodules of flint in lime-stone formations, and a lot in common with the themes of imponderables.

Imponderables - a general overview

Energy and power are forces without any material substance. When we anthropomorphise these forces we could feel invincible, not affected or altered by anything, unlike plant, animal, or indeed ourselves, that are affected by all manner of external forces. Alternatively, we might feel overwhelmed, held, crushed and overpowered by forces against which we have no defence.

- Energy
- Potential
- Power
- Force
- Change
- Transformation
- Destruction/production
- Spreading, disseminating
- Stronger than matter
- Penetrates matter
- Access to everything
- Unrestricted by time and space
- Beyond matter, spiritual
- I have tremendous power and potential

Yet I have no substance

- Null, void
- Insubstantial
- Of no worth
- "Forget it, nothing"
- Cancelled, revoked, invalid

Energy, restricted by time and space, becomes matter

$E=mc^2$

- Matter
- Substantial
- Something
- Real
- Recognised
- Valid

Energy is observable by its effect on matter

- Powerful yet unrecognised
- Energy comes before matter
- More power and potential than matter
- Yet matter is required for the recognition of that potential
- Matter is recognised as real
- Energy may have: unrecognised, unjust, unfair feeling

Uncertainty

- Inconstant, changeable
- No certainty – probability only
- Can be this, or that
- Wave or particle
- Duality
- Either is possible

Imponderables summary

- They are a group apart, using energy words rather than structure words as minerals do
- Energy in pure form
- Only energy
- The experience of energy
- Power that emanates penetrates and goes through anything, having access to everything, or the opposite, being overwhelmed and destroyed by powers beyond control.

Electricity

In 1832 Michael Faraday published his finding that the electricity induced from the magnet, voltaic electricity produced by a battery, and static electricity are all the same.



Static electricity is usually caused when certain materials are rubbed against each other, like wool on plastic or the soles of shoes on carpet. The process causes electrons to be pulled from the surface of one material and relocated on the surface of the other material. A static shock occurs when the surface of the second material, negatively charged with electrons, touches a positively charged conductor, or vice-versa.

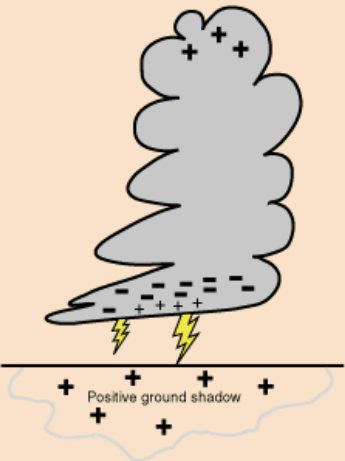
Lightning is a dramatic natural example of static discharge. The initial charge is thought to be associated with contact and separation between ice particles moving within the turbulence of storm clouds. The flow of charges results from neutral atoms and molecules in the air being torn apart to form separate positive and negative charges, which travel in opposite directions as an electric current. These then neutralize as a spark discharge: the lightning strike.

## Lightning

[Models](#) for the charge buildup which leads to lightning discharges suggest a buildup of a strong negative charge layer near the bottom of the cloud and the formation of a positive ground shadow. When the buildup is large enough to produce ionization of the air, a [lightning discharge](#) is initiated. This is called the positive dipole structure for the charge buildup. More recent studies indicate a [tripolar structure](#).

With [voltages](#) of hundreds of millions of volts and [currents](#) in the tens of thousands of amperes, lightning [flashes](#) can be very [destructive](#).

Most of the information in this section comes from E. R. Williams' Scientific American article "The Electrification of Thunderstorms" or from Martin Uman's classic book "Lightning".



### Where will lightning strike?

This is certainly a plausible question, and you can answer that it will take the path of least resistance to the Earth. But the classic response is to say "That is like asking where the 800 pound gorilla is going to sit. Anywhere he wants!" That is not to say that there are no physical laws involved, it is just that there are many variables and a degree of chaos in the environment of the charge. In a medium which could be classified as "nonlinear", implying that it doesn't follow simple proportionalities, the path of the lightning strike is not predictable in practice. As an example of this kind of variability, electric discharges can be produced with a [Tesla coil](#). The path of the discharge changes drastically with time, even though the voltage and the nature of the surrounding air are reasonably constant.

### Clarke's dictionary

Caspari is the authority for the symptoms caused by electricity, but every one knows the powerful effect exercised on some persons by the approach of a thunderstorm, and the influence of an electric current.

- Nervous tremors, anxiety, fear, restlessness, anxiety, and anguish, violent headaches, palpitation, swelling of parts, are among the most prominent symptoms.
- Pains in the limbs, grievous pains, pains in old wounds, or in enfeebled bodies, from a change of temperature.
- Dragging's in all the limbs, as far as the ends of the fingers and toes, nocturnal shootings, in parts which are paralysed, or else in those which have been electrified, shaking of the whole body, commencing in the maxillary bones, tingling in the parts electrified, violent burning in those which touch the chain.
- General depression and weariness, sometimes with giddiness or with drowsiness, lassitude and stiffness of the limbs, general depression after a meal, uneasiness during a storm.

### Proving Themes

Proving themes of fulgurite extracted from the proving diaries:

Electricity/energy

Euphoria/Patterns/colours/vibrancy

Speed/excitement

High/vertex

Hot/pressing

Intensity/emotion/taste

Connection

Branching tubes/antlers

Exposed vs. hidden

Industry vs. lull

Flying vs. falling

Loss of boundaries/invaded/sensitivity/paranoia

Grounded/earth

Blocked up

Disconnection

Obliteration/violence/anger/threat/tension

Stabbing/sharp

Aching

Itchy

Nausea

Depression/sadness/inevitability

Crying

A 'story' using the proving themes of fulgurite:

It is high, at the vertex, there is a hot/pressing, speed/excitement builds with patterns/vibrancy there is intensity and a feeling of blocked up/tension, then there is sudden electricity/energy and a flying/falling down, a loss of boundaries/invasion and then a connection is made with feeling grounded/earth but with a sharp/stabbing, followed by an overwhelming sense of obliteration/violence/anger. Then disconnection is felt; the lull after excitement and industry, a sadness sets in, until slowly the energy builds again, the hot pressing, the height, and the excitement. And so it goes around.



**Provers 'speaking as one' arranged alphabetically in themes**

Aching

Ankle radiating ache P6 11/11:22:00

Ache along left thumb joint and up into left arm while sitting reading. P7 16/16.15.00 NS

Very tense and aching neck, shoulders. P7 49/ X IOS

The axis of my spine around the c1 and c2's are aching because of looking up the whole time watching over my buddy as he climbs. This is better for massaging and pushing the knotted areas where it hurts the most. P2 8/8:15:00 NS

My back symptoms are again slowly coming back after a few days lapse in symptoms. It is now not quite as overpowering as before but this slight achy feeling is now just in the background annoyance. The feeling comes from the same spot on the left side of the spine about 3 inches above the rib cage. It is quite usual this coming and going of my back symptoms but it is generally affected in new phases of my life, i.e. moving around, new jobs but then it could easily come back once I am relaxed into a new phase too. P2 15/15:12:00 OS

My back has started hurting again over the last week. I think it comes from painting my Christmas gifts and having to sit still in order to get detail into it or it could also come from my bike because I have notice in the past week the seat has gone down from its normal height, putting more strain into cycling. The pain is all over, as from aching in my muscles and I can sense a high tension all the way down the sides of the back, but mostly being about the middle where the lumbar and thoatic join or perhaps a little more in the thoatic. There is clicking but more like big thuds rather than lots of small clicks that go right the way up and down my spine. Twisting the spine helps to alleviate some of the smarting pain around. P2 53/53:XX:XX OS

Back - hurt spine lifting. P4

Aching all along left leg all evening. Knee swelled up and one point was extremely sensitive to touch with sharp shooting pain. P7 52/X NS

Right side jaw joint. Aching pain, which was gone by morning. Extends to right ear. This felt like a symptom from 20 years ago. At the time I felt it was an arthritic pain. It was brief. P8 11/3:30:00 OS

Left ankle still achy and sometimes wince from placing too much pressure, feels across the top of foot where foot meets bottom of leg. P6 9/9:07:00

Getting the same achy feeling as my ankle yesterday in my right toes. P6 12/12:07:00

Back ache 1pm - 7pm - stiff back, feels fragile in certain positions, have to be careful how I move it. P4 5/0:02:23 NS

Dull ache in left arm and hand while driving. May be related to playing a lot of violin. P7 15/15.10.00 NS

Headache on right hand side, over the temple, across to the ear and down the neck. Dull constant ache with nausea and sometimes sore glands in neck. P7 48/X IOS

I still have this feeling that my period is due; there is a slight dull cramping ache in the lower abdomen, pelvic area, on both sides quite equally. P9 40/40:X RS

Headache with the pain focused on the forehead and between the eyes. Started in the morning and intensified throughout the day. I suspect it may be connected to a change in diet that I started yesterday. P5 7/19:00:00 AS

A dull frontal headache (forehead) that lasted all day and evening. P5 10/17:00:00 RS

Another dull frontal headache that lasted all evening. P5 12/20:00:00 RS

Still bit headachy front left, but eased, it goes away during the day and returns a little during the evening. I have had plenty of fluids so I know it's not dehydration. P6 6/6:07:00

Headache still lingering through the day. Worse in the car. P7 24/X RS

Nagging headache through the night. P7 25/X OS

Icy nose - alternating with very cold hands or feet. Headache improving. Aching glands in neck. P7 20/20.10.00 OS

My little finger on my left is hurting as I type. It feels colder than all the rest of the fingers and I find that the pain is quite nervy and aching. I find that it is not being used as much as the rest of the fingers but the little finger on my right it not cold and painful. The itchy toes episodes have all gone since before the weekend. I find that since my urges to eat sugar have been controlled, my toes have improved. P2 52/4:19:29 NS

Left shoulder and upper arm was niggling all night - difficult to lie on that side. A dull ache. (Violin playing arthritis?) I am wondering whether this is intensified during the proving - it has definitely been present and localised in that upper arm and not only after playing violin. The usual ache after violin is in neck, shoulder and jaw. This upper arm ache is different. P7 30/X IOS/NS

On going left arm. Sore upper arm, muscle pain sometimes extending down to hand and up to shoulder. Dull rheumatic sort of ache. Sore to sleep on. The usual violin ache is more typically in my neck, jaw and shoulder. This very definite upper arm ache seems particular to the proving time. Am wondering if it is related to speaking on the phone more i.e. holding the phone up. But the sore while sleeping is definitely new. P7 44/X NS

Left ankle has been twinging and aching, think it may relate to cycling though... Left knee has also been playing up a little. P6 8/8:20:00 NS

Neck and backache but this could have something to do with too long on the computer and not enough exercise. P9 38/38:X RS

Upper back and neck even worse than yesterday, there is even a bit of headache with it. P9 39/39:XRS

Notice an ache down tendon on inside ulnar side of forearms, extending from wrist on both sides.

Repeats several times a day until end of proving and beyond. P1 50/2:15:00 NS

Blocked up/tension

Cycling home from work I got a huge sensation of a ball of phlegm at the back of my mouth/ top of my throat. This made it really hard to concentrate on cycling and I could not swallow it easily and when I did it always came back. I could not spit it out either for a quick alleviation. It didn't taste and it didn't easily move and it was only once I had gotten home that it finally went. P2 17/17:XX:XX NS

I was out walking and came across a pair of ducks on a frozen lake. Her leg frozen in the ice trapped one of the ducks. I couldn't walk away. I had to help her. I phoned a neighbour who knew about birds, an RSPB member. There was a group of us around the birds on the frozen lake. A dilemma - if we chipped the ice away to free the bird it could crack and we would all go down into the water. If we melted the ice around her leg, same result. I was aware of how frightened she was and wanted to protect her. Next I am on dry land and the ducks are walking by. One had an anklet of jagged ice around her leg - Free, yet not free. I also knew that once she settled back into her nest the ice would melt and she would be ok. There is a possible connection between the symbolism of this dream and a situation I found myself faced with the next day. So we could consider there is an element of prescience in this dream. P8 8/X RS

Feel bloated, stopped up. P7 9/09.21.45 OS

I dream that a large black bear is struggling to give birth. She has 3 cubs that are stuck because there is a fourth bear - a cub from last year and much bigger - stuck behind them. I try to help for a long time. A crowd gathers. I notice we are standing on the edge of a cliff. There comes a point where I know if I don't rescue the cubs now that the mother will die. I sense the mother's effort and exhaustion. I get behind the mother and grab hold of the waist of last year's cub and begin to pull. I know that if I can get this blockage out of the way then the 3 new cubs will be born quickly and smoothly. P3 19/XX NS

Slight blocked nose P1 2/2:08:00 RS

Notice hearing is feeling blocked, probably all day, as though a cold has gone on to ears or as though blocked by pressure. Repeats daily until day 4 and every few days throughout proving. P1 2/2:15:00 RS

I have that lump sensation in my throat again. I woke up this morning with the left nostril completely blocked, taking 1 hour or so to clear but ever since I have been left with this lump in-between the nose and the mouth. It feels thick and sticky and as though it is stuck there. It cannot be moved but it is not really annoying enough to try. I cannot hock it up to see the colour, though the taste is slightly mucousy and a little bitter. P2 6/6:12:14 RS

My stools in the last week have been better, yet still looser than normal; at least I have been feeling released and freer after taking action. I have been in the last 2 days fairly blocked up again, only executing small amounts and then straining to execute more and being left with the feeling of more to come but it cannot. There is not nearly as much flatulence as before the provings in that blocked up state. P2 8/8:10:00 AS

Constipated. Blocked up and not releasing the whole lot, very similar to before with my constipation, where I feel completely unrelieved and a lot of gas. P2 28/4:07:00 RS

Very blocked nose with sneezing; particularly blocked on left side. P5 13/6:00:00 RS

Left nostril completely blocked upon waking (and for the following 30 mins) P5 16/6:00:00 RS

Alternately left then right nostrils blocked up. P5 27/7:00:00 RS

Both sides very blocked up. P5 33/7:00:00 RS

Very blocked nose with sneezing; particularly blocked on left side. P5 34/6:00:00 RS

Breathing a bit blocked, first at back of nose area, moving down to Adam's apple area within a half hour. P7 5/05.06.45 NS

Blocked feeling moved to sternum area with a bit of a rough cough. P7 5/05.08.00 NS

No rawness of throat. Slight blocked feeling in top of throat. P7 6/06.07.30 NS

Back to waking with heavy head, forehead aches and blocked ear. (Recalled that teaching on Monday, my right ear felt blocked again, as if I couldn't hear anyone.) Watery eyes. Irritated at slurping at breakfast. Like the beginning of a 3 day post-coffee headache, slightly nauseous with tense back of neck and bruised feeling under eyes. Numb tense back of head. Want to do nothing but I know it is worse for lying, reading and after sleep. Better for cold hand pressed on, though generally better for warmth. Icy cold nose. Headache gradually improved through day. Daughter 3 was with me today and she had the same headache. P7 14/14.08.00 OS

Daughter 3 talked about her right ear, which would not unpop (she has lots of catarrh since taking her remedy). Left one had cleared. It seemed strange to me that we should both have the right ear blocked. P7 14/14.12.30 RS

Post nasal catarrh, right hand side with blocking and unblocking right ear. Then watering eyes. P7 19/19.07.00 RS

Feel constipated, usually I would have a poo in the morning and at night, but hardly anything is shifting. I am just used to go in the morning and usually in the evening, there is no proper urging, it almost happens naturally and maybe is part of a routine (timing). As I got up too early my body wasn't ready. I did sit on the loo, but I felt and knew it wouldn't happen. I just know when my routine is upset; there is no point in even trying. P9 29/29:X AS

Dream snippet of being with my aunt and coughing up some very dense catarrh. P1 36 12:07:00/NS

Dream of having a cold and remembering previous dream of catarrh. P1 37/13:07:30 NS

Daughter 3 phoned. She told me that over the past few weeks she has had a closing up feeling in her throat, with pain in the diaphragm and up through her throat. Better for exercise. Her throat has been tight generally. Over the weekend she had an occasion where she couldn't breath and couldn't talk, it was so bad. She had to borrow her friend's asthma inhaler. This was remarkable to hear after my own throat symptoms. P7 31/31.19.15 NS

Nasal congestion with lots of sneezing. P5 5/9:00:00 RS

Sensation of constriction in throat - lasts several seconds. P1 0/0:18:00

Tight upper back and neck. Left arm still sore, shoulder to hand - achy. Cracking left shoulder. P7 50/50.07.00 IOS

Eructations like bubbles up from heart area to top of throat. This happens particularly when out walks. This seems strange to me and seems unrelated to whether I have eaten or not, or what I have eaten. Quite uncomfortable. It feels like the opposite of drinking sparkling water, which brings relief. (Compare once during proving when it hurt.) I cant recall when this started, and I do recognise it as something I've experienced before, but it has been very marked during the last few weeks and on-going. P7 41/X IOS

On the way to school. Feeling of failing everyone and myself very strong - what is the point? Terrified at the idea of my children not managing and that I have been inadequate as a parent. Feel like there is no end to the terror of what I must do. Felt like crying on the way to school but could not let myself because of having to teach. It stuck in the mid-chest to throat area. Then it became difficult to swallow with a lump in my throat. Right side of throat became sore. Bubbles started coming up again. Had to work really hard to try to put all this to one side and teach those kids as if all was fine - managed to reach the 'still, calm centre' enough to get through the day. P7 45/45.09.00 IOS

Can't go to the loo before setting off to Stroud. Feeling of fullness all day, hoping desperately that something might shift. P9 27/28:X AS

Feeling of fullness and distension, still lack of movement. P9 30/30:X AS

I have a really furry mouth and thick phlegm. I noticed this whilst cycling home from work and found that spitting did not help alleviate the symptoms. The texture of my gums was very rough and carpet like. I guessed that it could have been my new diet of porridge every morning rather than the muslin and yogurt I usually eat. When I got home the symptoms went. P2 18/18:XX:XX NS

Increased mucus and sneezing. Normal for me this time of year. Moulds/spores. Intensified since Rx. P8 2/X IOS

My back feels locked up. It is not clicking like it used to and the alleviation is different after stretches, it feels better, yet as though it is locked and there is more to relax but altogether it is jammed or locked up and feels like it has got any potential to loosen up more but cannot. The shoulder feeling is gone almost or very slightly coming back because it hasn't really been there for the last week. The emphasis is on the left side of the spine a point where there is a tight knot and is almost continuously painful. This point is almost in the middle of the rib cage but a little bit further down if anything. There is another point, still effected but not as noticeable towards the shoulders and also more to the left side of the spine. All of the muscles feel better for massaging and pressure; it relieves some of the stress in those points. P2 7/7:09:30 AS

Lump on dog's right ear is now black, hard and dry, like a dried blackcurrant. Bizarre change from the bright red of that first proving weekend. P7 22/X NS

I have had this lump at the back of my throat. It was between my mouth and nose and it stayed there the whole day. Though my nose has cleared up it feels like the symptoms have moved backwards and got stuck between my nose and mouth. P2 1/1:13:00 NS

Pain, swelling. Very difficult to swallow anything. Feels like a lump. A raw feeling that stings and almost feels burnt. I am very susceptible to throat problems if I get stressed. This sore throat more intense than usual. P8 29/X RS

In kitchen, were very clumsy, dropping things and bumping myself. Felt like crying and just stopping doing anything. What is the point if everything is going to go wrong any way? But could not stop or I would be judged as being lazy. Felt like I needed support and to be looked after - and that I would not be so must manage. A feeling of crying deep inside with a lump sensation in chest/throat. Difficult to make eye contact with anyone, covering up how I feel, could not eat last mouthful of breakfast. P7 12/12.08.00 IOS

Woke but kept eyes shut. Lurking headache with forehead feeling heavy. Intangible blockness of nose and sinuses - dry, hot feeling. P7 6/06.05.30 RS

Lots of mucus. Unusual in that it's clear. Not excoriating. When I have had pain with sinus congestion in the past the mucous would look infected. Definitely connected to sinus congestion. Sneezing a lot. P8 23/X RS

I still have lots of clear mucus. Watery. This has been fairly constant throughout. Lots of sneezing with a feeling of congestion. Like day 23 but not as intense. P8 37/X RS

Excess mucus, I think I am coming down with s.th. P9 5/5:X AS

Still excess mucus; still think I am coming down with s.th. P9 6/6:X RS

Still too much mucus, feeling a cold coming on almost every day (didn't mention as it seems to be just there). The mucus is in the throat area and I have to clear it, as it just seems to build up otherwise. P9 27/27:X RS

Lots of mucus and coughing, feel like a cold coming on (again). P9 15/15:09:35 RS

I feel as if I don't go the loo enough as if there is water retention. First my right hand feels swollen, then I can't get the ring off the left hand. Weighing 5 pounds more than in the morning. P9 4/4:X NS

Dealing with communication with difficult mother of a pupil about non-payment - I felt shaky and sick with nausea rising and sitting at the top of my throat. I would normally feel sick in such a circumstance, but was very aware of the feeling lodging in the top of my throat. P7 34/X AS

I have a similar feeling to that sick feeling I had in the car talking to my friend but it is slightly different and not so much nausea as last time. It feels as though the stomach is working too hard and it is very tense in that area. It first came on when I got home from work and I ate 2 packs of crisps after an intense cycle from work. It sort of subsided by the time I had dinner but afterwards the feeling came back even stronger now it feels so tense that it is close to cramping. I did just at 22:30pm have lively argument with my step dad and I think this has aggravated the symptoms making me tremble whilst talking to him. I also have this feeling of being cold but not and that then has a trembly, achy and weak feeling all over my upper half of my body, sort of only skin deep feeling of achy and weak ran through all of my muscles. My tummy was still being affected in the lower parts this was a really sore deep feeling, like a solid weight was too big to fit in there and no movement or relief could be found. P2 4/4:23:16 NS



Pain, forehead, between eyes. Feels sinus congestion. Lasted all day. P8 23/X OS

Congestion and cold-like symptoms, with lots of sneezing and very sore, itchy eyes. P5 4/18:00:00 RS

Sitting room door is sticking - really noticing it, as if we may not be able to get in or out. (Started yesterday just before brother arrived.) P7 14/14.10.30 NS

Knee is hurting today, to walk on, stiff around joint in its movement, like its been stuffed with sawdust and it's tight and painful to move, it's swollen. P6 9/9:12:00 ROS

My jaw feels stuck and there is a corresponding pain in my vertex, at my temples and under my ears where my jaw hinges. P3 2/2:12:30 OS

Stuffy nose off and on until 22.50. Top back of nose. Like the beginning of a cold but it just went away again. P7 0/00.19.10 OS

Starting a sore throat, a little swollen. Slightly itchy. It hurts to swallow food, better for warm liquids. Worse on right side. Low energy. P8 28/21:00:00 RS

Dream: I am in a room full of people standing and waiting for a big announcement to be made. One man is talking. It is his job to introduce the second man, who is more important and who is going to make the announcement, for which I am sure he is to be congratulated. There is a problem. The second man is waiting for the first man to stop talking so that he can begin his piece, but he does not stop talking. The second man waits and waits and then becomes angry as he realises that the first man intends to deny him the opportunity to talk. Eventually the second man draws himself up and begins to talk over the other man, who, in turn, raises his voice such that there is this competition for attention and a great cacophony. It makes the rest of the crowd feel increasingly tense, uncomfortable and agitated. There is a woman in the crowd who is a friend of mine. In the dream she is much more radiant, glossy, healthy and young looking. She says to the crowd - 'right let's run' and completely breaks the mounting tension by running to the end of the room. The crowd follows and runs with her en masse. When we get to the end of the room we turn and run back. We run back and forth this way, dissipating the tension. The tension is completely diffused by the act of running and the crowd is relieved. P3 13/XX NS

I am tense and irritable out of all proportion to the things going on around me. I have upset most of my family today by being angry and irritable. There is a nervous tension in my chest/solar plexus. I don't seem to be able to breathe past it. P3 34/34:11:00 NS

Woke into the feeling of the dream. Tense shoulders, knotted tummy, heavy heart and breathing. Tried to watch myself tying those knots - gradually came to terms with the fact that it is myself I need to look to do the untying. P7 23/23.07.00 AS

I have agreed to spend the night at my parents' house. My mum starts talking to me about something I don't want to discuss. I instantly feel like I want to leave to get away and go quickly. I feel trapped and tense. To get rid of the tension I feel I must go. P3 20/20:01:30 NS

I arrive in class and want to leave. I feel tension in being seated/static. In break time I feel cornered in a conversation I don't want to have. I want to leave. P3 27/27:10:30 NS

At one point on the journey the tension begins to rise again. I swear and curse at the top of my voice for 5 minutes until I feel foolish/better. P3 29/29:16:00 NS

Very angry with the children at bedtime, felt I was overly impatient with them. P5 15/19:00:00 RS

Overwhelmed by grief. Both parents died earlier this year - close together. I cried practically all day. This is the most I've cried since it happened. This felt like a release. The grief was out I had fought it at the funerals. (Explanation - today I received paperwork to process the selling of their house. It has been the family home for 55 years and losing the house feels like an added grief.) My energy is very flat. P8 27/X RS

Feel throat is lumpy, swallowing feels strange, and breathing seems affected. But it's ok once I get moving. P6 4/4:07:00

Itchy, swollen throat. Like an allergic reaction. I get this sometimes but it hasn't been this intense for a while. P8 8/X RS

My left heel on the Achilles on the back of it has been really tight the whole day. I first notice it this morning and it is still not loosened up. As a comparison to the other it is very tight as if it does not have any movement but once moved it is perhaps just as flexible. It is quite a solid feeling and I notice it especially when I am moving. P2 40/16:07:00 NS

Resting knee today, still tight feeling around it, like it's in plaster cast. P6 10/10:15:00

Kept tenting my fingers all day today - finger tips to tips - clasped hands, index fingers pointing up, against chest. Tight and strong and powerful feeling. Playing around with the energy. P7 30/X NS

Cross my legs and trap my right testicle. P4 0/0:00:14

Cried when B left, as she is such a good and generous friend and treated me with such respect and love (opposite to my father). Very difficult with father. I feel trapped, can't even use the computer as he is in his room all the time ("poorly"). In fact he is drinking too much again (which has been an issue since my childhood). It is quite threatening psychologically, as I feel so open. His moods and psychological attacks can hurt so easily. P9 6/6:18:00 NS

I sometimes get a spasm in the oesophagus when eating. Normally it is a little painful and goes quickly. This time it was extreme and lasted for hours. Intense pain in the diaphragm and shooting down my arms. Sharp, burning pain. Nothing I could do to ease it. Tried different positions; breathing technique; staying still; motion; rescue remedy; nothing helped. I considered phoning an ambulance because I felt the symptoms were like a heart attack. Extreme salivation - couldn't keep it in my mouth or swallow. Swallowing was impossible. I took a remedy - Black Obsidian - this was an intuitive decision. No thought processes got me to this remedy, I knew it would bring up what was trapped deep within and that was the sensation. Something trapped needed to come up. Immediately after the remedy I got very hot and started to perspire. Then I coughed and an enormous amount of phlegm came out. It was white and stringy - like egg white and it dangled from my mouth at least twelve inches long. After this I slowly recovered. P8 40/18:30:00 RS

Woke with tight shoulders, twinging pain in right side of neck and blocking and unblocking ear. P7 17/17.06.30 RS

Headache, right temple going to neck, with twinging pain in neck now and then. Very tense shoulders. Blocked right ear. P7 21/21.06.30 RS

On drive home my ears were popping and unpopping more than usual. Some twinging pain in particularly the left ear canal. P7 30/30.18.00 IOS

Ears feel as if under pressure and want to pop, although there is no change in altitude. Very unpleasant. P9 10/10:X NS

Headaches over the weekend, for 3 days straight also needing to pee, like I cannot empty bladder, started having to hold it in and direct attention elsewhere. Waking at 2am every night. P6 20

I keep forgetting to write this symptom down because I am always on my bike when I feel it. I get this feeling of a bladder infection every now and again whilst cycling but never have the usual symptom of bladder infection with the urging without relief. I just have that pain in my groin as if I had a bladder infection. The pain is a light pressure as if my urethra is getting squashed on my saddle and a slight stinging sensation is then apparent. I would say that this has been there the last 2 weeks on and off. I only notice it once I have been cycling for about 5/10 mins when it does appear and it is only apparent when there is pressure to the urethra and not when I urinate. P2 11/11:XX:XX NS

In the afternoon my voice went small. I found I had to repeat things twice before people heard me. It felt like a huge effort to produce a voice and make myself heard, both in volume and enunciation. The voice got stuck at the base of my throat with a heavy feeling in my chest. (It reminded me of when I started teaching age 23 and had a strong accent – pupils couldn't understand me and I was not aware of speaking very quietly. Eventually I got laryngitis and could not speak at all.) Verged on the feeling that no one wanted to speak to me and I was not worth hearing. P7 28/X OS

Tight sore chest, better for hot pressure, with a stuffy nose. P7 7/07.20.30 NS

Bizarre feeling from heart area up through oesophagus through throat. Almost all the time, a feeling of blockades somewhere along that line. Often difficult to swallow food because of blocked feeling around the bottom end of my oesophagus - often hot around there. Has been quite intense during proving. P7 41/X NS

Digestion feels quite blocked up - odd gurgles (bubbles rising) and not much action. 'Sheep poo' now and then. P7 22/X RS

Branching tubes/antlers

Dream: Someone asks me how a man in my dream is feeling. The man cannot tell using words but can show. He does this by growing an immense set of antlers. The final branch of each bit of antler is a razor sharp knife. This is exactly how the man feels. Even as I wake and record this dream I have to draw it rather than write about it. This repeats the sense of having flipped into the visual channel. P3 3/XX NS

I notice antlers everywhere this weekend: on a bottle of whiskey, in a homewear shop, in a picture in a restaurant, my neighbours coat rack. P3 10/10:13:00 NS

I'm seeing antlers everywhere. They're flirting with me in the environment. P3

More antlers about today. A ram's skull in a Georgia O'Keefe painting. Mounted skulls in a Sunday magazine. I also came across my daughter reading about the herd of deer kept at a local castle. P3 19/19:00:00 NS

There are antlers everywhere: magazines, bottles, pictures, catalogues, and menus. P3 23/23:19:00 NS

I am watching a film and am struck by the huge number of stuffed animal heads on the wall. All different types of deer, moose, antelope. There are about 30 of them. P3 24/24:20:00 NS

#### Connection

I felt very affectionate towards the dog - usually I am too tired and irritable after a weekend on the course. He was very friendly too - curled round and snuggled up. P7 1/01.20.30 NS

The day was all right. I felt I managed to balance, get centered in my own identity. As a result, I was not knocked off balance by people or events and could be affected and let it pass. Felt slight bounces back to a tentatively positive feeling of last week. Unusual for me to recover from negative 'stuff' so quickly. It feels like my old stuff is being brought up to work through. P7 12/12.20.00 NS

I hear the beat of many hooves during the meditation. P3 0/0:18:15 NS

I saw 2 large buzzards, cycling along the cycle path, I disturbed one and it flew up very big wingspan, close to me and took off over the trees. Then 5 mins later the exact same thing happened again. It was beautiful. Powerful big birds, both time only a few metres away from me. P6 7/7:13:00

There was a group of us on tiered seating, on the water. We were observers to an experiment. There was a boy in the lake. We were there to observe how the bird would behave with the boy. It was a small black bird and it flew to the boy and made an immediate bond with him. It went straight to him, sat on his shoulder, head, foot. They were completely bonded - as one. To further our experiment we sent the bird to another group of people to see if the bird could bond with someone else. We offered the bird a very famous man (a Simon Cowell type figure) He was groomed, suntanned, very confident. The bird quickly rejected him and he looked quite perturbed that the bird would not choose him over the boy. The bird flew straight back to the boy who was now sitting high in the water on a rock. P8 12/X RS

I saw Swan Lake at the theatre this evening and felt that this was linked to my dreams of birds and water. A possible theme. This was booked many weeks before I knew I would be doing the proving. P8 16/X

Buoyant feeling today and wanting to be in touch with people - ready to talk to people and listen. Not an effort and not tired after each encounter. Positive. P7 31/X NS

Feel light and calm, beyond is coming forward and revealing itself. Things feel like they are coming together. P6 0/0:18:13

Visited friend's new baby. I was very comfortable holding him. Thought of him just being and his digestive system working away and him coping and reacting to it. Felt very right. P7 6/06.12.00 NS

Had a day of communication from my house out, of being in touch. Suddenly I found I could write a

letter to my mother and sister (they live together, my sister cares for my mother), where I've found that very difficult for the past few years. I found I could phone my sister and chat and it felt good and normal. Today I had no difficulty over phoning and writing and emailing and am not worn out by it. Contacted nearly every member of my family. It feels good to be in touch. P7 4/X NS

My brother phoned and had managed to have a long chat with my sister and another planned for tomorrow. He said it's the first time in 5 years that he has managed to talk properly with her. (They live close to each other.) Usually he has to leave, says she won't 'give'. He gave me advice that what she needs is for us all to be in touch and chat. (There are 4 siblings.) It seems an odd coincidence that this has come up now, with all my other 'getting in touch' symptoms. I don't often talk on anything other than a superficial jokey level with my brother. P7 6/6.18.00 AS

