



Proving: Locust (*Schistocerca Gregaria*)

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Source: Wikipedia

Scientific Name: *Schistocerca Gregaria*

Kingdom:	Animalia
Phylum:	Arthropoda
Class:	Insecta
Order:	Orthoptera
Family:	Acrididae
Genus:	Schistocerca
Species:	S. gregaria

Introduction

Peter Fraser writes

It was decided to prove the Plague Locust for the School of Homeopathy because I was working on the Insects as a group of remedies and we did not have a proved remedy from the order of Orthoptera. (It has since come to my notice that Todd Rowe has proved the American Locust, *Schistocerca Americana*.) This order includes the Locusts, Grasshoppers, Crickets and Katydid or Bush Crickets. Perhaps the most characteristic feature of the Orthoptera are their hind legs which are extremely well developed making them great jumpers and which hold the particular structure that allows them to stridulate or make sounds by scraping an organ on the legs against another on the body. In many Locusts it is also sensors on the legs that cause the insect to change from the solitary to the gregarious form.

The Locust is hemitabulous, it moults several times each larval stage, or instar, is a little more like the adult form. Only the adult form, the imago, is able to fly; the nymphal forms move by jumping and are called hoppers. The hoppers can swarm but there are never mixtures of hoppers and adults. The female lays her eggs in the ground pushing them into the earth with her long adapted abdomen. The time taken for the eggs to hatch and for the larvae to develop varies tremendously and is vastly speeded up when in the gregarious state.

The Locust is associated with tremendous destructive power. They can form swarms of many billions of individuals each of whom will eat its own weight (2g) of vegetation every day. In the years in which the largest swarms occur they can completely destroy the vegetation over an enormous area. Hence its name and the place it has in biblical and other histories as one of the plagues that afflict mankind. On the other hand, the Locust (perhaps all Orthoptera depending on the authority you consult) is the only insect that is regarded as Kosher and Halal and is the most widely consumed of all insects. Whilst the locust destroys the crops of the landowner it is can be a nutritious windfall to those that have nothing to lose.

When swarming the insects are vulnerable to many predators. The unpredictable nature of the swarming behaviour means that no predator can adapt to an exclusive diet of Locusts but a great number of them do take advantage of the plentiful food that a swarm, particularly a swarm of hoppers, provides. Not only are individuals vulnerable but whole species are too. The Rocky Mountain Locust of Western North America produced larger swarms than any other insect. One swarm in 1874 covered an area greater than California and contained 12,500,000,000,000 individuals, yet 30 years later the species was extinct.

Swarming occurs when favourable conditions cause the number of Locusts to increase. When this happens they are more likely to come into contact with each other and if they rub their legs against those of other Locusts a certain number of times a serotonin based reaction is initiated which causes a hormonal cascade and the release of pheromones. The insect then changes from its solitary form to the gregarious form, which reproduces more quickly and forms the enormous destructive swarms. In years of recession when there is no swarming the individuals live quietly in an area of Africa north of the equator. In swarming years they spread throughout Africa, into Europe and across the Middle East as far as India. Related species are found in America and Australia.

History

In the Bible, a swarm of locusts comprised the eighth plague in the story of the 'Plagues of Egypt'. This was because Pharaoh refused to set the Israelites free so God decided to punish Him. God had told Moses to stretch out his hand over the land of Egypt to bring a plague of locusts. The

locusts covered the land and swallowed up every crop and all the fruits of the trees. Afterwards there was nothing green in the trees, and all the crops in the fields had been destroyed.

'They invaded the whole land of Egypt and settled on all its territory in swarms so dense that the like of them had never been seen before, nor ever will be again' Exodus 10:14

Plagues of locusts are also mentioned in the Quran and is mentioned in the below verses:

'We sent upon them the flood and locusts and lice and frogs and blood as distinct signs, but they were arrogant and were a criminal people.' (7:133) of chapter (7) sūrat l-a' rāf (The Heights):

'They will emerge from their graves with downcast eyes, like swarming locusts.' (Qur'an, 54:7)

The Book of Revelation, which is the last book of the New Testament, says that locusts with scorpion tails and human faces are to torment unbelievers for five months when the fifth trumpet sounds.

Socrates was an ancient Greek philosopher; having left no evidence of his own he is known through Plato one of his students. He states that locusts were once human. When muses first brought song into the world, its beauty captivated the people so they forgot to eat and drink, to which they died. The muses turned these into locusts, so they would be singing their entire lives.

The words lobster and locust are derived from the Latin word 'locusta', which was originally used to refer to types of crustaceans and insects.

Mythology

The Ancient Egyptians carved locusts on tombs in the period 2470 to 2220 BC. The grasshopper was a common motif for the Ancient Egyptians and was used as a hieroglyph. It represented a symbol of beauty and as an illustration of life along the Nile. As we know this species can produce enormous populations, with these massive hoards it was considered a plague. Due to the association with large numbers this became the hieroglyphic meaning for locusts.

On the wall of Medinat Habu reads an inscription 'battalions will come like the locusts'. In 'Mereruka' tomb locust are carved into the wall representing life along the Nile. They also found in the tomb illustrations from the New Kingdom and Tel el Amarna with the locust drawn in full flight with their hind legs held along their sides. These illustrations were significant as they showed that the locust wings were drawn with the hind wing in the same shape as the forewing. There are several distinctive locust carvings and drawings in the tombs. Locusts were also used as models for productions, the best known is the grasshopper toilet box found among the treasures of King Tutankhamun (Hoving 1978).

Food Delicacy

Locusts are eaten in many African, Middle Eastern and Asian countries. They have been used as food throughout history; and can be cooked in a variety of ways, with them most often being fried, smoked or dried. The Torah although disallows the use of most insects as food, permits the consumption of certain locusts. In Islamic jurisprudence, eating locusts is considered halal. Desert locust provides 11.5 g of fat, 53.5% of which is unsaturated, and 286mg of cholesterol.

It is recorded in the Bible that John the Baptist ate locusts and wild honey while living in the wilderness. 'John was clothed with camel's hair, and with a girdle of a skin about his loins; and he did

eat locusts and wild honey.' (Mark 1:6).

Certain kinds of locusts were permitted by God for consumption, and were a part of the clean food diet. 'Even these of them ye may eat; the locust after his kind, and the bald locust after his kind, and the beetle after his kind, and the grasshopper after his kind. '(Leviticus 11:2)

Scientific Uses

Locusts are used in biology as models especially for Olfactory, which is our sense of smell and the detection of chemicals in the air. Neurophysiology which is the study into the functioning of the nervous system and Locomotor which looks at the variety of movements and the progression from one place to another. This is one of the organisms that scientists have obtained detailed data from on information processing. Locusts are suitable for these experiments due to their sheer growth in numbers, easiness to reproduce as well as their robustness

Todd Rowe MD, MD(H), CCH: A Proving of Schistocera americana-American Desert Locust

Todd Rowes proving explained

The reason he chose this remedy was to examine the healing qualities of an aspect of the insect family that had never been previously explored. He describes how the locust is well known for its effect on man including its destructive power, and Schistocera Americana as representing an example of desert medicine that gives further opportunity to explore the power of desert remedies.

He explains that by looking at the core sensation for the proving, it was clear it was related to the sensation of metamorphosis or the transformation between two states. He describes the first state as being in a hole or cave and patiently waiting for a signal. This state was solitary, with a feeling of timelessness and spatial distortion.

For this state one prover described a strange desire to sit still and listen as if they were listening for something, sometimes getting feelings with these episodes or vibrations, describing it as a moment of peace, and they can tune everything out and wait for something. Expecting someone or something to say something to them, it is a space time moment of nothingness.

Another prover described that they had spiraled down into this deep hole today, they went into a hold deep in the dearth and did not want to come out, the sun came up and I realized that this is the yellow that I have been attracted to – the sun. They continued to explain having a hard time coming out of the hole today; the hole is a really transformative place; I undergo some kind of metamorphosis when I am in the hole: it is like a deep cellular change and brings me to the brink of death and back, when on the upswing I am ready to take flight towards the sun.

The second state is referred to as frenzy. One prover describes it as 'Tuberculinum on crack'. This state is described as very social and involves seeking a mate and various group activities. The image of flying became involved, and sexuality became very prominent with dreams of indiscriminate group sex and sex between children.

For this state one prover describes the feeling of frenzy not leaving them alone, frenzy about eating, sex irritability, craziness in this phase, like a swarming feeling. They continued to explain that they couldn't stand the way people drive it is like this swarm of cars; feeding frenzy; like Tuberculinum on crack.

Another prover describes a very strange dream that was sexual and disturbing; coming across this

house while driving; looking for a place to rent; glass wall; can see the inside of it. Hundreds of people naked standing in rows; some engaging in sexual activities but they were acting like animals; all mixed; very disgusting; some were crawling like snakes on the walls; snake like people with bright colours that were crawling around the edges of the wall.

Describing the frenzy as continuing and leading to the feeling of destruction or the end of the world, and the quality of great destructiveness.

Another prover describes that one dream was very significant, the sensation was profound; it was that I had gone into a doctors office to get a check up; I thought I might be poisoned; standard inoculations; in inoculating me I become paralyzed completely; I can feel this strongly; still completely paralyzed; as I sink back into my dream I see my grand daughter who pulls out scalpel and needles; implements of destruction; I was going to be destroyed. I try to move and throw myself over to get someone's attention; feeling of entire body paralysis and inability to speak.

Todd writes that the transformation or metamorphosis sensation was accompanied by the sensation of buzzing and humming. Describing the provers as exquisitely sensitive to noise, particularly white noise and sharing that the desert locust is known to exist in two forms as a solitary phase and gregarious phase. He explains that the process of transformation is described clearly in the dream below.

'Several people, about 20 and we were at some sort of seminar or tour group; we were dropped off at this site where it was just a plain slab from eons ago like a Greek ruin; there was a building beside us; I went into the building and I could see that it was going to collapse because there was water dripping in-it was full of water; I ran back out of the building; there was this sense that this was more than the building going to collapse; this was perhaps the start of the end of the world as we knew it; I told everyone to stick together and stay away from the building; The woman or tour guide wanted us to all rub our breasts and wanted to show us how to channel sexual energy; we all were doing that and I remember thinking this end of the world as we know it feeling might be a little bit more important; I remember thinking how clueless people are; So then the building started collapsing and it was a dimension change; the building was going down and we aware of being pulled in that direction; I told everyone to stick together and hold on to each other so as not to be sucked in; everyone's face/body was changing contorted and changing back and forth as if we were transmuting into something else; lots of people were afraid and screaming and I was afraid as well but then I got that we were just supposed to go with it and let it happen; I screamed at everyone to go with the energy and started smiling; it was way cool; could feel the energy moving through my body and it twisting and changing and it was amazing; when it was over this man started screaming at me as if I had caused the whole thing saying his daughter/family were stuck in the rubble and would be dead; I told him it was not my fault and I was sorry for his loss and that we may be the only people left on the entire earth and perhaps he should feel lucky he was alive; then we walked over to the building-nothing left but rubble; there was nothing as far as the eye could see-no people, just could see far and wide; an eerie sense of what if we are the only people left in the world; pissed off-I am not populating the earth again; I signed up for this job? Felt like a time warp of some sort that we went through; it was really quiet except for a humming/buzzing noise(3)

Extreme sensitivity to noise; worse night; about to go out of my mind with the noise thing; shrill buzzing, humming noise like cicadas or crickets; white noise makes me berserk(3)

Hearing is acute; high pitched buzzing tinnitus(3)

Sensation of body vibrating all over when going to sleep(7)

Sensitive to noise; sounds not voices are louder than usual; it is the background noise that is a problem; have trouble noticing their direction; have to wear ear plugs; noises are loud and startling; I am hearing things before my dogs(8)'

Source: A Proving of *Schistocera americana*-American Desert Locust By Todd Rowe MD, MD(H), CCH, DHT

He explains that several provers described the movements between these states as manic depressive.