Walking down a very very long staircase that goes on and on for as far as they eye can see, on the steps people have stalls set up and I stop and talk to them. It is fun, travelling down and chatting on the way. I feel confident and in control. P4 9

Positive feeling all weekend - Friday, Saturday, Sunday. Felt outgoing. I forgot my watch, but enjoyed the contact with other people over asking the time. Normally I like to be self-sufficient so I don't have to approach people. Was not nervous about speaking in the group, none of the usual palpitations. P7 2/X CS

I go out to a very busy party at a local pub. Over the course of the evening I have 4 or 5 conversations with other women where I feel we are really making a connection with each other. I realise that I am very strongly drawn to female camaraderie and conversation. It's another really fun night out. I feel we should all be spending more time together. I want to be friends with them all. P3 10/10:21:00 NS

Felt thoroughly at home holding friend's new baby. Again the connection was that he was totally preoccupied with his tummy. My stomach started to gurgle in sympathy as I was holding him... P7 41/41.13.00 NS

Dream: I was in a car driving with a strange woman from somewhere like my childhood hometown, across somewhere like Orkney. She was going to commit suicide by drowning and I was going to do it with her, although I didn't feel perhaps I should. I had to leave the dog behind as we drove up a long hill - I hoped he would follow but he didn't. Green grass, blue sky, sea, islands. I felt compelled to go back, riding and pushing a box on wheels. Someone positive appeared on a bike (like my mother when young?) and said I don't know how you can leave. I said 'I CANT.' and knew I couldn't. Desperate to find the dog - found him down a grassy track, hugged him and cried. Woke with the feeling of having cried a lot. The suicide part of the dream was new for me, the other part I have experienced similar before. P7 10/10.03.00 NS

I have been surprised again by what was brought up in the last proving gathering we have had. I noticed many people mention that they have been feeling a cut off feeling from the rest of their families and somehow, miraculously getting into contact with them and this was a good feeling! I have also this cut off feeling due to being so busy and not having much time to try and get in to contact. My brother then text me today saying do you want to Skype. So I finish what I am doing at the bank and go home. I then talk to him about how he is feeling depressed and needs more contact with us and so on. He then phones mum, at home and tells her he loves her (this never happens) so then mum phones the rest of us and tells us what he just done and the whole family felt, to me, connected in a moment! Which is a great feeling. P2 41/17:16:00 NS

I am daydreaming about a dancer who moves ceaselessly and seamlessly from one shape to another. P3 3/3:12:30 NS

Deep-felt need for a central hearth in this house over these weeks - not previously such an explicit thought or acknowledged to this extent. Candles, firelight, flame - feels akin to the need for music and sunset/sunrise. Great joy in these. P7 X IOS

A little enthusiasm, which feels more, like 'me' - relief. P1 4/4:19:20 RS

Feeling deep in the flow. P6 16/16:22:00

I have the desire to play the violin for a few weeks now. I haven't played since my teens and no longer know how to play. But the desire to start again is quite strong. I have the violin. I have purchased a new bow and rosin and I am learning from YouTube. I am constantly listening to classic FM. This is really weird. P8 20/X

I doodle a giant spiral and small pea-like circles as I talk to my supervisor on the telephone - these are the same doodles I drew the day after this proving started. P3 7/7:13:00 NS

I wanted to stay up and talk to people and I had fun doing so for a little while but I really wanted to just go to bed and sleep so I did. Drained and over-tired. The early start and sitting down the whole day after a busy week was the main instigator. P2 0/0:19:50 OS

I notice that my dreams and reality seem to interlink, the places, the people. P6 5/5:06:00

I've been listening to pop music by preference these few weeks - apart from Bach, that is. Usually I can't bear the monotonous jangling of it, but now I'm finding it enlivening. It's like joining in with something, allowing myself some freedom, becoming a pleb. This has been happening since the beginning of the proving, but I didn't quite recognise the shift. P7 24/X NS

Feel like I'm coming more into myself, expanding, attuning to who I am in my core, feeling the effects of this rippling outwards into the environment. Feeling very present and content with who I am. Was feeling very tired yesterday evening, busy day doing homeopathic essay, feel more relaxed today. P6 11/11:11:00

I go for a swim with 2 friends, and again, feel liked and appreciated. P9 51/51:X RS

It's still getting better, how I feel around humans. P9 53/53:X RS

Found out that Daughter 3 had constitutional remedy at start of week and it made a very great difference - she could do all the texting she has as hockey captain without effort. Had been having a very bad week (since proving). P7 14/X CS

Daughter 3 phoned. Both very glad to open up and talk about these few weeks - she hadn't been able to before. I felt strangely able to talk to her about how I felt instead of trying to protect her and not burden her. We discussed that and agreed it was better for us both to be more open with each other as we can't help affecting each other. She described the last month plus as a real struggle - not able to do work, meet deadlines, and deal with people. Great intolerance of people. Would sit down to work and have tremendous doubts about her capabilities and be unable to do anything. Self-harming, cutting.



Lots of crying. Thought of easiest way of killing herself, the most pain free - a change here because previously with her it has always been about inflicting the most pain on herself as punishment. Exaggerated old feelings of not wanting to be on her own; but when on own gets stuck there. Very scared of own thoughts, 'what I might do'. Manic episodes - drinking and venting stuff, not remembering what afterwards (One of these could have been a result of taking constitutional remedy recently.) Yesterday (Day 52) was very bad for her - crying, making self sick, self-harm on right leg. (Again, she had not self-harmed for 6/7 years until the proving - see previous entry about cutting on the tummy, on the Wed before the proving started, entry 71) At 5p.m. (when I took the Arnica) she was suddenly able to leave her room, go downstairs to be with another person. She was still crying, but found she could do some work, draw a duck. She felt this as a big shift. She also woke this morning feeling a lot better and more positive. P7 53/53.12.00

She waits in the car while I go for a short swim in the sea. Perfect, just the sea and me. When I am back in the car a friend messaged if I want to join her for a swim. Happiness as I pick her up from her place and drive to a beach to spend time together and have a swim. P9 9/9:5 RS

Swim in Alatsee, very cold but it doesn't bother me; I feel one with the water, completely dissolving, happy and free. P9 6/6:X AS

On a walk, realise my hearing is more acute than usual, as though perception reaching further into distance. This heightened hearing repeats day 4. P1 3/3:17:00 NS

Still really keen to be in touch with people - emailed a friend immediately I got home to arrange a meet up tomorrow. Normally I'd feel too tired to decide and hesitant about intruding, fear of being judged. (This is a long-standing feeling, probably since onset of puberty. See previous entries about out-goingness.) P7 5/05.18.00 NS

I notice my joints, and how they fit together, I notice how they move, the white bones of my body, how they interlock, how the skeleton is white from top to toes, it feels loose and flexible. P4 0/0:00:09

I go for meditation after breakfast. Quite good in getting still, don't beat myself up when a thought comes along!!! P9 2/2:09:00 NS

Really enjoyed concert. Felt I could open up to the music in a way I have not done for years. It was intuitive, not at all cerebral or intellectual. It felt good watching the fluid dexterity of the violinist - and I felt there with him. P7 38/38.20.30 IOS

Sister 2 phoned. She talked a long time. I was not resistant, defensive etc. about family, house, mother - matters which have been very difficult for me to deal with these few years since my father died. Opened out. P7 7/07.13.30 AS

I have just recalled something my daughter mentioned when we were watching the old video two nights ago - she noticed a gesture I made when teaching golf, an opening out of hands and arms after I finished explaining, She says I still do it now. I was totally unaware of it. P7 23/X NS

Our girl's night out is fun. We don't talk about the school run. The conversation is explicit and outrageous. We enjoy each other's company. It feels like we are quite real with one another. P3 6/6:20:00 NS

I'm going out again! I'm meeting a friend for lunch. We discuss her outrageous sexual jealousy. We laugh a lot. P3 7/7:13:00 NS

Quite a lot of parallel symptoms with daughter 3. Particularly the being in touch happily with people. P7 14/X NS

I lived quite a solitary existence pre proving. I definitely feel it's a bit different. I feel like I'm part of a group of people, who are looking after each other, sharing the load together. It's playful but supportive. I feel like I'm in it with other people. I am being more honest with people; I am saying how I am, really. People are responding to it in a really positive way. Normally I'd cover it up, pass the time of day, I'd get in and out. I'd be slightly more irritated by sympathy. Now it makes me feel less isolated. P3 11/11:10:00 NS

Today has been another positive day with people coming and going, phone calls, getting tasks done. I have not felt held back - happy to be who I am doing what I'm doing now. P7 32/X NS

Dream: of my children when young, a shopping trip. Playing on the display beds in a furniture shop. It was pleasant and relaxing remembering the good feeling of them interacting with each other. Unusual, because there is usually anxiety of some sort in dreams about family, and this one felt reassuring, that my children had had an alright childhood. P7 11/X NS

Since the proving I have noticed I have regained a certain ability to read and retain information, which I've really struggled with for years, possibly even since university. It is wonderful to not have a constant battle with comprehension. P7 12/X CS

Notice there is a feeling of sensitivity but not emotionality, very little softness but feels ok. Integrity feels especially important. P1 2/2:18:00 NS

I am missing my girlfriend. This evening I have had a slump of energy (not a massive drop but a definite shift) and I really really am missing her a lot because of the tight connection we have and the understanding of the ways we are and I missed that. I guess the feeling was a yearning for a hug and something close because I have been pushing it hard and I know how hard I will have to push it in the weeks to come. I feel that I connection has tighten its bond because I really rely on her in certain situations. P2 37/37:XX:XX NS

I am feeling sociable. I feel like going out for a girl's night out. I ring around my friends and organise it. I don't usually do this, as it's too much bother to make all the arrangements for babysitters and after school care. P3 6/6:18:00 NS

There is a lot of partying going on. Lots of invites, even for my son, which is unusual. As I write this I get another party invitation by text. P3 7

Unusually at family dinner (myself, my husband, son 27 and daughter 25) we all talked openly about the fact that we had all had a bad day. It was not self-indulgent outpouring; it felt good and gently constructive. Usually I'd try to be stoic, hide away or burst into tears, feel ashamed and hard done by. It also helped me to talk it through with my supervisor. I feel that this is a situation I know well but this time I have been able to recognise and move through it rather than being paralysed by it and terrified to face the consequences. P7 10/10.19.00 AS

The room looks very wide and clear. We are small and one unit under it. A feeling of good togetherness with other people. P7 1/01.15.00 NS

A little reconnection to more usual sense of trust, that even the feeling of separation is part of life living, brings relief. P1 16/16:18:00 RS

I feel more 'myself' and again hope the proving will be over soon. Work is more back to usual. P1 17/17:11:00 RS

I volunteer in a community farm shop (opening day) and feel so appreciated (for the first time in months). People seem to like me. P9 50/50:X NS

Crying

I feel cold, empty and very very sad after the news that I was not chosen for the job over the winter. I get quite angry and cynical first can't stop talking about it, how disappointed I am after all I did with extra hours etc. Then I get sad and weepy. Cannot contain my tears and show them to too many people. I feel raw, sore, bruised. I feel treated so unfairly! P9 20/20:17:00 NS

Crying. I don't know who I am. P7 51/X IOS

What actually made me cry was the sound of a bird out the dog walk which sounded just like a mobile phone and felt like the last straw - as if everything was calling on me to do something about it. P7 10/10.17.00 NS

I felt very tearful while talking to friends about issues to do with my husband. Felt relieved/better after crying. P5 18/19:00:00 RS

Period as good as over, hardly any pain this time, not that much bleeding apart from first 2 days; just tearful and sad before. I can feel tearful for lots of reasons (joy, pain, if something really touches me deeply). The crying in the office seemed to be excessive (period related) P9 27/27:X RS

A prover takes the proving remedy and tears roll down his face continuously. P3 10/XX NS

Period starts, now I know why I was so weepy over the last 3 or so days. P9 23/23:10:10 RS

Depression/sadness

Again I feel I have only the scantest recall of my dreams. There is so much more there, just beyond my grasp. Not like me at all. P3 2/2:06:30 NS

Someone asks me a question about something that happened in class the previous day. I cannot remember at all. I struggle to find the memory, the answer. I cannot. It lies just out of grasp. P3 2/2:10:30 NS

Spilt hot soup all over worktop and on my left hand slightly (no burn). Felt very clumsy and on edge. Had to deliberately slow down so as not to cry/scream/go into melt down. Have not felt this so strongly for quite a while. It is the feeling when getting tea ready for young children at the end of the day and you break a milk bottle. P7 13/13.14.00 OS

I cycled to the library after work and I had forgot my bike lock at home, so I could not lock my bike and

go use the library. This was the second time this week. The first time, on Monday, I had forgotten my keys and so I cycled back home to study. This time I was really upset with myself and rather than cycling home I went in search of a shop that I could buy a lock to keep at the library and I would then keep the keys on me. No shop was open and I went into a superstore, which didn't have one. I struggled to find something so I slowly cycled home and was feeling quite depressed and upset that I could not achieve what I wanted to achieve. Once at home I got some of the curry out that I had made earlier than week heated it up, had a beer and watched tele until 1am. Not my usual way of getting over myself but the best way to stop my brain from ticking over with this upsetting crash I have had this week with money and not achieving (which was inevitably the forgetting things that did not help me achieve). P2 26/26:XX:XX NS

Daughter 3 has also had a few very bad days - unable to get things done, very depressed, sleeping a lot but not refreshed etc. Have been talking to her a lot on the phone. P7 46/X RS

After last night and a dream night full of disappointment and people letting me down (no proper memory though) I feel very low. P9 27/27:X RS

I'm fed up. Feel like I've had enough of this. P3 22/22:16.30 NS

Late getting up, don't plan to do a lot apart from going for a swim. Visit a friend of mine who is as "aggressive" as she can be and I feel like beaten, don't want this treatment in my life anymore. P9 9/9:X AS

Spilt pegs all over the grass. Felt like crying, instead went oh well. P7 13/13.12.00 OS

I feel completely flat. No energy. I don't want to talk, I feel heavy with heavy eyelids. Like a weight is pressing me down. It has a very 'still' quality to it. Ear symptom has gone. P8 18/X RS

Exactly the same as yesterday. P8 19/X RS

I have really had enough of this proving. I've had to drag myself to make these entries in the journal. I would like to avoid the whole thing now. P3 34/34:11:30 NS

Headache mostly right-hand side with nausea. Worse reading. Better hot shower. Better cold hand on head. Better eating. Feel like crying, that no one loves me! P7 47/47.17.00 IOS

I wake feeling low. It is more intense than yesterday. I do not want to speak to anyone or be spoken to. I am very uncomfortable in my own skin. As the morning draws on and I feel more wretched, I develop heartburn in my solar plexus and cannot breathe deeply to calm myself. It is as if I cannot breathe past the tension in my solar plexus. All the feelings of anxiety, discomfort and heartburn are centered here in the solar plexus. P3 29/29:10:00 NS

Feeling flat emotionally, unmotivated, want to sit and stare, an uncomforted feeling that wants to go to sleep and shut off for a while. P1 10/10:15:30 NS

Very unsure day at school. Going in was like the anticipatory anxiety before flying (I have been terrified of flying for years, once had a panic attack over the Himalayas. However, when I was a young teenager I remember being exhilarated by it). In school I had the feeling of being the enemy, being laughed at, that what ever I did would fail and be wrong - the feeling was particularly around the secretary and the

H.O.D. As if they are giggling behind your back and you are not in on the joke - that you are the joke. This is the opposite of the friendly, open feeling of the start of the proving, when I felt I fitted in and that this was a job I could do. In fact, the teaching went well and my pupils were friendly and well behaved. I recognised this as I taught, but could do nothing about how I felt. Hard not to feel like a kicked dog - hard not to try very hard to please - hard not to cry! P7 40/X IOS

Dream: gravel sand beach, deserted, no sea, just a long sand strip, like a grubby beach in Hong Kong. I was driving a Cadillac-type car off the beach and through an open-air café area, slowly negotiating gaps between tables and chairs. The scene felt lonely and abandoned. This is the first dream I've had since the proving started. P7 6/06.06.30 NS

There is antagonism between my children this morning. My tolerance for it is very low. It has the effect of creating a nervous flutter in my solar plexus and then, as it continues, I feel very quickly ramping anger. I intervene to make it stop but quickly become more angry myself. There is a quick and extreme escalation in my stress levels until I feel I have a huge energy inside me that is very uncomfortable to hold onto. There is an irresistible urge to rage at my children to expel the energy and relieve the discomfort I feel. I just manage to stop myself from losing it completely. I feel guilty, very distressed at the aggression I felt towards my children and I wish the proving over. I do not like this proving. I feel like it is damaging my relationships and me. It makes me feel angry, sad and desperate by turns. Anguish and misery. P3 36/7:30:00 NS

Walk with husband and dog round lake at Country Park. It rained, luminous sky and black silhouette trees, bushes and a heron on a buoy. Reminded me of the vision from a few days ago, the same feeling of clarity in my mind. P7 9/09.07.30 NS

Until then just "out of place", not belonging, low, sad, down. In supervision with Penny I used my patient 4 as person to spend time on a desert island with (exercise). We capsize and cooperate, 4 are the brain and I am the muscle/practical person. I am aware of her cold hands (Raynaud's) and try to make sure she is ok (sun, fire etc.). P asks why I think she is the brain and I practical. Then s.o. asks why I not try to make her be more practical (give me more in the consultation without pushing her). I start to cry, feel such a crap homeopath. I have to leave the room. P9 1/1:13:05 AS

I need permission to stop being brave; to cry and be very, very sad about things I don't talk about. I feel as if I am bearing the weight of the family's problems on my own - I need to be strong and I'm not. Desperately worried about Daughter 3, I desperately want her to be ok. I can't help and can only be open and there when needed. Worried my mood affects her - no matter if I cover up and put on a good front, the mood is still inside. I feel better after talking or crying. If these were not so taboo, it would be better for me. A song on the radio about being low and sad, reaching the bottom triggered this outpouring. P7 21/21.09.30 IOS

Dream about being very touched by someone's work and intentions. Yet as I wake there is a question about what, if anything, is truly useful to the world - a flat feeling. This flatness feels related to the pointless feeling. P1 21/21:07:00 NS

I feel very sad and low after 2 blows: One at work (they will only take on one part timer over the winter, out of 5 candidates). We were told it would be 2 people, now the chance is 1:5... How are my chances? Very frustrating. Feel like the odd one out again. I had such a good and happy day at work that it really hits me to the core. P9 14/14:X NS

A small wave of sadness, as though something wants comfort but nothing that could comfort. This subtle sadness repeats days 3, 4, 5, 6, 10. P1 2/2:19:40 OS

A small wave of sadness, pointlessness, fed up. This slight feeling of pointlessness repeats approx. every few days throughout proving, noticeably days 3, 4, 10, 21, 39, 55. I sleep/ zone out for a few minutes. P1 3/3:11:45 NS

Wake with the thought I'm not enjoying my life - very unusual and relates to the pointless feeling. No emotional reaction to this. P1 55/7:08:00 NS

Dream: A very old friend died. I am at the wake. There are not many people there and the friends he had all seem to be from 15 years ago, when I knew him. Where has his life been and gone since I knew him? Its like he's done nothing at all in the long years since I knew him. Like his life has been nothing, no impact any change. That's depressing. P3 34/XX NS

Cold-type symptoms worse in the car with warm aircon - felt like I was slipping back into negativity. Better for heat on feet and the window open. P7 6/06.11.00 RS

An old friend from my first school has kept memorabilia of our early years at school. He remembers everything. I am astonished as he recalls things vividly that I struggle to drag from the darkest recesses of my memory. P3 2/XX NS

Very tired and a bit flat. P7 9/09.21.45 OS

I feel great because it is my birthday and I am going to see all my friends and family. Though this is also a weird feeling because I was torn between the excitement of seeing all those people I haven't see for so long and the sadness of my girlfriend having to leave tomorrow and I felt a real sense of being torn between the 2 of them though I did have a great day with them all together. P2 22/22:XX:XX NS

Feelings of total inadequacy. That I am failing at my job, in relationships and cannot see how to do better. That I am actually a horrid person. This is not a good place to be. Although I can write about it, I still can see no way through. P7 48/X IOS

My left knee is playing up again (feels unreliable, as if it could give up); also left hip and left elbow. Only for some minutes, then ok again. P9 11/11:13:10 RS

Another wave of sadness. Sigh. P1 3/3:14:45 OS

Disconnection

I am walking on the downs, I see an uncle, we stop and chat, I am walking my fathers dog, he disappears to say hello to some other people who are around, I don't really notice who they are, when he returns, he's got little cigarette coals burning in his fur, I quickly put out the fires, it appears someone has been hurting him which makes me a little angry though he does not seem in pain, I nurse him and make sure he's ok, I'm not looking for who has done it, just that he's ok, I don't feel any danger despite this incident and I'm not wondering why its been done either, there is a sense of acceptance. P6 7/7:07:00

Dream: we went to tea as a family with some good friends. When we left I had to go back to the loo. When I tried to find our car it was dark and there were lots of cars parked and another party going on.



Some old friends who we are no longer in touch with were there. Our friend was dishing out soup. I felt alone and confused and uninvited although no one was unfriendly - misplaced as though everyone else had known, out of the loop. P7 18/18.07.10 NS

The argument made me feel upset and angry that my step Dad did not see my point of view and take it on board because he is always right and he makes himself the culprit of every situation because of how he separates himself from us. I think it is a real shame that he cannot open himself up and I would love to not care but I do and I think that is a shame too. P2 4/4:XX:XX NS

On waking, feel averse to reflecting for proving - want to avoid it. P1 2/2:07:00 NS

Noticed wife gets irate and saying 'are you listening' has said this several times the last 2 days, must be that I'm away with the fairies a little more than usual. We have had some funny laughs for no reason. P6 3/3:21:00

Odd coincidences: my supervisor went to Australia and couldn't get in touch for more than a week; my son went to Japan on interview for 4 days; my husband and I are going to Hong Kong in a couple of weeks; and my brother retired and did a round trip visiting family and friends he hadn't for 30 years. This feels like a big contrast and shift in my life - suddenly things are opening up, becoming global. Normally I have not been a good traveller and my life has centred round the house in Bedford and the children. Now I am ready to go! In this proving time I have also found myself letting go connection with my children - not pushing away, but letting things unfold for them. For me it has felt a little like stepping out into a void - it's exciting, but I'm not sure what will happen. It's hard to describe the process, but can be as much in an everyday greeting as in any monumental action or meaningful conversation. It's more a willingness to let things be rather than to be in control. P7 42/X NS

Blockage of communication again. Husband doesn't need to talk and I feel resentful and lonely in my silence. This is a stark contrast to the communicativeness of 2 weeks ago. P7 22/22.19.00 OS

S.o pulling their hair out because they can't put up with a certain situation. Blurred dream, can't catch it. It leaves me quite sad. P9 4/4:X NS

Strange dream about zombies. Pretty funny, didn't seem real, not sure what that was about, haven't been watching zombie movies, though I think they are cool. In the dream, I was watching a heart come back to life in my hands. Dead looking people were after me, but it wasn't panicky it was more amusing, they weren't dangerous. P6 12/12:17:00

Last few days have been bogged down in emotion. A revisiting of old (adolescent?) emotions. Scary to leave that place that I am familiar with even though it's painful. Better for a task, and taking the task on as my own, owning it. Better for watching a squirrel in the tree in the sunshine. Recognise a slowly growing ability in myself to keep from inflicting my 'stuff' on others at the same time as not shutting in on myself. The last few days feel like a relearning process. P7 23/X AS

Still typing words reversing the middle two letters e.g. just. This was happening in the week before the proving when studying Lac-c e.g. milk. P7 5/05.18.00 NS

I realise that over the past week I have not been taking on other people's moods etc., or only fleetingly. I am much more balanced. When I find myself tired/excited or drink tea or eat sugar, I do not overdo it and can centre myself. P7 7/X AS

Dream: I am sitting in a circle in class. There is a baby that is getting passed around for comfort and mothering. We share the task. It's my turn. The teacher passes me the baby and tells me to get it to sleep. But I think 'no' the baby is hungry and needs feeding. I cannot breastfeed it - it's not my baby. I look around and can only see the cold remnant of a bottle of milk lying next to me. I am reluctant to give the baby cold milk from a bottle. As it's the only thing I've got I put the bottle in the baby's mouth. The baby sucks at the teat like a lamb sucks at a bottle - ferociously - before going to sleep. P3 8/XX NS

Sensation of the familiar seeming strange. Driving down a well-known road but feeling that I don't know where I am. Confusing, detached feeling. Like I'm looking at the world from inside something. This has happened twice in the last week. (See day 33). P8 2/X NS

Dream: continued ... There is confusion about the time of the appointment, and I am lost, I don't seem to know where it is, or where to go. I come across my cousin, who is a doctor. The appointment is with his wife, who is also a doctor. I think I'll ask him for directions. He is on a phone call, listening to music on headphones and reading a letter. He is plugged in. I cannot get his attention. To get his attention, because I'm in a hurry, I leap onto his desk from behind - startling him. I leap again, back onto the floor in front of him. He is annoyed and insists on making me wait while he finishes his task before responding. P3 8/XX NS

Very cracky neck and shoulders while sitting working at desk. Loudly cracking bones and the feeling that they are moving and misplaced. P7 17/17.10.00 OS

Mum wakes me up from a very deep sleep. It takes me far too long to really wake up and comprehend what is going on around me. Don't get sense and connection of words; don't understand what she is saying. My friend joins us; we have a good time together. P9 5/5:08:00 RS

When I arrive at college I go into the classroom and sit way at the back of the room, physically as far away from everyone else as I possibly can. I dread the tea break when people will turn around, see me and talk to me. I will lose it. P3 56/56:10:00 NS

Other symptoms (esp. emotional), on the contrary, I feel very positive, even resisting to have an argument with a friend that always pushes my buttons. We have known each other for 5 or so years and are quite close. It often seems that people who are close use each other to let off negative emotions. Sometimes I just feel beaten by her; there is a physical hurt although it is emotional. I don't understand why humans have to treat each other like this. P9 43/43:X RS

At seminar someone reads a poem about trees, a favourite topic of mine. I notice the urge to reconnect, missing feeling touched by life since the proving. This feeling of missing feeling touched is constant throughout proving. P1 16/16:09:30 NS

I had a dream again. This was an odd one. I woke up trying to recall and I did feel like I quite grasp the imagery of the dream and so I did not put it in but when I explained it to my support I found that I could describe it very well. It goes a little something like this. I was in a room; looks kind of like an office and my plants I keep are there. I know however, I am waiting for a pending race and that I am involved in it. It is about to start any moment but I need to water my plants quickly. As I do I go ahead and water them and I then I knock one of them to the floor. A rather big one out of the lot so I tidy it up and then when I put it back on the shelf I recognise an old plant of mine that died in the hands of my mother a few months ago but it was triple the growth it was before and I was pleasantly surprised. I

then sprinted of without tidying up the water on the floor. I get to the racetrack, which is a professional ring track with rally cars involved. The race had started but that was fine for me, I was in it for the fun and I did not mind seeing how well I do. That's it! The feeling of knocking my plant over was not terrible either. It was a sense of 'oh dear, come on lets get to it.' Hardly a moment to ponder and realise how the plant is, I could feel that the plant was okay I guess. Then the other plant I was amazed but also did not ponder to long on its random appearance, it just felt great to have him back, then I wanted to get off to the race! I did not care about the race either I was only in it to experience it I guess! P2 36/36:XX: XX NS

Similar to yesterday in that I simply couldn't muster up the interest to join in with the class discussion and felt utterly disengaged from it. More doodling. Wanted to go home. P5 2/11:00:00 NS

Dream: I am on a long car journey with my mum, dad and siblings. We stop briefly and I say I will dash into a shop to grab some provisions. My Dad tells me what he wants - ice cream. The building I enter looks like the Criterion Bar in Piccadilly with lots of old-fashioned kiosks inside. I am particularly taken by the beautiful curved ceiling which is sparkly, glittery and golden like a mosaic or scales. It is beautiful and wasted on the shoppers who bustle about below this incredible ceiling. At the kiosk I am much too long. My Dad will be wondering where I am. I am captivated by many of the delights on offer. As I come to pay I have to register my name and address - as you would do in online shopping - I have choose my name and address from a list of all the many names and places I have belonged to in my life. There are so many of them and as I regard the list of all the names and all the places I have lived there is a feeling of 'who am I?' and a sense of great detachment from the people I have been in the past. I stay a while longer at the kiosk being indulgent. This is going to be very expensive. P3 5/XX NS

Speech can be amusing and find difficulty in stringing words and finding words today. It seems to me that everyone seems to be feeling like that; no one seems to be conversing easily. P6 3/3:16:00

See some deer and trees and feel something like my usual feelings for them - this underlines the feeling of disconnect and lack of engagement since the remedy. P1 3/3:17:30 OS

In meditation a feeling as though there is a barrier in front of heart. Noticing the sense of disconnection. P1 10/10:10:00 NS

I realise it's Halloween and I have not taken this in, underlines the feeling of disconnection which feels disturbing, even when I try I cannot feel much. P1 20/20:20:00 NS

Had an idea in the middle of the night that there were two notes in my head. Tried to identify and hang on to them because I felt they were important and not the usual notes - a discord, perhaps a minor seventh, with a sharpened note at the bottom. P7 19/X NS

A complete disinterest in my homeopathy classes at Hawkwood! Did loads of doodling on my notepad. I felt very bored; very unusual for me to feel like this. P5 1/16:00:00 NS

Usually I remember my dreams and they are full of specific people and feelings. Since starting the proving, I know I've been dreaming but can't remember the details when I wake, or I only remember disjointed fragments e.g. on day 1, there was a jar of jam and two dinner plates. Disconcerting. P7 5/05.06.45 AS

Daughter 1: typed every word wrong today, last three letters to the beginning. I can't do words. Every

word I read or write. I read the shapes but have to puzzle it out - like what it feels like playing scrabble - all these little blocks. A sense of 'unheimlich' with myself - usually I'm really at home with words. As if dislocated, lost your groundedness inside yourself. P7 0/X AS

My first day working since proving - I work with people one to one. I notice I feel much, much less involved and less caring than usual, though still with a kind of abstract sense of connection - an aspect of the disconnect that is a theme. Perception that would usually happen through empathy via my body and energy comes instead more kinesthetically and visually. I feel far more separate than usual. P1 5/5:16:00 NS

I find it difficult to understand others; their words have no meaning. P9 2/2:X NS

I don't know how I'm feeling, emotions feel obscured. P1 1/1:08:15 NS

I have noticed a general trend to being much more flatulent since the proving began. I notice other people being windy around me too. The pub smelt very badly of farts the other night and I notice my family's flatulence much more than I used to. The smell is heavy and hot or eggy. P3 12/12:14:00 NS

Left knee feels like I've twisted it this morning, before I even got out of bed I can feel it, like it's been dislocated, difficult to stand, but I just carry on and it eases through the morning. Feels like it's been over stretched, sore at the back, wobbly on the joint. P6 4/4:07:00 ROS

It is very hard for me to concentrate on my work/symptoms etc. Whilst my girlfriend is here. I have to consider so many more things that I would usually and the time I usually have to do that sort of thing is filled up with my girlfriend. P2 17/17:20:44 NS

I feel like my attention is very focused and is where my eyes are, rather than based in what I'm feeling/sensing as it usually is. Lack of emotions again. P1 1/1:08:30 NS

A dream of someone asking me lots of questions about how I am going to sort out various things. I answer patiently and without emotion although they are challenging me. P1 5/5:06:00 NS

Writing reports - not as anxious as usual about pleasing people or being judged on my comments. Was able to move on. P7 35/X AS

Feeling fed up again, can't be bothered especially with people. Want a holiday or just to be on my own. It has an annoyance underneath it that is unusual for me. P1 4/4:09:20 NS

I have had a really good day. I am connecting with everything really well. The house, my studies, cycling about and as an overview of my time here in Plymouth, I think it has really made a good impression on me and taught me a few things. I have found that I am able to think incredibly laterally and clear and achieve what I want. It is a really great feeling. Though when I went out later on and met up with a load of my flat mates' graduate friends from his placement, I could not connect quite the same as I have done with the rest of my environment today. I found I was out of the link quite often possibly because I was not connected within their group, as they were all intakes of the same company. It was not a bad feeling but it is the weird environment where you really love the fact that you do have really close friends out there that really connect on another level. Where the connect has been good I have felt a general sense of fluidity and a sort of perpetual motion, where things I do seem to lead on well to

other things and this is a positive pulse of activity. I do generally have the feeling that I am too busy for a social life at the moment and this does not help making a connection with anyone. My concentration on my work is far better than a month ago. P2 35/11:16:00 NS

As well as feeling disengaged from the teaching, I also started feeling very antisocial in general and didn't want to chat with anybody at lunchtime. P5 2/14:00:00 NS