The Proving

Locusts are best known for their voracious and destructive appetites and this was a feature of the proving. However, this is a general feature of all insects and indeed of all animals and of flying creatures in particular and so it is not particularly characteristic of the Locust, though it is an important symptom of the remedy.

The fact that the Locust has two different forms and physically changes when it is a gregarious animal from the form it has when it leads a solitary existence is definitely characteristic. The need to conform and find a place as part of the group whether it be herd, flock or hive is again a part of many animal remedies. The particular expression of this in the Locust, especially the idea of being one or the other and of there being no intermediate state, is more characteristic and so more useful in understanding the remedy. There is also a contrary in that the provers felt there was a need to be part of the group and they felt alone and abandoned when away from it; yet at the same time they feel suffocated by the needs of the group and better away from it. They feel vulnerable when alone and need company in order to feel safe. There is a feeling of being particularly vulnerable when indoors where they feel unsafe; they feel much safer and less agitated when outside.

The destructiveness of the Locust and the fear that it causes as it approaches in a great black cloud that blots out the sun was apparent in the remedy. On the other hand the Locust, like all insects is extremely vulnerable. Its strategy of producing vast numbers of progeny is an acknowledgement that so many of them will be killed and eaten, by snakes and lizards, by birds and by mammals, even man. The swarms of many billions of individuals last only a few years and soon they are forced back into the more normal state of a few individuals keeping the species alive. This vulnerability is a feature of the remedy and the two fears: man's of the approaching swarm and the Locust's of its many predators, blend into the particular fear of the Locust as a remedy.

As with most of the Insect remedies there is a low self-esteem that can even be a feeling of self disgust. This feeling combines with the vulnerability to create a state of depression.

The theme that came through most powerfully and which is so characteristic is the idea of building up energy, holding it in until it bursts out with explosive force. This idea is expressed in many ways. In the purely physical form, gases building up in the digestive tract until they burst out in explosive belching. The provers were much better for physical exercise and exertion which allowed some of

their pent up energy to dissipate. On a more emotional level the irritability that is common to the insects builds up until it reaches a level of uncontrollable anger. The most expressive example of this in sexuality where a low level of sexual excitement builds to a point of uncontrollable need that could not be denied.

The degree to which this energy becomes beyond the control of the patient leads to a deep fear of losing control and a desire to keep everything on an even keel.

Some clinical experience with the Grasshopper indicates that the theme of pent up energy may be a general feature of the Orthoptera.

One prover dreamt of lilies and wolves and the pent up sexual energy of *Lillium tigrinum* and the canine appetite, pack dynamic and menace of the wolf sum up much of the remedy.

Pharmacy

The remedy was prepared from the whole insect which had been tinctured in 80% ethanol. It was succussed and diluted to 30c by the provers. It is available from Helios Pharmacy.

Time and dates

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

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

Provers

Prover	Sex	Dose	Potency
01P	Female	1	30c
02P	Female	1	30c
03P	Female	1	30c
04P	Female	1	30c
05P	Female	1	30c
06P	Female	1	30c
07P	Female	1	30c
08P	Male	1	30c
09P	Male	1	30c

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

Classification of symptoms

NS A new symptom never before experienced.

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

RS A recent symptom experienced within the last year.

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

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

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

Miasm/Sensation/ Mappa Mundi

Proving Key Themes

Key Themes Explained

Proving Diaries

Proving Diaries

Materia Medica

Mind Themes of The Plague Locust

Inside - Outside

Friend and I repeatedly ignored at bar in pub as if in parallel universe we both commented on it. 01P
2 XX.XX NS

I brought up the topic of boundaries a lot this weekend, of learning how to master professional boundaries and how to maintain them to feel safe because I sensed the week before the proving an issue with someone really opening up to me at work and worrying that I have no sense of how to show that person my boundaries so I feel safe in the relationship, whether I am too open and therefore too vulnerable. 04P XX.XX NS

Feel like I am interjecting into conversations, I can be quite impetuous and interrupt conversations but I don't normally feel a sense of wrongdoing like this. General feeling of not wanting to upset people and having to keep people happy, when asked why by a fellow prover I said rejection and being on the periphery of the group and not being able to integrate. 04P 2 XX.XX NS

Really felt the need to go for a run, and even though it's dark and I am completely new to the area I am living in I went – it was a bit scary but I really felt the need for fresh air and movement and exertion. 04P 21 XX.XX NS

I feel safer outside than inside the house, not sure if this is part of the proving or not? because the feeling is familiar but I haven't really been aware of it before like this. 04P 24 XX.XX NS

I went out at lunch time and noticed that my mood really picked up from walking outside and being outside. 04P 27 XX.XX NS

One of the students on the course said that I seemed different and not as happy with myself and flatter. At that point I wasn't feeling like that so I said no, that's not my experience, but by telling me that I'm different I have felt that you may not like me any more, that I'm different and that I might not be accepted any more and will be on the outside of the group. 04P 30 XX.XX NS

I saw a little green insect that had only 1 leg and it was a grasshopper, it was sad that it couldn't jump anymore, but I am too scared of insects to pick them up so one of the other students put it in the grass. It made me think of the disabled person in the dream and being disabled and not 04P 31 XX.XX
NS

I am worried that I am having a different experience to the group and that this is all a load of bollocks and I am just making it up because I am worried about having a bad experience I am some how creating this. 04P 4 08.10 NS

I feel like the proving has really stirred up old feelings I used to have as a child about not fitting in and being different. These are feelings that I have not felt for years and years. I was picked on as a child because I was different or perceived as different. I stood out and was an easy target. 04P 73 XX.XX NS

We all want for a walk in the country side. Felt much better for being outside. 06P 17 XX.XX NS

Wanted to have lunch outside as it felt to hectic and busy inside. I feel I sometimes need my own space. 06P 30 XX.XX NS

Went to gym. Felt anxious and sensitive to the noise and all of the people. Left without doing much. Feel a bit oppressed was glad to be outside. 06P 5 XX.XX NS

Company

Still feel the group not entirely bonded. We have also been dogged with issues to do with food systems, that have failed! 01P 0 XX.XX NS

Said to College Principal hadn't felt really connected to the college or the group, after all that had happened in the previous year in my life, but now I did. 02P 01 XX.XX NS

I felt as though I was surrounded by friends. 03P 1 XX.XX NS

I really wanted to get a hug from someone today, I was really craving physical contact and just a hug really. 04P 8 XX.XX NS

A sense of going into and out of the group dynamics and subject matter. 05P 30 XX.XX NS

Alone

Want to run away to sea. 01P 23 XX.XX NS

Feeling that everything is against me. 01P 25 XX.XX NS

Felt lonely and left out, like the outsider. 01P 28 XX.XX NS

This feeling that I have to work so hard and everything is a lot of effort with setbacks and difficulties. 01P 40 XX.XX NS

Waited for hour and half in village pub, totally ignored by landlord. I explained my situation and he asked no questions, just said it was alright to wait there, felt invisible, people coming in having loud conversations with landlord and wife and nobody noticing me all on my own in a corner. 01P 63 XX.XX NS

At Bar in the Pub it was as if we weren't there – not as in a low self esteem way, or non assertive way, just literally as if the bar lady couldn't see us! 02P 2 XX.XX NS

Spent the evening with two other provers and we all had the feeling that the room we were in was separate from the rest of the world. One of the other provers said that she could imagine that it was floating in space, and it seemed like that to me too. 03P 1 XX.XX NS

While walking, I had the real feeling of 'I don't belong here'. 03P 64 XX.XX NS

I spent the evening with 2 of the other provers and I felt excluded and different from them at one point because I couldn't join in with what they were doing with confidence. 04P 1 XX.XX NS

Feeling that I am not myself, I am not as fluid with others and feel more paranoid and sensitive which is in the way of comfortable interaction. I don't feel as present. I was talking to some of the other group members and they said they felt more themselves and because I felt different I suddenly wanted to burst into tears, it was a feeling of panic because I didn't fit in and was separate from others. 04P 2 14.30 NS

At lunch everyone else was sitting at the round table together and there were no spaces for me so I said 'I will have to sit by myself' and the tutor got up from the table to come and sit with me so I didn't have to sit alone. 04P 3 XX.XX NS

Giving proving details on video I had the panic that I was really on the outside of the group and different and didn't really fit in which made me tearful. I was having a different experience. 04P 3 XX.XX NS

I had a feeling at the school that it was all just clinical and that we were all just going for our own ends to become homeopaths and didn't really care about each other and it made me feel we were not together and properly bonded. Wanting to make sure as a group we really cared for each other and loved each other and looked out for each other. 04P 31 XX.XX NS

I have had the feeling I am going to end up in a mental institution, that no one will understand me and I will be lost forever, and be shut away because I am weird and all my friends and family will look at me and think that they don't know who I am any more. 04P 36 XX.XX NS

I feel a bit secretive and don't really want to say what I am feeling. 04P 4 21.00 NS

I have been home to my parents today and I was telling them that my house doesn't feel like home. My mother said, 'you feel at home here don't you?' and I had the sudden realisation that I don't. My family home doesn't feel like my home any more either, I feel displaced like I have no where to settle and feel comfortable and safe. 04P 44 XX.XX NS

I don't feel human, I feel slightly abnormal and I don't like it. I keep saying to myself its OK to be strange and different, no one is really normal, what's normality anyway! But I have a definite sense of being slightly not of this world, a bit like one of the X-Men. Its creeping me out. 04P 44 XX.XX NS

I have felt safe when someone is with me. I even had to get a friend to sleep in my bed with me, and slept better, not waking up at 4am again. I feel that when I am with someone they can protect me and that this other thing that I don't trust can't get near me, but if I am alone at night it can. Its like safety in numbers, alone you are vulnerable. 04P 48 XX.XX NS

I have for the first time in my life, or adult life been really needing other people to support me. I normally find it very difficult to take support from others, from my homeopath fine, but I have never really leaned on friends or family. 04P 48 XX.XX NS

I felt like the one person I have depended on to be here for me during this experience was backing away for me. I felt that no one would see this journey through with me and that I would have to do this alone and it felt so frightening and upsetting, I felt like no one was prepared to go the distance with me and I didn't know if I could do it alone. He said that he felt I had withdrawn within myself. I felt that he just didn't want to get too involved with me because the place I was in was too weird and scary and that he just didn't want to go there with me. I still felt totally disconnected and cold towards him and alone. 04P 50 XX.XX NS

My homeopath sent me another remedy to help get me out of this state. After taking it I did start to feel safer in my world and decided the next day to move home. I moved home that week, took all my stuff again that I had only just packed up and unpacked 6 weeks prior to this. During the proving I have moved out and moved back again. I felt that by moving back home I would be failing in some way and I would appear weak and it would show me that I can't support myself and I didn't want to lose confidence in myself because of the proving experience. I bit the bullet and moved home because I realised it was the most sensible thing to do and I should be humble and really pleased I have parents that can help me out. It was a really hard thing to do. 04P 51 XX.XX NS

Need for me to be an individual, not totally alone but I don't desire to be in a relationship. I think this feeling has been happening for about a year. However it feels intensified at present. I need my space. A strong sense of not wanting to help and be with others at present. 05P 27 XX.XX IOS

Feel like no one likes me, I am a black sheep; they are keeping me in the dark about what is going on. I am not included or valued. 07P 6 XX.XX NS

Self esteem

Got locked into a debate with a work colleague and could not see a way out. It was silly because we had no reason to be arguing or debating this issue. I noticed he was being completely different to me, we normally get on very well but he was dominant and just not hearing me and I wasn't having any of it and told him that he was too stressed and under pressure and arguing. 04P 40 XX.XX NS

I had a phone consultation with my homeopath and after I put the phone down to him today I started to worry that he didn't think I was as nice a person because of all the things I was saying, I began to think that my current state of overt sexuality was making me harder, less feeling, and not as gentle or likeable as a person. 04P 47 XX.XX NS

The sensation of my experience today that is that people don't want to touch me, that they are having to be around me but would rather they weren't. Its like being one of the characters from the film the X-Men, where if you touch someone you will harm them. Imagine giving someone a horrible feeling like electric shock when you touch them and they pull away and say to you 'just stay away from me, you are disgusting, don't touch me!' that's my feeling!! I have used the expression a lot 'having a bad reaction to me'. 04P 5 XX.XX NS

Went to a meeting and had a real bout of low confidence that I was no good at my job and felt tearful and depressed and downbeat. I thought I was going to have to leave the room and call my supervisor because I felt such low confidence and felt I was sitting too close to my colleagues and that I had bad

breath. Then I had a wave of nausea that came over me and passed. 04P 5 XX.XX NS

Saw an old friend today but when he left I was worried that he wanted to get away from me. 04P 8 XX.XX NS

Tearful

Felt like crying for no apparent reason twice today. 03P 2 XX.XX NS

I feel depressed and a bit tearful. 04P 4 XX.XX NS

I have had cried easily every day for the last 3 days now, I haven't cried in ages because I have not felt the need to for ages. 04P 40 XX.XX NS

I am still in my pyjamas and haven't gone to work. I have not been out of the house for 2 days. I feel fragile and defenseless and a bit forlorn and sad. I could easily be brought to tears, feeling very vulnerable. 04P 46 XX.XX NS

Have felt emotions bubbling up. I was not feeling emotional & the sensation took me by surprise each time. Felt watery eyed and could have easily cried but did not want to in the presence of people. 07P 02 XX.XX NS

Angry

I've realised that during the proving, I've been experiencing further along the poles of feeling loving towards some people and feeling anger towards another. Apart from this, I've noticed is that the two ends of the pole are co-existing much more closely than ever before. 03P 14 XX.XX NS

I feel so restless and angry and displaced! I am fed up with feeling scared and feel like crashing and smashing and tearing things and getting really angry to fight this thing out of me! I feel so fucking restless, I don't know what to do with myself, to cry or to fucking scream and lash out, just fuck off and leave me alone I drove home from my parents house and screamed so loudly in the car it sounded gutsy and shrill and it even frightened me, I don't know where it came from. I have definite rage mixed and tossed about with fear inside me. I started to bite and chew my nails while driving home, I have never bitten my nails before. I want to hear the sound of something smashing and I want to fight and show that I am a survivor and will not be put down or crushed. 04P 44 XX.XX NS

Partner challenges me about changing my mind over not going to a future concert. Not what was said but how it was put to me. Blaming! I saw red was angry about making an issue over something so trivial. Feeling deep rage. 05P 1 XX.XX NS

Driving to college, being tail gated by male driver, I speed up he seems to get closer, I slow down, he's still there, can't shake him off. I have a deep sense of rage, like a ball of fire raging from my stomach, I want to annihilate him, I want to blow him up. Notice my rage which I feel uncomfortable with because its so strong. I feel I can't focus on anything else. The power of the rage takes me over so I have no control over myself. I am aware of this sensation and it subsides and he overtakes me. He's out of my face, out of my space, for me I can now calm down, I can breathe again. I regain a sense of control and a sense of myself. 05P 3 XX.XX NS

I am angry over food issues at college. The cheeks on my face are red and hot. Boiling inside, uncomfortable with the sensation. 05P 36 XX.XX NS

Irritation bordering on anger, with my partner. 05P 37 XX.XX NS

I overreact to rudeness from daughter & explode in a temper with shouting. 07P 33 XX.XX NS

Irritable

Partner said I have been very irritable and short tempered the last few weeks. 01P 32` XX.XX NS

Felt as if my hair was too much, was annoying me! 02P 9 XX.XX NS

Felt irritable and even angry inside for no apparent reason, but at the same time I've felt more caring than ever towards my cats. It feels like there are two parts of me and I feel confused about their opposing nature; it seems incongruous and makes me feel unsure of who I am. 03P 10 XX.XX NS

Felt irritable on first waking for no reason. This feeling was not aimed at anyone or anything and passed after a few minutes. 03P 2 08.15 NS

Was talking to a work contact who I normally have a very friendly relationship with and felt that I wasn't getting on well with him at all, that he was not comfortable talking to me and wanted to get off the phone. After I put the phone down I went to the loo and just thought 'fuck everyone, and fuck him!' because I thought he was just being two faced and just having to be nice to me and I had seen through him. 04P 5 XX.XX NS

Started feeling very irritable at work for no reason and then my husband was irritating me as well. 06P 20 XX.XX NS

Feeling irritable in general. Feel like the house is dirty but don't I have the motivation to clean it. 06P 6 XX.XX NS

Activity

While making up the remedy, I had the desire to success as fast as possible. 03P 1 XX.XX NS

I have the feeling that I want more hours in the day so that I can carry on and get more done. 03P 6 XX.XX NS

At school today I had the same feeling of frustration, just not knowing what to do with myself, I didn't feel comfortable and just not myself. Then I tried to connect with what it was and realised it was a feeling of physical frustration, like I needed to do some exercise, use my body. Its like an energy that's pent up and you just don't know what to do so you just sit or stand because you feel irritated, which makes it worse! So I went for a fast walk and busied myself and then I started to feel better. 04P 31 XX.XX NS

Very busy sleep, didn't feel rested from sleep. I woke feeling I needed to go to work in order to recharge my body. This felt the other way around, going to work to rest and sleeping felt like I was working. 05P 19 XX.XX NS

Energy

Felt exuberant! I'd just captured an amazing video clip of a lacewing catching and eating an aphid, only to be completely repelled by an ant which had been attending the aphids. I told my boss but he

didn't seem excited by it, which was unexpected. In fact the rest of my colleagues seemed a bit tired and down. My energy was a stark contrast. 03P 11 XX.XX NS

Surprisingly energetic this evening at dance group considering very late night last night; even had the energy to go to the pub with everyone afterwards. 03P 8 XX.XX NS

Running faster than normal the last two times and really comfortably, I really enjoy running at night time at the moment. 04P 11 XX.XX NS

Went for the longest run I have ever been on and felt great, I have found I can run for longer since the proving. 04P 18 XX.XX NS

Generally very restless and can't sit still and do nothing, even restless when eating and have to concentrate to stop myself rushing to finish. 04P 20 XX.XX NS

Had a really frustrating feeling today of being angry and cross and not knowing what to do with myself. I decided to masturbate to make me relax and to help get rid of this feeling and it was so funny because afterwards I just lay on my bed and had a huge laughing fit, I was really laughing loudly for no reason at all. It was as if someone had pushed the laughing button on a doll. 04P 25 XX.XX NS

I am swearing more frequently. 04P 25 XX.XX NS

I have not felt like resting and wanted to keep busy all day, even though I am tired because I didn't get a good night's sleep. My body system is on edge and just wants to be kept active. I have had shaky hands and my nerves have felt a bit raw, I don't even want to go to bed now and am trying to keep doing stuff because I don't know if I can rest. I have been on 2 long runs this week and had little sleep. 04P 33 XX.XX NS

I have had the feeling a lot of not being connected enough to the earth. My legs have felt almost too light and I am not touching the ground with enough weight which makes me feel shaky and unsteady on my feet, too light and too edgy. 04P 34 XX.XX NS

My mum said that I was wearing really colourful clothes. 04P 41 XX.XX NS

Dancing manically in the evening for ages, really energetically and powerfully with agility and confidence that my body could bend in strange ways and could jump and not fall. I love dancing and would happily dance by myself but this was a different kind of dancing energy, not my normal expression. 04P 42 XX.XX NS

Feeling of high energy and exhilaration almost that makes me feel nervous and too self aware, somehow it's not a relaxed comfortable state, it's nice but not at ease. It's a feeling of not being able to maintain or manage the high energy, it's unstable and could go either way. 04P 7 XX.XX NS

Feel like I can't contain the energy and I am going to explode or something like I can't handle this level of energy expanding within me. 04P 7 XX.XX NS

Really noticed the last few days that I am talking a lot when I start and I can't stop! It's really annoying and I am paranoid of what others will think, that I talk too much and then they will have a bad reaction to me will want to not be around me. 3 different people have commented on how much I

am talking at the moment. 04P 8 XX.XX NS

Huge levels of overwhelming energy again running through my system, just as it happened yesterday. I ended up being agile and energetic in the office and swinging my legs up on to the privacy cubicles (units built to divide the desks up in the office) with my hands on the sides of another unit opposite so I was completely suspended in the air. I kept doing this and doing push ups like this. I was surprised at my agility but more importantly my confidence do to it without worrying about falling or hurting myself. 04P 8 XX.XX NS

Feel so energetic and restless that I have to make a friend go for a walk with me even though its dark outside. As soon as we are walking outside I start to feel better. However the feeling of energy did not go after the walk and when I got home that night at about 10pm I was ridiculously high on physical energy and my body just felt it wanted to be used and be stretched. I ended up being really silly and bouncing and jumping up and down and skipping and spinning around with a giggling fit for about fifteen minutes or longer. 04P 9 XX.XX NS

I have the sensation of feeling pressurised in my head, like its going to explode. I feel like I'm going to go mad, sensation of loosing control, loss of senses. That is I wont be able to cope. My mind feels over-stimulated, racing away with me, almost like how I imagine the first signs of someone going mad. For me, it feels horrible, I don't want to be here. 05P 23 XX.XX NS

I have too much energy. Made husband go swimming with me. Normally this makes me fell relaxed and good about myself but after leaving the gym I still felt like I had to much nervous energy. I felt anticipation about the things I have to do today. I managed to get many things done but the feelings of restless anxiety did not go away. 06P 34 XX.XX NS

Still wide awake. I am a night person but this is too much energy for me. 06P 4 24.00 NS

I am like a fizzy drink that has lost its effervescence & again, I keep getting bubbles of emotion coming up. 07P 2 XX.XX NS

Sex

I am good friends with my MD at work and he came to visit me in my new place this evening. I had always trusted our friendship and felt safe with the knowledge that we were platonic but the feelings changed and I could sense his energy and eye contact change towards me when we were back at my house. I couldn't hold is eye contact and I was put off guard. I am annoyed with myself because my body language responded to his so I know I was giving off the wrong signals and he tried to kiss me at the end of the night. It was very strange because I didn't feel in control. 04P 13 XX.XX NS