Daughter 3 phoned (age 20, had ME as a teenager). She was in a bad state of panic. I am not taking on her stuff. I can listen and respond and not feel drained. This is novel - we have had a very symbiotic relationship. P7 7/07.08.30 NS

Not worried about who's in the house (people have come and gone a lot recently) slightly unusual. P7 19/19.07.00 NS

Had to teach in corridor at school - felt very much an outsider. Had to keep a brave face, which was difficult. P7 47/X IOS

By end of today I felt really overwhelmed by family - demands made on me from all quarters and as if I was shouldering all responsibility. Incessantly on the go all weekend, became desperate for time to myself. Very over-loaded. And very worried about coping with the demands of school tomorrow - no one seems to have time / to want to listen to what's going on in my life. Don't seem to be balancing very well. P7 44/X IOS

Evening in library - when there are too many people I feel there is not enough space for myself, no boundaries, their voices, smells, presence goes straight into my emotions, penetrating, no way of stopping it): I feel a bit sad and depressed; don't want to talk about parties, Christmas or badger cull; it is either too painful or too "happy", too emotional anyway. I feel a bit out of place. Not belonging. Maybe it's just because I'm year 4 and proving with year 3, so don't quite belong here or there. P9 0/0:18:35 AS

Dream of being in US and going to meet Cree people, huge pang in heart as we do this. I was looking at crafts and some familiar people turned up and there was a tension between continuing to do my thing and doing the socially acceptable thing. Feels more of a personal dream than remedy-related, but also perhaps as though my more usual self is trying to reassert itself over the remedy by way of stereotype dreams, as though I'm trying to push out the effects of the proving and re-engage my heart which has felt the sense of disconnection most strongly - native people also represent for me the aspects that have felt noticeably lacking since the proving - connection, inter-awareness, caring, emotionality. P1 9/9:07:00 NS

Meditation repeats the feeling of heart and engagement, again as though trying to reassert this against the disconnected/ dissociated feeling of proving. I feel a wave of heavy energy that wants to be coughed or retched up. I feel the desire to end the proving and be back to myself and back to connection. This desire for the proving to end repeats days 9, 10, 11, 13, 17. P1 9/9:08:30 NS

Very sleepy and heavy feeling. Distracted and unable to concentrate. P5 32/15:00:00 NS

Dream: continued ... The doctor directs me outside into the garden. Out in the garden my daughter's therapy/medicine is to be taught by me to use a machine that looks like a strimmer with a sharp piece of wire attached to it. I try to help her to use it safely but struggle to get her attention or to make her

understand what she should do. It's a dangerous looking thing and every time she comes over to investigate she put both of her hands on the 'blade' and then asks me to turn it on. I keep imagining her fingers being sliced off. At the edge of the garden, which is very nicely kept with a trim lawn and neat borders, I can see a couple of clumps of unruly weeds and vegetation. I am instructed to approach these with the strimmer. I zoom in and inside the clump of weeds and grass I see a frog and a beetle and have the impression of many things living in there. I do not want to slice them in half. I react to the strimmer as I would to a knife or blade. P3 8/XX NS

Daughter 1 had a dream: some one had sliced me across the middle below the rib cage on the fleshy part, the unprotected bit. It was with a cauterising blade like a samurai sword - it burns and stops you bleeding. I was split, cut across the middle, but the spinal cord was left intact, no blood. I knew I would still be alive but I woke wondering how am I going to digest food. It wasn't a specific person, I was just cut. My partner said I shouted out loud. I woke peacefully after it, it felt quite cathartic. P7 2/X NS

Felt slow and tired between now and around 6pm. I could not do words, more than usual - used gestures, tripped over words, and made up descriptive nonsense words. P7 1/01.15.00 IOS

I escape outside on my own and lie on my back on the ground to try to find some calm. I feel better for a little while until a friend comes and stands over me and asks me what's wrong. I would like to avoid this conversation but feel pinned down by our relative positions. I start to talk to him about how the proving is making me feel. He speaks to me with huge compassion and then stands me up to give me a hug. I don't want the hug because I know I will lose control but he insists. As he hugs me he pushes with small force on my solar plexus. I immediately become tearful and feel like running away. The kindness and compassion is much too much for me to bear and he has put his hand right on the spot where all my feelings are concentrated. P3 29/29:14:00 NS

Working, I notice some of body-type empathy has returned though heart still feels disengaged from process. P1 11/11:12:00 OS

I sat down to play piano and had a realisation about music playing during this proving. When I was in the 'open' phase, I found I could play without inhibition, making far fewer mistakes, being less self-conscious, using my skill well and feeling I could get into the music and play it without hindrance of the notes. A very good feeling that now I could build and learn and teach well. Probably the same intuitive feeling when you first learn as a child and here is something you can do and enjoy and can make your own and share with others. In my adult years too many other things have got in the road. It was marvelous to be back with that again. However today my playing stumbled and limped, the connection was not quite there between my fingers and the music inside of me. I really would like to recapture the feeling. P7 42/42.10.00 NS

At the airport: So v touchy with people that are behind me. I have to look over my shoulder all the time and get really rude if someone or only their rucksack touches me. I either tut very loudly or say something like "Can't you back off a little!" P9 3/3:13:25 NS

Dog has been quite unresponsive with me this week - a big contrast to two weeks ago when I felt really close to him and he stayed by me. I feel as if I have somehow shut down so he can't sense the me of two weeks ago - which is still there somewhere, just not seen or heard. Reminds me of the struggle I had relating to him when we first got him and daughter 3 was in the middle of chronic fatigue. P7 22/X RS

Coming out of meditation and writing it is hard to focus on book - brings a feeling of vertigo and slight



nausea. I want to stare into space, very big and distant, detached feeling. This feeling of emotional disconnection or cut off feeling, feeling far more 'separate' and distant than usual is a theme throughout proving, a constant sense that is more or less intense or noticeable at different times. It is always there but specifically repeats on days 1, 2, 5, 10, 20, 21, 55. P1 0/0:18:15 NS

My supervisor texts to ask what time to speak. Again a wave of being unable to feel any point or suggest anything. Lasts 10 mins then lifts, I realise it felt like a little black cloud. P1 3/3:13:30 NS

My husband noticed that the dog yelped again when I left for work. This is not usual when some one is at home. P7 5/05.08.15 NS

I cannot remember the name of a classmate who has been a good friend for three years. P3 2/2:11:00 NS

Electric/energy

I am going to bed slightly later than normal and getting up slightly earlier than usual (say 30mins each side) but I feel awake, I feel I have energy. P4 14

Feel more alive and awake. P7 50/50.07.00 AS

My toes still feel blistery and tingly. Usually when I get these pressure spots on my toes it goes after a day or two. If I apply pressure to them, it does not make a difference. P2 7/7:07:00 RS

Felt whole body vibrating but was very nice. Whilst putting my son to bed. P6 12/12:17:00

I wake from sleep, this has happened every night for the last 6 nights, I just suddenly find myself a wake for no reason, the time is different each night, then I lie there half awake, half a sleep, I am full of energy, usually when I wake at night it is because I have something on my mind, I am worrying about something, but this is not like that, I just feel full of energy, buzzing, I lie waiting to fall back to sleep, I do not get up (I would normally). P4

A very large hornet inside the kitchen window. I encouraged it out with a chopstick. It made a low metallic buzzing sound, fell on floor and flew off across the garden. P7 14/14.15.30 NS

Daughter talked about playing laser quest last week where her kit made a loud buzzing sound every time she was hit - everyone else's just flashed. P7 14/14.16.00 NS

I have feelings today of complete calm which fluctuate with feelings of extreme tension. I am very aware of the rise and fall of nervous tension inside me. I can control it if I notice it. P3 22/22:15:30 NS

Up in a dizzy rush to switch off heating. Vestige of headache left. P7 22/22.07.30 RS

Woke with headache worse. Pronounced on right side. Dizzy, staggering a bit, flashy vision. Nausea. P7 20/20.06.30 RS

Ankle is still a little like electric shocks, like when you put foil on your tooth filling, but in the ankle. P6 14/14:07:00

Had a brief time in the middle of the night with the excited, churning feeling in my stomach, which I've woken with most days recently. The unusual thing was that this time it went away after a short time. It felt very pleasant to be able to lie in a relaxed state. P7 30/X AS/CS

Woke with excited, nervous, tight feeling around heart area - must stretch and breathe deeply. As if full and needing to burst open. Also tense round neck and shoulders, ready to go/fight/run/do. Had to get up and then the feeling went. Usually this excited feeling will centre round my tummy, lower abdomen. P7 36/36.06.30 AS

I sprain my ankle. The pain is incredible and I wake up with a jolt. P3 17/XX NS

I felt very present today, good energy and in the moment. P7 29/X NS

Get up at 7, quite fit and alert. More at ease with people than last night. My hair seems very important and I have to wear the CHOUGH t-shirt. P9 1/1:07:00 RS

The shadow seems solid, textured and looking at the scene gives me a vertiginous, floating, fizzy feeling which intensifies the harder I look. It is pleasurable and an effect I can intensify at will. I play with it. It is felt like a buzz or hum in my solar plexus. P3 1/1:15:00 NS

In the middle of the night I woke but kept my eyes shut. In my right eye, bottom left hand corner, I saw very clearly two flies. They were very alive and vibrant, no particular colour but very clearly defined almost like fine metal work. Their wings were moving very fast, rather like hoverflies, with a visual fizzy, buzzing 'sound'. Almost mechanical but very real, not as if watching a film and as if they were not from my imagination. I found them very beautiful and alien. P7 1/X NS

I was happy to give daughter 2 a lift to the station for work. Was not at all begrudging - usually I want to help out but feel secretly put upon and taken for granted. It felt very good to be free to enjoy the impulse instead of tired and dragged down. Daughter 2 noticed the difference, said I was usually grumpy. P7 3/03.07.00 AS

Shouted at my children for not getting ready for bed. Felt furiously impatient with them. P5 1/18:30:00 IOS

Again today I had good energy. Positive. P7 30/X NS

3 am - 6 am: Ache in the heart region, I am afraid of getting a heart attack. Palpitations, panicky. All sorts of stuff in my head. P9 11/11:03:00 AS

My heart pounds in my chest as I tell a story, which is a little embarrassing for me. P3 1/1:21:00 NS

Waking up I was bothered about my heart. It felt slow and lazy and I thought what if it stops or I have a heart attack - what if that happens when I'm getting on the plane to Hong Kong in a few weeks time? What if I die? Perhaps I have inherited my grandfather's weak heart. And to make sure that wouldn't happen, I had to get up and move about - so sitting still feels dangerous to me. It is not a fear so much as a wondering and 'at the mercy of my body'. P7 41/41.07.00 NS

At night before bed I do not feel tired, I go to bed, as it is my usual time for bed 11pm, not because I am tired. I feel I could stay up late - no problem. I have lots of energy at night. P4

Woke up at 1am and could not go back to sleep. Busy head - planning activities for the following day. I was not particularly tired the following day, despite having had only 3 hours sleep! P5 8/1:00:00 NS

Still no headache today although I am doing more than usual and although tired and drained from teaching. In spite of the 'beginning of a cold' feeling, I feel very well and cheerful. Long may it last! I haven't felt so able for a long time. P7 5/X CS

A man jumps out at me in a corridor and tries to have sex with me. I don't want to. I have to shake him off. P3 16/XX NS

Love to run. P4

I could run! My legs felt long and strong - like when I used to play hockey and run the 200m as a young teenager. I could keep going. My sore ankle didn't bother me; heavy-chested breathing didn't bother me or hold me back. I could lift my legs and run well. I was running close to the earth and looking at the grass and mud with the dog running alongside. It felt really good and almost too good to be true. Smiled a lot. P7 6/06.18.30 OS

Lunchtime my left hand is feeling really weird. As if I have been sleeping on it and there is a numbness or tickling sensation. Especially in the tips of the fingers but nothing helps. When the fingers touch each other they feel smooth and dry. When the fingers on the other hand touch them, it feels dry with a tickling sensation amplified. It is better for being massaged from the shoulder down to the wrist and especially around the elbow. P2 40/16:13:51 AS

In shower felt a numbish, sore sensation in the 2nd toe of my left foot, like a bee sting, nerve type of pain. P7 12/12.07.30 NS

Strong palpitations while sitting reading. No apparent cause, no coffee, tea or strong emotions. They went right through my left arm and made the book move up and down. P7 20/20.15.30 OS

Had the feeling that my chest/head is being pulled down for some minutes; then up, elongated neck, pulled upwards; head getting higher, neck longer. Then sensation of internal spinning around the spine. P9 0/0:18:32 NS

After everyone left the building on Sunday night I am sad and feel alone; start getting practical (write down my route, do a bit of homeopathy, put all the stuff in the car I will not need anymore, etc.) I am very very sweaty and a bit panicky, as I have to leave so early and have a mammoth day ahead of me. 8.15 bed, almost straight to sleep. P9 2/2:X NS

Still very sensitive on crown and to the right. Still tired. To touch it was tender, like a bruise. Aluminum on tooth similar sensation on head, electric to touch. P6 16/16:22:00

Warm fuzzy feeling in my head. Soft gentle buzzing sound different from the usual rushing noise I get when I first relax. Thoughts of warm rainforest, trees, creepers, little orange cheeky looking monkey somewhere off vision to the right. Very pleasant. P70/00.18.15 NS

Dog walk. A red hot air balloon over the fields coming down, coming nearer. Heard the whoosh of the

flame for the first time ever in real life - dragon-like, primeval. Dog dashed at it and barked like fury for 20 mins. It sailed right overhead. Virgin was the logo. Someone waved down, one black arm shape and I waved back. Really good feeling. Then it was gone over the hedge. P7 13/13.16.00 NS

Euphoria/calm

Relax/ meditate – as if I go off into black space, travelling there and that is peaceful. P1 1/1:08:00 NS

On waking, feeling noticeably calm. P1 1/1:07:00 RS

Another dream about walking down, this time through a long corridor, I can see the end, but I have no fear, no claustrophobia; I just walk down in big strong strides. All is well. P4 12

No nerves at COS play. P4

I have had this euphorically feeling similar to that of coming up on drugs. I felt excited and my body had this overwhelmingly elated feeling. Generally a very good feeling but curiously odd because I have not taken any exciting substances other than the proving. P2 2/2:17:00 NS

Dog walk at sunset. I felt great joy at sky (blue, orange, pick smoky sunset) and silhouettes. One bat flittered out of the trees clear against the sky. I normally can feel quite euphoric in nature, but tonight was marked. I had a wide open smile and eyes most of the hour. P7 6/06.18.30 IOS

Feel very excited to be embarking on the proving. Happy. P3 0/0:18:30 NS

Swim in lake Constance, I don't feel the cold of the water, I just feel free. P9 5/5:X NS

I get up and feel good. Realise that I will have time now to treat myself to good home cooked food. P9 22/22:08:30 NS

Usually I will develop a headache over the weekend. I did not. Felt very well, though tired. P7 2/X CS

After a whole day plus an extra lecture I was fine. Generally this would obliterate me, but although I was tired, I really enjoyed the bonfire and then time in the library chatting by the fire. It felt good, like the first week of the proving again. P7 29/29.18.00 NS

Glimmer of hopefulness when I woke this morning - which I could show my face at school on Wed, that I could get up and go to yoga. This threw into relief the terrible despair of the last day or two. P7 46/46.07.30 RS

Feeling very good, grateful, loving and lucky. P6 8/8:20:30

Parallel tractor tracks away from me down the field caught my attention, seemed to lead up to the sky, and I felt very hopeful and uplifted. P7 25/25.16.30 NS

What horrifies me is that I recognise this bogged down emotional state I have been in many times, and I feel sorry for the me of then who couldn't get out of it. Perhaps now I have a chance to get out. P7 21/21.12.00 AS

Still feel positive about going out and doing and talking to people. And also more settled and happy at

home. Usually I look at all the things that need doing and despair - it feels like too much, a hopeless task and I won't make any difference anyway. P7 6/06.07.30 RS

In spite of an intense few days - lots of people and unusual events - I have not got a headache and feel remarkably well and cheerful. P7 16/X NS

Full moon. When I took off my glasses I saw the moon and its surround as one big bright joyful unit and it seemed wonderful to me. It made me think of giving out to others and reminded me of a song my children sang at junior school: 'Love is something if you give it away. You end up having more.' I related that feeling-to-feeling well about being in touch with my family. P7 6/06.18.30 IOS

A buzzard flying slowly overhead looked totally beautiful - and I told it so. Again a feeling of kinship. Also flocks of geese flying directly overhead. Joyful and uplifting. P7 32/32.16.00 IOS

Great teaching at home after being out and active and in touch with people. Felt lively and reciprocal. Big contrast to the feeling at school. This is how it should be. P7 41/41.16.30 OS

Had a fruit tea for the first time at Hawkwood, pretty unusual for me. Love and appreciation for everyone. P6 3/3.14:00

Got T in my heart, always, warm waves of love and desire. P9 11/11:X NS

Lots of dreams full of love and desire. Think of T when I wake up, happy and longing. P9 12/12:X NS

Headache went after dog walk and chat with neighbours - sorted out dog sitting which took a weight off my mind. Mood immediately lifted and I could tackle business letters and phone calls - have not been able to face that sort of thing for the last few days. Still aching neck and shoulders and vestiges of headache remaining, but it is remarkable how quick the change in mood was. P7 49/49.16.00 AS

Daughter 1 thought I must still be under the influence of the remedy. Perhaps I was more relaxed and out-spoken than when she saw me last (before proving). P7 38/38.18.30 NS

A friend of mine confides in me that she is having problems resisting this woman, as she is so overwhelmingly interesting. She points her out to me and the woman notices it and comes over afterwards. There is no magic in the world to stop me from falling for her. - It is a wonderful dream, although nothing "happens". But it leaves a hopeful, warm (or more) feeling. P9 47/47:X NS

Feeling very positive, feeling very good. Everything feels right. P6 0/0:21:30

Woke refreshed and ready to go. Positive feeling with mental clarity and physical restedness. Unlike usual waking for me over the last years and years - heavy head, heavy body, creaks and aches and rather dreading the day than otherwise. This felt how it should be. P7 30/30.06.30 NS

After tea, I have a wonderful sense of gratitude and appreciation; feel emotionally happy, for my family and to be alive. P6 6/6:20:00

Felt a bit sick in the stomach whilst I was talking to my mate in the car on the way to the train station. It was a nausea feeling and I was not overly concerned because I knew I was not going to throw up but it was a discomforting feeling. Whilst talking to my mate I had a very similar elated feeling to that of

the weekend and I was talking a lot. I think the sick feeling came on perhaps because the feeling got to much and although it still felt good it was perhaps at that stage just a bit to far. P2 3/3:15:30 NS

Finding things funny for no reason at all, feeling generally happy, feel a bit silly and daft. P6 1/1:21:00

Sleeping with my arms above my head. It feels great to hold my arms up high above my head, this is not my normal sleeping position, but it feels so nice, it feels right. This has been going on most evenings from this point. Probably every night. P4 15

Became very sleepy and relaxed all evening. No headroom to be anxious. As if the bump - or the arnica - gave me permission to stop. P7 52/X NS

Monday 4.15 up, all smooth, put tent away etc. On the road at 5.15. I see a LIVING badger and feel so happy about it! P9 3/3:04:15 NS

I am with a group of people looking for a particular garden at a grand manor house. I know where it is (it feels as if it appeared in another dream before, I am aware of this in the dream) and I tells everyone, even describe it. No one believes me. We follow s.o. that claims to know but we soon realise that's not the one. We find out the property has 3 gardens and the one we are looking for can only be accessed through the house. I am in a wheelchair by then but feel quite smug when they realise I was right in the first place. An official guy gives me a big red leather bound book, which is the guidebook. I try to clutch it against my chest to hold it (feels heavy but comfortable against my chest) and simultaneously move my chair. No one helps me and I struggle quite a bit, but don't ask for help or pass on the book to s.o. else. The house is filled with beautiful furniture and lovely people (servants?) who smile at me. I wake up happy. P9 13/13:X NS

I leave a place where I feel happy and safe. My husband goes before me. As I get to the other side of the door I see my husband lying on the floor with the police standing over him. He seems frightened and tells me to do exactly as they say - very unlike him. I am handcuffed and waiting to be searched. I know I am innocent and start to taunt and jeer at the police. This feels dangerous. There are people watching and I start to play to the gallery. I'm being reckless and foolish. P3 11/XX NS

Time feels blurry, what day is it? Feel quite peaceful. P6 4/4:19:00

Exposed/hidden

Dream: I am at a school to pick up my son. A man is leaving with his son. I can see that they are father and son because the son, who is very young, has exactly the same beard as his father. This is absurd and very funny. I hide as I watch this man and his son. He talks to a lady and thanks her very graciously for what the proving has given him (some sort of enlightenment and understanding). They both seem really cool but I am not cool enough. I want to join in but I am not good enough. (In my diary I recall this dream with a drawing rather than words - I never draw usually, I am hopeless at it). P3 3/XX NS

When I talk to my supervisor later I am really aggravated as I don't feel understood (or fail to make myself clear) about what happened on Facebook. I get weepy as I feel I am being shut up. - We talk about it and it is ok again - I notice that I am still very vulnerable and the feeling of not being allowed my opinion is painful. Maybe it goes back to feeling "wrong" about myself, my looks, my feelings, never really belonging, never really being "right". P9 37/37:X RS

Dream: going to play in a concert. The car being driven slowly, we were going to be late. The driver was

a woman, smoking, and she didn't seem to care about getting there, but I had to be polite and not say anything. Horrid low-level anxiety. The concert was held in a church setting with pillars here and there. I was initially in the audience due to play in the second half. Had to get up in the middle of the concert to change clothes. The changing room had cubicles, fairly posh, but they were all taken so I had to change in the central area where anyone could see you - no one was paying any attention but I still felt exposed to people judging me and also like an outsider at the same time. Didn't have the right clothes - getting changed been like after a cold dip, clumsy and sticky and arduous. My clothes were see-through and slightly grubby. It was the stuck feeling you get when pot holing - one of my worst nightmares - being trapped and no matter how you try you will stay stuck. This dream did not have the panic, just the stuffy low level anxiety. No sharing of or expression of the experience - I had to suffer it alone. P7 20/20.06.30 NS

Dream: I see two men walking and talking. I have had crushes on both of them as a teenager. I want to see them but do not want to be seen so I hide and watch. My reluctance to be seen comes from shame at my appearance. Eventually I go and say hello. They stop and talk briefly but they have important business to discuss so they move on quickly. I am ashamed at how dreadful I look. Paranoia. P3 3/XX NS

I am in a guerrilla-style training camp. I am being trained to look/appear friendly but am deadly. This feels not only like camouflage but also deception. I am not sure whether I am here voluntarily or against my will as sometimes the camp seems like a prison and sometimes I get the impression that our trainer wants to kill me. I cannot tell where his loyalties lie. There is a lot of tension in the camp; it feels like something is about to happen. Eventually the person I am training with attacks the trainer and knocks him unconscious. There's a feeling of him or me. While the bad man is unconscious we make plans to escape. A really old friend appears out of the blue, as we are about to make our getaway. I have always trusted her completely but something about her appearance now make me extremely nervous. I am sure she is with 'them' and means me harm. She organises all the people in the camp into groups and tells each group to split and face each other. She still seems like the friendly, trustworthy honest friend of old as she hands one half of each group bow and arrows and orders them to start loosing them at the other half of the group, which includes children. I am sure I have upset my friend and that this is her revenge. I'm wracked with the feeling that I've wronged her and she has found out about my betrayal. She's going to make us all kill each other. P3 18/XX NS

I am going to a fancy dress party. The issue is how much I cover up and how much of myself I reveal. P3 27/XX NS

I am going to a child's fancy dress party. I decide to dress up myself and feel much more confident about going once I have put on a wig and war paint. People look at me with curiosity in the street. I like shocking and surprising them. I feel immune to judgement or recognition when I am in costume. P3 22/22:11:00 NS

Meet a friend for a swim, but find it too windy; the wind is aggressive. I am not afraid of the water, but would feel too exposed to the wind and its violence. P9 11/11:18:00 AS

I go to a house to post a cheque for a local charity. My husband had suggested I knock on the door and deliver it in person and have a chat. Instead I park out of sight, scuttle up the driveway, post the letter and hurry away, not wanting to be seen. I can't imagine being able to handle the conversation. I want to give the money to the charity but I don't want to have a conversation with them. It's the gratitude I can't take. P3 8/8:08:45 NS

I utter a few expletives out loud as I have a 'memory spasm' about some embarrassing behaviour that I'm ashamed of. P3 0/0:20:30 OS

After sharing the proving on camera with others I realise I feel a little exposed, perhaps as we had a quick transition into another process. P1 29/5:18:00 NS

In class we cover a case that is given the same remedy that I think (I don't know for sure) I am being given constitutionally. I feel self-conscious about this and unable to engage with the discussion. P1 30/6:16:00 RS

Dream: I am with my son trying to exit an enclosed, fenced field where it is safe to play. I am in my car. Around the field is a circular track, which I follow in my car to try to exit. The path looks like it becomes too narrow to drive down. I ask the way out, of a passer by. She points me down the path I was looking at which suddenly seems to be big enough to drive down. The path is bare with a hedge on one side. My son asks me why there are no foxes in the play area. I tell him there are no foxes because the track, which is open and exposed, acts like a firebreak. The foxes simply cannot set a single paw on the road, as it has no cover, anywhere to hide. They cannot cross into the safe area where the children play. (I draw this dream in my diary before I can find the words to describe it). P3 3/XX NS

Dream: continued ... In the circle I have the feeling of being exposed to questions or scrutiny from the teacher. I try not to make eye contact and try to hide behind the baby so that the questions are directed elsewhere. I feel really threatened when the teacher comes to stand over me to ask a question. No escape. P3 8/XX NS

Dream: I am walking through a grassy field to where my car is parked. I get to my car and realise that, far from it being safe and secure, I have left it with both of the front doors wide open. This makes me feel insecure, unsafe and wide open. Someone could have got in. An electrician comes to fix my car. He has come a long way and had to be put up the previous night. He is complaining that he has not been looked after in the manner to which I gather he has become accustomed. They have put him up in a plain, basic, functional room. This is not good enough for the electrician. He is too important and is used to better. The feeling is 'don't you know who I am'. P3 5/XX NS

I felt I had to really watch out today that I didn't make a careless joke and offend some one inadvertently. It was as if I had to remind myself that I didn't know these people so well that I could relax and say anything - I had to mind my tongue. Like remembering how to speak in a different language. Something bad would happen if I weren't careful - I would be ridiculed or shunned. Jokes feel dangerous. An effort to maintain my persona. Found myself doing little girl laughs. P7 28/X IOS

A boy in a wheelchair being pushed inside a big house in a village. Why have we never seen him before? His mother hides him. P3 24/XX NS

We are having a family photograph taken. I put trousers on to hide the fact that the bottom of my leg is missing. P3 2/XX NS

Strong impulse to eat chocolate, drink tea and 'escape ' into a book. Curl up in a corner. Hide from all demands. P7 10/10.17.00 IOS

I dress up for a Halloween party with my daughter. It feels great to be out and so noticeable but at the



same time to be hiding my self. In disguise I feel much more socially confident. P3 15/17:15:00 IOS

I loved being under my big green umbrella in the rain. Usually I am impatient of the whole concept of umbrellas, but today it felt embracing and enclosing. The walk seemed to go on forever or no time, I was in my own bubble, happy. It kept out the usual anxiety of being late for yoga. P7 25/25.09.30 NS

Dream: I am wheeling my daughter to a doctor's appointment in a wheelchair through a building with many doors, stairs, twists and turns. I am in a hurry, late, lost and unsure. Every time I round a corner or enter a new corridor I look round for my daughter and either she is not there or she is there, running about normally and it is the wheelchair that is left behind. I have to go and get the thing because the wheelchair is somehow part of the appointment. I'm a bit embarrassed that my daughter seems not to need the wheelchair as we are now heading for this appointment. P3 8/XX NS

Managed to drop the hot lunch I was preparing for my son to take to school, and then dropped my own breakfast onto the floor/down my clothes. Felt very annoyed and oddly embarrassed. P5 6/7:30:00 NS

Still very pessimistic - cant see how to carry on. The only option is to not face up to anything. It feels as though everyone is against me. Impulse to run away, give up everything, hide. P7 49/49.10.00 IOS

Eating dinner in the school dining hall was really hard today. I felt self-conscious and as if no one wanted to talk to me. It was as if I was behind a screen. The food tended to stick in my gullet, almost choked several times. Was anxious to finish and go. I used to hate eating in dining halls but have been ok with it for a few years. P7 10/10.13.00 IOS

Some self-consciousness and consequent stiffening up crept in while teaching at school - it inhibited my 'react-ability' with pupils; found myself watching myself as I talked. P7 26/X OS

Several dreams, mostly unremembered. One about an ex-relationship and trying to remove myself. This is not a brand new dream for me but relationship theme repeats unusually frequently in different forms - days 16, 18, 19, 22, 25, 26, 40, 41, 42. P1 12/12:08:30 OS

Today I had a bad day at school - quite intense resurfacing of old anxieties around teaching/performance/class control. I felt I was not teaching well, my pupils would not be ready for exams. String group (15 kids), which I was taking with the HOD I felt, was disorganised and noisy. I was mortified, but felt I had to appear competent - felt I would be judged and found wanting. The feeling was almost unbearable, but I have had practice covering up, smiling and laughing. I felt I had no control over how things would turn out, that things would go wrong whatever I did. P7 10/10.17.00 IOS

Making mistakes in music - very unsure of self here, almost like deliberate sabotage. (What if I get it wrong? Might as well get it wrong.) P7 50/X OS

Talking to proving supervisor highlights the feeling of wanting to get away from the proving/ remedy, for it to end. P1 10/10:15:00 NS

A friend has moved into my old house. She is convinced she is being watched and judged through a gap in her curtains by someone at a neighboring window. P3 19/XX NS

I wake after a bad night's sleep. I remember the previous day and feel weepy and emotional. I have to

get a grip. I feel I need to control and hide. P3 30/30:06:00 NS

I have had for the last couple of days (4-5 days roughly) a bout of constipation where I pass only a little bit of stool and it is a bit witchery in shape and less than I feel is normal or necessary. I have the urging for more but I could not pass anything but loud flatulence. It is embarrassing and awkward (especially if I think who is standing outside the loo). My bowels are constantly making movement noises with a throbbing movement. I think it is from giving up smoking! P2 1/1:17:00 RS

Flying/falling

Worried that I will give the wrong impression at school and kill all the lessons dead - that I was responsible for the success of my pupils and would not manage however hard I tried. In fact the harder I tried the worse it would go and I would be judged as failing. Feels like the feeling in the dreams of the skyscraper and the drowning - about to fall or die and I couldn't do anything. And the feeling of being paralysed or frozen in inaction. This feels like revisiting the great panicky fear of when I started teaching class music 30 years ago and had a nightmare-ish time. I still struggle with the remnants of this fear now and then. P7 12/12.08.00 IOS

Felt clumsy all day. P7 13/X OS

Spilt peas all over the freezer. On a par with all the over clumsy events of the day. P7 13/13.19.00 RS

Collapsing feeling in right leg on going downstairs. As if it would give out. Hasn't had it for a long time. P7 19/19.07.15 OS

I see one of the company's planes coming too in low in a wrong angle. I watch it hoping it will be able to land ok but it comes down on one wing that crumbles away and the plane crashes. I meet the pilot later who seems to be a friend of mine. He is badly wounded and bruised but in a good and almost casual mood. We don't find out what happened to the passengers that allegedly were elderly and feeble people, so I am worried. P9 17/17:X NS

In meditation, feel as though I am floating above the floor - repeats day 27, 42. Then the feeling of flying again, soaring high in the sky, wanting to be high up again, urge for space. P1 21/21:09:00 NS

Still drawn to up and flight of birds. P1 3/3:16:45 NS

I fall 4 times in 2 walks, as the grass is so wet and my shoes so slippery. The 4th time I almost dislocate my shoulder. I can't do certain movements, it is a sharp, hot pain. I apply some Miranda Castro cream (Arnica Montana 1x, Calcarea Fluorica 8x, Rhus Tox 3x, Ruta 1x, Symphytum 1x, Thiosinaminum 3x) and give it as much rest as possible. Before bed I take one Ruta 30. P9 22/22:10:45 NS

P4 Pictures fall of wall - Angus

Meditation, eyes shut - quiet then many visuals - blank screen then under water with finger-like fronds of seaweed then momentary image of an otter. Then sensation and image of flying with herring gull, soft joyful feeling. Then flying through space extremely fast (this aspect of fast flying in meditation repeats on days 2, 4, 21), psychedelic whirling patterns and lines of light flashing past then as though through a black tunnel (tunnel image repeats day 0 in bed and day 4) - concomitant feeling a bit nauseous like travel sickness. Then being in black space and feeling very, very detached. Thought of 'who am I?' Feeling/ image of the energy of remedy coming over me like a cloak. Momentary feeling of

slight fear or protectiveness - felt as subtle urge to shrink away. Bodily sensation all over - a bit rushy, muscles feel very relaxed and also a bit electric (repeats in meditation day 4) and slightly numb - lasts a few minutes. Sense of tunnel again or more like a narrow pathway, flying very fast. P1 0/0:18:00 NS

Dreams of proving group. 1 - one person is making everyone a cup of tea. I wonder whether to bother explaining how I like mine and decide not to (no strong feelings with this) but then he comes back and asks everyone what he or she wants anyway. 2 - We are outside in London, maybe on a roof garden. I see a red squirrel coming down a roof towards us and point it out to the others. Feels a huge honour to see it, exciting, I wonder how it can be here. It runs past two cats, a third one tries to chase it but no chance and that is funny. Then squirrel flew (?) into a tree and two pheasants followed it. P1 1/1:06:30 NS

Dream of flying. P6 2/2:04:00

I do an extra meditation to see if I can get in touch with the remedy. I have a similar experience to first evening, a lot of fast flying, through dark space, tunnels. Activity and 'buzz' in body. Feeling solar plexus as centre of my being, as though it can navigate literally and metaphorically, feels sure in itself. Momentary lurch of nausea and energy to throat with similar constriction as first evening. Then a feeling of a brief sharp pain and image of a small knife in heart, which doesn't feel unpleasant. I feel especially comfortable lying on back (this feeling of being comfortable on back comes up again in another form day 5, 7). P1 4/4:10:20 NS

Dream: I was in a skyscraper watching a storm - jags of lightning getting closer and closer. There were other people around out of vision. I was in one of the top floors, perhaps 20 floors up. Then the whole block leaned over at a 45-degree angle. I thought: this is what it feels like to be about to die in a disaster. Thoughts passed through my mind like: It will hurt, how will I bear it, others will be hurt. Could hardly imagine how awful it would be. The idea of falling from a height, constrained in a building, going through terrible physical hurt, with other people going through the same. Was looking out the window at this angle and not acting afraid, seeming stoic, but actually terrified inside. It would happen and I could not do anything. P7 12/12:06:30 NS

I have had the best day with my husband. It has been full of mirth, excitement and adventure. As I get home I am dancing with my daughter who my husband has dressed in his suit. As I am joyful and very much in the moment, my ankle gives way. P3 3/3:20:00 NS

Went over on right ankle while out a walk. Did this yesterday too. Have not done that for a while. P7 14/14:16:00 OS

Daughter 2: I felt like sitting on the floor today to discuss work with a colleague. (In an office of 10, secretarial work) On the floor I can't fall off. P7 4/04:15:00 NS

Daughter 2: wheeling across office on wheeled chair, I left the chair behind and almost fell on the floor. (She described her day as having a lack of spatial awareness. See also above entry and entry at 08.00.) P7 4/04:15:30 NS

I have a snooze and dream very clearly of spraining my ankle and wake suddenly. P3 12/12:10:00 NS

I slipped in bathroom and fell on my bottom. Very sore and bruised for a few days. P5 17/18:00:00 NS

Still feeling sore, can't understand why! Still, picked myself up and looking forward to having more time for homeopathy and things I enjoy doing. P9 21/21:07:45 NS

Horrible and very strange dream. My 5-year-old daughter had fallen over and I found her lying on her back, unconscious. Husband organised air ambulance and went off in it with her; he couldn't or wouldn't respond to my soundless screams. But then she was suddenly in my arms, even though the ambulance was taking her up into the sky. It all felt very distressing; I felt utterly powerless and very panicky. P5 11/5:00:00 NS

Have written the essay this morning from a place of stillness without soul searching. It has been an effort to delve again into the last two days proving a write it up - I feel it is a lot of my own stuff resurfacing. I feel cautiously more positive, but am wary of becoming too happy for fear of plummeting again. P7 3/23.11.00 AS

At yoga - particularly felt inspired when we were instructed 'take flight' and 'swoop down'. This all felt good and right and I could do it. P7 32/32.10.30 IOS

Daughter 2: tripped going up escalator on the way to work. (See Daughter 2 entries below.) P7 4/04.08.00 NS

Dream of being lined up with some other women, tied up to each other on the edge of a high precipice, if one tried to escape or move we would all fall and die. P1 50/2:07:00 NS

Fell full-length coming home from the dog walk in the dark. Tripped over tree stump. Great shock to my whole system, head to toes. Big bump on left leg just above kneecap. Jolted me all the way up and down spine. Took Arnica 30c straight away and again later. P7 52/52.17.00 NS

Grounded/earth

Repeat of urge to lie with back of heart on ground and look at expanse of sky, and this being deeply soothing to the background feeling of over-stimulation. Enjoying the feeling of space and solitude - reminds me of the affinity to treetops I was previously feeling. P1 7/7:14:00 NS

I want to be based on steady ground. P3 26/25.12.30 NS

I feel shorter than usual, ground seems nearer. P1 5/5:12:00 NS

I have this shrinking feeling. It is a weird sensation when I touch my face or arms. My mind plays a trick on me thinking that I have shrunk and my fingers are a little stubby and midget like. The hands are the main feeling but also is my body. During this weird sensation I feel like I am shrinking or just small and it is the second time that I have felt it. The first time whilst at my parent's house and the second at the train station in Plymouth. It does not feel scary because I know that I cannot shrink it just feels like I have grown a few inches smaller. P2 3/3:22:00 NS

Someone has lost both their legs in an accident. She is eager to get back into society but I feel it is too soon and that disappointment lies ahead. She moves towards a large group of people who are all standing. She is very much shorter than them. She speaks and tries to get their attention. Their backs are turned. Some glance around but she is basically ignored. P3 15/XX NS

Dream: I am having a shower with grit. I have the sensation of prickles on the top of my head, neck and

shoulders where the grit falls. P3 4/XX NS

Dream: A little girl falls ill in my daughter's bedroom. I am called upstairs by a phone call. My father-in-law is there. He says she is getting better and her vomit is in pebble/pellet form and colorful like little gemstones. P3 4/XX NS

I am standing with my family at the head of several sandy paths that all lead to the same place. I suggest that we each take a route but each is too dangerous or inconvenient or impassable in some way as far as my family is concerned. P3 12/XX NS

I'm in the open cockpit of an aeroplane. We look down at the mountains below and a light snow begins to fall, the first snowfall of the winter. It is fresh, crisp and very cold. As I look down, so does the pilot and she forgets to fly the plane, which goes into a nosedive. The ground gets closer and closer. We are going to crash? We touch down roughly in a long sloped field and have to get out and push starts the plane (much like you would a car) to get it back up in the air again. I am worried about us getting bogged down in the muddy field. There is a real concern that my legs will get heavy and not be able to run. A man helps us and with a long run and a big push we are on our way. P3 17/XX NS

Heavy not unpleasant grounded feeling coming home after yoga. My feet felt glued to the floor. Left hip felt weighted down. An effort to move. P7 25/25.14.00 IOS

I take one more Ruta just to help my body a bit more. P9 23/23:09:05 NS

I arrive at the coast with some friends. We go to a hotel and ask for rooms. I ask for a single room and am shown a room with 4 beds in it, 3 of which have been slept in already and are in disarray. I go to the window, which is at ground level and can just see out over the sand to the sea. I push an arm out and want to crawl out to the sea but the window has bars on and they are too close together for me to crawl through. All I can do is touch the sand. It turns out that one of the girls in our party has been wearing a series of masks. We are not sure which is her real face. She has been fooling us for months and there is the suggestion that we have had encounters with her many times before without being aware it was she because of her disguises. This makes us all feel very uneasy. P3 24/XX NS

On the dog walk he stayed close much more than usual. I felt relaxed, grounded. P7 4/04.16.00 AS

Urge to lie down on back with heart connecting to ground and look at expanse of sky, feels extremely comforting and soothing, as though the proving is a kind of sensory overload and over-stimulation. Repeats exactly on day 7. P1 5/5:17:00 NS

High/vertex

Headache much better for fresh air and walking. Black threads in vision, very obvious when looking up at blue sky - spent quite a time doing this. P7 19/19.16.00 OS

Feeling very clear headed today. The headaches have passed, feeling very good. Feel elevated and quite high, everything feels perfectly acting. Strong direction, determined yet gentle. P6 22 1/5

Outside, I feel drawn to stare down at the ground. This feeling drawn to look at the ground repeats again day 0. P1 0/0:19:30 NS

On walking - outside feels better than inside. Looking down seems wrong again. Feel very drawn to tree tops - want to look out to distant horizon, very long sight. This feeling drawn to treetops or high places, giving a vantage point and sense of distance, repeats days 2, 3, 5, 21. P1 1/1:08:30 NS

During tea break I feel the need to stand on the highest piece of ground I can find. Feels related to being drawn to treetops. P1 2/2:15:30 NS

Am drawn to the idea of instinctually catching prey and the simplicity and directness of this. P1 4/4:09:50 NS

Am sitting by window and am drawn to birds. I feel if I was going to be anything it would be a bird. I'd live high in the treetops, hold on with my claws and look out over the open ground to the horizon. This feeling of being drawn to birds via a kind of body-based empathy, for the movement and space and height, repeats days 3. P1 1/1:08:55 NS

I notice I am still drawn to birds via a kind of body-based empathy, for the movement and space and height. P1 3/3:09:30 NS

Feeling on top of things and that all is good and perfectly coordinated as it should be and always is, was. P6 37

People are sprayed gold and standing arrayed in a space like an Amphitheatre. There is one enormous girl, all sunny. Child-like but very big. She hangs upside down and her shape changes in exaggerated response to the change in gravity. It is very comical and delights us both. P3 2/XX NS

My son came home last night complaining of eye pain after falling over whilst playing. This morning I ask how he feels. Both eyes hurt at the top and he says it's his eyeball rather than his eye socket. He gestures at the space between his eyelid and eyebrow. P3 4/4:08:00 NS

I feel taller than usual; things look further down and maybe slightly smaller too. Repeats days 5, 9. P1 4/4:21:00 NS

My head is different. It is like the head of an insect: shiny, hard with hemispherical protuberances over my eyes. P3 52/XX NS

Woke up with headache, top of head and over eyes, lasted all day, pressing in. Worse over right eye. The headache lasted - on and off - until day 3 of the proving. P8 5/X OS

Headache pressing downward on vertex and penetrating. Powerful, unusual. P3 13/17:00:00 NS

Headache, hollow, as if huge opening on top of my head. The pain was no pressure but space! I found it odd and I could not pin point it as to where on my head but anywhere above my eyes. P2 3/3:17:00 NS

Being hunted and being loomed over by things that are bigger than me. P3 11/XX NS

Headache came and went during the morning - a lowering forehead, never very bad, never really took hold. Worse on talking about. P7 28/X AS

Dream: Someone is trying to dress me in a costume for a photograph for an advertising commercial. I

am to be dressed as a boxer before a fight, in a dressing gown with a hood. The outfit does not fit. My arms and legs have grown gangly and long. I look ridiculous and refuse to have the photograph taken. The guy in charge is angry and menacing. He is in a hurry. He is standing over me - he is tall and big. It takes all my courage to say I don't want to do this photograph. He shouts at me and I'm scared, shrinking away from him in my chair. P3 8/XX NS

Dream: my two male bosses who stand very close beside me - as I sit - watching and intimidating me, are testing my ability in a new job. There is a feeling that they will have underestimated me because I am blonde and female. P3 8/XX NS

Dream: There is a music festival on a traveller site. A famous singer has disguised herself brightly to perform at this small gig. She has her hair bound in red braids or dreadlocks and is dressed much more extremely and aggressively than she would normally be. (You'd normally think of hiding or disguise as more drab colours. She is brightly dressed but she doesn't look like herself.) Her songs are also much more controversial, provocative and anger-filled than usual. It's a hostile atmosphere. The crowd is quite angry, restive and milling about uneasily. Something is about to happen, an attack of some sort. There is a feeling of being outside society. They are oppressed. P3 8/XX NS

Dream of a stalker coming after my wife, we are in the city amongst huge buildings, sky scrapers, he is carrying a long metal staff, I manage to get my wife to safety and draw him away, he comes after me, he is menacing, dark, scary, he could kill me if he gets to me, but I can fly, I am high above the sky scrapers watching him, checking he is not getting to my wife. If he goes towards her I go closer to him drawing him away, then a swoop up, as long as I can keep my flight and height up I will be safe, but it is terrifying. P4 29

Headache in vertex. Pressing pain in two spots on left and right of crown. P3 11/11:21:00 NS

Pressive pain either side of vertex. P3 4/4:22:00:00 NS

Sharp pain at the "crown" of the head. P9 0/0:18:33 NS

My sister in law walks up to meet me at the school gate. Before we say anything else she says with feeling 'I've just had one of those mad headaches walking up here towards you'. I asked her what it was like and she said 'stabbing at the top of my eyeballs'. P3 3/3:08:30 NS

Sharp, stabbing pains on both sided of head. Brief duration. P8 20/X OS

Sharp, stabbing pains on both sides of head. Temporal, extending to vertex. Comes and goes as is the nature of a stabbing pain. No pain in between. Happened more frequently today. It felt better for pressure; I automatically press my hand to ease the pain. So the pain has a quality of bursting out and my reaction is to press it back in. The time noted was the first time I felt it today, it continued for many hours. P8 21/14:15:00 OS

I am moving fast through a landscape - on a train perhaps. I can see big, smooth, grey boulders lying everywhere. Tall men work in the fields with long arms and legs. P3

People are all-tall and have really long legs. P3 11/XX NS

Someone stood up to introduce me. He stood up to say hello. He didn't just stand up, he kept standing

up. It surprised me - I said - oh my goodness you are really tall. Also somebody mistook me for a really tall person. They thought I was tall, but I'm not really tall. P3 10/10:21:00 NS

Slightly tight head like a cap over it or band round it. P1 1/1:08:10 NS

Sharp but not intense drilling pain in right parietal crown. P1 3/3:22:05 NS

I have noticed a spot on top of my head near the crown. It is not particularly painful until I touch it and its size is about the size of a green garden pea. It is not very big but it feels bruised in some way and the pain is also of a stinging sensation, which is not only apparent on the spot but also the area around it. I can not look at it because of its placing. P2 41/17:00:18 NS

Top of head very sensitive, right on the crown, and slightly to the right as well. Very delicate to touch, haven't banged it or anything, was a little headachy the day before. P6 14/14:18:00

Pain, forehead. It feels similar to day 23 but not as congested. Like a tight band extending towards the temples and beyond above my ears. It is worse for movement; walking, bending forward. Better for lying down. P8 28/X RS

Towering sky, mid-dark clouds forming massive arch over half the sky, over-arching. It felt secure rather than threatening. I wanted to rise to meet it, the feeling of it. Like a great piece of music. P7 25/25.16.30 IOS

I have a big argument with my husband. Whilst it's going on, I am aware that he is standing up and pacing around the table at which I am sat. I am acutely aware of him standing over me, he is towering over me and this makes me feel threatened. P3 14/14:17:00 NS

Notice I don't feel right looking down. As if I would fall? Or as if I wouldn't be able to see where I'm going? This feeling of looking down being 'wrong' repeats again same day. P1 1/1:08:10 NS

Space distortion - things seem further away. P1 13/13:20:00 NS

Dream of being as big as the sky and looking down on the world. P4

Dream: I'm standing on top of a hill. It's windy and the long grass is blown in wave-like patterns this way and that. It looks luxurious. Like hair in a shampoo commercial. There are clouds gathering overhead presaging rain. My Dad says it won't rain because we are too high up. I don't understand. P3 8/XX NS

Slight nausea feeling, worse for paying attention to it. Especially comes on looking down, like slight vertigo. P1 1/1:08:00 NS

Vertigo again, better for eating. P1 5/5:18:00 NS

Vertigo, dizziness with headache, worse looking down, bending head forward. P7 14/14 OS

Hot/pressing

I am in a different land to usual with my dreaming. Drier, hotter more barren. P3 2/XX NS



I have this benumbing feeling in my right hand side at the tip of my extremities. It feels estranged and it doesn't feel like it is a part of me the grip was tense in my right hand without trying it was really tight. It was quite an odd feeling to release the grip and ease my hand. I was only watching a crime film but I think it had more to do with being tensed because of my thoughts of money and study. The grip was involuntary, as I did not intend to grip so tightly and once I noticed I thought it rather odd that so much pressure was incurred. I could release the grip straight away, it was just the fact of its very strong hold but it must have been going on for at least 5/10 before I really noticed, I would guess. P2 30/6:21:00 AS

Realise how much I bled during the night. P9 1/1:07:15 NS

Bleed quite a lot during the night; usually it is more during the day and hardly during the night (esp. 1st or 2nd night). P9 1/1:X NS

Normal stool, but slight bleeding of anus as if scraped. Then sticky stool. I have not had that for a while. No change in diet. P7 14/14.08.30 AS

Slight pink mark on bridge of nose, slightly warm feeling. Repeats on day 3, 5. P1 2/2:20:00 NS

Bubble sensation of heart doing a peculiar beat. Feels like something will stop if I don't cough or move in some way. Slightly hot and the bubble moves through my system. P7 22/22.15.00 OS

All day but especially for two hours driving, bubbles up from mid-chest to top of throat. Feeling of something desperately needing to escape, being pent up. Accompanied by a hot, heavy feeling mid-chest. P7 44/X NS

I am still not calm and continue to cry and rage. I find myself completely intolerable. I find everything intolerable. I feel like I have too much energy or power inside me and I have to get rid of it. It is like being engulfed; burning with raw, hot energy. P3 29/29:15:00 NS

Slight burning sensation in oesophagus. P1 9/9:11:00 NS

Dog walk. Found some moments of centre - A warm/hot buzzing of life inside heart area. The excitement of life and didn't need anything else. P7 13/13.16.30 NS

Bleeding freely, but still cramping aches in the whole abdominal area (both sides). P9 43/43:X RS

Cut big knuckle of third finger of left hand on tumble drier door and it bled a lot. P7 13/13.12.00 NS

Dry hot eyes all day at school. My teaching room is hot but I haven't experienced this before. P7 5/X NS

Dry hot eyes / nose / forehead on waking. Lips dry. Heavy eyes when I opened them, as if I'd been crying a lot, puffy. Better for sitting up, cool fresh air, drinking cold, fizzy water. P7 6/06.06.45 NS

I am far too hot all the time (but period almost over; don't know if there is a connection). P9 3/3:X RS

A lump in my throat from trying not to cry. Still feeling really inadequate. I drank some fizzy water and it hurt so much in my throat and down to my sternum, that it made me cry - a burning sensation I have not had before. Usually I feel much better for drinking fizzy water. P7 10/10.19.00 NS

I woke with a dead right arm and pins and needles in it. I think it is because of sleeping on it but I usually sleep on the upper arm and it was the forearm that was numb and tingly. I never, however, wake up with a dead arm and especially not as strong as that. It was really hard to move it. It felt like a floppy limb and I had to put a lot of effort into moving it because it felt odd and uncomfortable just to leave it where it was. I did not like the experience and I was worried at how heavy and unbearable it felt to not be able to move it. I had to wait 10/15 min for the feeling to leave. P2 1/1:06:50 NS

I have got a headache on the sides of my head like a pressure it is worse for light and influences like tv and phone screen's and noise. P2 50/2:22:14 NS

I have a headache all day. Could be something to do with the enormous whiskey I drank just before bed. I hate whiskey; it gives me a headache and heartburn. P3 31/31:17:00 NS

Dull headache across lower forehead above eyebrows. P5 31/13:00:00 NS

No headache, but remaining fuzziness, heavy feeling over forehead and round eyes, as if I'd been crying. P7 50/50.07.00 RS

Headache developing, over eyes, pressing in. P8 2/X RS

Headache still hanging around, mild, unusual for me - I don't get many headaches. P8 2/X OS

As day 28, but there is also a throbbing quality to the head pain. P8 29/X RS

Heart - a squeeze, achey soreness on going upstairs. Like after too much coffee. I put it down to tiredness and perhaps having eaten sugar today. P7 30/30.22.00 RS

Awareness of the top of my throat today. The heart feeling as if it was extending to the top of my throat and when I swallow that it is slightly difficult to go past that area. A continual slight tension around there, slight block. P7 31/X NS

On the journey to the airport I think of 2 people I am fond of and start to cry. As if my heart is raw or too open; again: Nothing to stop those basic emotions. P9 3/3:08:10 RS

My heart is easily excited to palpitations when I am emotionally excited. P3 2/2:14:00 NS

Felt very nervous before teaching - what if I mess up, lose control of the group, and let pupils down who will then show up badly? Heart felt sore and over-worked. After teaching I felt I had not done very well and would be judged and laughed at - I chose the wrong music and must take responsibility. The feeling of failing was very intense and almost unbearable for a few hours. In fact, everyone at school was kind and friendly. P7 38/X IOS

I have heartburn all day. P3 30/30:07:00NS

General feeling of heaviness in my head. Low-grade headache with pressure over my eyes, heavy eyelids. Feeling out of focus/disconnected. P83/XOS

I feel like my normal self today. The pressure around my head has gone. The heaviness has lifted. I have

good energy both physically and mentally. I feel happy and positive. It feels like the proving has ended!  
P8 33/9:45:00 RS

I am awake for an hour or so in the night with dyspepsia. It feels like I have a heavy burning weight in the pit of my stomach. P3 22/22:03:30 NS

Woke later than usual. Felt heavy and struggled to get up, staggering a bit. Felt a bit dizzy and detached. Fine after getting fresh air. P7 7/07.08.00 OS

Heavy head, heavy forehead after school, worse in car. The room at school had been hot and stuffy. Made me sleepy, eyes felt like closing. P7 26/26.15.30 RS

Woke heavy-hearted, in mind and physically. Hot face. P7 10/10.03.00 RS

It took a long time for the heart tightness to go - persuading myself to relax. P7 38/38.21.00 AS

Heavy hearted and sore chest all day. After school sighing and then felt like crying. P7 10/10.17.00 IOS

I went for a nap after yoga and when I lay down I found it a big effort to breath - like working heavy bellows or a large accordion. As if there was a heavy weight on or in my chest. Difficult to get enough breath, the in-breath could go on forever. It feels like when I was very anemic and had to walk the dog just after my father died. But this time the feeling improved a lot when I walked the dog an hour later. P7 25/25.14.00 IOS

Every time I get up to walk I feel heavy, dumpy and earthbound. Strong pull of gravity down. Not unpleasant. P7 19/19.20.30 NS

Hot flush and irritated cough. P7 10/10.03.00 RS

Hot tingly feet, a bit sore and nervy, while sitting in the evening. Sore to get up and walk on. P7 12/12.21.00 RS

Hot, blocked feeling mid-chest while sitting in the evening. It was burning like the heat of fire and radiated out from there. A hot flush for me starts in the head and moves all over the body from there - this was something new. After a short time (half an hour?) it moved to a blocked feeling in the top of my throat. P7 31 31.21.00 NS

There is this hot/cold thing going on at the moment. When a part of me is touching something cold for a while, I do not notice the temperature for a while until I've moved away or let go of the item and then the part stays that temperature for quite sometime afterwards. I first noticed it on my hands whilst driving. Then on my belly whilst leaning over a stone sideboard. Then my feet without socks on the kitchen floor. These are generally things I would notice straight away but it is odd that it is only afterwards that I notice and specifically that part stays like it for quite some time afterward. P2 3/3:12:00 NS

Woke hot, throat rough and irritated on right. Lasted for a short time and then was fine. Unusual that it came and went so quickly. P7 8/08.02.30 NS

Awareness of heart area and left arm all night. Not so much palpitation, as an incipient 'grumbling',

fullness, warmth, something ready to hatch, needs to get out. I needed to breathe, cough - open up, get out, do something. P7 31/X NS

Still icy cold feet and legs even with rug and hot water bottle. With hot cheeks. Like the end of flu. P7 22/22.21.00 OS

Daughter 1 told me about 3 dreams she had on Wednesday (Day 12, 03.30) Dream 1: I was impaled through the chest by something like a broom handle. It was horrendous but I didn't feel shocked. It was painful around the sternum. Dream 2: my heart had stopped beating. I woke my partner and asked if this was so, but I can't remember asking. After that my pulse felt really fast and strong all night - I was aware of it even in my sleep which felt weird (unheimlich). Dream 3: the situation, the 'given', was that I had no arm below the elbow on the left hand side. It was very painful in the non-existent arm and I could feel the pulse strongly in the non-existent part. I normally get psychological pains in my left arm, nerve pain and circulation, the same arm as the impaling of the previous dream. My right arm is always quite able. P7 14/X NS

Today I had an experience of intensity rising, my neck stiffening, throaty. I could almost sense myself wanting to go into a place of fear, but I allowed it, embraced it and allowed it to expand, it blossomed into a sense of heat around my head with pleasure, lightness, joy, and hot flush, radiating heat. This was I believe a kundalini experience. But it happened spontaneously while I was studying at lunchtime, pretty unusual but nice :) P6 8/8:13:00

I find being at college intolerable. The build up of tension inside my chest becomes unbearable as the time when we will discuss the proving approaches. The last thing I want to do is be in a room where the energy of the proving is concentrated. I feel like this can only amp up the energy. I try to leave and sit in my car but cannot drive away. I am overwhelmed by the conviction that I will die on the road, that I will crash or drive myself into something and kill myself. I get out of the car and do the class discussion, which is extremely difficult. At the close of the session I do feel a little like the energy of the proving has been dissipated. During the discussion I realise I feel victimised or singled out for this peculiar torment. I feel like I'm the idiot who stood exposed in the storm and took a direct hit. P3 57/57:11:00 NS

Still cramping but better, less bleeding already. P9 44/44:X RS

All my limbs are painful and hot. Very low energy physically. P8 29/X RS

Still low energy, Recovering. I feel low and depressed in every sense of the word. Limbs are heavy, eyes are heavy. Head feels like there's a pressure inwards. Mood is low. P8 30/X RS

I feel I have a low-grade temperature. Repeats day 38. P1 5/5:10:00 OS

Smell of scented candle brought back nausea and headache and hot flush. Reminded me of when I was pregnant and could not bear the smell of frying garlic - had to shut myself away in an airconditioned room and lie down. P7 21/21.12.00 OS

The pain is a lot better. Not quite gone though. Bleeding has almost stopped. P9 46/46:X RS

Painful distension, bowel feels bloated and under pressure as if it would fall out of the body. Nothing can relieve it. Quite painful (from 5 pm). P9 10/10:X OS

Still this pain might be ureters or ovaries. Very unusual for me. P9 52/52:X RS

Pressive pain on vertex, even sided. Comes with a pressure in the eyes. P3 0/0:23:14 NS

Pressive pain on vertex, even sided. Comes with a pressure in the eyes. P3 0/0:23:14 NS

I am seated, talking to someone standing quite close in front of me. After a couple of minutes I get an intense pain from looking up in the top of both of my eyeballs. It goes when I look down. The sensation is of pressure. P3 1/1:22:30 NS

Feel the pressure on the left ear again when driving down into the valley, more sensitive to pressure changes than usual. P9 12/12:15:20 IOS

I have had these things on my toes a couple of times in the past year though not for a while now and usually it comes on with similar things on my fingers and what it is, is that there are these spots. Rather like red 5mm dots randomly over my toes and I only notice them when I have touch something with them or even walk. There are pressures sensitive and usually come on round the times when I have had a lot of beer or sugar I think. But this time I have had none of for quite some time, or at least not in quantity. I noticed it first without the spots this time and it started with a pressure sensation on the tips on my toes (just the smaller ones not the big one) and this feels tingly. They do not hurt but they are noticeable and I do not know how to make them go. Usually they leave on their own accord. It is in all the smaller toes, without swelling and itching however after checking them and how they looked they looked paler than the rest of the foot. P2 5/5:18:26 OS

I feel a bit restrained in the chest area; there is an ache on the left hand side of the rib cage on breathing in. Several years ago (5?) I had this for months and even went to the GP to have it checked. Then, it felt like pleurisy, my breathing was so painful. The GP didn't find anything and I took some Bryonia in the end and cleared it within days. P9 42/42:X OS

Both hips ache at some point during the night, a sharp, hot pain. Want to stretch out to ease them but can't as tent is too short. P9 1/1:X RS

My left knee hurts all of a sudden, as if a ligament was broken; sharp, burning pain. P9 7/7:10:15 NS

My mouth has got sores on the inside bottom lip. My teeth, cleaning my teeth and eating aggravates. It is a slight burning sensation, which is constant. P2 9/9:17:00 NS

My nose it's burning. Inside the rim of the nostrils is very sore and it started with my right nostril and now it is more evident in my left. I feel it when I breathe and to resist temptation to itch is difficult. P2 11/11:XX:XX NS

In my sleep I was aware of a throbbing pain in my right thigh. It was very localised, a short area on the top surface mid way between hips and knee. I woke and it was gone. It reminded me of the small area of throat, which felt sore, a beginning of the proving. P7 32/32.04.30 NS

Sore heart area. Moved to right after half an hour, and then briefly back again then went. Might have been from drinking tea at lunchtime. Mentioned because it came and went in a shortish space of time - this was unusual. P7 1/01.14.30 OS

The start of a sore throat (not as intense as day 28). It is dry and slightly itchy. It is causing me to cough - a sensation of needing to clear my throat. It is a little sore/stinging. Very mild. Feeling of pressure in the head. P8 36/16:00:00 RS

The spot is hurting again after eating 2 apples and I feel that it is the same feeling as before. A very burny stinging feel that doesn't feel any better for touch. There was no puss and it was red with no outside discoloration. P2 34/10:19:00 RS

I fall on my right inner knee and inner foot while attempting to get out of the water; knee bleeding freely and there is quite a bit of bruising. The grazes are stinging from the salt. P9 33/33:16:50 NS

Headache. Started after my sister and niece left. I've had one before like this after visiting them - I worry about my niece who is autistic, how she can be understood and how my sister can cope. We had a good time together but it's a strain. All the usual symptoms (I used to get these headaches a lot, not since the last good remedy): Starts on right hand side, temple and down back of head and neck. Nausea, queasiness. Heavy ache, hot, dry face. Cant stand strong smells, can only drink water. Worse for dealing with people. Really did not want to examine the whole headache thing, did not want to face it. Just want it to go away. P7 19/19.14.00 OS

Night: On and off (sleep) until 3, aware of maybe having to go to the loo (esp. with period). Sweat quite a bit on first trying to fall asleep. – Miss the female Tawny Owl. P9 1/1:X NS

Don't feel too cold, sweated quite a bit on first trying to fall asleep. P9 1/1:X RS

Headache much better for vacuuming and washing kitchen floor. Sweated like a pig. P7 21/21.11.30 OS

Gum, right side, Swelling, pain, Tenderness when probed, there is some heat, but not a lot. Upper gum, at the back beyond the last molar and into the jaw. Worse for biting, chewing. P8 13/X RS

Cervical glands are swollen and hard. Painful to touch and feel hot. P8 29/X RS

My left hand wrist has started hurting today and it is similar to the right hand only this wrist is more understandable as to why it should hurt. I had broken it about 8 years ago and it was never been 100% and always been a little weaker than the other wrist. I would say the pain is more noticeable than that of the right hand wrist but the sensation is the same with the tense line connecting the hand to the forearm, though there is this constant compression sensation evident, which becomes an achy pain. I often have achy pains in my wrist and I do not realise them but with my wrist sharp pain at the moment I can feel this achy feeling almost constantly. P2 57/9:08:00 AS

I have this sensation after calling my supervisor where my feet were pressed again to the wall as I was sitting on the railings. I then jumped off and felt this balled, wavy feeling on the soles of my feet. Like as if the blood was rushing back to them. Walking excited the wavy feeling. They waves were rushing and throbbing in a sense and it felt really odd then to walk on them. Once sat down I felt more of a balled feeling and my feet in a static position felt increasingly heavy, like concrete blocks. I did not move them and the heaviness made the muscles in my calf muscles feel weakened and not strong enough to move them but of course once tried I found it was just like normal but with this crazy sensation emanating through the soles of my feet. It took 10 mins to subside. P2 9/9:10:00 NS

Industry/lull

Daughter 3 also spoke of how she had had a much better day on Sunday (when I was having a good day) - calmer and able to do things without agonising, positive. Unusual for her. P7 31/31.19.15 NS

I can't really focus on anything, I feel like wasting time, not really doing anything. I feel dissatisfied, could eat all the time, to satisfy what is missing. If I only knew what is missing? P9 54/54:X OS

Complete contrast and bounce back! Felt very well all evening, lively and ready to do study. Phone call from daughter - listened to 'family stuff', gave advice (which I recognised as needing myself) and felt lightened - neither burdened nor affected. Able to talk things through with husband, get it off my chest and move on. Wrote 2 page assignment for P&D. P7 26/26.18.00 NS

Today I really couldn't be bothered to do anything - impulse to read a book and let the world get on without me. Tired. P7 18/X OS

I have ennui. I'm not getting anything done, and I feel as if I don't have the power inside me to do the things I need to do. P3 32/32:20:00 NS

I send off my last P&D unit, very happy that I was able to focus and get it done in less than 5 days. P9 39/39:10:30 NS

I actually got some stuff done today... I broke the idle habit. P3 33/33:19:00 NS