A work contact dropped in to see me. I have always had an attraction to him and he has been a bit flirty with me but he is married and has 3 lovely children. We went to lunch and the conversations revolved around relationships and why I am single. I felt a huge wave of sexual energy in the pit of my stomach like a magnetic pull towards him. He was openly flirting with me with extremely intense eye contact. The feeling was that I couldn't control or alter my behaviour, its like a hyper-awareness where I am totally self aware and self conscious, aware of my eyes, where I am looking, my body language and theirs, it totally distracts me from being natural and its really frustrating! When he left I felt angry and guilty about the interaction. I was upset with my behaviour and felt so sexually fraught and distressed, the feeling was in my stomach and genitals like an ache or tension that made me feel sick and overwhelmed. I felt like I had almost projected something unwanted that made me feel like

backing off entirely, I wished I had not spent time with him and I wanted to just dump the male race completely! 04P 15 XX.XX NS

At a hen party in London going pole dancing which again is in the sexual sphere of energy I feel I am in at the moment. One of the girls at the hen party really gave me a claws out feeling, like a grating sensation when she walked into the room. I felt real competition with her and even felt uncomfortable looking into her eyes. I felt we were competing for attractiveness and who could be the best at pole dancing and look the most attractive. This is not necessarily a new feeling for me but this was really really heightened and intensified, and I felt it I my solar plexus. It was like a plug and in created intense pressure like I needed to release it by belching or something but it was totally trapped. 04P 16 XX.XX NS

Met a really attractive single man when at a nightclub at the hen party. I described him as 'my adonis' because he was just lovely to look at! I haven't met anyone in about 3 years who is firstly single and secondly I would like to see. I have since the proving only attracting men in relationships which has created feelings of guilt and feelings of sexual awareness where they are not appropriate. But this is fantastic, really magnetic to attract a beautiful man! However I have never been one to go for looks with men so its very unlike me to be prioritising and focusing on his external appearance so much, he is gorgeous. What's stranger is the next day when I met up with him I started to worry that he maybe deformed in some way, he is perfect to look at externally but he kept asking me if I was comfortable with my body naked, and he said he had suffered from cancer and had it cut out, and that he was really dyslexic. That wouldn't normally bother me but for some reason I am just aware of my feeling of beauty and the beast within him, he also said he was a Gemini and I said who am I spending time with today - Jeckle or Hyde?! He also growled in my ear which sent shivers down my spine we joked about me being very submissive and having to give in and he used the word 'repulsive' to describe this, it was almost as if he meant to pick a different word but this came out and didn't seem an appropriate word to use in the context of what we were talking about. 04P 16 XX.XX NS

Met up with the new man I met last night, we went for picnic in a park and he was very passionate and I just let myself go completely. My imagination was let loose because he talked me very slowly through everything he wanted to do to me in bed and by the end of it I was completely absorbed and almost hyperventilating and felt like we had actually had sex! Even though we hadn't. We were in a public park at the time and I couldn't really have cared if the whole world and his dog had walked passed while we were being outrageous together, normally this is something that would hold me back. 04P 17 XX.XX NS

My aunty has split up with her boyfriend of 15 years and I am good friends with him. She is in her fifties and he in his late forties. I meet up with him for lunch and he is like an uncle to me as well as a good friend. My aunty for some reason thinks that I have got in the way of their relationship and has behind my back accused me of having an affair with him. 04P 19 XX.XX NS

Increased desire to masturbate and feeling of sexual frustration. 04P 21 XX.XX NS

Had a reckless afternoon which I had not planned on having. Felt like just doing something I wouldn't normally do and just living for the moment. I ended up in bed all afternoon with a work contact who is married. We ended up having cheeky interactions over email and the idea of meeting at my house for the afternoon came up and I thought sod it, why not! And we had a great time. As I was driving home to meet him I thought I am going to give myself the opportunity to be what ever I want to be and to just go for it. It felt like a fantastic liberating thing to do and I felt really energised afterwards.

It was purely a physical thing, not about falling in love or getting emotionally involved and that was the really strange feeling about it, but also very liberating and as if I was giving my body what it needed, not my heart or mind, just my body. 04P 22 XX.XX NS

I was nervous about staying by myself so asked a friend to come and stay with me. We are very close friends. I said I was worried about myself at the moment and that I didn't feel anything from having sex the night before and that I wanted to wipe the experience out. That evening we were lying in the sofa touching and rubbing each others legs and massaging each others feet. I ended up being in bed with my friend, and he couldn't maintain a lasting erection. It was actually very funny because and we laughed and laughed about it to the point I could hardly breath! The ironic thing is my attempts to connect are failing and what I was trying to achieve has from this has been exacerbated instead of abated, but at least this time I could talk freely with my friend and feel understood because I know he loves me as a person. This is second man I slept with in a 24 hour period. I have never done this before I my life. In fact it means I have had sex with 3 different men over the that 3 weeks, when I haven't slept with 2 men in the last 2 years before the proving! Its a really strong urge to want to connect and be touched, have stimulation and feel safe and to relate to someone. 04P 38 XX.XX NS

I had sex at 4 in the morning and for the first time in my life I felt absolutely nothing, I felt lifeless and dead with no physical reaction at all. I have only recently met this person and I couldn't see their face or hear their voice because it was too dark and I told them something didn't feel right for me. I had no stimulation at all and I couldn't even breath passionately, it was a very strange and disconcerting place to be because I am a sensual person and when we had been touching each other earlier in the night it had been lovely. It upset me and I felt like I had lost something somehow and started to worry something was wrong with me. That night afterwards when we were lying together I dreamt that we had very stimulating sex. I thought about the experience of not feeling anything during sex and wondered what I am doing even making the effort to see this person because I don't actually feel they understand me or listen to me and I don't really understand them either. I thought about what he was like and remembered that when we had been in bed he had in passionate moments pinned me down my my neck. I didn't feel scared and it was almost exciting because I was so vulnerable but in hindsight I don't understand him and it could be construed that I was being stupid to put myself in that situation. My drive to do this is weird and I don't think I am listening to my instincts much, because I can't get in touch with them. 04P 38 XX.XX NS

A guy who is a very close friend came to stay with me, and we ended up having sex. We were just together on the sofa watching a film and when we were holding hands and rubbing each others arms it felt so nice and I felt really sexually attracted to him and this desire was beyond wanting to be careful because we were friends. He said the next day that he worried he had taken advantage of me because I am vulnerable but I said I really wanted to so he hadn't, I just really wanted to give myself to him and connect, I felt like nothing else mattered. After sex I felt really relaxed and happy and actually stronger, stronger than he was because he ended up being vulnerable because his orgasm had been so intense and he nearly fainted which hadn't happened to him before, so I ended up wanting to look after him. He kept calling me a black widow spider. 04P 45 XX.XX NS

Its very difficult to predetermine what I want to do right now and my sexual urges are so overwhelming its exceptionally difficult to stop myself acting on them, they really want to take over. 04P 47 XX.XX NS

The remedy feels a lot about dangerous sexuality, the second ad was titled "dirty brunette looking for a fuck buddy" with my photo beneath it. It looked so at odds with my image and my face. I think my

dreams are actually real, they are saying do be scared and do protect yourself. 04P 49 XX.XX NS

Feel a bit greasy and man like, don't like what I look like but almost feel nonchalant about it, feel a bit asexual. 04P 5 XX.XX NS

Intense sexual frustration so I had to masturbate in the ladies loo's at work! I have never ever done this before! 04P 70 XX.XX NS

Fear

Churned up after car vandalism incident last night. 01P 11 XX.XX NS

Really not happy with B and B, a loft room with no door on room, just open to the house with strangers, felt very vulnerable, not usually so timid and fearful. 01P 28 XX.XX NS

Discovered car wing mirror vandalised again (days 10 and 35 previous vandalism incidents), for past three weeks have been parking car in quiet cul-de-sac near where we live, still damaged! Feel desperate, are we being targeted or is this just random? 01P 59 XX.XX NS

Landlady began speaking, as if she pounced on m.as I sat down with my bags still in my hands She laughed about this the next day and said she felt as if she had 'verbally pinned me to the chair', which is what it felt like. 02P 1 XX.XX NS

In the evening was followed home by a man who attends a course at one of the places I work; He had been drinking at the bustop I was at; he had earlier looked at me, I felt, in an evil way, then got on the same bus; and got off at same stop; It was pitch black and the wind was howling all around me, felt spooked and in danger. 02P 63 XX.XX NS

Policeman on bus, in uniform, Looked stern; I was typing on my mobile, felt as if he was suspicious of what I was typing. 02P 8 08.00 NS

Awoke suddenly with the feeling that there was someone in my room. I felt fearful and realised that I'd put my arms up to protect myself. Once I was properly awake I felt ok again and went back to sleep. 03P 35 XX.XX NS

Seeing things in the shadows on going to sleep and feeling nervy. 04P 1 XX.XX NS

Paranoia that I have offended and not said the right thing or done the right thing. 04P 2 XX.XX NS

I had the utmost panic at about 5am this morning when I thought someone was in the house with me, I felt terrified and my heart was pounding and I just didn't know what to do. I was absolutely convinced I heard someone in the house, so I turned my lights on and just sat in bed petrified. I have never been scared of people breaking in before. The feeling wasn't that they were going to steal something but that they would come and hurt me, I was just waiting for my bedroom door to be pushed open and my whole body was in a state of shock and I had no idea of what to do. I thought I would just burst in to tears but nothing came, I was absolutely terrified. The words rolled through my head again and again 'lord as I walk through the valley of the shadow of death, please be by my side and protect me' and this is not a normal turn of phrase for me at all, I don't know where it came from. I had the feeling that complete and utter fear and shocking experiences would change one's life forever and you just wouldn't be the same person again, the feeling was so strong in me that

something petrifying was going to happen and I would be scarred forever. 04P 20 XX.XX NS

Had a restless and disturbed nights sleep, every noise is disturbing me at night and making me jumpy and too conscious of noises and my surroundings. Even though rationally I know I am really safe I don't feel it, I have felt frightened and the noises make my heart race. I can see I my minds eye something or someone threatening, big and black coming into to my room and towering over me. I can't seem to get rid of the idea even though its nonsense. I had the idea last night of someone trying to get in the house by shaking all the doors and windows trying to force them. 04P 32 XX.XX NS

I have felt quite disturbed sometimes and really quite jumpy. I can be like this but I haven't for quite a while now. I just keep having this feeling that there is someone here somehow and I know its not true. I keep wondering whether someone has hidden in the house or whether there is a spirit here that is with me. I actually hope not because the idea really scares me! 04P 32 XX.XX NS

Waking up at 4am. Scared of ghosts or burglars in the house, its completely irrational but I can't get this silly fear out of my head. 04P 35 XX.XX NS

Woke up at 3am feeling nervous again even though I thought I had sorted the idea of an energetic presence in my house, I have such a vivid wild imagination at the moment I kept looking for shapes in the dark. I was thirsty and needed to go to the loo but was too scared to move so almost laid unnaturally still in my bed, I basically froze. I didn't want to drink because it would mean I would have to get up and venture across the landing over the spot I felt was cold and shivery. Woke up again at 5am because my house got really noisy. I felt there was a presence and it swept above me, like a flash of light in my minds eye. I was afraid but tried to relax. I again drifted off into a weird sleep state where I was trying to wake myself up because I was afraid but couldn't, its like I was drugged but really need to wake up. I felt something crawling across my head, another presence in the room and the energy was touching me. It was so strong it felt like something was crawling at the top of my head and over my face like a rat. I heard a noise under my bed and I thought I heard a voice, I stayed awake until nearly 7am. 04P 36 XX.XX NS

I have a strange feeling which I will try to describe: The feeling is like being locked away in a space and detached from reality and not knowing what's going to happen to you, something is there with you and it can see you but you can not see it. Its interested in you and wants you to stay alert to it. Because it could hurt you, it likes you being aware of it and its kind of playing with you, it knows you are scared of it which gives it a kick. 04P 36 XX.XX NS

A strange look on my face in the mirror, I have in the past looked at the mirror and not really recognised myself when I have been in unhappy times, but this was different, I didn't really want to write this down but my eyes looked frightening and I looked evil for some reason – it scared me! I have never noticed that look before and time kind of speeded up. 04P 4 XX.XX NS

Thought I heard running water and had to get up and check because I thought it was going to flood the house but non of the taps were on. All the shadows in the room were moving and seemed real and was so glad someone was staying with me. 04P 44 XX.XX NS

I saw green smoke in the corner of my room, the noises in the house were freaking me out. I thought I could cope and put off calling someone, but then time started ticking passed 22.00 I realised that I had a narrow window of opportunity to get myself out of this. I was scared I would wake up in the middle of the night and not be able to reach out to anyone because it was too late to call. It was a cry

for help and survival and I called my mother and best friend and they didn't want to come and I felt like my life lines were falling away and start to to have a panic attack, shaking, cold, sobbing, nearly hyperventilating, shock, fear, thought I was not going to survive. One amazing friend came to my rescue and I feel totally indebted to them for saving me. I called my supervisor who supported me until my friend arrived. I didn't know what I was going to do, I was really on the edge of reality and felt like I was, am totally losing it. I felt like I could do something stupid like just run out of the house in my underwear and find someone to help me and its snowing and dark outside. Or maybe I would just collapse in a shaking heap and be sick. When my friend arrived I just grabbed hold of them and didn't fee safe unless they were really close to me, even when I got up to get some tissues and had to walk away from them I felt unsafe. I am crying this morning because I don't think I can go on like this. As soon as night time comes I am on alert and so scared and its wrecking my life and my health. I have stupid visions of something, non human, attacking me and completely terrifying me. I thought I was a strong person and that I could cope but I don't think I can and don't know how to help myself. 04P 44 XX.XX NS

I logged onto my email account and had a bundle of pornographic emails and a link to a horrible sexually disturbed want ad that someone has posted using my details, its about me with my email address. The replies are horrible with photos from men of their bodies. It has worried me because nothing like this has happened to me before. I don't know who to trust or why someone would do that. 04P 45 XX.XX NS

Woken up again and didn't go back to sleep. Felt nervous and anxious and say in my minds eye something horrible and dark coming through my bedroom door. I wanted to get out of bed to cross the landing and had the feeling that I would need to crawl on my stomach to stay low to the ground to avoid being seen. I heard noises like a cupboard door banging but I think this was in my sleep and it woke me because it sounded real. 04P 47 XX.XX NS

Burst into tears and been panicking and upset because the person that put a sexually wanted advert about me on the internet has done it again and this time they have also put up a face shot photo of me and also put up photos of naked women that are not me but portrayed as though they are. I felt shaky and really upset that someone would want to hurt me, it feels vindictive and has made me feel unsafe. I have reported this to the police and they are going to investigate. 04P 48 XX.XX NS

I think my panic attack on the Sunday was because my body sensed that actually I am not as safe in my world anymore. I feel that I have been losing it, but I definitely feel now that actually I am being a bit clairvoyant or clairsentient and that I have been picking up on the fact that some vindictive vicious clever bastard has a vendetta against me and wants to frighten me and I don't know where this will stop. 04P 49 XX.XX NS

I have been so terribly vulnerable and fragile that I have had to lean on my friends, I even made a friend sleep in my bed with me. I feel I don't have the strength or energy left to protect myself and as soon as I am alone this thing will come and get me and scare me. It's playing with me. I can't hide my fragility and vulnerability since the proving so its now in people's faces and they can not avoid it. My friends keep saying are you ok, you don't look ok, you look sad or upset, and have offered to stay with me every night so I am not alone. It's amazing how people reach out to you and how you know who your true friends are. One of my friends, a best friend has completely let me down when I really needed her after around the panic attack and I will never ever think of her in the same light again, I have given her so much support and the one time I needed her she wasn't there for me. 04P 49 XX.XX NS

Little bit scared of the dark. It was an oppressive feeling as if the darkness would enclose me. 06P 12 XX.XX NS

I felt a very weird feeling of dread like a premonition that something bad was going to happen. The sensation filled my whole body particularly my stomach and chest. It was not an intellectual feeling but a physical one. 06P 14 XX.XX NS

My husband thinks I am too sensitive (more than usual) and do not protect myself from external events that are nothing to do with me. 06P 18 XX.XX NS

Went to see a horror film at the cinema. It was a good one but I did not enjoy it. Normally I like being scared and they are fun but I left feeling stressed and anxious. 06P 38 XX.XX NS

Woke up suddenly. I was scared of the dark. I turned on the lights and woke up my husband. Did not want to go back to sleep in case the dream started again. 06P 8 XX.XX NS

Truth

Partner revealed it had been a joke about people coming for weekend. He has never done anything like this before. Very annoyed, could not believe he could have carried this through, found it hard to get over. 01P 15 XX.XX NS

Forgot to pay for my food at pub, it was disgusting, goat's cheese and tomato on toast but it was a tin of tomatoes plonked on top of the cheese on toast, could barely eat it. Unusual to forget to pay the bill and not to feel guilty about it. 01P 28 XX.XX NS

I have noticed that I have an overwhelming urge to tell people how I am feeling and tell the truth, even though sometimes I don't know if its the right thing to do I can't help it. It is making me feel quite a lot that I am strange and that people don't understand and can't relate to me, because I can hardly relate to myself currently. 04P 38 XX.XX NS

I am noticing how open I am being with my emotions and how I feel, I am just stating to people exactly what is going on for me because I don't want to be misunderstood because of how I have changed the last few days. 04P 8 XX.XX NS

I had a different opinion to the others. Even though I admitted I had not written the case up or studied the actual remedy given I felt I was being overly argued with by the tutor. I felt as though I was being attacked and if the next patient had not turned up I think I would have carried on. 06P 14 XX.XX NS

I suddenly decided to confront the work colleague who was harassing me yesterday. She asked me how I was & I impulsively decided to tell her! She looked shocked because I was annoyed, direct & quite harsh. I will probably upset management if I keep baring my soul like this. I am really struggling to hide my feelings lately; I feel like I must be honest to myself & others & I am acting impulsively. This is the inner 'truthful' me, not the outer 'nervy, wimpy' me that everyone usually sees. 07P 9 XX.XX NS

Order & Cleaning

Went early to school and was nearly splattered with cow dung when car passed me by, later saw large cow pat on pavement camouflaged by leaves and was very anxious about this for rest of weekend as

if I thought I was going to step in it. 01P 29 XX.XX NS

Would like to let it all go and let someone else do the organising for me. 01P 9 XX.XX NS

Feeling very organised and motivated; finished coursework with 2 weeks still to go until hand-in, which has never happened before. I feel as though I can keep a lot of balls in the air at once at the moment; it seems easier than normal. 03P 16 XX.XX NS

Felt a real need to clean my room really thoroughly. 03P 39 XX.XX NS

I moved house today and when I got there the landlords had not fulfilled their obligations to clean the property, it was really dusty and dirty! I had to leave all my things under a sheet and wait for the cleaners. 04P 13 XX.XX NS

I have been calling myself a tidy freak because I can't stop noticing little things to wipe down or put away, it's annoying because it means I can't just rest and sit and eat for example without having to get up to do something else quickly. I have done loads of washing today, 4 loads. 04P 33 XX.XX NS

Felt the house was dirty and I had to clean the whole house before I could do any work. 06P 48 XX.XX NS

Feel like I need to purify my bedroom. Cleaned the bathroom rigorously. Tidying and cleaning more the usual. It feels more like a compulsion. 06P 8 XX.XX NS

There is dog poo outside school when I go to fetch kids & I am very aware of it outside my car. 07P 11 XX.XX NS

Indecisive

Indecision over what to eat, hungry but almost don't know what I fancy, its like a numb sense so I can't imagine the flavours to whet my appetite and help me decide what to eat. 04P 9 XX.XX NS

Really noticed my indecision since the proving, not finding it easy to connect with what I want. 04P 9 XX.XX NS

Confusion

Mixing up counting - lost track of numbers in succession. 01P 1 XX.XX NS

Tripped over/trod on dog in kitchen. Someone looked at me as if they thought I should have noticed the dog, as if criticising me. Thought dog was by dish washer and he moved unnoticed by me, weird feeling of disorientation and spatial confusion. 01P 2 XX.XX NS

Got lost in new village I live in, kept trying to find a way out of the road, but kept coming to seemingly dead ends! 02P 11 XX.XX NS

day I have had confusion that one person was another, this has happened a few times in the past.0 2P 2 XX.XX NS

I've noticed that for the last few days I keep dropping or knocking things over. 03P 10 XX.XX NS

Got lost trying to get home, orientation really bad, thought I was going one way and it was in the opposite direction. 04P 22 XX.XX NS

I thought I knew my self really well and my symptoms really well and was overtly confident about this before the proving. But now I feel confused. I felt as though I had merged somehow and couldn't tell the old me from the proving experience. I felt tearful and cried. I didn't like the experience I had feeling on the outside of the group and as though I couldn't connect with others easily, I felt somehow a barrier that was inexplicable when looking at people and wanting to flow and connect with them. I felt on the outside and the words also went through my head of being pushed out and I started to worry that the rest of the group were having a bonding experience but I would be shunned somehow, I felt my confidence falter. 04P 3 XX.XX NS

Went to the cinema and when I came back I had a feeling of a distorted time zone and didn't feel present in my body enough, I couldn't grasp what day it was and feel like I haven't been living in reality. 04P 35 XX.XX NS

I saw an image of me free falling off a cliff, its like being emotionally void and you are just falling, I am trying to reach for the cliff face but my hands scrape past and I can't stop myself. I then saw myself landing on a ledge and I am stuck in a place of limbo between two worlds. I don't know if I will ever reach the ground at the top again, but if I just throw myself off I don't know if I will ever land, if there is ground below me. My boundaries have disappeared and I am staring into space when talking to people, its as if I am not really here and not in touch with reality at all, or maybe this is my new reality, and I just don't understand it because I have never been here before. 04P 39 XX.XX NS

I feel even more lost and confused than ever. I feel like my personality and knowledge of myself has been put in a box and shaken up and I have come out in a different order and I don't know if I will ever feel the same again. I really have a strong feeling that I am a changed person and I am sobbing and crying while typing this because I so lost and confused. Its now 5am and have been awake since 3.30am and couldn't sleep so decided to just get up, I am hot and feel sweaty even though the house is chilly. For about 5 days now I have not had more than 4 hours sleep a night and less on occasions. I feel I am free falling and don't know if I will ever land again or come back to myself. My boundaries have disappeared and I know I need to reconstruct myself again on some level and discover the new person I am becoming. 04P 40 XX.XX NS