This morning I was very industrious in that I managed to clean and Hoover the kitchen the hall, the stairwell, corridor, my room, living room, conservatory, outside whilst doing 2 loads of washing. This is basically because I had not done anything for the last 3 weeks in the hope that my flat mate would take the initiative to do some cleaning work as well though he didn't and the work piled up so now I have just zipped through in a flurry of 2-3 hours and it felt really good. I didn't even do it for my flat mate because he owns the house, I did it solely for myself and that was the best part about it. P2 34/10:08:00 NS

I am very good at doing lots of small things, I do them quickly and with ease, but I am finding it hard to settle on any big projects at work, I can not concentrate for long periods, my mind is fast, quick but for short things. P4 15

Did not feel so shattered after a day of teaching as usual. I was tired but could continue to do things instead of collapsing with a cup of tea. Recovered better than usual from nerves of first time conducting a string group. Happily went on a one-hour dog walk. Then emailed two business matters straight away, making the decision myself without reference - normally I'd put it off and be hesitant and doubt myself. P7 3/03.16.00 AS

Cannot summon up any energy. Out a walk with the dog my legs felt like lead. He also was not interested in any game and trotted along slowly. Have decided not to try to do anything the rest of the day. P7 11/11.16.00 OS

In the office some of our customers had brought in some sugary treats and I powered off those for a while and I could notice the point where it was too much. I found I got tired, my eyes started to itch and I could not connect all of my jokes together as well as before, when making general banter with my colleagues'. I could make good banter still but sometimes I slip up and put something out of context or

not fitting in there and I was lost in conversation. I am usually fairly witty but today it did not work. I did not care still. I was still very productive and looking ahead with projects and learning new niches at work. P2 38/14:14:00 NS

Many practical thoughts as I wake. P1 5/5:07:30 NS

Another productive day, meeting up with a job agency and 3 other homeopaths to set up a face book site. I feel positive and focused. P9 41/41:X NS

Today was hard to get into the shift of things and get going, but I found it was only an initial shift that I needed to make a start and I could achieve everything on the same level as last week again. But I had a definite pick up of energy once home. Then my flat mate came home and told me that his asthma has cleared up which was great news. I prescribed Carbo-veg last night because he had hard breathing mucus, it's on set is usually from chest infections he tells me and he had a headache and a few other things such as flatulence etc. and luckily found the remedy in Misha's book with the teddy bears, then explored it further in bigger materia medicas and it was fitting more and more. I explained to him how it should work and he was still quite skeptical. So he took it anyway and had a he had short feverish episode after I went to bed. I heard him get up this morning at 6 to use the loo, (he usually lies in until the last possible moment before he has to be at work). I did not see him however for the whole day and he comes home telling me that his asthma has cleared up after a fever last night and now I am 'dead' though he was productive. He had gone out after work to get things for the house and started doing maintenance even after him telling me he is not going to do much tonight. This made me really happy and I told him to stop taking! I am interested in its continued action though? If anything changes with his knees or if the amelioration sticks. P2 38/14:20:25 AS

Very lazy feeling at yoga. Noticed the soreness in my left arm and shoulder, which has been ongoing through the proving. It felt better after yoga - is probably a mechanistic thing of my own from violin and phone holding. P7 39/39.10.00 NS

I have made a lot of technical updates to all the home and office computers. Improving memory, performance and software. Loads more than I would normally do. I was thinking about it for ages, it was building and building and then all of a sudden over a day or two I did everything. It was mega. P4 17

I have not been very proactive today. I have sat around eating biscuits, instead of studying. I have done a wash and cleaned the kitchen but this has not satisfied me in how I spent the day! I feel lazy and sad. Sad because I do not have the company of people I wish to be with, aka, my girlfriend, or my best mates and lazy because I have not made the most of the day where I could have caught up on my work like I should have done. P2 44/20:19:00 NS

I have not really gotten out of bed for a long time today and when I did I went to the library but I didn't do any work. I researched Christmas presents instead and I felt really unproductive. P2 48/48:XX:XX NS

I have been really unproductive towards my work today. I think it is mainly a feeling of being lonely because I have not really made any close friendships since I have been in Plymouth because I have been so busy and because I have had no money to do anything. The only time I have had chances to meet people that can relate to me are with my flat mates graduate friends and climbing. Climbing I have not been doing so much and the graduate friends I felt they were really not my type of friends because they



keep themselves to themselves and are in a tight knit group of work buddies. Also my girlfriend is not coming until new years and this seems like a long time away until she is here. This makes me think of everything but studying because when I study my mind wanders on to such things really easily and If I then concentrate on something different the whole time I find I lose myself in the subject and do not wander off onto loneliness so easily. P2 49/49:XX: XX NS

I still feel unproductive because I have not made any headway with my work and I although I have sorted a lot of Christmas presents already I feel like I am distracting myself on purpose. P2 51/51:XX: XX RS

Again I have been fairly unproductive and I feel bad that I have not gotten on with the things I have to do. Instead I have played guitar and cleaned my room. P2 55/55:XX: XX RS

Wake early and alert. P3 1/1:06:10 NS

I wake early and alert. P3 2/2:06:10 NS

I wake early and alert. P3 3/3:06:20 NS

Wake early and alert. P3 4/4:06:10 NS

Wake early and alert. P3 4/4:06:10 NS

Wake early and alert. P3 5/5:06:20 NS

Wake early and alert. P3 8/8:06:10 NS

Instinctive/**blunt**

don't feel like talking to people. Don't feel like social niceties – a blunt feeling of not wanting to bother coupled with feeling distant. Don't especially want to be alone either. This feeling of not feeling bothered to interact repeats as a background feeling throughout and specifically days 2, 4. P1 2/2:08:00 NS

I receive a text from a colleague who I can find a bit sticky and notice I'm feeling more blunt than usual about it, just can't be bothered to deal with it. P1 4/4:08:05 IOS

I notice a little damage to a table where I lent my flat to some relatives, and am more annoyed than I would usually be by this and by them not telling me. P1 4/4:08:30 NS

Another small event where I feel the urge to stand ground more than usual but also can't be bothered. This is a strange combination that has repeated. P1 29/5:18:10 NS

Again feel more like defending corner or fighting if needed - I throw something back in someone's face that is being a bit disrespectful, though still with very little emotion, instinctual. P1 54/6:13:15 NS

Dream: I am at a party in a field with friends. We all pitch in together to make a camp and look after the kids. The next day one of my friend's just packs all her own stuff up and makes to leave. I am instantly enraged by what I perceive to be her selfishness. I attack her verbally. I cannot restrain

myself. She comes straight back at me and attacks me for the way I am raising my son, particularly how I deal with his incontinence - this is really below the belt. Later I'm ashamed at my outburst and I try to put my arm on her shoulder and apologise. She is rigid with refusal. The damage is done. P3 5/XX NS

Dream: There's a girl with a lot of unruly brown hair. I ask her if she has ever tied it up so people can see her face. She is defensive and there is a feeling of potential aggression in the air. The question has made her uncomfortable. No, she has never tied her hair up. I touch her hair tentatively and she looks at me sharply. I wonder if she is going to attack me. There is a lot of tension palpable in the air between us. It's a volatile moment. P3 5/XX NS

Another person not from any homeopathy group comes in and starts talking to someone in my group. She doesn't belong here! It feels an imposition - don't want them here. P1 1/1:08:45 NS

Gave in to the impulse to drink coffee. The usual immediate feeling of capability. Rather like the feeling of the beginning of the proving. No bad after effects.e.g.headache, depression. P7 39/39.12.00 OS

In shops I feel more irritable than usual with small things in people eg cashier being rough with my fruit. Again I feel the urge to fight is stronger, as on day ... Also more offended than usual by eg cancer companies' adverts, the lack of ethics etc. P1 6/6:10:00 NS

Notice that the lack of emotion goes with more sense of instinct than feeling. P1 1/1:08:55 NS

Dream snippet of pointing out to some people that someone else was controlling them - dream lacked emotion but this slightly compelling need to point this out. P1 3/3:07:00 NS

Fall asleep again and brief dream of criticising/ mocking some indulgent parents of small children, again lacking emotion but harsher than usual reaction. P1 4/4:07:15 NS

Dream where I was pointing out a practical error in a group project, being disagreed with by some in the group but one person agreeing. Unemotional but just determined to carry on and do what I felt I needed to. P1 7/7:07:00 NS

Dream of correcting someone who is helping me with a chore but making practical mistakes. I am more assertive than usual, yet not angry or emotional. P1 8/8:07:00 NS

At a conference, I find one speaker very difficult to watch, as her energy feels very forceful. I want to get away, again in this blunt instinctive way, not emotional. P1 8/8:15:00 NS

I have a discussion with someone on face book about homeopathy and feel quite happy afterwards as I didn't get too emotionally involved but stood my ground in a positive way and knew when I had to leave it. P9 37/37:X RS

Feeling preoccupied by some small events from the day before (which didn't directly involve me). More than usual feeling like having something out with the people in question, feeling more prepared to have a fight if necessary. An urge to go and thump it into its place though still lacking emotional involvement, just an instinctual urge. P1 3/3:07:00 IOS

Very fed up in general especially with husband and children; feel intolerant of husband's behaviour. P5 23/20:00:00 RS

Irritable with daughter. P8 6 RS

Intensity/emotion/taste

Headache cleared, ear unblocked in the hot shower. A big feeling of relief and clearing of thoughts - now I can get out of myself and go and do things. Quite an intense feeling of liberation and release. (Previous to this my whole head had gone dull, achey, full of cotton wool, numb and tingly - seemed to be triggered by reading about Natrums.) Is this unusual or am I just more aware? P7 25/25.07.30 IOS

I have cravings over the last few days to things with high sugar content though I have a feeling this aggravates my symptoms. P2 32/8:21:10 OS

There is a strong craving for very tasty food, preferably hot (I use excessive amounts of pepper these days, but also chilly, ginger, etc.) or different flavours like cheese and onion, not from a packet but self made. This evening (after dinner), I brown some onions and add cheese and eat it; just like that.

Strange. P9 33/33:X NS

Yesterday evening we watched an old video of when I was 16/17 - all the family had already watched it apart from me. I hadn't felt at all emotional about it. But yesterday lots of emotion surged up and I felt really nostalgic about the younger me. P7 22/X NS

I feel in low spirits today. I am feeling quite emotionally raw. At times I struggle to control my urge to cry or leave the room. P3 28/28:14:00 NS

Wide-awake for a couple of hours. Unbearable feeling of falling, failing and letting people down (or going to). Terrified of thought of getting on the plane to HK - that the plane will fall out of the sky and I can't hold it up. Mortified over not teaching well enough at school. Very afraid for daughter 3 who is in a bad place again (proving?). Afraid of living basically. How can anyone go on when you can see how you might fail? It all seems very terrible and inevitable. Body failing too. No safe place to rest. Jerking awake. Going on blindly, too terrible to contemplate. Not being accepted for who you are. Failing other people. It feels like back when I was 23 and really struggling with teaching. P7 45/45.03.00 IOS

Trying to find a still grey centre. Teaching - trying to put out friendliness to avoid being thought of as stand-off-ish. Hard work because of great fear of not coping and seeming childish. P7 52/X IOS

Mother is driving and I can't relax, I am quite fearful in the car and ask her several times to drive slower. - Finally through customs and on the plane, I can relax again. Very tiring car journey (6 hours) from the airport back home, but I can concentrate well and stay safe. P9 8/8:X NS

After the remedy was taken, we did some Meditation on the whole thing. Upon closing my eyes I saw a silhouette of a turtle and it stuck around for a little while. Shifting back and forth in my mind's sight, until the image disappeared and I was left with a very rough and blurry image of what could have been a path revolving forward, straight ahead with no end. Eventually, a shiny black/greyish ribbed cylinder shaped creature wriggled across, what seemed really close and detailed (a worm I guess but I never saw both ends) it was thick and was throbbing like a worm. I then had a clear vision of butterfly wings and thought maybe it was a caterpillar not a worm. The wings faded and then I saw shapes rather like an eye and cheek also shifting back and forth similar to the turtle. As the image got clearer,

it was clear to me to see this eye and cheek but I cannot remember which side of the face it was. It was not a human eye and I guess it could match that of the turtle before. Then I saw more worms like things and thought what would it feel like being one of them? In that moment my special awareness kicked in giving me a sense of space and my right eye started to sting a little in the tear duct next to the nose, it was a very short but sharp sensation. I felt the throbbing feeling and flexibility. Even though I was not moving. P2 0/0:18:14 NS

I got intensely tired and I didn't even want to talk I was so exhausted. I think either it was the pint or the fact that I spent today with my girlfriend the whole day, which I am gradually getting used to my own company again and this is an exhausting experience! P2 12/12:22:00 AS

As a continuation of the dream state: I was left with an intense pulling sensation at the heart chakra. Like an intense love connection. Too intense. Not entirely pleasant. Deeply sad. P8 3/0:04:00 IOS

Was affected more quickly by my rape crisis work today. I would say I normally 'sit' with the information I am given and process it quite slowly - usually over a few days, by which time I am ok with what I've heard. Today it was more intense, upsetting and at one point horrifying. P8 6/X IOS

As I am joyful and very much in the moment, my ankle gives way, on a flat surface and sends me crashing to the floor in agony. The pain is intense, I swear - magic broken in a second. I hear it go crunch. I have weak ankles. I have twisted my ankle many times. P3 3/3:20:00 OS

I have developed a real lack of tolerance to the mental space I inhabited before the proving began. I don't want to talk about it, think about it or be anywhere near it. I want to escape from myself. I feel very angry and volatile. I could snap or overreact at any moment. In several situations in the last few days I am increasingly aware of tension and energy rise quickly within me and seek immediate release. I feel like I could rage at any time. My feeling for those around me is that they'd better watch out or stand clear. I struggle to rein myself in. P3 21/21:17:30 NS

I pick up a friend for the quiz night I haven't attended for a while because of work. I am looking forward to seeing a woman again whom I find quite interesting and would love to find friendship (or more). I am a bit nervous and then she doesn't even say hello (which she does some times). I am so disappointed and angry, wondering why I bothered to come in the first place. So many let me down these days, I wonder what is wrong with me. I feel not good enough. I don't seem to fit in; maybe I am too intense, maybe too complicated. I tend to do so much for others but sometimes I feel it's not what they want, that I can't see what is important to them. It is just so disappointing not to be able to get it right. P9 26/26:X RS

Increased intensity of symptom. The 'throat clearing' cough has gone, but the pain is now stinging/burning. Took rescue remedy it was almost gone by the morning. P8 36/22:15:00 RS

Toothpaste tasted really strong - it's calendula, so normally feels very mild. P7 20/20.22.30 NS

Drank water and it tasted strongly of chlorine - realised I'd noticed this over the past week. Not usual. P7 17/17.15.30 NS

Itchy

both palms of my feet (just under the heel towards the middle of the foot) itch like crazy; it is difficult to itch although that brings relief. It gets lighter after a while and I fall asleep only to wake up and feel

the itch more in the middle of the feet, more on the right. P9 13/13:03:10 NS

I just noticed an itch under the breast line I had for the first time 3 1/2 years ago. That time it went on for months and I had to scratch it until it bled. It returned around the proving of Mole last year and is now back but not so bad. I have to itch, it is a bit red, but not blistering, bleeding and weeping like it used to be. P9 49/49:X OS

I have this intense itching again. It makes it impossible to study because to concentrate is such an effort. I have to constantly itch my toes and heel because it is really really itchy and when left alone for more than 1 minute pin prick like twinges are starting to ping all over the affected parts, and I get a nervy sort of pain all over my muscles in my body begin to ache and twinge because it is really excruciating not to itch or rub them. I think I have to go home and try to alleviate this intense itching. It is awful!! It started about 13:00 pm yesterday and it is doing the same today. They look red/purple, dry with greyish dry skin and it is affecting the outsides of my feet and the 3 outside toes and possibly the 4th next to the big toe a little bit on both feet. It is better for the application of ice on the affected area. I held it on for about 10 minutes and it is now almost all gone. The itch is similar to that of urticaria that I used to get an intolerable itch, unable to overcome its urge, once left for a little while the tingling becomes intense in the area but also sends out isolated tingling sensations around my body. This makes my muscles tense in anguish and I fear the return of the urticaria. P2 42/18:13:47 RS

The itch has come back again but much less today than yesterday. I did try out the ice again and it worked. P2 43/19:16:00 RS

The itchy toes have come back again today but fair less than the day before. I am relieved but also fearful that it shall return. P2 44/20:18:00 RS

The itchy toes have come back again. It is always at the same time of day. After lunch between 1pm and 3pm and sticks around for at least most of the evening. It is not as bad as the first 2 or three times but it is still there. It is always there with the itchy painful heel. P2 45/45:XX:XX RS

The toes are itching again. P2 46/46:XX:XX RS

The itch has come back again but again, it is much less than before and I feel that it is getting much more bearable, though the little toes are more red than they have been before. The itch on the heel it also getting much better. P2 47/47:XX:XX RS

Throat itchy P8 2/X IOS

Ears itchy P8 2/X OS

My eyes are very itchy at the moment. I want to scratch them but I know I shouldn't really. P9 47:X NS

The sore parts of the outside of my feet were itching as I got into bed and I felt the need to scratch them with the opposing foot. P2 33/9:00:00 AS

Loss of boundaries/invasion

1st dream: I am supposed to get up at 5.15 but my parents only wake me up at 7 (supposed I didn't hear or set my own alarm properly). No way I can get to the embassy now and also catch my flight. I am sooo angry and hugely disappointed, feel let down!!! P9 3/3:X NS

I discover what the proving substance is. I am very angry. I feel like my life is ruined, something is lost for good. I will never be the same again. P3 56/56:12:00 NS

I am feeling ashamed of the financial situation I have been going through in the last couple of days. I have run out of all of my savings; this is not a situation I have ever been in before because I have always been so independent and on top of my money as to never be in debt. I have always added to my savings and only since I have started studying have I lost sight of the particular standard. This feels devastating to me and how I have let myself slip. I do not want to rely on others because I feel like I have let myself down and that I will lose my independence which is what the whole thing boils down too because I have always been dependent on nobody but myself since I was 14. It would tie me down in certain respects and I do not like this loss of independence. I have lost sight of what I have in the last 2/3 years in regards to money and it has come now to hit me in the face. Though I will ask the people closest to me, i.e. my girlfriend (is the only one I would feel comfortable asking because I have lent her 2000 in the past of which 1000 has been paid back) that is probably the only person I really feel I can ask. Maybe my best friend because I have lent him 300 in the past but he has paid it back so I am less inclined to ask him as I feel he might need it in the next month. Other than that I am going to power through this and where I struggle I will offer favours and if favours are not required I will find the money to further in the way I want to further myself. P2 25/25:XX:XX NS

Have felt very aware and noticing things, a panoramic sensitivity. P6 16/16:22:00

I feel a sense of awareness and awakesness in my dream, that I am interacting with my dream characters, I am eating food and a man comes and picks up the food from my plate, I stand back and watch, then say NO, he turns without saying a word and walks away. At hotel check in desk, the man on the desk brings my attention to his uniform which has buttons missing and needs repair, he is complaining about this and his boss, I would not of noticed his uniform if he had not of brought my attention to it, he seems unhappy, I say nothing but am surprised I hadn't noticed his uniform. P6 05/10:00:00

Before lunch: Someone bashed a chair in my back while I was sitting down; no idea how people can be so unaware of others. Lunch: My space is being invaded, not enough space to both sides. Bashed twice by a lady (her handbag), same spot, middle of the upper back). Then someone barges into the room while I was having a conversation and another one just comes into the room looking at what is written on our board, I find all incidents rude and invasive. Again, my personal space being violated. Someone did something similar at breakfast; I was having a conversation and she sat at the table just intruding into the conversation in far too loud a voice. – I am very touchy: Can't bear listening to violence, thinking of violence, supersensitive to anything violent; again, as if there was no "filter" to stop emotions like this from going straight to the core of my feelings and hurt me. P9 2/2:X RS

Again, I dream of people not liking me as I am, laughing behind my back, thinking I take things too seriously (we are in class and there is a video to watch but time is running out, so I suggest it can be watched in the break, whoever wants to). They almost tear me apart with their sneering remarks. I feel awful, not belonging, too intense. P9 34/34:X NS

I felt really upset because my best friend who had promised me that he was going to be with me this weekend got drunk and stayed in London, forgetting his train. I felt a little betrayed because I always tried so hard to go see him and make the most of our relationship and in recent years he has been less

and less there and not very close. I couldn't understand why he bailed on me. P2 23/23:XX: XX NS

Left knee playing up again, similar to above (as if it would buckle or give in unreliable). P9 14/14:X RS

My sister phoned and wanted to talk about her reaction to my brother - this is very unusual. It is as if a channel has opened between us since the proving started. At the same time, I feel as if I have moved on and that she wants to hang on to a relationship, which has changed. But I feel that as long as I don't shut her out, I can be a facilitator (not any sort of charitable or patronising sense) for her moving on in her life where she is stuck at the moment caring for our mother. P7 41/41.12.00 NS

Coming back from the walk, an owl flew out through the passage way between our house and next-door - about head height, towards me and away. A blackbird giving voice chased it. Unusual to see an owl amongst houses. It seemed very close and real. Not frightening. P7 33/33.16.30 NS

I walk side by side with another. Every few steps we take we cross into a different dimension with a different feel and atmosphere. It feels like pushing through an invisible membrane/barrier and emerging into a new space. I am using this technique to get away from something that is following me. There is an indescribable sense of the whole world/environment/atmosphere changing completely each time...transformation. P3 17/XX NS

A murder took place in a town many years ago. The body of a woman was dumped in an alleyway. A man who bore witness decides to come forward and tell the truth to the police but he is frightened. The police interview him in the room where the woman was murdered. He is all ready to tell the truth of what he saw but is overcome with fear and can only recite parrot-fashion, the limited statement he gave many years before. The police are very disappointed and the man is full of shame. P3 19/XX NS

The second blow is personal: although I enjoyed the evening with my special friend (dinner and video), I am disappointed it didn't go the way it could have. My expectations were so high because the invite was so unexpected. The higher my expectations the harder the blow. P9 14/7:20:00 NS

I work in a busy place (bookshop?). Everyone is gone apart from s.o.else and me. We have to deal with lots of emergencies; don't want to do the wrong thing with 2 cuts in fingers on s.o. People start moaning, and then I find the manager and 3 employees hiding behind a door, laughing at me. I am quite cross but don't let it out fully. They think its funny and almost accuse me of being too accommodating. I wanted to help and feel disappointed and let down by my colleagues. P9 17/17:X NS

I woke up with this slightly drunk feeling, similar to when I had Candida about 5-6 months ago. Also my girlfriend was in the bed for the first time in weeks; this was then a horrible feeling because the last time I got those symptoms I was also with my girlfriend in the bed and I always have to climb over her with this hangover drunken feeling, despite the fact of not drinking anything the night before. I speculated that it could have been the 3 teas I had before I picked up my girlfriend or the 5/7 biscuits I demolished during drinking those teas. It could have also been the fact that I got drenched running through the rain when I went to pick up my girlfriend and this then in sighted some sort of weakness for the Candida toxin symptoms to come back. I was not a good feeling. P2 12/12:07:00 OS

After our 3 hour walk to Cawsand, we had a pint and I felt the effects after 1/2 a pint and which is why

I put it under AS I do not usually get effected so fast normally. P2 12/12:16:00 AS

Still have difficulties with crowds, it has to be the right people than I am ok. Feel very critical/judging/opinionated with people, very easily annoyed. Strong likes and dislikes. P9 28/28:X RS

I dream again have the water city. From the outside it had great arching bridges, like mouths, that gave entry into the dark and unknown interior. It seemed forbidding, dangerous. I went inside and climbed a wall before I was betrayed in a business deal and had to turn and run for my life. P3 15/XX NS

My son has invented a new imaginary game that he is playing with his sister. He tells me that they are the only two left of a species. They are 'cute little animals'. They have a 'base', which is a house that looks spooky on the outside but is fun and bigger on the inside. I ask him what happens in the game and he says 'we are hunted'. P3 9/0:09:00 NS

I settled the dog as usual to go to yoga. As I set off on my bike, I heard him begin to yelp and just begin to howl. This is unusual - something he did as a pup, but not for years (he is 6). I had to go back - it was almost physical, as if there was an invisible membrane, which I couldn't pass. There was a strong pull back to the house. I sat on the doorstep and cried for perhaps 10 minutes. Then was happy to stay at home. I do normally react to the dog but can walk away at need - this was a strong pull. P7 4/04.09.00 IOS

Strange event: my son's fiancée's mother (S) phoned to say she had just had an intruder. Some one had managed to open the front door. S. Called out and the door was shut again, the person ran off. S. Was on her own in the house, so after dealing with the police, she came and stayed over with us in my son's room. We had a very full house (one daughter not here). S. Remarked that the house was like a tardis i.e. accommodating lots more people than it appeared it could. It occurred to me that it feels very porous to me, people mainly family, coming and going, staying and leaving and it's ok for me if I go with the flow, let people come and go, maintain my own level. It feels good to have an open house. Previously I would get very anxious about how people would perceive 'my house', that they would not want to visit. P7 15/15.00.00 NS

Someone comes into the room and sits down - he is not from a homeopathy group. I feel slightly irritated or distracted by his presence, want him to go. This feeling of intrusion and imposition, as a simple and blunt instinct, repeats days 1, 2. P1 1/1:08:20 NS

Again the feeling of disliking intruders into the group, then I feel a bit homesick, want to go home - comfort, safety. P1 2/2:09:40 NS

On way back from park several people either trying to engage me in conversation or passing arguments interrupt me. Reminds me of the feeling of invasion as on first couple of days. P1 7/7:15:00 NS

House party, across the street somehow we become invaded as a stop-off for the main party who we do not know... Everyone happy. I see a man through the window, looking through his house window and we wave at each other happily. It feels everyone is together. Someone has left some bits of a car outside on the road, slices of a car as though sliced through a mini with a laser beam. Girl brings in self-inflating balloon that blows up and up and doesn't stop. I can hear the noise, air inflating. P6 1/1:04:00



On way to a seminar, feeling unusually stressed by running late, lacking trust in things working out. This loss of trust is a constant low-grade feeling throughout proving and specifically repeats days 16, 39. P1 14/14:08:00 NS

Repeat of running late and feeling more stressed/ less trusting than I usually would. Holding on to it rather than relaxing. P1 16/16:08:00 NS

Negotiating some work and again notice the less trust in things working out. Have to make an effort to feel what is usually normal for me. P1 39/15:21:00 NS

Still dreams about being let down, but, can't remember any. P9 36/36:X RS

Feel less constrained, freer of movement generally. P7 4/X OS

2nd dream: I move into the "perfect flat", very spacey without feeling too big, easy to maintain, clean, good colours (blues). In the past I was being followed or arrested (?) but I feel safe now. I forget to lock the door and when I get back a guy is in my kitchen for interrogation or in order to lock me away (?). – Wake up feeling very weird. P9 3/3:X NS

During the "meditation": First annoyed about noises in the room (phone, people chatting) then quite calm. Calmness: Noises didn't matter until they get very loud. Sadness at the start of telling about experience after the taking of the substance. Later: I can't bear listening to people talking about the badger cull etc., it is almost painful, the pain goes straight in me, there is no "barrier" stopping it from entering my heart. P9 0/0:18:30 NS

Someone who I believed was being 'off' with me for several months is now being very friendly. Was I just being paranoid? I thought she had a problem with me but it looks like I was wrong. I told someone about this and my suspicion is that someone has said something to her and that's why she changed. P3 1/1:09:30 NS

Two people have paid me compliments today both of which made my face flush and my heart pound hard in my chest. I really struggle to work out whether I am being made fun of or whether the sentiment is genuine. Paranoid about what they mean. P3 1/1:10:00 NS

Someone makes a comment about something I did. Again I find it impossible to tell what his meaning is. I ask him twice 'are you taking the piss?' He just looks at me with an expression that I really struggle to read I am none the wiser and paranoid again. P3 1/1:22:00 NS

I still look over shoulder as I don't want anyone too near. It is almost as if I feared someone might attack me from behind. P9 15/15:13:20 RS

I still have to turn round occasionally as I have the feeling there are people behind me. I am relieved not to find anyone too close to me, but I will have to look again if I think there is s.o. P9 24/24:X RS

After breakfast: vvv annoyed with people, can only tolerate people I like, certain people who are thinking or feeling like me. I need space for myself: To explain this I quote Wikipedia, I can't express it like that: Personal space is the region surrounding a person which they regard as psychologically theirs. Most people value their personal space and feel discomfort, anger, or anxiety when their personal space is encroached. Permitting a person to enter personal space and entering somebody else's personal

space are indicators of perception of the relationship between people. - It feels as if my personal space is invaded not physically but through sounds, feelings/emotions or smells. P9 1/1:09:00 AS

Cannot bear the idea of big crowds, so it is pub for just 4 of us. As soon as more people turn up in the pub I feel I have to leave. Couldn't have coped with a full library and couldn't cope when the pub got fuller. One person's perfume is almost suffocating. I feel as if all this is penetrating my personal space. P9 1/1:19:10 AS

I am very productive (have been for the last 3 days, working away on P&D). Take an ex-neighbour's dog out. Last time I went there by car (see above), but this time I take the bike and walk for an hour. When the dog jumps over a stream (which she refused last time as she has fear of water) I am so happy as I feel she trusts me. What a difference to humans, the trust is real. - When I talk to my supervisor about this it makes me cry because I feel I can understand and trust dogs more than humans. So often I feel let down and disappointed by humans. They can disguise the words they mean by fake smiles and lies. If a dog is happy to see you they are not faking. P9 37/37:X RS

After a good day of productiveness and leisure I meet up for a swim with 2 friends. They are late and when they arrive I notice they met somewhere to walk down together. Before that I wasn't even aware they are friends. After the swim I feel really sad and weepy as others are building friendships and I am left out. I know I can offer so much, what do I do wrong? I am very touchy and vulnerable and don't want to speak to my supervisor for fear of having to talk about something painful and knowing I can't take anything more today. P9 32/32:X NS

3 dreams, first two with familiar themes. One about some old cats of mine who I dream of every now and then. Yet another relationship dream, where I am feeling resentful and wanting to get away. Finally about receiving a homeopathy prescription but not trusting the practitioner and resolving to go to another practitioner - again no emotions in this. P1 25/1:06:45 RS

Feel shaky and fragile. If anything happens, I'll not cope or will fall apart. Its ok if I don't need to take anything on. P7 21/21.09.15 OS

Burnt tongue and palate on a sip of hot water - shocking, stinging sensation. Initially felt attacked, on the point of tears. Then found a still place and let it be. P7 23/23.11.30 NS

Very aware of space and boundaries, where these boundaries meet interact and rub, very positive in a grounded way. It's like a shift in perspective. Seeing with imagination, dream and reality blended. P6 9/9:18:00

Today I feel a bit spaced out and my limbs have been feeling very odd. They are feeling loose and they do not want to work how I would like them to but that just being the feeling, when it comes to doing a task I can carry it out no problems. It is sort of an odd feeling of lameness but controllable. Quite pleasant if I were to be honest. P2 2/2:14:00 NS

Pathways are being cleared revealed. Pathways are opening as though grass moved aside, feeling supported. Easy to let things be as they are. P6 0/0:18:20

I find myself suspended in a completely different existence. It is a world/life/reality, which I cannot comprehend. The feeling is difficult to describe, it is like I have the senses and processing capacity for my world/life/reality and this is so very different (and somehow larger) than I can cope with. The

feeling is that I need to change; I need a new system of comprehension to even begin to grasp the nature of the vast and utterly strange place I find myself in. I need a bigger, different brain, as this place exists on an entirely different and bigger scale. When talking to my supervisor I describe it as being a fly that suddenly finds himself a man. The scale and the reality are totally different, even time is different. A paradigm shift. P3 52/XX NS

Dream: I meet a good friend and tell her excitedly that I have worked out how to get between two locations by not going on roads. It is like teleporting or moving in an instant from A to B. P3 4/XX NS

I dream I am endlessly transforming. This is a very powerful dream. I cannot say what it is that I am transforming into, as the change is fluid and continuous. I roll round and round endlessly in flux. P3 32/XX NS

Over the last few days I have been really noticing people, and women in particular, in moments of great closeness, fun and joy. Two youngsters laugh and play with their arms about each other. Two pensioners walking down the street clinging onto each other because they are laughing so much... and many more examples. I take great pleasure in watching these moments of unguarded closeness in strangers about me. It's the playfulness and friendship in a shared moment. P3 10/10:12:35 NS

Dream about investigating reports of presences in a house, which slightly spooks me in the dream. The house in the dream seems very familiar and I feel I have dreamed of it before. P1 31/7:07:00 NS

Soon the first of many traffic jams, despair, panic, sweating. Finally at the train station and miss the train by ONE minute. Try not to panic too much. My appt at the embassy is at 10 and I know I will never manage to get there on time but I still go, hoping they will accept me even if I am late. I came this far I can't not try. Very nice people EVERYWHERE!!! The train is almost 10 pounds less than expected. I am late for the embassy (and now can afford a cab) but they are helpful and I get my ticket (127 and 126 is already at the counter)!!! 20 mins later all done! No problems, the passport is on its way. When will I ever learn to TRUST!!! There are so many signs everywhere!!! P9 3/3:X NS