Time

At bus stop when I looked at my mobile, I couldn't register what the numbers meant! Thought it was an hour earlier; Then when I looked at the town clock (traditional style with hour hands), time made sense. 02P 4 XX.XX NS

I said 'my time is precious' which I never say! 02P 5 XX.XX NS

Immediately after taking the remedy I felt as though everything slowed down. 03P 1 XX.XX NS

Felt as though the outside has slowed compared to me; I'm still fast and so I'm much more capable now and can get more done than a normal person. This felt powerful and I felt special due to this. 03P 4 XX.XX NS

Woke up and time was really distorted, I had no sense of what day it was at all or what I was meant to be doing, woke up earlier than normal because I thought that someone put their hand on my

pillow. 04P 11 XX.XX NS

Talking to my supervisor this evening I felt I a time warp and we were on the phone for 1 hour 30 minutes and it felt like only 30 minutes. It was like this earlier today when I met a friend for lunch, we had been gone 2 hours and it felt like only half an hour. 04P 39 XX.XX NS

Time is strange and just seems to pass and I have no idea what time it is. I feel in a disconnected time warp not in tune with the rest of the bustling world, its like being in a separated drug state where you just look out into space and things happen around you. I keep forgetting what I wanted to do or say, and worry that I will make mistakes at work or that thoughts won't come to me. My logical rational brain isn't working, its all sensory and as if I am just waiting for the thoughts to come to me. I can't connect easily with what I want to do or say. 04P 46 XX.XX NS

Time speeded up while brushing my teeth. 04P 9 XX.XX NS

Writing & Speaking

Stumbling over words in pairwork activity. 01P 2 XX.XX NS

Finding it sluggish to write. 02P 6 XX.XX NS

On first writing, I found it very difficult and slow and wondered how I would manage. 03P 1 XX.XX NS

Saw my handwriting and thought that it looked strange and not like it belonged to me. 03P 2 XX.XX NS

Wrote a card to a friend and realised after that I'd written it upside down. 03P 5 XX.XX NS

Much less bothered about getting things right. I used some poor grammar (which is unusual), and noticed this but then thought it didn't matter. 03P 6 XX.XX NS

My handwriting has changed and become really erratic and not as flowing as normal. 04P 20 XX.XX NS

Noticed my desire to want to sound fluent and write intelligently, noticed that sometimes I stumble over my words however, which links in with the sense that I am talking a lot more. 04P 9 XX.XX NS

Insects

Quiet wasp landed on my fringe, partner told me and I panicked, have always had fear of wasps after incident of multiple stings in my youth but have coped for years without panicking due to having my own children's' fears to deal with, this was a flashback to my youth. 01P 12 XX.XX NS

Wasp in house, desperate to get rid of it, could not relax. Seem to be infested at moment, every day there are wasps or loud bluebottles/flies to be dealt with, they are bothering me and I need to kill them or get them out of the window, more intense than usual. 01P 17 XX.XX NS

Flies and wasps buzzing loudly in kitchen and sitting room: felt like insect invasion! Very sudden onset unusual and overpowering. 01P 4 XX.XX NS

Huge spiders appeared several times, Less fear felt around them. Was fascinated by the size of these spiders! (and later in the proving, a lot of fascination with insects). 02P 1 XX.XX NS

While eating some stir fry, bits of the food suddenly looked like brown worms? Ugh! (Have had this a lot in the proving, where I feel my food is either raw meat or an insect of some kind!). Had to throw those parts away and make myself eat the rest, as had no other food in! Had to fight the idea hard that there had been worms in my food, makes me cringe now to think about it. 02P 48 XX.XX NS

There were flies buzzing around and I found the sound relaxing. A fly landed on my left hand and was walking around it, and this felt nice. 03P 1 XX.XX NS

Fascinated by a plume of flies (gnats or similar). How can they fly so fast zooming around each other without hitting one another, and how do they change direction so fast? 03P 32 XX.XX NS

Saw an image of an animal or insect that was black and hairy, it was making a cat like motion of arching its back and pushing its feet into the ground, but it has more legs than a cat, it was like it was getting ready to jump or make rapid movement. 04P 39 XX.XX NS

On waking had the image of one spider or insect with lots of legs, I did think it looked like a daddy long legs but they wouldn't be strong enough, killing another insect by drawing it in underneath its body and crushing it, there were lots of legs and a definite winner and a loser. 04P 48 XX.XX NS

Felt harassed by flies. 07P 01 XX.XX NS

Am aware of flies everywhere in my house & flying insects everywhere outside. 07P 6 XX.XX NS

Other Symptoms

I have a general desire to wear bright colours, ear rings: wear lively and interesting clothes and jewellery. 01P 4 XX.XX NS

I had the feeling that I'm splitting apart into pieces. I've always held them together but now they're coming apart and I feel emotional about this. It's like I've always tried so hard to keep everything together and not I'm not, and I'm not sure why or if it will be ok. What if I'm not the same person afterwards. Maybe it will be better, but I don't know and I feel that I've let it go farther than I'm sure I can get it all back together again. Just before I fell asleep, I felt anxious about all the parts of me separating. I felt as though they might just disintegrate apart and I might not be able to speak when I wake up the next morning; I might not function if I don't have all of my parts together. 03P 10 XX.XX NS

During meditation, we were told to choose a colour. I tried pink first but it made me feel nauseous, so I changed to orange with gold flecks. While driving I noticed a car behind me which had pink flowers painted on it, a pink fluffy steering wheel and pink fluffy toys in it. I realised that I was feeling nauseous and this was making it worse. 03P 11 XX.XX NS

I feel as though the parts of me are still here, but are farther apart than they've been before. It feels as though they are on thin wires, so are still connected together but only by the wires. I also felt a deep grief, as though I was more aware of things that I have lost. 03P 11 XX.XX NS

I feel like the remedy is inside me and I want to get it out. It feels like a black furry gremlin thing

moving around in circles in the area of my solar plexus. I want to get it out of my body. 03P 14
XX.XX NS

I had an intense desire to 'go home' but not that I wanted to return to where my physical home is. It seemed deeper than that, more of a deep yearning to return to where I belonged, which didn't feel like a place here on the earth. It felt as though it could be another planet. 03P 2 XX.XX NS

I noticed that my white writing paper looked slightly pink to me, and this exacerbated the feeling of nausea still present. When I looked around, other things which I knew were white also looked tinged with pink. The lecturer was wearing a pink shirt with a pink t-shirt underneath. I experienced an aversion to the colour pink. 03P 2 XX.XX NS

I had the feeling that being in a human body disgusts me; that humans are disgusting; they hurt and kill each other and the energy feels low around some people. I feel that the inner part of a person is light and good but something about being in the body makes people behave badly. 03P 47 XX.XX
NS

Noticed that I'm being more helpful at work; just getting on and doing things even if it's not down to me to get those things done. I feel as though I'm being kinder and more thoughtful of others. I have less irritability when colleagues don't do things in the way we've been asked to do them. 03P 5
XX.XX NS

I feel as though I'm wearing an old brown (leather?) coat, which is no longer right for me, and I need to cast it off. 03P 61 XX.XX NS

During the meditation after taking the remedy I saw a vision of a steel tunnel with a huge metal ball rolling down in, like a huge drainpipe and I was inside it, the tunnel and ball were huge, it was accompanied by a sound of metal rumbling. I also had the idea of my head being pushed through a steel tube with a fuzzy sensation and pressure at the sides and back of my head. 04P 1 XX.XX NS

There has been a theme of witches coming up and I felt that maybe I needed to become a witch.
04P 19 XX.XX NS

Feel very narcissistic and talking about myself all the time! Don't really like this because I am normally very good at listening to others but I find myself very self absorbed and change the conversations to talk about me and my recent experiences. 04P 24 XX.XX NS

I have had a massive attraction to the colour purple, the last few days I just want to wear it and see it. This is definitely not a colour I would select usually, but I have acquired 2 purple tops in the last week, a purple hat, a purple screen-saver for my mobile. 04P 40 XX.XX NS

A sense that I'm not in control of my actions and there is something far bigger than me that influences me, I don't know what because I can't see, hear, touch, smell or eat it, I can only sense it. 05P 22 XX.XX NS

Dreams

Disturbing dream involving an evil Ian Mckellen, I ended up at his home, needing bed for night, he went to bed early, his manner rude and abrasive, his wife mixed a potion and shoved spoon in my mouth, strong sedative, could hardly move body or speak, she apologised and said he always does

this with visitors, in my room I broke down and sobbed violently, thinking I would never escape from this house, woke up relieved to have escaped from dream. 01P 18 XX.XX NS

Dreams about trying to remember dreams because of proving. 01P 2 XX.XX NS

Dream: Couple incapable of looking after baby: wife falling apart/weeping when realised what they had done: they had been drunk and gone to bed without seeing to baby. Baby was safely in bed so who did it? Something creepy/demonic about baby. 01P 4 XX.XX NS

Disturbing dream, did not want to go back to sleep, we had been on holiday and returned to find light on and front door of home open (our previous home left 5 years ago), men were carrying out a mirror, when challenged it seemed we had no leg to stand on as partner had signed an agreement for sale and return of some furniture (cheaper than selling outright) and had given man a key (man was annoyed that he had not had furniture without sale or return agreement), feeling was that he had law on his side and had got his revenge, did not go into house but knew it would be entirely stripped of furniture and fittings, 01P 44 XX.XX NS

Woke from dream about someone I work with, he seemed to be making a half-hearted pass at me, going through the motions, no passion, just 'this is what I do', very weird as he is not like this at 01P 51 XX.XX NS

Dream: Visiting cousins, went to one cousin plus wife unannounced, my partner and I pushing large old fashioned pram, had not seen them for years, cousin gave me very warm and long hug. 01P 6 XX.XX NS

I was riding a horse, horse was actually Michael Palin, I was being taught how to ride by a bossy friend who has her own horses, holding up arms, doing twists and turns etc. Strong smell of horses even though my horse was Michael Palin! Completely bizarre and unusual for me as I am not at all interested in horses. 01P 7 XX.XX NS

Dream, incident involving partner teaching pupil one-to-one he was provoked by pupil and lost temper and pupil stabbed my partner in hand with compass. Boy then slimy saying to me 'I won't press charges', basically a creep, enjoying power that he could cause fuss if he wanted. Teaching situation not unusual as partner is teacher but the details including violence unusual. 01P 8 XX.XX NS

Dreams of water and floods. 02P 0 XX.XX NS

I was in some kind of shopping complex or large hotel; we were standing in front of a pillar which had a holder containing identity pieces of paper, some orange some green; we had to check in using these ... as I was explaining this, a guy calmly passed behind me and checked his identity card into a metal slot, in the lower part of my back. I said 'Hey, he just touched me up!' and the person beside me said no, he was just checking in; Was raining heavily outside. 02P 2 XX.XX NS

Nightmare, horrible feeling; a workshop leader from my past was a piercing long, spindly, insect, yellow? Cream? Fingers, into my back; he was in front of me, hugging me but not in nice way!; Can still feel the sensation hours later; He said I had ruined something, a process of some kind and was livid at me; I was then escaping, trying to get away. 02P 24 XX.XX NS

Dreamt of black and white very thin and light centipede? encased, burrowed in my skin, mostly on my abdomen, as if it were hibernating or being protected there! Ugh!; there were a few; I squeezed one out, it was alive; on my right thigh I put my hand to some kind of formation that was there – hard rock-like black scab? Which was sticking out at least an inch outwards; and some blistering red marks near to it too. 02P 34 XX.XX NS

Dreamt I had black hair again; This time it was fully black (I am quite happy with my hair colour by the way!), looked dyed, also my eyebrows and eye lashes were noticeably black; was admiring myself in the mirror, playing with a wisp of hair. 02P 57 XX.XX NS

Had a dream where I could make myself invisible. 02P 65 XX.XX NS

Dream: I was with another female who seemed to be a friend, and we were given pieces of paper with something written on it. There were instructions which ended in "...left", but we got onto a trolley thing with other people who's papers all said "...right". I pointed this out to my friend because I thought this must be the wrong trolley but she wanted to ignore this. It seemed that everyone else knew what to do and we were pretending that we did too. 03P 16 XX.XX NS

Dreamt that I found that my father had cooked minced beef and I was concerned lest he had put it in the meal I'd eaten earlier. I felt anger stirring if this was the case because he knew that I'm vegetarian, but when I asked him, he said he hadn't, so it was ok. 03P 17 XX.XX NS

Dreamt that I was in a room with about 20 other people. Most of the people were sitting at a long table and were eating. Myself and two others didn't have any food and a waiter was taking us to find some. Everyone else had been eating for a while and some had started desert and I realised that they would have eaten it all by the time we were ready. Some people had taken dessert even though they hadn't finished their main course yet. Then I was walking around and eating a sandwich that I'd been given when I realised that it was chicken (I'm vegetarian & don't eat wheat). I'd eaten half already and decided to eat the rest so that no one would know that I'd eaten 03P 2 XX.XX NS

Woke up in a fright and sat up involuntarily. I had just been dreaming that I was looking at a plant and was turning over a leaf to look at a spider. This dream would not normally give me a 03P 37 XX.XX NS

Dreamt about being in a large building and there was a presence like the ghost of a woman there. Someone told me that the ghost liked sweets, so I broke some boiled sweets in half and held them out. The ghost took them. Later I went back on my own and the ghost started taking the sweets whole without giving me time to break them up. Then I could see the ghost and it was a black form which made me anxious. I wanted to shout at it but couldn't make any sound come out. I shot white light at the ghost and she turned white but was still coming in my direction. The ghost came right to me and started pushing me backwards. I was falling backwards with the ghost pushing me and I couldn't do anything to stop it, then I woke up suddenly with the feeling of this ghost woman's arms pressing on my chest. 03P 4 XX.XX NS

Dreamt that there was a dark-coloured piece of thick material-like substance in my bedroom, which was apparently a monster. I was afraid that it would come back into being, so I cut it up into pieces, but I was still afraid that it might re-assemble itself, so I took it outside to burn on a fire. My family were there. I saw scary looking animals coming up the garden and I awoke 03P 40 XX.XX NS

Dreamt that I'd received a text from my dentist to say that I owe him money. It was a lot more than I expected and I was worried about how I was going to pay it. 03P 44 XX.XX NS

Dreamt that I was eating a piece of raw chicken. I have no recollection of putting it in my mouth in the dream, but I remember that I was chewing it and felt disgusted and repulsed by it. I didn't know what to do, whether I could force myself to swallow it or not. 03P 45 XX.XX NS

Dreamt that I was looking in the mirror, wearing a pretty top which had a see-through section in the cleavage area up to the throat. I saw a dark patch there and on closer inspection realised that I had an extra nipple there. It was flat, like a man's. 03P 53 XX.XX NS

Dreamt that I had a sexual encounter with a man who came into my room. I seemed to know him in the dream, and I think he was someone from my dance class who is the boyfriend of a friend of mine. Then he left and another man came in, and I think I had a sexual encounter with him too. Later in the dream I felt slightly guilty about seeing my friend again, but far less than I expected. It felt fun and not as wrong as I would have expected. 03P 58 XX.XX NS

Dreamt that I'd rented a place of my own and had moved my things out of my father's house. When I got there, I felt intensely lonely there on my own, so I went back and spoke with my father, and he said that he didn't really want me to move out anyway. I wondered if I could get my stuff back out and tell the landlady that I'd changed my mind, or whether I'd have to pay for 6 months. It seemed that I hadn't signed a contract. 03P 60 XX.XX NS

Dreamt that I was looking after a work colleagues baby and that the nappy fell off when they were about to poo so I caught it in my hand! It was disgusting and then somehow it ended up in my mouth and I felt so sick trying to spit it out and thought I should make myself sick to get it all out of my system. 04P 10 XX.XX NS

Dreamt I was sitting next to a naked man and I think I pulled his trousers down and it was strange because there wasn't really anything sexual about it, it was just entertaining and embarrassing at the same time. 04P 10 XX.XX NS

Dreams of spiders of all different shapes and sizes. 04P 12 XX.XX NS

I had really really sexually distorted and disturbing dreams that night. Almost too disgusting to write but I will do anyway. I dreamt that my cousins and brother were performing a sexual act on my by pushing something into my vagina and pulling my legs apart, it makes me cringe thinking about it! In my dream the thing they were pushing inside me was a chickens head with its long neck, I cant believe I am having to write this! 04P 14 XX.XX NS

Dreams of food, of being in a room with many people like a canteen and being served last, and the waiter dropped my food on the floor (bacon) and saying I should eat it anyway, I remember saying, don't worry I will eat it, its fine. 04P 2 XX.XX NS

Dreams of wood and wooden objects. 04P 2 XX.XX NS

Dream of sitting on the loo and running out of loo paper and my aunty trying to push her way into the bathroom and I didn't want her in their. My dad was in the bath in the same bathroom as me which I didn't like either. 04P 2 XX.XX NS

General feeling in my dreams of having to hide something and wanting to keep something private and it not being easy because my family were being forceful to find out. Having to accept situations I don't want to like going to the loo in the bathroom with my father in the bath, having to eat food that has been dropped on the floor. 04P 2 XX.XX NS

Dreamt of walking around London with a friend and it was a battle of wills of where we went, we were both being obstinate. 04P 22 XX.XX NS

Dreamt of my hair being died a wrong colour. 04P 22 XX.XX NS

Dreams of spinning around and around while dancing and wanting others to notice how good I am but actually I think I look stupid. 04P 3 XX.XX NS

Twice since the proving I have had the image of dogs surrounding the place I am sleeping in when I am in bed at night, not in a protective way but threatening way. 04P 30 XX.XX NS

Dreams of spiders, lots of different shapes and sizes, I had to turn my light on and check my bed for spiders in the middle of the night as felt one could materialise. 04P 35 XX.XX NS

Dreams of wanting to wake up but I couldn't, I knew I needed to wake up to check everything was OK and was trying to shake and stir myself in my dream. 04P 35 XX.XX NS

Dreamt of changing my name and surname and what would it feel like not to be called by my name any more and what would my family think and say. 04P 4 XX.XX NS

Another dream where I was shouting to wake myself up and couldn't. I saw a black creature that made me think of a spider on my bed and it grew and was heavy and crawled onto my face attacking me. Peter Fraser was in my dream and I was calling out to him to say look, this is what it is, help me, this is what I have been trying to show you but he walked away and didn't hear me. 04P 44 XX.XX NS

Woke up with the image of someone being stoned, a work colleague who was in their car and people were throwing stones at him and a large stone hit him on the head and killed him. 04P 5 XX.XX NS

Dreamt of trying to have sex with an old boyfriend from years ago but we couldn't find anywhere private or comfortable. 04P 6 XX.XX NS

Dreamt of having really hairy legs, black dark hairs with wounds on my legs like gashes that had scabbed over, on my right leg and right buttock. 04P 6 XX.XX NS

Dreams of masturbation, running out of the house into a field or to some grass area to try to get some privacy to masturbate and my family keep chasing me or bothering me! 04P 68 XX.XX NS

Dreamt of a man I like who is in a relationship marrying someone else when he had given me the idea he liked me. I felt gutted and shocked and didn't know how to respond because I trusted him. 04P 8 XX.XX NS

Dreamt I was dancing for a camera like a photo shoot. My brother was dancing with me but I was the

person being filmed, I was really energetic and spinning loads and doing really agile moves that meant I was really high in the air above my brothers head. It surprised me in the dream at how high I could jump. 04P 9 XX.XX NS

Dream, with two old college friends, in town, we met a teacher of herbalism, he looked like a Greek man, very dark hair and a moustache. He took us back to place of work, where we attempted to rob him of his cash, without him seeing. There was an element of risk and dare but I stole his monetary notes. He could see what we were doing but didn't challenge us. Not sure how this ended. For me a sense of doing something that I knew I should not be doing, sense of dishonesty, disgust, reaction was amazement that the person I was stealing from was not angry. 05P 10 XX.XX NS

Hanging my tongue out over bottom lip, tongue totally paralyzed. 05P 2 XX.XX NS

Dream: We we were all organised by robots, metal beings, looked like humans, no talking to us and anyone who didn't do their work were taken aside and either physically beaten or killed. I spent time in the dream running away from them, lots of fear in dream of being caught and humiliated. 05P 20 XX.XX NS

Dream: I went to some toilets and found lots of school girls having sex with different older men in each toilet. There was an older lady organising the session and I'd gone there to be trained for her position, so I could organise the sessions. 05P 21 XX.XX NS

Dream of a couple I knew, the man asked me to date him without his present partner knowing. 05P 25 XX.XX NS

A young stable girl, chatting to someone and she agrees to return to her farm and drives off in her boyfriends red trunk. As she goes very fast around a corner she loses control clips the hedge, we lose sight of her and the sound of crashing metal then a silence. In that silence I realize she has died. 05P 28 XX.XX NS

Having multiple orgasms, through masturbation, not intense climax, sense of over, and over and over again, no strong emotions attached. Just do it! Matter of fact. Like a monkey. No feelings or sensations attached, an acceptance this is how it is, reproduction, life. A monkey just reproduces in front of anyone at any time, they will copulate. 05P 3 XX.XX NS

Dream. My partner was staying with someone I knew professionally, but didn't know well. I turned up at the house and found my partner flirting with her in front of me. I was annoyed with how she was behaving. 05P 31 XX.XX NS

I was on the beach with a girl friend and my dog, I noticed in the distance a huge wave coming and beacons my friend to hurry put my dog lead on and we hurried to the top of a hill. The sensation was running for survival, had to be quick. We made it to the top just in time and watched the water totally cover the hotel and other buildings. I didn't notice any people being washed away but watched the water flooding the land below. I didn't feel frightened because I knew we would get up the hill in time, 05P 32 XX.XX NS

Fly fishing with a group of people around a lake when I arrived at the lake I checked out where everyone was standing on the bank so I headed for a spot where I could be alone. Alone because fly-fishing means being on my own. 05P 38 XX.XX NS

On holiday abroad, somewhere where English is not spoken. We arranged to meet in a busy street but we didn't meet up. Feeling of being lost, desperation, alone, afraid and isolated, I can't communicate to people around me because they don't speak English and when I found someone who did she just ignored me. 05P 44 XX.XX NS

Woke up totally devastated. Felt like I'd been howling. Had a disturbing dream my dog had been stolen from an airport where I was travelling. Also lost my passport and money but losing my dog was catastrophic. 05P 5 XX.XX NS