Nausea

Nausea on and off but not vertigo. P1 5/5:09:10 OS

I feel nausea on waking. It is strong but fleeting. I feel nausea again an hour later after I have eaten. P3 16/16:06:50 NS

The nausea and running saliva have joined forces. The nausea is more persistent and lingering. P3 16/16:10:20 NS

Obliteration/violence/anger

The moon shines on a cloud that looks like an atom bomb has gone off, but I think it is beautiful, I am excited. It is a beautiful pattern and not threatening, as an explosion would be. It has a bit of "synchronicity" as we talked about atom bombs etc earlier and here it is, in the sky, but not threatening. Exciting! P9 29/29:X NS

I've reflected on the energy of this proving tonight, before the 'big reveal' tomorrow and, for me, the energy started as titillation, a frisson of excitement a giddy pleasure in my solar plexus. It was something I could play with, experiment with. It was initially under my control. As I have gone on the giddiness has stopped as the energy has grown out of all proportion to anything I can either

comprehend or cope with (really the scale of 1 to 5 to measure intensity in this proving is nowhere near enough). I'm not laughing now. I could kill myself. I'm bitter and angry. If I had an image it would be of a 'friend' who begins spinning you on a merry go round. You get on willingly, it's a joint enterprise you know that you are going to ride and your friend is going to push. Your friend starts pushing and there is initially pleasure and a thrill in the speed. Your friend continues to spin faster and faster and faster until you begin to panic. You can't take it. You scream and beg your friend to stop but your friend is not your friend. She will not stop ever and you are done for. Faster faster, bigger bigger, more and more until you are nothing, you know nothing. P3 55/55:22:30 NS

On a walk, see some people and don't want to talk or interact again. Wonders what I am feeling - angry? Then a subtle wave of sadness. A bit like a wild bird or animal that is in a cage and knows it, can remember well what being free is like. I feel I could fight, or want to push against people. This feeling of being more than usual prepared to fight, more annoyed than usual yet simultaneously emotionally detached, repeats days 3, 4, 6, 29, 54. I still want to be high in the treetops looking out - a vantage point and distance. P1 2/2:08:30 NS

This evening I felt extremely angry and impatient with my children. My exasperation clearly showed on their little faces so then I felt guilty. Felt as if I couldn't control my anger at all. P5 28/18:30:00 RS

Daughter 3 told me of a shocking experience she had on the Wed. just before this proving started: she had a major panic which happens when she gets overloaded, and she cut herself across the tummy. This is something she hasn't done since her ME was bad, perhaps 6 years ago. I didn't know about this until today. It shocked me, being so like my other daughter's dream of being cut across the same area. P7 7/X NS

The kids destroyed my dreams this morning as I was woken to the sound of them killing each other upstairs. P3 20/20:06:00 NS

6 am I hit the M4 and see all these lights, all heading in the same direction. It is the red lights that are all I see. They are far too many. Lorries supplying for far too many humans. I feel so sad and start to cry. I am sad, as I am painfully aware that humans are destroying the planet like locusts, invading big cities from outside just to earn money to spend on things that cause further damage. P9 3/4:06:00 NS

I thought I was shot of this proving and not before time. But no. I feel like this proving has ruined my life. I feel like I've ruined everything. I feel like I've got to a point I cannot come back from. There's nowhere in me that I want to be. I don't want to be me now. I don't want to be me before the proving, that was pretty shit too. What's the point, in me? I was driving home yesterday and all I could think of was what's the point of me? I'm small, useless insignificant, ineffective, a shadow. What do I even do? I could just as easily wink out of existence as go on. Whilst I was driving with my son in the back seat, all I could think of over and over and over again was how easy it would be to just drive myself off the road. How easy it would be to smash myself into a barrier, another car, anything. I mean, I'm nothing and there's very little indeed that separates me from non-existence. I could vanish and barely leave a ripple. P3 55/55:20:00 NS

I go immediately to collect my bags and inside 2 minutes I am driving away quickly in my car. I weep as I drive but this is not enough to expel the tension and force of feeling that has built up inside my chest. I feel completely engulfed by the strength of the emotion and begin to howl/roar as well as cry. If I could mark the intensity of this feeling beyond a mere '5' I would. Raw energy and feeling seems to explode

out of me. It is difficult to describe whether it is rage or grief and what or to whom it is directed. It is truly agony. Very raw. P3 29:14:05 NS

Found myself fascinated by the tendons on the back of my left hand while working at my desk. Making a fist and watching the play of knuckles, tendons and skin. The knuckles and tendons looked big and powerful - I felt quite frightened by the potential power and violence. P7 33/33.11.00 NS

Furious anger and impatience at my children again, although this evening it was even worse as I reduced them both to tears. Couldn't wait to get them to bed, as I felt so exasperated. P5 29/18:45:00 RS

I wake and look forward to going to college and getting the proving over and done with at last. I feel ok in myself as I set off but very quickly become agitated and distressed. I begin weeping and then I start to howl with anguish until I am forced to pull over. I text my supervisor feeling desperate for help. I tell her that I feel like I cannot physically get to Hawkwood. It's like Hawkwood is ground zero, the locus of all my pain and suffering and every fibre of my being wants to turn around and go home. However, I recognise that I need help and that help lies at college. I continue to drive in short bursts. I strop regularly, each time the anguish overwhelms me or the desire to drive my car off the road becomes too intense. I think I am going to die and that maybe I should just kill myself and get it over with. P3 56/56:08:00 NS

My children are winding each other up. As I listen from another room I feel increasing tension building in my solar plexus. There is huge tension and a feeling of huge energy building up. At some point I lose it, I rush into the room and shout at both children. There's a feeling of energy release and an instant release of tension followed by remorse because I can see how shocked my children are. P3 20/20:11:15 NS

General feeling of incapacity - feel unwilling and unable to tackle anything. The thought of teaching or taking cases or putting my own thoughts into essays feels very daunting and fairly horrific. Hope the mood doesn't last. However I have noticed that I have been more able to step back from the headache and take a slightly more objective view than usual - ok its pretty bad, makes me want to curl up and cry or just stop being, but in fact it might, just might! End and I'll feel ok about things again. More able to do the sensible things - go for a walk, drink water etc. P7 20/X OS

Dreamt of eating the steak meal from last night and not being able to talk. The feeling intensified into shouting - not clear if I was shouting out loud or internally. P7 23/X OS

Ground zero - someone jests. P4 0/0:00:01

I am in the crowd at a sporting event. My extended family is dotted through the crowd. All seems normal until my cousin tells me her dad killed he just three days ago (how come she is here and seems so calm?) He knew he was going to die from an illness and decided to take his own life by swallowing an overdose. P3 24/XX NS

I am done with this. I am in a very dark low and defeated state. I am wailing, raging, suicidal. If I stay with this proving any longer, I feel like I will be utterly defeated, destroyed. It is much stronger than I am. I have got to get out. I need rescuing, saving, pulling out of this huge hole. I am completely overwhelmed. I sit bent double with my arms desperately pulling my coat tight across my chest/solar plexus. All the feeling is in here. I'm not sure whether by doing this I am holding myself in or trying to

protect myself. It is really hard to find the words for the truly awesome misery and anguish trying to blast its way out of my chest. I feel completely undone and very very small and insignificant. The scale of this feeling is vast, like a great atomic explosion. P3 36/12:10:00 NS

I notice that since the proving began I have had a much lower tolerance to things not going my way in family life. I am short tempered with my children and I shout more. I have been swearing much more at what seems like hundreds of daily frustrations that come my way. P3 15/15:15:30 NS

Dream (after TV programme with similar themes): I was involved in a fight with a killer's assistant. There was a gun, but it was mainly a hand-to-hand struggle. She let me go, was on my side, but the killer was lurking up above in the rafters of the shed-like building. I felt very unsure if I would survive or get killed. P7 27/27.03.30 NS

With this dream, the feeling is that I do not have the capacity for this horror. It is something much bigger than I am, bigger than I have the capacity to comprehend or cope with. It will engulf and obliterate me. P3 46/46:11:00 NS

I pull over (by the side of the road) and gather myself. When I am slightly calmer I go to pull out of the layby. As I look in my mirror I see a large lorry coming towards me quickly. My immediate thought is to pull out in front of it and allow it to obliterate or annihilate me. P3 29:14.30 NS

At lunch I cannot eat or speak. The tension inside me is becoming stronger. Over lunch I think idly about how it would be better/easier if I were dead. I plan how to escape Hawkwood. P3 29/29:13:30 NS

Back to old dream pattern of before proving started - walking along a precarious and deep drop. First in a wood, then inside a café type area. Both times my husband was there, but both times I had the strong feeling I had to manage on my own and that the result would be dire if I fell. Foreboding. P7 37/X OS

Having already raged once at my children, today we go on a car journey. At one point my son starts winding up his sister. I instantly snap at him and shout, feeling furious. I feel lots of tension in the car afterwards and find it almost intolerable. I have a strong desire to pull over and run across the verge and into the woods. (Doing this would break the tension). P3 20/20:13:00 NS

I raged at my daughter over her piano practice. I really lost it. I felt she needed to be moving/responding faster. There is a mounting anxiety in confrontation, which stems from my solar plexus. It is so uncomfortable to sit with and anger seems the best way to release the pressure. (At the time). I feel very guilty afterwards. P3 32/32:19:00 NS

Strong dream about being on a boat/ ferry with 1000s of people. It is on fire and going down and seems we're all going to die. I find a room to sit in and notice some people are being rescued from the other end of boat. I process my forthcoming death, want to live and am sad. Then feel what is left is to be ok with dying, to completely surrender to what is happening, this brings peace. Then I leave the room and somehow slip into the queue of people being rescued. I'm saved and later it seems that everyone was though the boat burned out. P1 29/5:07:00 NS

I am near a busy harbour. There is a P & O ferry that reminds me of one in my dreams in the North (where I leave for a journey into the unknown). Suddenly a submarine shaped boat shoots straight through the hull of a big passenger ferry. It doesn't sink but there is much screaming and chaos. I wake

up confused as it will be the day of the news that got the job and I keep on dreaming about catastrophes with the company's boat or planes. P9 20/20:X NS

I have my palms read and first I think it says that I will have the longest relationship of my life ahead of me with the person I have such deep feelings for at the moment, but then the guy says it means the relationship with myself as it is at the moment will be the longest I have ever had. I get sooooooooooooo angry, shout and swear, also close to crying out of anger. P9 13/13:X NS

I have been really frustrated today and quick to anger. I feel like I have been simmering with this frustration and that people have noticed me trying to keep my children's behaviour on track - and failing. My son has been very argumentative and has been fighting with his sister more than usual. Everyone seems angry. P3 19/19:20:00 NS

Smashed glass in broken picture - A. P4

Meditation - flying again, soaring and dive-bombing down very fast (as on day 0), I wonder what it is like to see a small mammal etc as dinner. I feel the total non-emotionality of it, no desire, no aggression, and no remorse just pure instinct. Seeing the flesh ripping open and feeling nothing. Not at all unpleasant to feel this. P1 2/2:10:00 NS

Experienced the storm on Brighton seafront. Mesmerised by the power of the water. Watched the sea from hotel window throughout the night. It reminded me of two dreams I've had in the past year of a wild stormy sea at Brighton. Not sure what to make of this remembering. Filled with sadness. P8 17/X

I exploded. My girlfriend and I were out on Dartmoor hiking around and we were having a great time together until my girlfriend accentuated a tiny little problem and would not let go of it and just enjoy herself again. I had told her the path was different to how it was on the map and it was an honest mistake that I admitted and she picked up the issue as a communication problem. I thought this was fairly minor as we were out in Dartmoor and there to enjoy ourselves and the issue with the map did not change anything drastically. However my girlfriend did not drop the point for the next half hour and I flipped. I ended up saying 'this is not how I intended to spend my time with you out here and I am going back! You can follow me if you like!' I stormed off and did not look back. This is not like me! I am so caring and pleasant to everyone and I cannot usually do that type of thing, I had to concentrate so hard not to look back and my thoughts were always thinking I hope she is following me because she has no idea where she is. I did end up looking behind eventually and she had disappeared. My thoughts were that she had hitched hiked or I do not know what else and I ended up just staring behind me where I thought she would have been for the next 10 min. she then popped out from behind a mound and I was happy but still really upset! I thought I should keep on walking but something held me still until she caught up with me. Then the whole thing blow up again and it was not fun (I really could not argue before I had met my girlfriend but 3 years has taught me some horrible taints, and now I am really good at it unfortunately). I guess I just wanted to show her how good we have it together in the whole picture and when she concentrates on those tiny little problems and doesn't let go, making it the biggest problem ever I feel like what we have together is taken for granted and that we cannot even see past it to be able to experience the best of each other within the environments and situations that we both love. I felt so bad about what I had done to her and I did not know I was capable of that but it also felt necessary in a weird way. P2 21/21:XX: XX NS

What strange and peculiar torment is awaiting me with this proving? I was thinking, that it's ok I'm

going to get through this proving ok. I'm going to get to the other side. It's not going to be some hideous life-changing thing and you never get over it. Some of the conversations that were going around - I were thinking, that doesn't sound so great. P3 11/11:10:00 NS

Daughter 2 had a dream and remembered it half way through the day. She does not remember her dreams. It was about everyday stuff and people. It struck me because this seems the exact opposite of when I could not remember my dreams over the weekend. P7 8/X NS

Was struck by the car number plate in front on the way to school - 32 JAG. Like the lightning in the dream. P7 12/12.09.00 NS

Dream: I dream I am at a superhero academy. I have been training to be a great warrior or hero. I am about to graduate and we are planning a party. There are only four of us graduating as the others have all fallen by the wayside. There are two frames to the dream. In the first I am at college, in the second I am in a mystical land facing a nameless evil that is greater than I am. In this place there is great danger. There is betrayal and trickery. I am trying to make discoveries, find things out - superhero stuff - but I find myself hiding behind things and feeling wary. I am being hunted. My fellow superheroes are moving in loose formation across a great plain. As I watch I see them struck down and fall to the ground. I do not see what strikes them. P3 13/XX NS

I talk about my dream of driving into on-coming traffic then what happened in real life, turning the wrong way down a one-way street. And then the suicidal, self-destructive impulse I felt on my drive home - the impulse to pull out into the path of an oncoming lorry. P3 32/32:20:00 NS

3 children are growing up feral without parents. They are bringing themselves up. They are scruffy and neglected. They are doing really bad stuff. My sense is that it is murder or violence with blood. I'm very wary of them but also wonder how, at their age, they can be considered culpable. I feel sympathy for their plight but also very wary in their presence as they are menacing. When I look at them they are standing very closely together, their shoulders touching. One of them is the leader because he is the tallest. P3 1/XX NS

Woke screaming, felt something was in the room with me, dark threatening energy. P8 4/0:10:00 RS

Because of the threatening storm (St. Jude, patron saint of hopeless despair and lost causes) trains were cancelled and my daughter was at home today. I was pleased for her because she is really tired, but felt really cheated of the day I had planned for myself. P7 17/17.07.00 RS

There is too much power in this proving. It is too hot to handle. I cannot sit with it. I have to keep 'discharging' the energy. It's not a positive or helpful energy. It is too raw and unstable for that. It is centred on the solar plexus where the feeling is of increasing agitation. A number '5' for intensity is nowhere near adequate to describe the increasing intensity of my experiences. P3 32/32:19:00

A man and a woman have a kingdom to protect at the heart of which towers a giant tree. The two are twins. The man is an obvious king with all the leadership, clothing and bearing of the rank. Everyone knows the kingdom is going to be attacked tomorrow. The woman is no less powerful and important than her brother but she is somehow secret and hidden. She bears no regalia or insignia and is not known to the people as her brother is. The king climbs a ladder of knives up the huge central tree to survey its defence, which is rather like a crown of thorns or barbed wire encircling the whole canopy. This is meant to prevent attack. The girl is put to bed on the eve of the attack. She must rest and be



ready to leap into action the second the attack comes. She will play the decisive role, not her brother. She has special clothes to wear for the battle but the trousers are wet and will not be dry by morning. This seems to be a big problem. There is huge tension in the city as it simply waits to be attacked. It makes me feel very edgy and impatient to be so still. As the girl lies down in bed the tension becomes unbearable. P3 23/XX NS

Dream: I dream that my son has started at secondary school. The first thing they do at this school is immunising all the children all over again. I spend the entire dream arguing with teachers and lying to them to try to prevent this from happening. I'm trying to protect my son but the teachers seem like a united force against me, which is stronger and inescapable. P3 14/XX NS

My husband tells me I have been unusually aggressive with him during the proving. P3 14/14:17:00 NS

I am on board a big airplane and we are just starting. This is my favourite moment of any flight, so I am excited. It doesn't feel right. We are gaining altitude but not enough. The captain tried to go down a bit and tries to start again from this point but we all feel it won't work. 2 rescue planes with ropes that look like lassos come to either side of us and try to help us. I wake up and feel weird. It was very frightening and had an air of complete and utter inevitability. There is nothing I can DO! P9 23/23:X NS

I put on a dress with a big colorful spiral on the front. I haven't worn it in years. I love the pattern and it is very similar to my daughters 'black hole' drawing that she made yesterday. P3 8/8:08:00 NS

I have been more volatile lately. I have shouted (when the children were arguing). I feel the tension rising and have to break the tension. I feel like I want to run - like in the dream. P3 22/22:09.00 NS

I would like to go on a massive bender and get really really high. It's been a persistent thought over the last week or so. I picture myself with a couple of bottles of spirits and a big bag of pills. I feel like I don't want to stop until I have completely blown my mind. Oblivion seems quite attractive. P3 55/55:22:30 NS

I am somewhere with people as all of a sudden this huge light comes on outside and everyone knows it is from an atom bomb. The sadness and despair in the room is painful. Everyone knows, that's it. There is no running for cover, there is nothing we can do, and we know our life is over. There is no hope. Wake up sad but know it was a dream, so I pick myself up quickly. Again, this feeling of inevitability. P9 23/23:X NS

Patterns/colours/vibrancy

I am dreaming in 2D. The characters move R to L across the 'page'. As I look, they pop out into 3D. P3 1/XX NS

All day I have felt like I have the wrong camera lenses on. One that distorts focus, giving more in small areas and blurring all else. This lenses also messes with exposure and colour saturation. P3 1/1:17:00 NS

Notice is still drawn to patterns on ground – shapes of paving slabs or different coloured specks in asphalt. P1 3/3:16:45 NS

As I wake I see two images of bird faces, bright colours eg puffin. P1 4/4:07:10 NS

Daughter 1 on the phone described in detail two small callouses she had just noticed on her right index finger. Looking at the palm, one was just above the hand joint line and one was just above the middle joint line. The detail reminded me of the detail I saw in the flies the other night. P7 4/04.14.00 NS

I notice I want to ignore the proving symptoms eg visuals, want the proving to be finished. P1 9/9:10:00 NS

Patterns and colours on carpet look more intense and 'alive' than usual. This enhanced intensity of vision repeats in various situations, gradually reducing in strength, days 0, 1, 2, 3, 4, 5, 9. P1 0/0:18:15 NS

Notice colours and pattern are intense. P1 1/1:07:30 NS

In bed in tent, I discover a worm in my hair. It looks a bit different too usual – pinker, more intense colour and almost as though it looks more like flesh or meat than like an animal. P1 1/1:23:00 NS

Patterns/ colours still a bit intense. P1 2/2:07:30 NS

I just noticed that colours are affecting me. I was typing on my Smartphone to my girlfriend and my display suddenly turned 3D on me. The different colours were really coming out at me. It was strange; I was a bit mystified and started to move my phone about to see the 3D in movement and it was perceivable from many angles. After 3 mins or so of observing my phone like that I switched it off because I got a bit dizzy. I immediately thought 'provings', but now I think about it, as tired as I was I could have been cross-eyed or blurry eyed. Nevertheless, it was trippy. P2 0/0:20:30 NS

I have been noticing colours the whole day and their vibrancy. My perception is slightly out and I feel that my vision in general has cleared up massively. I can relate it to the vision I get sometimes when I am tired, and everything suddenly shrinks but that is sort of an extreme change. This is more of a subtle change but things can move closer or appear further away. I notice as well that the sitting room we have our class in has all different colours on the walls and this was very apparent to me. P2 2/2:14:00 NS

In supermarket I feel slightly light-headed from the lights. P1 6/6:10:00 RS

I have to walk barefoot in the park, love the different textures of the surface of the earth. Don't feel the cold water of the stream I walk in (as I miss being in the water so much but no way I can have a swim). P9 7/7:X NS

Mesmerised by the circles made by the raindrops on the lake - the circles growing wider, spreading, right to the edge and then merging, never quite disappearing, becoming one with all the other circles. P7 9/09.08.00 IOS

I felt better for be out in the fresh air, seeing the pattern of flocks of small birds against the sky, being with the dog out there amongst the trees and grass. P7 10/10.17.00 OS

The organic, textured pattern on the ceiling captures my attention. There is a real pleasure/stimulus to be had in regarding the peaks and troughs of the beautiful artex. The stimulus is felt as a giddy sensation in my solar plexus. Where the edges of 2 colours in a pattern meet there is a friction, a rubbing that creates the energetic stimulus. Like static. (Hand gesture - the inside edges of both hands rubbing together, index fingers touching). P3 0/0:20:45 NS

I spend the whole day of teaching doodling repetitive patterns. Some are rounded and organic and some are spiky and more artificial. There is pleasure in the flow of the pen and the playing with form. I lose my own pen and borrow another from my neighbour, which has multi-coloured nibs, which is really cool to doodle with. As I look around the class throughout the day the only things that really capture my attention are: tartan socks, a heavy cable knit with pleasing circles, repetitive bird design, Aztec-style triangles on a fabric, flowers on a skirt, alternating leaves on a plant outside. I would have to say that my attention to visual detail is usually minimal. I feel I have flipped from a macro to a micro view or perhaps that the world is now flirting with me visually. There is pleasure and energy in looking. P3 0/0:20:45 NS

Shapes and patterns of gravel on the ground catching the light are more intense than usual. P1 0/0:19:30 NS

I feel like I have a dynamo in my solar plexus. It is ramping up a giddy energy, which intensifies in direct proportion to the visual effects I am observing as a classmate speaks. P3 1/1:15:30 NS

Late afternoon sunshine is streaming through the window. Someone else is sitting on the sofa and talks with light streaming very intensely over her from behind. The visual effect is staggering to me and completely absorbing – it is like being on a trip. The light streams over her and great dark peaked shadows stretch out in front of her. P3 1/1:15:00 NS

My eyes are stinging from tiredness. They are slightly blurry and feel like they are glassy and dry though moist around the outside. P2 32/8:21:07 NS

Silk spun gossamer threads all over the grass, caught in the sun. Making a ladder of parallel lines in a path between the sun, and me, which moved with me as I walked. It was very striking, although I have seen the phenomenon before. P7 13/13.16.30 NS

Twinging pain in my inner right thigh, in the middle of the night. This pain was visual. I could see the twinge in the shape of a pointed oval - rather like a portion of muscle. No colour, or perhaps blood colour, but well defined and palpable. It came and went within a few moments. P7 1/X NS

Looking down at patterned carpet brings nausea - this nausea with concomitant vertigo sensation on looking down repeats days 1, 4, 5 and is worse for focusing on it, better for eating. P1 0/0:18:15 NS

The carpet pattern captivates me. It seems to move and have real depth of texture. The peaks and troughs in the pattern are exaggerated and have some life or movement in them. The pattern on the ceiling also catches my attention in the same way. P3 0/0:18:30 NS

I buy new paints for my daughter and really enjoy squeezing out the colours because they are so shiny, bright and intense. She paints a very bright multi-colored spiral and writes a large title for her picture at the top - 'The Black Hole'. P3 7/7:17:00 NS

Dream: My daughter is wearing a patterned dress. I try to find another dress from a rail that is just the right pattern and colour for her. The pattern is important. P3 8/XX NS

I crave the outdoors and we head for a local arboretum. I'm so happy there. The colours and patterns of the leaves really strike me. My obsession with patterns has been with me all through the proving. What I now notice is that it is the edges of the patterns, which excite me. There is a frisson, a buzz felt in my solar plexus especially when I look at the edges of a pattern or contemplate where one colour comes into contact with another. The best way to describe it is like the build up of a static charge between two opposing surfaces. I have hand gesture that goes with my description where the inside edges of my hands rub together back and forth. P3 18/13:00:00 NS

Prover has just seen a patient. She says: The thing that strikes you most is colour - she wears so many colours and patterns together. She doesn't wear colour to be the centre of attention, she wears all these colours as camouflage. P3 25/25:12.00 NS

Once in bed I notice my vision is expanded I have colours in front of my eyes like a disco after burn. P6 1/1:04:10

Colours seem intense and impacts awareness. Looking at my usual cloths they have an extra vibrance and brilliance that makes them look even more beautiful than usual. P6 7/7:12:00

Noticed and commented more than usual on T-shirts: one with chough silhouettes, one with what he said were tiny upside-down birds and I thought were fish again silhouettes. The designs were both black and clearly defined. P7 1/X IOS

Looked at the carpet and the pattern jumped out at me - like animal skin or paddy fields, a bit whirly, almost 3D, almost alive. P7 1/01.12.00 IOS

Woke and lay in bed with eyes shut. I saw a very clear luminous dawn skyline with very clear dark silhouettes of trees and bushes. I looked closely at one and each leaf was outlined. It was as if it was tangible, not just a visualisation - it stayed steady as I looked along the horizon. It reminded me of the clearness of the flies the night before. P7 3/03.06.30 NS

My son's graduation. It struck me that he with his black and silver-white hood fitted in very pleasingly with the black and white tiled floor. And that he was very fit for his setting - quiet dignity and neatness of appearance and demeanor. I felt him to be at home and was proud to be his mother. No nervousness or anxiety around the occasion. P7 15/15.12.00 AS

I have been enjoying taking off my glasses these few days - all the colours seem deeper and more real and brighter. Particularly the greenness of the grass. P7 15/X NS

Two shield bugs in the kitchen, one on my shoulder, and one behind the cooker. I really love the bright metallic green of them. I could smell the strong insect stress smell (like a ladybird) for 2 hours after. The buzz as one flew around the room was loud, slow and metallic. P7 18/18.18.00 NS

Dream, which included a parrot/puffin's beak. No colour. Interesting structure. Very strong upper beak - large, substantial with clearly defined edges. An unclear lower area with tongue like small protuberance, fleshy, pale. Anatomical. No story, no feeling. P7 30/X NS

I noticed a blackbird very clearly - saw its eye particularly, bright black with very distinct yellow ring

around and very bright yellow beak. It was a very vivid experience and I felt akin to it. P7 32/32.09.15  
IOS

Wonderful feeling of energy/focus/connection. Colours are bright and sharp. Feeling at one with everything. P8 4/10:30:00 RS

Woke once in the night. Saw very clearly one bright star in top right of vision (eyes closed). Not like normal flashiness when tired or headache-y. P7 53/X NS

My vision is difficult again; reading is a problem (as if one eye has a different focus than the other). P9 31/31:X NS

My vision is different; I can hardly read (as if long sighted all of a sudden). P9 2/2:X NS

Eyes are still very sensitive at night and vision feels vibrant, hearing also noticeable. P6 2/2:05:00

During 10 min meditation with the group. There was a swirling hot fire in my vision, third eye area. It was fire but no particular colour apart from defined. Like Van Gogh's starry night, swirling clockwise. A black/dark eye as the centre point. The feeling of a strong energy being, Pan-like, animal, mischief in an elemental form - neither good nor bad. The back of my neck felt hot and strong, strong as a lion and full of power. The fire went round everyone, licking out and round. Then it came back and down into myself - I am just what it's gone through. Greyness, ash left behind - not sad, just is. Felt much better after, clearer. My neck felt free and had lost its usual tension and cracking. This lasted for a short time. P7 2/02.10.00 NS

Visuals are still very clear but not so 'alive' as before. P1 5/5:09:00 NS

I wake and know that I have dreamed a lot and vividly. I usually have excellent dream recall but it is a real fight to even grasp the faintest threads of my dreams. Memory is difficult. P3 1/1:06:10 NS

As a case is related to me I begin to draw it rather than write notes. I am drawing stick-men and waves. P3 1/1:13:00 NS

Dream: I dream I am under the sea just off the shoreline and have a series of headlands to navigate around to reach my destination further down the coast. The coastline is shaped like a regular zigzag pattern and at each tip or headland there is a totem pole submerged. I begin my journey but others who wish to join me on my journey interrupt me. There is a sense of frustration, as I will be forced to start again at the beginning. P3 4/XX NS

I love the way my hands and fingers fit together, I make a triangle shape with my figures, it looks like a point an arrow, I admire it. P4 0/0:00:21

When I get up I notice my left eye is bloodshot and my vision is not blurry but a sense of awareness visually, is expanded. P6 1/1:06:00

Speed/excitement

No real symptoms today. My back pain is not as noticeable. I have been drinking coffee to counteract the tiredness in the school weekends because after my hectic weeks I find the school weekends very

slow and draining. (They are still fun and exciting but just not my usual pace, which is more than rapid). Thought the coffee helped because the tiredness was not there the whole day. P2 29/29:XX: XX

When I wake up I hear a noise, sounds like air rushing, a noise, I walk to the landing to see if I can hear it downstairs and realise it's my hearing.... So go back to bed. P6 1/1:04:10

In meditation I notice that although I can centre there is a fast feeling inside, something always moving. Similar to feeling in bed on first night. I also feel as though I am carrying something heavy on my back. P1 4/4:10:00 NS

Another dreams involving birds and water: I am driving to my daughter's house along country lanes. The lane is flooded. I start to drive through the flood when suddenly the river bursts its banks and the water is wild and furious, rushing over the bank. I'm not frightened. I simply turn the car around to try a different route on higher ground but the route is barred to me - a private lane, barbed wire. I try another lane, which is also flooded. I was on my way to help them with provisions. Somewhere in the dream is a little wagtail. My image is of it being in danger, it has to hop away and escape, but I don't know why. It is not in danger from the floodwater. It is a human threat. P8 36/X RS

Dream: I am in my car. People block the roads. I am frustrated as I want to get up to speed but the children waiting in the road are slow to get out of the way. As soon as I am clear of them I put my foot down and experience the joy of speed. P3 4/XX NS

Dream: I've upset a man. I have deeply offended him. I'm participating in a running race. The man talks to two of the other female competitors and sends them after me, telling them to turn me round and send me by another route where he will be lying in wait to ambush me. One of the women who come after me is someone I have sensed for a while is hostile. She catches up with me but cannot quite stop me and turn me around. We struggle and she manages to cut or bite my leg off before I manage to get away. Because of my injury I am forced to drop forwards onto my hands and leg to cover the ground quickly enough to stay ahead of pursuit. I think that there's no way I'm going to be able to cover enough ground running on all fours with one leg missing. I catch sight of the angry man on the other side of a chain link fence. He roars at me and starts to chase along the other side of the fence. I pick up speed and am surprised at how fast I can go. P3 13/XX NS

I seem to be enjoying more excitement in my life. I have a feeling of excitement with an excited heartbeat. When something captures my attention, I feel like I really zoom in on it, narrowing my focus and there is an intense energised feeling of excitement. P3 6/6:16:00 NS

Walking across London, urge to walk far or desire for something exciting or fun to happen. P1 11/11:21:30 NS

I realise I have more than usual desire for caffeine. This continues throughout the proving. It feels related to the fast feeling inside, as though I am trying to keep up with the speediness of the remedy. P1 33/9:12:30 IOS

I found driving home very fun, oddly enough. I decided to go with out a map, navi and not even looking at the route and just drove. I had to follow my instincts at best and look at signs. This was exciting somehow and I liked the challenges I had set myself. P2 2/2:19:00 NS

I am trying to help people across the road - there is great danger on their side and we have to move quickly or we will be killed. I go and stand in the middle of the road to try to stop the traffic so that everyone can cross but the traffic streams very quickly over the brow of the hill and bears down at me at full speed. It is terrifying. I stand there, fixed, waving my arms and just hoping I don't get hit. Each car breaks like a wave around me. P3 24/XX NS

People are driving fast towards me down a one-way street (this actually happens to me later in the day). P3 16/XX NS

I am leaving a kids party in my car. I pull up to where the driveway meets the road. There is nothing coming so I pull out right onto the far carriageway. As I do so two cars come quickly round the corner ahead of me in both lanes. It is a one-way street! I feel like a rabbit stuck in the headlights but manage to stop and turn round quickly. This is very like my dream last night. P3 16/16:16:20 NS

I am on the run in a stolen car and trying to find somewhere to dump it without being seen to do so. I pass many pavement cafes and restaurants with people looking as I go. I simply cannot stop here. I feel very conspicuous in this car. P3 17/XX NS

Dream: I am driving fast in a car down the familiar lanes of my childhood. The roads bend and twist and I drive too fast. There is a thrill at the speed and swoop of the car round the bends. Also a feeling of great danger and trepidation as surely, at this speed, an accident is inevitable. I don't seem to be able to slow down. I crest a hill with 2 speeding cars ahead of me. All of a sudden there is a car parked at the side of the road with the roadside door open. On the ground and directly across my path in the road are a human corpse, its head and feet severed from the body as if by the passage of traffic. The two cars ahead of me barely swerve in time and continue to speed on into the distance. The shock and horror at the sight is extreme. Initially I too swerve and speed off even faster to get away from the horrific sight. After a while I know I have to turn back and do the right thing. I can't just leave him there. So I turn the car and go back. I pull up just behind the corpse, facing the oncoming traffic which streams towards me before breaking around me. I have to hold my nerve. I look at the body which is bloodied and crushed whilst the head and face is undamaged. I glance sideways into the open car door and see that the footwells and seats are stuffed with more corpses, all wrapped up in clear plastic bags. I try to call 999 but cannot find the keys on my phone. The feeling is utter horror. What has happened is an unspeakable level of horror. P3 46/XX NS

After not remembering any dreams for weeks now (just feelings and they were usually either about longing for physical closeness or falling in love or the other set was feeling betrayed, let down, disappointed). Now I dream about an icy snowy road and a car driving far too fast towards me and just making it round a bend without running me over. When the driver sees me he looks furious as if I had endangered him and not the other way round. In the dream I think I experienced this before but then I realise I must have dreamt it before. - The feeling is frightened as I could have lost my life, but also annoyed/disappointed as he could have killed me. P9 46/46:X NS

On a walk, feel spacey and tall. Rushy again, pattern but not vertigo. Still want to look across space and distance. Also want to walk far. Urge to do something silly, to burst out, break out or re-connect. This feeling of wanting something stimulating or exciting repeats day 11. Enjoy feeling of mud under shoes, like an urge to ground from all the distance and spaceyness. P1 5/5:16:40 NS

Sensing a lot of light and excitement around the proving experience. P6 09/10:00:00

We are on a dry barren game reserve collecting something, rather than hunting. As we gather our

collection a truck appears on the horizon. The truck contains hunters. There is a great hurry to hide our precious collection in the boot. If they see it they will be angry and may hurt us. They are big and tall and threatening. After the hunters arrive we go to stay in their house nearby. A friend is in a wheelchair and the hunters feed us in a room at the bottom of a staircase so he eats alone in another room. (There is some momentary focus on the type of wheelchair he is using, a catalogue perhaps and a discussion of the relative merits of different models, particularly in respect of how fast they go). The hunters still seem dangerous. We have to stay on the right side of them. I strongly disagree with the method the hunters are using to kill/catch their prey (it is sharp, pointy and needle-like but somehow invisible or intangible...difficult to describe). Their method is somehow inhumane and unfair. My disgust at their method ultimately trumps my fear of them and as we make to leave I tell them of my outrage. 'You cannot kill like this'. Another and myself become the hunted. There is a long chase and a fast exhilarating pace. We constantly have to move quickly. As we run we periodically try to disguise ourselves and change our appearance to fool our pursuers. We do this by swapping items of clothing between us. I'm aware this is a pathetic and flimsy method of disguise. One of the items we swap between us is what looks like a pair of short horns. P3 9/XX NS

A silver grey Ferrari races up and down through our little village revving aggressively loud, quite scary. At some point the car starts to spin in small circles while still producing this horrible sound. I am waiting outside a pub with some friends and we fear that the car will get so close in its uncontrolled journey that it will take us out. It gets closer but then further away when it comes to a stand still, the doors open and out come two proud parents with their boy that seems to have just passed their personal driving test. I shout something very very angry to them about responsibility, safety and care and respect for others but they just laugh at me. I don't dare getting the registration number as I fear they will run me over - I am left scared but also angry. The speed and sound of the car was horrendous. He could have killed us. P9 13/13:X NS

There is a parade of old trains. Crowds watch and many enormous and very oddly shaped engines steam into view. The crowd begins to run towards them to intercept/get on them. P3 27/XX NS

Dream: running game in my childhood garden. Changed into open country space and escaping from some sort of captivity. It was serious. If caught you would lose your life. There were grassy slopes, bushes, and helicopters. I knew I could not run fast enough or keep going. I felt heavily responsible for others and me. P7 7/07.03.00 NS

On lying down in bed, I feel very fast inside, not hectic or chaotic but just fast, as though it would be hard to sleep as stimulated. More of a sensation than a mental feeling, inside whole body. This feeling of being fast inside stays as a background feeling throughout the proving and noticeably repeats eg in meditation days 4, 42. An image as fell asleep, another pathway/ tunnel. P1 0/0:22:30 NS

Driving in car, something about accelerating and cornering feels good, not as a thrill but as a bodily sensation, speed and the sensation of accelerating feels right. P1 2/2:18:00 NS

I am speeding downhill in a car with a companion. We are late for something. We are on a steep city road. As we approach each set of traffic lights they turn green so we do not have to slow down at all. We continue to gather speed and it is really exhilarating. But where's all the other normal city traffic. The road is empty. We have woken unknowingly to the dawn of the apocalypse. When we get to the bottom of the hill we see a huge machine that has gone wrong, it has failed the planet and will cause its destruction. P3 25/XX NS



Just a few images/words - First dream is about everything spinning. There are cars, trees, and fences. Everything is whirling around and around. Like a tornado. P8 32/X RS

My son is at the end of a tube track. We are waiting for a train. He keeps jumping down onto the track and hopping over the middle rail. I cannot see his legs but I cannot imagine that he will be able to leap high enough to clear the deadly middle rail. I'm very frightened he will not make it. One slip would kill him. I'm begging him to stop but he won't listen or cannot hear me. The train arrives and I think it will hit him but it nudges the buffers and comes to a stop some feet away from him. There's a feeling of not being in control, fear and frustration at being ignored. P3 11/XX NS

This is a dream where I am only aware of the words. 'Around and around, down and down'. When I awoke and recalled the dream I had an image of a vortex of water spinning and sucking down. I don't know if this was the dream or my rational self-adding the image. P8 32/X RS

Prover says: You want to be out in the spirit of exploration, but doing all this, just holds you up, it slows you down. P3 26/25.12.30 NS

Stabbing/sharp

For over a week now, I have been having a problem with my nails. (I am sorry not to have written this in before. No excuses, it was just my idiocy of not writing notes or on the day and now it seems that I cannot avoid noticing). Firstly I have had on my right foot, big toe an ingrowing toenail. I have been cutting it away in the hope to avoid removal and that it will alter course. This is very painful and of a burning sensation when at its worse. At the moment though I have not had any problems for the last few days with it. Secondly I have had very brittle nails on my hands, my finger nails have not been growing as fast as they usually do, which is generally really fast (I normally have to cut them weekly) and they have been breaking at the same spot on most nails but not all. I usually wait for a bit more length to cut my nails before they are ready but because they were breaking and not very comfortable I cut them on Sunday night (2 nights ago). I did however cut them fairly short by accident not painfully short though, and after climbing yesterday the middle right and thumb nail right began to bleed under the fingernails, the others just became fairly excruciating in feeling and climbing was harder to do. I think it was a combination to the chalk drying out the skin and the rough walls where my fingers will have scraped to get into the holds that caused such an aggravation. Now I keep catching my right middle finger nail on things at work and it is painful to clench my fist in that hand (the middle finger is the hardest to bring in as if it were full of pressure). The pain is better for cold and holding cold metal though worse for wind on my bike and cold or hot water. P2 32/32:XX: XX NS

Cut my left thumb chopping veg. Very red blood. It had occurred to me a few moments before that I do veg peeling in a very self-harming way i.e. towards my wrist - I imagined myself slicing open my wrist, but carried on anyway. After I cut my thumb I changed the way I was chopping - wouldn't usually do that. P7 13/13.14.00 AS

It suddenly struck me that the friend who had the baby who I visited last week, had to have a caesarean section - a cut across the tummy (See daughter 1 dream and daughter 3 self-harming). P7 14/14.12.30 NS

There is a very small man, baldhead, and looks like a baby only he is an adult. He is in my house and he is threatening. He has a dagger/blade made of a slice of some kind of stone. It is a white, grey colour, translucent towards the edges, denser towards the middle. It looks like a typical cross section of a stone in that the colours and the shading changes in concentric rings. It is quite a large dagger. I am fighting

him to protect my family and I have scalpels - many scalpels and I cut him many times. There is a lot of blood. I don't remember any emotions attached to this. (The dream continues in a different theme) The next image is of a competition, like an endurance trial. There are two men taking part and I am observing. They have two buckets of insects tipped on them. There are millions of tiny ants that bite. There is also another type of insect but I'm not sure what it is. The ants crawl up my legs and I am bitten on the right knee. It is now my turn to be subjected to the endurance trial and I am running around pleading with anyone that will listen. "No insects please any insects". I am ignored, I feel helpless and I panic. The dream ends here. When I wake up I am fine. It doesn't feel like I've woken from a nightmare. (This dream is showing me that the proving is not over for me and I need to take notice!) P8 33/3:45:00 RS

My hands are in excruciating pain this morning after my cycle into work. My face was distorted from the pain and my muscles in my upper body was cramped and tensed up. It felt like I had been put into a vice the pain was soo strong, I was running about making crazed noises because I felt i could over power the pain and calm it with a bit of noise perhaps? The tips of my fingers were numb and couldn't grip without really trying. It was colder than usual going to work but it should not have hurt that bad. It was predominantly the middle finger and thumbs on both hands and they were also the hardest to draw into the grip feeling as if there was a field of pain to be pushed past to get them into the grip. P2 33/9:08:00 AS

My mouth has had the furry sensation on the side of the gums again and I have not managed to catch them whilst eating but it is defiantly noticeable that it could catch at any time because of how big the gums are feeling in my mouth. A little bit intrusive on the space in there and they are constantly pressing against the teeth which I am sure is normal but it makes me want to chew little bits off it. It has no eruptions or protrusions but my gums feel fury. P2 25/25:XX:XX RS

Had headache from late afternoon until now. Left side at front. Piercing sensation. P6 5/5:21:00

Daughter 1: Dream: my upper left arm was impaled with a big stick and pinned down so it couldn't move. Very vivid. I was not shocked. Slightly sore for the last few days, now much worse. P7 5/05.03.00 NS

I have started catching my gums whilst eating. I nip the corners of my mouth and my mouth feels a little flabby and full even though it is not. P2 19/19:XX:XX NS

I am still biting my gums and I keep catching the same spots. P2 22/22:XX:XX RS

Very painful shoulder sockets wake me in night. Lasts approx. 10 minutes. P1 2/2:03:00 NS

Pressive headache in vertex accompanied with pains in temple and stiffness in my jaw. Occasional stabs of pain in the temple go on throughout the morning. Worse for exercise. P3 5/5:08:00 NS

Pricked right index finger (inside first joint) on tip of yukka plant leaf in passing - it immediately sprouted a drop of bright red blood. Struck me as unusual. The plant has been in the house for perhaps 20 years. P7 15/15.16.00 NS

Dream: I have some rough edges in my mouth that I worry with my tongue. First one and then the other lower incisor fall out. I am horrified to be losing teeth. The thought is 'that's it, gone for good'. I

look more closely at the teeth in my hand and realise that they are just two plastic caps that have worn thin. What a relief. But now I have to replace them. I find a leaflet advertising replacements but I can see that they are very expensive. This worries me. P3 5/XX NS

My right lower wisdom tooth seems very sharp. I have been worrying it in and off all day with my tongue. P3 6/6:16:00 NS

Intermittent, sharp pain in left ear. Passes off after 2 minutes. P3 7/7:13:50 NS

Left arm still sore. Sharp pain when playing violin. P7 49/X NS

On plane: Right ear wouldn't pop (usually the left ear is trickier). I try hard but there is an ache all the way from the tube down the jaw. Sharp, drawing pain. P9 3/3:15:10 AS

I had a slight feeling in my eye again. As if a sharp piece of sand was stuck there. It did not stick around for long though. P2 1/1:13:00 NS

My right hand wrist has started hurting today. Whenever I put pressure on it or bent it I would have a sharp shooting pain that would need to be released straight away. It is in the centre of the wrist as though a line from hand to forearm became thought and then suddenly over tensioned as if clamping something suddenly and the pain is really short and sharp and powerful. P2 56/56:XX:XX NS

Both hips ache at some point over night, the same sharp, hot pain. If I could stretch out it would help, I feel too confined in the sleeping bag. P9 29/29:X RS

There is a sharp, piercing pain in the area of my left ovary, it makes me catch my breath, never had that before. P9 45/45:18:15 NS

Pain in my right hand whilst typing in my phone, very sharp and searing. I usually have a pain in my left hand, which is concomitant to my shoulder. This usually needs clicking across the knuckles to feel better but on the right hand I could only wait for the pain to subside. The pain in my right hand was all over the palm and the back of the hand and very apparent in my little finger. The pain in my left hand is in the outer left hand side of it. P2 28/4:13:00 NS

I had my forearm rested over my stomach and I suddenly felt a short sharp pain that appeared a few times in a pulsating as if it were moving. Though felt like glass passing through my intestines. P2 56/8:13:18 NS

Moderately painful, cramp-like period pain. Very short duration though - only a few minutes - it often lasts for hours. P5 4/8:00:00 RS

Left arm upper arm really sore while teaching - not just a dull ache but also a fairly sharp pain. Unusual for me. P7 45/X NS

We're all injuring our paws at the moment - or our hooves. The pair of us is limping around. I turned my ankle again at the weekend. The pain was excruciating. Like somebody is driving a nail through my foot. The worst pain is spasm in my opposite hip. From limping or from the imbalance. Spasm and cramp in my hip flexor. That is more painful than the ankle. P3 11/11:10:00 NS

Dream: I'm on an island and the foliage or ground cover is all chopped back to stubble. There are many pools and bars on the island. It is a place where youngsters go to party and flirt. I dive to the bottom of a pool to try to get something golden that lies there. I dive again and again. There is a bar owner who is angry at a new arrival who has also opened a bar and is trying to compete. The island feels quite dangerous. I ask a man who works there whether he is ever frightened of being stabbed whilst he's working. He seems calm and relaxed and says 'what's the danger of me getting stabbed. I'm in my prime.' He is young and strong looking with the supreme confidence of youth. P3 12/XX NS

I was woken by a sharp, stabbing, stinging pain on the back of my left shoulder. I was lying on this side, the shoulder pressed into the mattress. It was sudden and intense and very painful. It felt like an insect sting/bite. I couldn't find a culprit in the bed but there was a small dot of blood on the sheet. The area felt bruised afterwards with a tiny wound but it did not appear/react like a bite i.e. any swelling or irritation. P8 14/1:15:00 NS

Nightmare - I am in a big old house. There are other people with family members, some children, and me but not clear which ones. There is an intruder - a very dangerous man. He is outside the house and then we become aware that he is inside the house. Extreme fear and panic. He is under the floorboards in the cellar and we know that he can see us through the cracks and so we are dragging rugs and quilts from other rooms to cover all the floor space. The situation has a siege like quality. Although very frightened, I feel very protective and I am carrying a very big knife. I think about trying to stab the knife down between the floorboards to harm him/kill him....Next image.... I am outside. I am with two other people a young man and woman. We are panicking, very frightened. I feel vulnerable and exposed to danger. I still have the knife. He finds us. He is a young man with a lovely face - this just doesn't fit with my image of him. He tries to attack me. He has lots of blades attached to his fingers and he has his arms outstretched trying to cut me. The young man at the side attacks the intruder and hurts his arm. This distracts him and I move in quickly and stab him in the leg. I am aware that I am moving the blade around in the wound. I wake up and I am very disturbed by this dream. I am too frightened to go back to sleep. I am wondering about the connection between being woken earlier in the night by a physical stabbing pain. P8 14/2:30:00 RS

Sharp, stabbing pains. With low energy and a general feeling of coming down with a cold with heavy eyelids. P8 15/X OS

Sharp stabbing pains. Not as intense as yesterday. Improving. Cold symptoms have cleared up. P8 16/X OS

Stabbing pain in right eye. It feels like it is right in the socket, possibly the eyeball. It is very painful and I can do nothing to ease it. Worse for pressure. Although the pain is stabbing by nature - it stays for fairly long periods before subsiding. I manage to sleep with it. Gone by morning. P8 36/22:15:00 OS

There seems to be a very dark side to this remedy. My mood has been generally low and depressed for weeks. I feel heavy with low energy all the time (even though I am sleeping quite well) there has been a pressure around my head for weeks - it presses in mostly. This causes my eyes to feel heavy. It is a feeling of heavy pressure with acuities of stabbing pain. P8 31/X

Cramp in the left calf, very sudden and sharp pain. As I do have them occasionally I know what to do (relax and breathe into the pain, difficult to describe, maybe flexing in the right moment) and after minutes I am ok again. P9 15/15:X OS

Phone call from daughter 3. She is struggling to keep level through university life and relationship issues. She still has the urge to slash, cut herself and says that drinking is the only way she can be present at social events. I am horrified by this and feel her desperation. Am worried that my mood over the last few days is affecting her - this has happened before between us. Also worried that the proving effect is still around, especially as she had to take the morning after pill last week. Trying to keep my own identity and perspective is hard. P7 20/20.22.20 RS

#### Dreams

Dream: I am at a school to pick up my son. A man is leaving with his son. I can see that they are father and son because the son, who is very young, has exactly the same beard as his father. This is absurd and very funny. I hide as I watch this man and his son. He talks to a lady and thanks her very graciously for what the proving has given him (some sort of enlightenment and understanding). They both seem really cool but I am not cool enough. I want to join in but I am not good enough. (In my diary I recall this dream with a drawing rather than words - I never draw usually, I am hopeless at it). P3 3/XX NS

I am walking on the downs, I see an uncle, we stop and chat, I am walking my fathers dog, he disappears to say hello to some other people who are around, I don't really notice who they are, when he returns, he's got little cigarette coals burning in his fur, I quickly put out the fires, it appears someone has been hurting him which makes me a little angry though he does not seem in pain, I nurse him and make sure he's ok, I'm not looking for who has done it, just that he's ok, I don't feel any danger despite this incident and I'm not wondering why its been done either, there is a sense of acceptance. P6 7/7:07:00

Getting the same achy feeling as my ankle yesterday in my right toes. P6 12/12:07:00

Strange dream about zombies. Pretty funny, didn't seem real, not sure what that was about, haven't been watching zombie movies, though I think they are cool. In the dream, I was watching a heart come back to life in my hands. Dead looking people were after me, but it wasn't panicky it was more amusing, they weren't dangerous. P6 12/12:17:00

1st dream: I am supposed to get up at 5.15 but my parents only wake me up at 7 (supposed I didn't hear or set my own alarm properly). No way I can get to the embassy now and also catch my flight. I am sooo angry and hugely disappointed, feel let down!!! P9 3/3:X NS

Dream: Someone asks me how a man in my dream is feeling. The man cannot tell using words but can show. He does this by growing an immense set of antlers. The final branch of each bit of antler is a razor sharp knife. This is exactly how the man feels. Even as I wake and record this dream I have to draw it rather than write about it. This repeats the sense of having flipped into the visual channel. P3 3/XX NS

Dream: I see two men walking and talking. I have had crushes on both of them as a teenager. I want to see them but do not want to be seen so I hide and watch. My reluctance to be seen comes from shame at my appearance. Eventually I go and say hello. They stop and talk briefly but they have important business to discuss so they move on quickly. I am ashamed at how dreadful I look. Paranoia. P3 3/XX NS

I feel a sense of awareness and awakens in my dream, that I am interacting with my dream characters, I am eating food and a man comes and picks up the food from my plate, I stand back and watch, then say NO, he turns without saying a word and walks away. At hotel check in desk, the man on the desk

brings my attention to his uniform which has buttons missing and needs repair, he is complaining about this and his boss, I would not of noticed his uniform if he had not of brought my attention to it, he seems unhappy, I say nothing but am surprised I hadn't noticed his uniform. P6 05/10:00:00

I am in a different land to usual with my dreaming. Drier, hotter more barren. P3 2/XX NS

Again, I dream of people not liking me as I am, laughing behind my back, thinking I take things too seriously (we are in class and there is a video to watch but time is running out, so I suggest it can be watched in the break, whoever wants to). They almost tear me apart with their sneering remarks. I feel awful, not belonging, too intense. P9 34/34:X NS

I was out walking and came across a pair of ducks on a frozen lake. One of the ducks was trapped by her leg frozen in the ice. I couldn't walk away. I had to help her. I phoned a neighbour who knew about birds, an RSPB member. There was a group of us around the birds on the frozen lake. A dilemma - if we chipped the ice away to free the bird it could crack and we would all go down into the water. If we melted the ice around her leg, same result. I was aware of how frightened she was and wanted to protect her. Next I am on dry land and the ducks are walking by. One had an anklet of jagged ice around her leg - Free, yet not free. I also knew that once she settled back into her nest the ice would melt and she would be ok. There is a possible connection between the symbology of this dream and a situation I found myself faced with the next day. So we could consider there is an element of prescience in this dream. P8 8/X RS

(Once again involving birds and water) There was a group of us on tiered seating, on the water. We were observers to an experiment. There was a boy in the lake. We were there to observe how the bird would behave with the boy. It was a small black bird and it flew to the boy and made an immediate bond with him. It went straight to him, sat on his shoulder, head, foot. They were completely bonded - as one. To further our experiment we sent the bird to another group of people to see if the bird could bond with someone else. We offered the bird a very famous man (a Simon Cowell type figure) He was groomed, suntanned, very confident. The bird quickly rejected him and he looked quite perturbed that the bird would not choose him over the boy. The bird flew straight back to the boy who was now sitting high in the water on a rock. P8 12/X RS

Another dreams involving birds and water: I am driving to my daughter's house along country lanes. The lane is flooded. I start to drive through the flood when suddenly the river bursts its banks and the water is wild and furious, rushing over the bank. I'm not frightened. I simply turn the car around to try a different route on higher ground but the route is barred to me - a private lane, barbed wire. I try another lane, which is also flooded. I was on my way to help them with provisions. Somewhere in the dream is a little wagtail. My image is of it being in danger, it has to hop away and escape, but I don't know why. It is not in danger from the floodwater. It is a human threat. P8 36/X RS

I dream that a large black bear is struggling to give birth. She has 3 cubs that are stuck because there is a fourth bear - a cub from last year and much bigger - stuck behind them. I try to help for a long time. A crowd gathers. I notice we are standing on the edge of a cliff. There comes a point where I know if I don't rescue the cubs now that the mother will die. I sense the mother's effort and exhaustion. I get behind the mother and grab hold of the waist of last year's cub and begin to pull. I know that if I can get this blockage out of the way then the 3 new cubs will be born quickly and smoothly. P3 19/XX NS

Dream: I am in my car. People block the roads. I am frustrated as I want to get up to speed but the

children waiting in the road are slow to get out of the way. As soon as I am clear of them I put my foot down and experience the joy of speed. P3 4/XX NS

Dream: I am at a party in a field with friends. We all pitch in together to make a camp and look after the kids. The next day one of my friend's just packs all her own stuff up and makes to leave. I am instantly enraged by what I perceive to be her selfishness. I attack her verbally. I cannot restrain myself. She comes straight back at me and attacks me for the way I am raising my son, particularly how I deal with his incontinence - this is really below the belt. Later I'm ashamed at my outburst and I try to put my arm on her shoulder and apologise. She is rigid with refusal. The damage is done. P3 5/XX NS

S.o pulling their hair out because they can't put up with a certain situation. Blurred dream can't catch it. It leaves me quite sad. P9 4/4:X NS

I am in a guerrilla-style training camp. I am being trained to look/appear friendly but am deadly. This feels not only like camouflage but also deception. I am not sure whether I am here voluntarily or against my will as sometimes the camp seems like a prison and sometimes I get the impression that our trainer wants to kill me. I cannot tell where his loyalties lie. There is a lot of tension in the camp; it feels like something is about to happen. Eventually the person I am training with attacks the trainer and knocks him unconscious. There's a feeling of him or me. While the bad man is unconscious we make plans to escape. A really old friend appears out of the blue as we are about to make our getaway. I have always trusted her completely but something about her appearance now make me extremely nervous. I am sure she is with 'them' and means me harm. She organises all the people in the camp into groups and tells each group to split and face each other. She still seems like the friendly, trustworthy honest friend of old as she hands one half of each group bow and arrows and orders them to start loosing them at the other half of the group, which includes children. I am sure I have upset my friend and that this is her revenge. I'm wracked with the feeling that I've wronged her and she has found out about my betrayal. She's going to make us all kill each other. P3 18/XX NS

Dream snippet of being with my aunt and coughing up some very dense catarrh. P1 36/12:07:00 NS

Dream of having a cold and remembering previous dream of catarrh. P1 37/13:07:30 NS

My friend is dying. We go to a party at his house but he is not there. The party is somewhere else. As I stand outside his house I notice how extremely cold it is. The feeling is that winter is coming. P3 17/XX NS

Dream: I am sitting in a circle in class. There is a baby that is getting passed around for comfort and mothering. We share the task. It's my turn. The teacher passes me the baby and tells me to get it to sleep. But I think 'no' the baby is hungry and needs feeding. I cannot breastfeed it - it's not my baby. I look around and can only see the cold remnant of a bottle of milk lying next to me. I am reluctant to give the baby cold milk from a bottle. As it's the only thing I've got I put the bottle in the baby's mouth. The baby sucks at the teat like a lamb sucks at a bottle - ferociously - before going to sleep. P3 8/XX NS

Walking down a very very long staircase that goes on and on for as far as they eye can see, on the steps people have stalls set up and I stop and talk to them. It is fun, travelling down and chatting on the way. I feel confident and in control. P4 9

Another dream about walking down, this time through a long corridor, I can see the end, but I have no fear, no claustrophobia; I just walk down in big strong strides. All is well. P4 12

Dream: continued ... There is confusion about the time of the appointment, and I am lost, I don't seem to know where it is, or where to go. I come across my cousin, who is a doctor. The appointment is with his wife, who is also a doctor. I think I'll ask him for directions. He is on a phone call, listening to music on headphones and reading a letter. He is plugged in. I cannot get his attention. To get his attention, because I'm in a hurry, I leap onto his desk from behind - startling him. I leap again, back onto the floor in front of him. He is annoyed and insists on making me wait while he finishes his task before responding. P3 8/XX NS

I am going to a fancy dress party. The issue is how much I cover up and how much of myself I reveal. P3 27/XX NS

I see one of the company's planes coming too in low in a wrong angle. I watch it hoping it will be able to land ok but it comes down on one wing that crumbles away and the plane crashes. I meet the pilot later who seems to be a friend of mine. He is badly wounded and bruised but in a good and almost casual mood. We don't find out what happened to the passengers that allegedly were elderly and feeble people, so I am worried. P9 17/17:X NS

Dream: I've upset a man. I have deeply offended him. I'm participating in a running race. The man talks to two of the other female competitors and sends them after me, telling them to turn me round and send me by another route where he will be lying in wait to ambush me. One of the women who come after me is someone I have sensed for a while is hostile. She catches up with me but cannot quite stop me and turn me around. We struggle and she manages to cut or bite my leg off before I manage to get away. Because of my injury I am forced to drop forwards onto my hands and leg to cover the ground quickly enough to stay ahead of pursuit. I think that there's no way I'm going to be able to cover enough ground running on all fours with one leg missing. I catch sight of the angry man on the other side of a chain link fence. He roars at me and starts to chase along the other side of the fence. I pick up speed and am surprised at how fast I can go. P3 13/XX NS

There is a very small man, baldhead, and looks like a baby only he is an adult. He is in my house and he is threatening. He has a dagger/blade made of a slice of some kind of stone. It is a white, grey colour, translucent towards the edges, denser towards the middle. It looks like a typical cross section of a stone in that the colours and the shading changes in concentric rings. It is quite a large dagger. I am fighting him to protect my family and I have scalpels - many scalpels and I cut him many times. There is a lot of blood. I don't remember any emotions attached to this. (The dream continues in a different theme) The next image is of a competition, like an endurance trial. There are two men taking part and I am observing. They have two buckets of insects tipped on them. There are millions of tiny ants that bite. There is also another type of insect but I'm not sure what it is. The ants crawl up my legs and I am bitten on the right knee. It is now my turn to be subjected to the endurance trial and I am running around pleading with anyone that will listen. "No insects please any insects". I am ignored, I feel helpless and I panic. The dream ends here. When I wake up I am fine. It doesn't feel like I've woken from a nightmare. (This dream is showing me that the proving is not over for me and I need to take notice!) P8 33/3:45:00 RS

Dream: A man walks into a bar (ha!)...He starts spending money on all sorts of things - wine at first and then on his boyfriend and then on the other people in the bar. He is trying to impress. There is a



rolling total - like a petrol pump dial - of all that he is spending. The bar now feels more like a dark and edgy gay club. The man's boyfriend goes into a room and drinks the urine of another man. In another room he simulates sex with the man. The boyfriend is naked and covered in hair. His legs are very long. As all this is going on the bill counter is rolling almost faster than you can see. The man asks for his bill, it is £40,000. This is a shock for him and really more than he can afford to spend. The feeling is that he has paid the price for showing off, for trying to get noticed. P3 5/XX NS

Dream: There's a girl with a lot of unruly brown hair. I ask her if she has ever tied it up so people can see her face. She is defensive and there is a feeling of potential aggression in the air. The question has made her uncomfortable. No, she has never tied her hair up. I touch her hair tentatively and she looks at me sharply. I wonder if she is going to attack me. There is a lot of tension palpable in the air between us. It's a volatile moment. P3 5/XX NS

Dream: I am on a long car journey with my mum, dad and siblings. We stop briefly and I say I will dash into a shop to grab some provisions. My Dad tells me what he wants - ice cream. The building I enter looks like the Criterion Bar in Piccadilly with lots of old-fashioned kiosks inside. I am particularly taken by the beautiful curved ceiling which is sparkly, glittery and golden like a mosaic or scales. It is beautiful and wasted on the shoppers who bustle about below this incredible ceiling. At the kiosk I am much too long. My Dad will be wondering where I am. I am captivated by many of the delights on offer. As I come to pay I have to register my name and address - as you would do in online shopping - I have to choose my name and address from a list of all the many names and places I have belonged to in my life. There are so many of them and as I regard the list of all the names and all the places I have lived there is a feeling of 'who am I?' and a sense of great detachment from the people I have been in the past. I stay a while longer at the kiosk being indulgent. This is going to be very expensive. P3 5/XX NS

I walk side by side with another. Every few steps we take we cross into a different dimension with a different feel and atmosphere. It feels like pushing through an invisible membrane/barrier and emerging into a new space. I am using this technique to get away from something that is following me. There is an indescribable sense of the whole world/environment/atmosphere changing completely each time...transformation. P3 17/XX NS

I am dreaming in 2D. The characters move R to L across the 'page'. As I look, they pop out into 3D. P3 1/XX NS

A murder took place in a town many years ago. The body of a woman was dumped in an alleyway. A man who bore witness decides to come forward and tell the truth to the police but he is frightened. The police interview him in the room where the woman was murdered. He is all ready to tell the truth of what he saw but is overcome with fear and can only recite parrot-fashion, the limited statement he gave many years before. The police are very disappointed and the man is full of shame. P3 19/XX NS

I work in a busy place (bookshop?). Everyone is gone apart from s.o.else and me. We have to deal with lots of emergencies; don't want to do the wrong thing with 2 cuts in fingers on s.o. People start moaning, and then I find the manager and 3 employees hiding behind a door, laughing at me. I am quite cross but don't let it out fully. They think it's funny and almost accuse me of being too accommodating. I wanted to help and feel disappointed and let down by my colleagues. P9 17/17:X NS

Dream Yay. I do not often get dreams so it is great to wake up and finally remember one. It was to do with my grannies quilted blanket that she had made for me as a child (I wanted to be an entomologist

and it is subsequently covered in bugs and insects), it covers my bed even now! Someone had stolen it, it is not quite clear whom but I was seemingly distressed and adamant that I want to get it back and I searched everywhere. Once I had finally found it and the people that stole it, the blanket was all in pieces and I was really upset but happy to finally have it back. Then I woke up, a bit confused to say the least but no longer distressed or upset. P2 4/4:06:45 NS

I notice that my dreams and reality seem to interlink, the places, the people. P6 5/5:06:00

I am trying to help people across the road - there is great danger on their side and we have to move quickly or we will be killed. I go and stand in the middle of the road to try to stop the traffic so that everyone can cross but the traffic streams very quickly over the brow of the hill and bears down at me at full speed. It is terrifying. I stand there, fixed, waving my arms and just hoping I don't get hit. Each car breaks like a wave around me. P3 24/XX NS

People are driving fast towards me down a one-way street (this actually happens to me later in the day). P3 16/XX NS

I am on the run in a stolen car and trying to find somewhere to dump it without being seen to do so. I pass many pavement cafes and restaurants with people looking as I go. I simply cannot stop here. I feel very conspicuous in this car. P3 17/XX NS

Dream: I am driving fast in a car down the familiar lanes of my childhood. The roads bend and twist and I drive too fast. There is a thrill at the speed and swoop of the car round the bends. Also a feeling of great danger and trepidation as surely, at this speed, an accident is inevitable. I don't seem to be able to slow down. I crest a hill with 2 speeding cars ahead of me. All of a sudden there is a car parked at the side of the road with the roadside door open. On the ground and directly across my path in the road are a human corpse, its head and feet severed from the body as if by the passage of traffic. The two cars ahead of me barely swerve in time and continue to speed on into the distance. The shock and horror at the sight is extreme. Initially I too swerve and speed off even faster to get away from the horrific sight. After a while I know I have to turn back and do the right thing. I can't just leave him there. So I turn the car and go back. I pull up just behind the corpse, facing the oncoming traffic which streams towards me before breaking around me. I have to hold my nerve. I look at the body which is bloodied and crushed whilst the head and face is undamaged. I glance sideways into the open car door and see that the foot wells and seats are stuffed with more corpses, all wrapped up in clear plastic bags. I try to call 999 but cannot find the keys on my phone. The feeling is utter horror. What has happened is an unspeakable level of horror. P3 46/XX NS

After not remembering any dreams for weeks now (just feelings and they were usually either about longing for physical closeness or falling in love or the other set was feeling betrayed, let down, disappointed). Now I dream about an icy snowy road and a car driving far too fast towards me and just making it round a bend without running me over. When the driver sees me he looks furious as if I had endangered him and not the other way round. In the dream I think I experienced this before but then I realise I must have dreamt it before. - The feeling is frightened as I could have lost my life, but also annoyed/disappointed as he could have killed me. P9 46/46:X NS

I had a strange sensation whilst having breakfast, that I am not in the right house or that we will move. This I related back to a dream, which I only remembered then. The dream was where my flat mate and I moved house because he did not like it any more and went to a comparatively rubbish house. Which stands alone in the middle of the town and instead of finding a new place for myself, I

lied and agreed with him that it looked nice. A friend then came to stay, whom I had told about the previous house and how great it was there; I felt embarrassed. It was only until I thought about drilling holes in this current this house in reality, which is in a terrace row of houses that it struck me as odd because the house and feelings in my dream were all detached but felt real. P2 5/5:07:20 NS

People are sprayed gold and standing arrayed in a space like an Amphitheatre. There is one enormous girl, all sunny. Child-like but very big. She hangs upside down and her shape changes in exaggerated response to the change in gravity. It is very comical and delights us both. P3 2/XX NS

Dream: I am with my son trying to exit an enclosed, fenced field where it is safe to play. I am in my car. Around the field is a circular track, which I follow in my car to try to exit. The path looks like it becomes too narrow to drive down. I ask the way out, of a passer by. She points me down the path I was looking at which suddenly seems to be big enough to drive down. The path is bare with a hedge on one side. My son asks me why there are no foxes in the play area. I tell him there are no foxes because the track, which is open and exposed, acts like a firebreak. The foxes simply cannot set a single paw on the road, as it has no cover, anywhere to hide. They cannot cross into the safe area where the children play. (I draw this dream in my diary before I can find the words to describe it). P3 3/XX NS

Dream: continued ... In the circle I have the feeling of being exposed to questions or scrutiny from the teacher. I try not to make eye contact and try to hide behind the baby so that the questions are directed elsewhere. I feel really threatened when the teacher comes to stand over me to ask a question. No escape. P3 8/XX NS

Dream: I am walking through a grassy field to where my car is parked. I get to my car and realise that, far from it being safe and secure, I have left it with both of the front doors wide open. This makes me feel insecure, unsafe and wide open. Someone could have got in. An electrician comes to fix my car. He has come a long way and had to be put up the previous night. He is complaining that he has not been looked after in the manner to which I gather he has become accustomed. They have put him up in a plain, basic, functional room. This is not good enough for the electrician. He is too important and is used to better. The feeling is 'don't you know who I am'. P3 5/XX NS

Someone has lost both his and her legs in an accident. She is eager to get back into society but I feel it is too soon and that disappointment lies ahead. She moves towards a large group of people who are all standing. She is very much shorter than them. She speaks and tries to get their attention. Their backs are turned. Some glance around but she is basically ignored. P3 15/XX NS

Dreams of proving group. 1 - one person is making everyone a cup of tea. I wonder whether to bother explaining how I like mine and decide not to (no strong feelings with this) but then he comes back and asks everyone what he or she wants anyway. 2 - We are outside in London, maybe on a roof garden. I see a red squirrel coming down a roof towards us and point it out to the others. Feels a huge honour to see it, exciting, I wonder how it can be here. It runs past two cats, a third one tries to chase it but no chance and that is funny. Then squirrel flew (?) into a tree and two pheasants followed it. P1 1/1:06:30 NS

Dream of flying. P6 2/2:04:00

I dream again have the water city. From the outside it had great arching bridges, like mouths, that gave entry into the dark and unknown interior. It seemed forbidding, dangerous. I went inside and climbed a wall before I was betrayed in a business deal and had to turn and run for my life. P3 15/XX

NS

Dream: I am having a shower with grit. I have the sensation of prickles on the top of my head, neck and shoulders where the grit falls. P3 4/XX NS

Dream: A little girl falls ill in my daughter's bedroom. I am called upstairs by a phone call. My father-in-law is there. He says she is getting better and her vomit is in pebble/pellet form and colorful like little gemstones. P3 4/XX NS

I am standing with my family at the head of several sandy paths that all lead to the same place. I suggest that we each take a route but each is too dangerous or inconvenient or impassable in some way as far as my family is concerned. P3 12/XX NS

I'm in the open cockpit of an aeroplane. We look down at the mountains below and a light snow begins to fall, the first snowfall of the winter. It is fresh, crisp and very cold. As I look down, so does the pilot and she forgets to fly the plane, which goes into a nosedive. The ground gets closer and closer. We are going to crash? We touch down roughly in a long sloped field and have to get out and push starts the plane (much like you would a car) to get it back up in the air again. I am worried about us getting bogged down in the muddy field. There is a real concern that my legs will get heavy and not be able to run. A man helps us and with a long run and a big push we are on our way. P3 17/XX NS

My head is different. It is like the head of an insect: shiny, hard with hemispherical protuberances over my eyes. P3 52/XX NS

There are hidden cameras in the undergrowth. They are trying to film a very shy animal. I see a hedgehog camouflaged with bright green leaves on its back instead of its usual spines. P3 16/XX NS

A boy in a wheelchair being pushed inside a big house in a village. Why have we never seen him before? His mother hides him. P3 24/XX NS

We are having a family photograph taken. I put trousers on to hide the fact that the bottom of my leg is missing. P3 2/XX NS

Being hunted and being loomed over by things that are bigger than me. P3 11/XX NS

House party, across the street somehow we become invaded as a stop-off for the main party who we do not know... Everyone happy. I see a man through the window, looking through his house window and we wave at each other happily. It feels everyone is together. Someone has left some bits of a car outside on the road, slices of a car as though sliced through a mini with a laser beam. Girl brings in self-inflating balloon that blows up and up and doesn't stop. I can hear the noise, air inflating. P6 1/1:04:00

My brother had an argument with his wife. He is incensed with her because he had admitted to her that he was struggling with feelings of jealousy, and she went straight out and behaved provocatively with another man to make him feel more jealous. P3 16/XX NS

A man jumps out at me in a corridor and tries to have sex with me. I don't want to. I have to shake him off. P3 16/XX NS

I am in the crowd at a sporting event. My extended family is dotted through the crowd. All seems normal until my cousin tells me her dad killed he just three days ago (how come she is here and seems so calm?) He knew he was going to die from an illness and decided to take his own life by swallowing an overdose. P3 24/XX NS

Dream snippet of pointing out to some people that someone else was controlling them - dream lacked emotion but this slightly compelling need to point this out. P1 3/3:07:00 NS

Fall asleep again and brief dream of criticising/ mocking some indulgent parents of small children, again lacking emotion but harsher than usual reaction. P1 4/4:07:15 NS

A dream of someone asking me lots of questions about how I am going to sort out various things. I answer patiently and without emotion although they are challenging me. P1 5/5:06:00 NS

Dream where I was pointing out a practical error in a group project, being disagreed with by some in the group but one person agreeing. Unemotional but just determined to carry on and do what I felt I needed to. P1 7/7:07:00 NS

Dream of correcting someone who is helping me with a chore but making practical mistakes. I am more assertive than usual, yet not angry or emotional. P1 8/8:07:00 NS

Still dreams about being let down, but, can't remember any. P9 36/36:X RS

2nd dream: I move into the "perfect flat", very spacey without feeling too big, easy to maintain, clean, good colours (blues). In the past I was being followed or arrested (?) but I feel safe now. I forget to lock the door and when I get back a guy is in my kitchen for interrogation or in order to lock me away (?). - Wake up feeling very weird. P9 3/3:X NS

Dream: I am wheeling my daughter to a doctor's appointment in a wheelchair through a building with many doors, stairs, twists and turns. I am in a hurry, late, lost and unsure. Every time I round a corner or enter a new corridor I look round for my daughter and either she is not there or she is there, running about normally and it is the wheelchair that is left behind. I have to go and get the thing because the wheelchair is somehow part of the appointment. I'm a bit embarrassed that my daughter seems not to need the wheelchair as we are now heading for this appointment. P3 8/XX NS

Lots of dreams full of love and desire. Think of T when I wake up, happy and longing. P9 12/12:X NS

I arrive at the coast with some friends. We go to a hotel and ask for rooms. I ask for a single room and am shown a room with 4 beds in it, 3 of which have been slept in already and are in disarray. I go to the window, which is at ground level and can just see out over the sand to the sea. I push an arm out and want to crawl out to the sea but the window has bars on and they are too close together for me to crawl through. All I can do is touch the sand. It turns out that one of the girls in our party has been wearing a series of masks. We are not sure which is her real face. She has been fooling us for months and there is the suggestion that we have had encounters with her many times before without being aware it was she because of her disguises. This makes us all feel very uneasy. P3 24/XX NS

Dream: Someone is trying to dress me in a costume for a photograph for advertising commercial. I am to be dressed as a boxer before a fight, in a dressing gown with a hood. The outfit does not fit. My arms

and legs have grown gangly and long. I look ridiculous and refuse to have the photograph taken. The guy in charge is angry and menacing. He is in a hurry. He is standing over me - he is tall and big. It takes all my courage to say I don't want to do this photograph. He shouts at me and I'm scared, shrinking away from him in my chair. P3 8/XX NS

Dream: my two male bosses who stand very close beside me - as I sit - watching and intimidating me, are testing my ability in a new job. There is a feeling that they will have underestimated me because I am blonde and female. P3 8/XX NS

Dream: There is a music festival on a traveller site. A famous singer has disguised herself brightly to perform at this small gig. She has her hair bound in red braids or dreadlocks and is dressed much more extremely and aggressively than she would normally be. (You'd normally think of hiding or disguise as more drab colours. She is brightly dressed but she doesn't look like herself.) Her songs are also much more controversial, provocative and anger-filled than usual. It's a hostile atmosphere. The crowd is quite angry, restive and milling about uneasily. Something is about to happen, an attack of some sort. There is a feeling of being outside society. They are oppressed. P3 8/XX NS

We are on a dry barren game reserve collecting something, rather than hunting. As we gather our collection a truck appears on the horizon. The truck contains hunters. There is a great hurry to hide our precious collection in the boot. If they see it they will be angry and may hurt us. They are big and tall and threatening. After the hunters arrive we go to stay in their house nearby. A friend is in a wheelchair and the hunters feed us in a room at the bottom of a staircase so he eats alone in another room. (There is some momentary focus on the type of wheelchair he is using, a catalogue perhaps and a discussion of the relative merits of different models, particularly in respect of how fast they go). The hunters still seem dangerous. We have to stay on the right side of them. I strongly disagree with the method the hunters are using to kill/catch their prey (it is sharp, pointy and needle-like but somehow invisible or intangible...difficult to describe). Their method is somehow inhumane and unfair. My disgust at their method ultimately trumps my fear of them and as we make to leave I tell them of my outrage. 'You cannot kill like this'. Another and myself become the hunted. There is a long chase and a fast exhilarating pace. We constantly have to move quickly. As we run we periodically try to disguise ourselves and change our appearance to fool our pursuers. We do this by swapping items of clothing between us. I'm aware this is a pathetic and flimsy method of disguise. One of the items we swap between us is what looks like a pair of short horns. P3 9/XX NS

Dream of a stalker coming after my wife, we are in the city amongst huge buildings, sky scrapers, he is carrying a long metal staff, I manage to get my wife to safety and draw him away, he comes after me, he is menacing, dark, scary, he could kill me if he gets to me, but I can fly, I am high above the sky scrapers watching him, checking he is not getting to my wife. If he goes towards her I go closer to him drawing him away, then a swoop up, as long as I can keep my flight and height up I will be safe, but it is terrifying. P4 29

Dream of looking at nails and then biting them to cut them. P1 2/2:06:30 NS

With this dream, the feeling is that I do not have the capacity for this horror. It is something much bigger than I am, bigger than I have the capacity to comprehend or cope with. It will engulf and obliterate me. P3 46/46:11:00 NS

Dream: A very old friend died. I am at the wake. There are not many people there and the friends he had all seem to be from 15 years ago, when I knew him. Where has his life been and gone since I knew him?

It's like he's done nothing at all in the long years since I knew him. Like his life has been nothing, no impact any change. That's depressing. P3 34/XX NS

Dream of playing a rock gig, a robin reliant drives on stage splits in half and 4 oaps get out as backing singers. Feels very normal and an important part of the show. P6 2/2:05:00

A friend of mine confides in me that she is having problems resisting this woman, as she is so overwhelmingly interesting. She points her out to me and the woman notices it and comes over afterwards. There is no magic in the world to stop me from falling for her. - It is a wonderful dream, although nothing "happens". But it leaves a hopeful, warm (or more) feeling. P9 47/47:X NS

I sprain my ankle. The pain is incredible and I wake up with a jolt. P3 17/XX NS

Went to the theatre to watch a play, actors and audience were inter mixed, couldn't really understand what the play was about. At one point, one of the actors turned to me and said something, I smiled and play continued, my wife got very angry with this for some reason. I thought it was quite funny. At the 2nd half we sat in a seat around a table and the lady next to me was touching my leg, again my wife became quite protective. I was trying to figure out if she was an actor in the play or not. Outside a man in a very strange shape looking more like a sea creature is squeezing his leg, a large pimple that explodes and he starts being sick, reminds me of the creature at the end of spirited away. I believe these relate to cleansing and also about my wife's work as an art director. P6 04/10:00:00

Dream about being very touched by someone's work and intentions. Yet as I wake there is a question about what, if anything, is truly useful to the world - a flat feeling. This flatness feels related to the pointless feeling. P1 21/21:07:00 NS

Dream about baby spiders hatching on the ceiling of my bedroom and need to get away from them, as they will bite. This dream is partially repeated in real life with a news story on day 24 about a spider bite and also real spiders on the roof of my tent on day 30. I have at least one more semi-predictive dream like this during proving, day 52. P1 23/23:06:30 NS

Slightly premonitory dream of two semi-authority figures imposing on me, pressing their demands or undermining me. This then happened exactly and very unexpectedly at a meeting later in the day. P1 52/4:07:00 NS

Dream of being in US and going to meet Cree people, huge pang in heart as we do this. I was looking at crafts and some familiar people turned up and there was a tension between continuing to do my thing and doing the socially acceptable thing. Feels more of a personal dream than remedy-related, but also perhaps as though my more usual self is trying to reassert itself over the remedy by way of stereotype dreams, as though I'm trying to push out the effects of the proving and re-engage my heart which has felt the sense of disconnection most strongly - native people also represent for me the aspects that have felt noticeably lacking since the proving - connection, inter-awareness, caring, emotionality. P1 9/9:07:00 NS

3 dreams, first two with familiar themes. One about some old cats of mine who I dream of every now and then. Yet another relationship dream, where I am feeling resentful and wanting to get away. Finally about receiving a homeopathy prescription but not trusting the practitioner and resolving to go to another practitioner - again no emotions in this. P1 25/1:06:45 RS

Strong dream about being on a boat/ ferry with 1000s of people. It is on fire and going down and seems we're all going to die. I find a room to sit in and notice some people are being rescued from the other end of boat. I process my forthcoming death, want to live and am sad. Then feel what is left is to be ok with dying, to completely surrender to what is happening, this brings peace. Then I leave the room and somehow slip into the queue of people being rescued. I'm saved and later it seems that everyone was though the boat burned out. P1 29/5:07:00 NS

Dream of being lined up with some other women, tied up to each other on the edge of a high precipice, if one tried to escape or move we would all fall and die. P1 50/2:07:00 NS

A silver grey Ferrari races up and down through our little village revving aggressively loud, quite scary. At some point the car starts to spin in small circles while still producing this horrible sound. I am waiting outside a pub with some friends and we fear that the car will get so close in its uncontrolled journey that it will take us out. It gets closer but then further away when it comes to a stand still, the doors open and out come to proud parents with their boy that seems to have just passed their personal driving test. I shout something very angry to them about responsibility, safety and care and respect for others but they just laugh at me. I don't dare getting the registration number as I fear they will run me over - I am left scared but also angry. The speed and sound of the car was horrendous. He could have killed us. P9 13/13:X NS

Dream: I have some rough edges in my mouth that I worry with my tongue. First one and then the other lower incisor fall out. I am horrified to be losing teeth. The thought is 'that's it, gone for good'. I look more closely at the teeth in my hand and realise that they are just two plastic caps that have worn thin. What a relief. But now I have to replace them. I find a leaflet advertising replacements but I can see that they are very expensive. This worries me. P3 5/XX NS

There is a parade of old trains. Crowds watch and many enormous and very oddly shaped engines steam into view. The crowd begins to run towards them to intercept/get on them. P3 27/XX NS

I am near a busy harbor. There is a P & O ferry that reminds me of one in my dreams in the North (where I leave for a journey into the unknown). Suddenly a submarine shaped boat shoots straight through the hull of a big passenger ferry. It doesn't sink but there is much screaming and chaos. I wake up confused as it will be the day of the news that got the job and I keep on dreaming about catastrophes with the company's boat or planes. P9 20/20:X NS

I have my palms read and first I think it says that I will have the longest relationship of my life ahead of me with the person I have such deep feelings for at the moment, but then the guy says it means the relationship with myself as it is at the moment will be the longest I have ever had. I get soooooooooo angry, shout and swear, also close to crying out of anger. P9 13/13:X NS

Dream: continued ... The doctor directs me outside into the garden. Out in the garden my daughter's therapy/medicine is to be taught by me to use a machine that looks like a strimmer with a sharp piece of wire attached to it. I try to help her to use it safely but struggle to get her attention or to make her understand what she should do. It's a dangerous looking thing and every time she comes over to investigate she put both of her hands on the 'blade' and then asks me to turn it on. I keep imagining her fingers being sliced off. At the edge of the garden, which is very nicely kept with a trim lawn and neat borders, I can see a couple of clumps of unruly weeds and vegetation. I am instructed to approach these with the strimmer. I zoom in and inside the clump of weeds and grass I see a frog and a beetle and have the impression of many things living in there. I do not want to slice them in half. I react to the strimmer



as I would to a knife or blade. P3 8/XX NS

I have a snooze and dream very clearly of spraining my ankle and wake suddenly. P3 12/12:10:00 NS

I am speeding downhill in a car with a companion. We are late for something. We are on a steep city road. As we approach each set of traffic lights they turn green so we do not have to slow down at all. We continue to gather speed and it is really exhilarating. But where's all the other normal city traffic. The road is empty. We have woken unknowingly to the dawn of the apocalypse. When we get to the bottom of the hill we see a huge machine that has gone wrong, it has failed the planet and will cause its destruction. P3 25/XX NS

Just a few images/words - First dream is about everything spinning. There are cars, trees, and fences. Everything is whirling around and around. Like a tornado. P8 32/X RS

Dream: I'm on an island and the foliage or ground cover is all chopped back to stubble. There are many pools and bars on the island. It is a place where youngsters go to party and flirt. I dive to the bottom of a pool to try to get something golden that lies there. I dive again and again. There is a bar owner who is angry at a new arrival who has also opened a bar and is trying to compete. The island feels quite dangerous. I ask a man who works there whether he is ever frightened of being stabbed whilst he's working. He seems calm and relaxed and says 'what's the danger of me getting stabbed. I'm in my prime.' He is young and strong looking with the supreme confidence of youth. P3 12/XX NS

Nightmare - I am in a big old house. There are other people with family members, some children, and me but not clear which ones. There is an intruder - a very dangerous man. He is outside the house and then we become aware that he is inside the house. Extreme fear and panic. He is under the floorboards in the cellar and we know that he can see us through the cracks and so we are dragging rugs and quilts from other rooms to cover all the floor space. The situation has a siege like quality. Although very frightened, I feel very protective and I am carrying a very big knife. I think about trying to stab the knife down between the floorboards to harm him/kill him...Next image.... I am outside. I am with two other people a young man and woman. We are panicking, very frightened. I feel vulnerable and exposed to danger. I still have the knife. He finds us. He is a young man with a lovely face - this just doesn't fit with my image of him. He tries to attack me. He has lots of blades attached to his fingers and he has his arms outstretched trying to cut me. The young man at the side attacks the intruder and hurts his arm. This distracts him and I move in quickly and stab him in the leg. I am aware that I am moving the blade around in the wound. I wake up and I am very disturbed by this dream. I am too frightened to go back to sleep. I am wondering about the connection between being woken earlier in the night by a physical stabbing pain. P8 14/2:30:00 RS

Dream: I dream I am at a superhero academy. I have been training to be a great warrior or hero. I am about to graduate and we are planning a party. There are only four of us graduating as the others have all fallen by the wayside. There are two frames to the dream. In the first I am at college, in the second I am in a mystical land facing a nameless evil that is greater than I am. In this place there is great danger. There is betrayal and trickery. I am trying to make discoveries, find things out - superhero stuff - but I find myself hiding behind things and feeling wary. I am being hunted. My fellow superheroes are moving in loose formation across a great plain. As I watch I see them struck down and fall to the ground. I do not see what strikes them. P3 13/XX NS

I am with a group of people looking for a particular garden at a grand manor house. I know where it is (it feels as if it appeared in another dream before, I am aware of this in the dream) and I tells everyone,

even describe it. No one believes me. We follow s.o. that claims to know but we soon realise that's not the one. We find out the property has 3 gardens and the one we are looking for can only be accessed through the house. I am in a wheelchair by then but feel quite smug when they realise I was right in the first place. An official guy gives me a big red leather bound book, which is the guidebook. I try to clutch it against my chest to hold it (feels heavy but comfortable against my chest) and simultaneously move my chair. No one helps me and I struggle quite a bit, but don't ask for help or pass on the book to s.o. else. The house is filled with beautiful furniture and lovely people (servants?) who smile at me. I wake up happy. P3 13/XX NS

An old friend from my first school has kept memorabilia of our early years at school. He remembers everything. I am astonished as he recalls things vividly that I struggle to drag from the darkest recesses of my memory. P3 2/XX NS

I find myself suspended in a completely different existence. It is a world/life/reality, which I cannot comprehend. The feeling is difficult to describe, it is like I have the senses and processing capacity for my world/life/reality and this is so very different (and somehow larger) than I can cope with. The feeling is that I need to change; I need a new system of comprehension to even begin to grasp the nature of the vast and utterly strange place I find myself in. I need a bigger, different brain, as this place exists on an entirely different and bigger scale. When talking to my supervisor I describe it as being a fly that suddenly finds himself a man. The scale and the reality are totally different, even time is different. A paradigm shift. P3 52/XX NS

3 children are growing up feral without parents. They are bringing themselves up. They are scruffy and neglected. They are doing really bad stuff. My sense is that it is murder or violence with blood. I'm very wary of them but also wonder how, at their age, they can be considered culpable. I feel sympathy for their plight but also very wary in their presence as they are menacing. When I look at them they are standing very closely together, their shoulders touching. One of them is the leader because he is the tallest. P3 1/XX NS

People are all tall and have really long legs. P3 11/XX NS

I leave a place where I feel happy and safe. My husband goes before me. As I get to the other side of the door I see my husband lying on the floor with the police standing over him. He seems frightened and tells me to do exactly as they say - very unlike him. I am handcuffed and waiting to be searched. I know I am innocent and start to taunt and jeer at the police. This feels dangerous. There are people watching and I start to play to the gallery. I'm being reckless and foolish. P3 11/XX NS

A prover takes the proving remedy and tears roll down his face continuously. P3 10/XX NS

Dream: I meet a good friend and tell her excitedly that I have worked out how to get between two locations by not going on roads. It is like teleporting or moving in an instant from A to B. P3 4/XX NS

Dream: I am in a room full of people standing and waiting for a big announcement to be made. One man is talking. It is his job to introduce the second man, who is more important and who is going to make the announcement, for which I am sure he is to be congratulated. There is a problem. The second man is waiting for the first man to stop talking so that he can begin his piece, but he does not stop talking. The second man waits and waits and then becomes angry as he realises that the first man intends to deny him the opportunity to talk. Eventually the second man draws himself up and begins to talk over the other man, who, in turn, raises his voice such that there is this competition for

attention and a great cacophony. It makes the rest of the crowd feel increasingly tense, uncomfortable and agitated. There is a woman in the crowd who is a friend of mine. In the dream she is much more radiant, glossy, healthy and young looking. She says to the crowd - 'right let's run' and completely breaks the mounting tension by running to the end of the room. The crowd follows and runs with her en masse. When we get to the end of the room we turn and run back. We run back and forth this way, dissipating the tension. The tension is completely diffused by the act of running and the crowd is relieved. P3 13/XX NS

I dream I am endlessly transforming. This is a very powerful dream. I cannot say what it is that I am transforming into, as the change is fluid and continuous. I roll round and round endlessly in flux. P3 32/XX NS

P3 I am looking for a high mountain pass. I am trying to find a path that leads up and over a ridge. When I find it and reach the top there is a beautiful expanse of water. There's a man there and he takes the water and 'purifies' it with iodine. I don't see it like he does. I just want to drink the pure clear water. The iodine spoils it.

Several dreams, mostly unremembered. One about an ex-relationship and trying to remove myself. This is not a brand new dream for me but relationship theme repeats unusually frequently in different forms - days 16, 18, 19, 22, 25, 26, 40, 41, 42. P1 12/12:08:30 OS

My son is at the end of a tube track. We are waiting for a train. He keeps jumping down onto the track and hopping over the middle rail. I cannot see his legs but I cannot imagine that he will be able to leap high enough to clear the deadly middle rail. I'm very frightened he will not make it. One slip would kill him. I'm begging him to stop but he won't listen or cannot hear me. The train arrives and I think it will hit him but it nudges the buffers and comes to a stop some feet away from him. There's a feeling of not being in control, fear and frustration at being ignored. P3 11/XX NS

A man and a woman have a kingdom to protect at the heart of which towers a giant tree. The two are twins. The man is an obvious king with all the leadership, clothing and bearing of the rank. Everyone knows the kingdom is going to be attacked tomorrow. The woman is no less powerful and important than her brother but she is somehow secret and hidden. She bears no regalia or insignia and is not known to the people as her brother is. The king climbs a ladder of knives up the huge central tree to survey its defence, which is rather like a crown of thorns or barbed wire encircling the whole canopy. This is meant to prevent attack. The girl is put to bed on the eve of the attack. She must rest and be ready to leap into action the second the attack comes. She will play the decisive role, not her brother. She has special clothes to wear for the battle but the trousers are wet and will not be dry by morning. This seems to be a big problem. There is huge tension in the city as it simply waits to be attacked. It makes me feel very edgy and impatient to be so still. As the girl lies down in bed the tension becomes unbearable. P3 23/XX NS

Dream: I dream that my son has started at secondary school. The first thing they do at this school is immunising all the children all over again. I spend the entire dream arguing with teachers and lying to them to try to prevent this from happening. I'm trying to protect my son but the teachers seem like a united force against me, which is stronger and inescapable. P3 14/XX NS

Dream: I'm standing on top of a hill. It's windy and the long grass is blown in wave-like patterns this way and that. It looks luxurious. Like hair in a shampoo commercial. There are clouds gathering overhead presaging rain. My Dad says it won't rain because we are too high up. I don't understand. P3

8/XX NS

I am on board a big airplane and we are just starting. This is my favourite moment of any flight, so I am excited. It doesn't feel right. We are gaining altitude but not enough. The captain tried to go down a bit and tries to start again from this point but we all feel it won't work. 2 rescue planes with ropes that look like lassos come to either side of us and try to help us. I wake up and feel weird. It was very frightening and had an air of complete and utter inevitability. There is nothing I can DO! P9 23/23:X NS

Dream: My daughter is wearing a patterned dress. I try to find another dress from a rail that is just the right pattern and colour for her. The pattern is important. P3 8/XX NS

This is a dream where I am only aware of the words. 'Around and around, down and down'. When I Awoke and recalled the dream I had an image of a vortex of water spinning and sucking down. I don't know if this was the dream or my rational self-adding the image. P8 32/X RS

There was a party next door, I wasn't invited. I had some special stones; I knew I had to find them to gain entry to the party. They wanted to see them. I searched amongst chaos to find them. The first one I found was the most important. It was small, a dark bronze/amber colour, like amber glass but rough. I found three more, one was bright green like an emerald, one half bronze, half green and the last was a small uneven yellow pebble. I took my palm full of stones next door to gain entry. I had to climb a stairway and there were stones on the stairs as I went up. These were like flat, round water washed pebbles. Each one had a religious icon painted on it. Gold and silver images, very special. I knew these were mine also. At the top of the stairs there was a small gathering of older women. I understood. I sensed warmth and welcome. One of the women came over and kissed me on the cheek and hugged me, "Ah there you are" she said. Dream ended here. There is a connection to where I am in life...at that transitional stage of menopause...taking what can be a difficult step towards wise woman. P8 3/4:10:00 RS

I am in the sea looking back towards the headland. I move to swim to shore. As my head goes under the waves I notice that there are many dead horses floating under the waves preventing me from getting to shore. It's very alarming. A little girl with a lap dog rescues me somehow. P3 1/XX NS

Dream: I dream I am under the sea just off the shoreline and have a series of headlands to navigate around to reach my destination further down the coast. The coastline is shaped like a regular zigzag pattern and at each tip or headland there is a totem pole submerged. I begin my journey but others who wish to join me on my journey interrupt me. There is a sense of frustration, as I will be forced to start again at the beginning. P3 4/XX NS

Dream about investigating reports of presences in a house, which slightly spooks me in the dream. The house in the dream seems very familiar and I feel I have dreamed of it before. P1 31/7:07:00 NS

Nightmare about wolves, huge wolves chase us around grassy area, but we manage to stay safe by hiding in amongst rocks and wire cages. P4 4/2:12:23 NS

Dreamed of old friends, driving in car, in a town close to where my parents live. P6 11/11:07:00

I am somewhere with people as all of a sudden this huge light comes on outside and everyone knows it is from an atom bomb. The sadness and despair in the room is painful. Everyone knows, that's it. There

is no running for cover, there is nothing we can do, and we know our life is over. There is no hope. Wake up sad but know it was a dream, so I pick myself up quickly. Again, this feeling of inevitability. P9  
23/23:X NS

## References

<http://ancienthistory.about.com/cs/norsegodspictures/g/thor.htm>  
[http://www.crystalage.com/online\\_store/stone\\_type/fulgurite.cfm](http://www.crystalage.com/online_store/stone_type/fulgurite.cfm)  
<http://symbolism.wikia.com/wiki/Lightning>  
<http://www.brainyquote.com/quotes/keywords/lightning.html>  
<http://hbmag.com/the-sun-in-aquarius/>  
<http://www.livescience.com/6658-acts-god-lightning-strikes-religious-symbols.html>  
<http://www.mythicalcreatureslist.com/mythical-creature/Lightning+Bird>  
<http://www.mythicalcreatureslist.com/mythical-creature/Lightning+Bird>  
[http://www.windows2universe.org/mythology/shango\\_storm.html](http://www.windows2universe.org/mythology/shango_storm.html)  
[http://greekmythology.wikia.com/wiki/Bucket\\_of\\_Lightning\\_Bolts](http://greekmythology.wikia.com/wiki/Bucket_of_Lightning_Bolts)  
<http://www.infoplease.com/cig/mythology/reign-thunder-lightning-olympus-under-zeus.html>  
<http://thepictomancer.blogspot.co.uk/2014/01/day-69-birds-in-mythology-lightning-bird.html>  
<http://ck053.k12.sd.us/GreekMythologyinTheLightningThief.htm>  
<http://www.museum.za.net/index.php/imvubu-newsletter/60-impundulu>  
<http://starryskies.com/articles/2003/08/lightning.myth.html>  
<http://geology.utah.gov/surveynotes/gladasked/gladfulgurites.htm>  
[http://www.crystalage.com/online\\_store/stone\\_type/fulgurite.cfm](http://www.crystalage.com/online_store/stone_type/fulgurite.cfm)