Dream, woke disturbed by horrible face and aware of murder, something was horrific, a sensation of horror. Sensation of something revolting, disgusting and festery, rotten and decaying. 05P 7 XX.XX NS

I dream that our car was completely filled up with re-cycle rubbish and my husband and I had to keep emptying it. It would then fill up to the brim again. 06P 2 XX.XX NS

I dreamt that my sister in law has a pet chicken which I some times looked after when she was at work or the gym. I went down stairs and before I reached where it lived I knew instinctively new that it was dead. 06P 2 XX.XX NS

Dream - I went to work and realised my name had been changed back to my maiden name. I asked my husband about it when he picked me up from work. He said that I could not have his name anymore. We had a huge row and I got out the car in the middle of nowhere. 06P 22 XX.XX NS

Dreamt of lilies and wolves. The lilies had to be ground up to make a remedy along with a magic ceremony. There were many wolves at the place I was staying (it was a magical place). A wolf growled and tried to bite me but I managed to grab it by the back of the neck and it went away. it was ragged looking with cuts in its fur and above one eye. It went away, but there were other wolves were near by. They were a subtle menacing presence. There was a contrast in the dream half of it was very magical and serene yet there was this menacing presence of the wolves. When I woke up it was like the two feelings cancelled each other out. 06P 24 XX.XX NS

Dream that I was a white witch with long red hair. 06P 31 XX.XX NS

Dream: There was this wide green ocean and a storm (a bit like the tempest). In the middle of the sea was a sandstone tower -with the wind blowing all around it. Feelings in the dream were beauty and loneliness. 06P 35 XX.XX NS

Dream: I was part of a dance school in a desert somewhere. We all had these schedules that we have to follow. There were also the big wooden structures in the sky that we could go and sit on, a bit like a wooden platform. The whole dream I had to work hard at the school and all I wanted to do was sunbathe on top of the platform in the sky. 06P 37 XX.XX NS

I was driving a car with all my friends in it. I got out of the car and because of the terrain I ended up on a ledge and was scared to get back to safety as there was a sudden drop. There was then this wave of sea water that rushed in below me. It was full of creatures including that of a giant worm / centipede. My fear of water is less than my of height so with my friends help I started to get back to safety. 06P 5 XX.XX NS

Nightmare: We were going camping. It was night-time. We had our cat with us. The first place we stayed there were lots of black and white cats like my cat. We left the place. I realised we had picked up the wrong cat. The eyes were different. Feelings were horrified that I had left my cat and impatience as my husband would take me back until the morning. Then went to a house where I saw a ghost with an eye injury. 06P 8 XX.XX NS

Many dreams of water, waves and flooding. 06P 0 XX.XX NS

I have dreamt about people (1 female & 2 different males, on 3 consecutive nights) making sexual advances towards me. In each dream I am weak willed & nearly persuaded but fate intervenes & saves me from allowing myself to be taken advantage of. 07P 0 XX.XX NS

I had a dream shortly after the November weekend whilst I was still feeling the benefits of the proving. It was unusual because I struggle to remember dreams but on this occasion it was vivid. In my dream the group are waiting outside a school classroom. The tutor arrives but says we can only enter if we strip off from the waist down. Everyone (bar 1 student) strips & we all seem to be either lying or walking on our hands on the floor. An image of locusts comes to mind because the elbows are pointed outwards & the rear end is off the floor with the legs doubled up. It is not a sexual dream & we are comfortable around each other like this, just moving & lying about at floor level. 07P 0 XX.XX NS

Dreams where I am very critical of people. No sense of respect. 08P 0 XX.XX NS

Dreams of sexual betrayal taking place in the context of shopping. 08P 0 XX.XX NS

Dream: I was working in a shop and Cherie Blair came in. I told her exactly how awful and evil she was. Everyone around me was completely gobsmacked. 08P 11 XX.XX NS

Dream: In San Francisco, partner is there with an entourage of women like a bride with bridesmaids. I am there also as a hanger on as is her mother. (I am the only man in the story.) I am shopping in a very old fashioned department store with an up lift in the centre and down lifts in the corners. Get trapped by the lift door and only just manage to escape helped by partner's mother. 08P 2 XX.XX NS

Dream: On the Toronto subway with my son who was younger than he is (about 15). He is arrested as a terrorist suspect. I have to bite back my outrage so as not to make things worse. Contrast to earlier dream in which I am outrageously outspoken. 08P 29 XX.XX NS

Dream about a person who felt outcast and rejected by his family. A wealthy European living very poorly in South Africa. He is accused by the police of a terrible crime and the house was being searched. We (I was his wife?) Had to go away it was all just too awful. 08P 8 XX.XX NS

Physicals

Sensorium

Light headed sensation after lunch. 01P 30 XX.XX NS

While my eyes were shut, I had the sensation that I was leaning to the right, even though I knew I wasn't. I felt a slight dizziness. 03P 1 XX.XX NS

Had a strange dizzy feeling twice, each time lasting for around half a minute or so. It came over me in a wave over my head and made me feel unbalanced. 03P 7 XX.XX NS

Dizzy feeling in head, quite intense, pressure on sides of head, I normally would get this on my vertex but this is in waves pulsating again and feels heavy. This continued over the weekend and made me feel a bit detached from what was going on around me. 04P 2 XX.XX NS

Scrolling the computer screen was really making me feel dizzy and I had to look away while I moved the pages around and fix my eyes on the still object. 04P 8 XX.XX NS

Head

Heavy back of head – hard to hold head up. 01P 1 XX.XX NS

Noticed that I have had the desire to scratch my head a lot today. The sensation is that of a ticklishness rather than irritation, and light scratching is all I want to do. 03P 2 XX.XX NS

After food for three hours constant left sided headache, pulsing on left and left nasal cavity pulsing, they are connected and nose hypersensitive on inhaling air. 05P 3 19.3 NS

Intense, thumping pain in left frontal area of head. Pain felt like it was moving around and unbearable, I stayed with it, took over an hour to subside. Fell back to sleep. 05P 4 04.30 NS

Had a headache in temples. Dull throb lasted all afternoon. Felt a bit muggy and oppressed by the headache. As if I had been indoors too much. 06P 5 09.45 NS

I feel a headache developing in the front of my head, above my nose & it is radiating outwards over my eyebrows. It feels like a weight is in there pressing outwards. 07P 13 13.00 NS

I develop a right sided headache with jabbing, pulsating pains. 07P 26 XX.XX NS

Headaches on waking but instead of getting worse, as is my usual pattern, they soon fade away. 08P 0 XX.XX NS

Sensation of constriction. Thicker than a string from back of nasal cavity to back of head. 08P 1 XX.XX NS

Sight and eyes

Stinging, prickling in eyes and same sensation on tip of tongue, lasted a few minutes. 02P 01 XX.XX NS

Eyesight seems suddenly worse! Hard to read close and long distance. Stabbing pain in right eye. 02P 3 XX.XX NS

I've woken up every day for the last two weeks with some sticky discharge in my eyelashes from my eyes. My eyes open ok but I can feel it and want to pull it off as soon as I wake up. 03P 64 XX.XX OS

Eye lids feel sore, like sand inside the lid, left eye worse. 05P 1 22.30 NS

Hearing & Ears

Itchy right ear. 01P 29 XX.XX NS

Left ear itchy, as if something wriggling or crawling inside. A 'Putt, putt, putt' sound and sensation in there, 02P 13 XX.XX NS

Sounds seemed louder and when a fly hit the window it shocked me slightly; it was as though I could feel myself, how it felt for the tiny body to hit the window so hard, almost as though it was me experiencing hitting the window. 03P 1 XX.XX NS

Have had a pain in my right ear when opening my jaw. 04P 19 XX.XX NS

Smell & Nose

Smelt cigarette smoke at some stage, although no one smoking; Had this again in the next couple of days. 02P 2 XX.XX NS

For the past two weeks, I've had small amounts of blood from my nose when I blow it. It's from both nostrils, but mainly the right. There is no pain or any other symptom with the blood. 03P 65 XX.XX NS

Had the scent of smoke a number of times over the last few days, like an ashtray. 04P 26 XX.XX NS

My sense of smell is stronger, I kept smelling my clothes after I had washed them because they smelt stale, and the shower room smells of the drains and I keep smelling slightly bad odours around my house. A friend also sent me a beautiful bottle of perfume in the post as a thank you, I love it and don't normally wear perfume, it smells so delicious and rich and brings up warm sensuous feelings. 04P 41 XX.XX NS

Put perfume on today which I never ever do, almost felt I needed to wear it. 04P 5 XX.XX NS

Smell of sick/vomit which is just a quick awareness and then gone. This happened a number of times during the proving. 04P 9 XX.XX NS

Sneezing occasionally and feeling a bit hayfeverish. 06P 30 XX.XX NS

Had eggs for dinner and they made me feel sick. I had put incense on in my bedroom before I could sleep. The sensation was a strong aversion to the smell getting inside of me. 06P 4 XX.XX NS

I feel as if my sense of smell is more acute. 07P 29 XX.XX NS

Face

The edges of my lips feel sore. 04P 3 XX.XX NS

2 spots on my right cheek that are like hard risen lumps and sore to touch. I normally get small white pustules but these are different. 04P 4 XX.XX NS

A white spot, pustule right under my lower lip in the very middle. 04P 4 XX.XX NS

Dry patches of flaky skin on my face, first around my nose at the edges where it meets your cheeks

and your upper lip, and this morning on my left inside and below my cheek bone. 04P 48 XX.XX NS

Face feels hot and tight and a bit tingly and itchy. 04P 7 10.40 NS

Teeth and Gums

Slight neuralgia in my teeth upper left side. 02P 6 XX.XX NS

Developed a very nasty abscess in the root of a front tooth that I broke many years ago. The tooth exuded a very nasty cadaverous smell. Throat also coated with a foul exudate. Worse at night. 08P 0 XX.XX NS

Taste and Tongue

Just coughed and had a really vile taste in my mouth; Tastes like rotting meat. 02P 11 22.45 NS

Taste of rotting meat in back of throat, revolting. 02P 44 XX.XX NS

End of tongue agony!! Felt sharp pain and raw, hot sensation over the area, like a piece of glass or splinter of something in there, or maybe like a sting? 02P 57 XX.XX NS

My tongue feels burnt and tingly and a little sore. 04P 21 XX.XX NS

I keep burning my tongue on food. 04P 28 XX.XX NS

Burning stinging tip of tongue. 08P 1 XX.XX NS

Inner Mouth

Evening had sore palate worse on right side. 01P 31 XX.XX NS

Saliva building up at back and sides of tongue. 02P 6 XX.XX NS

Since the beginning of the proving, I have experienced times when I have had an increased production of saliva. 03P 30 XX.XX NS

Cold-sore, much worse on the left side and still slightly there on the right. It irritates me every time I open my mouth. 06P 44 XX.XX NS

Am feeling more aware of the increasing desire to swallow; it's as if there is a lot of saliva in my mouth. 07P 3 XX.XX NS

Very dry mouth and inner nose. 08P 2 XX.XX NS

Throat

I wake with a sore throat on left side. It feels swollen & it scrapes when I swallow. The upper left side of the roof of the inside of my mouth also feels swollen & tender. 07P 27 XX.XX NS

Difficulty swallowing. Almost at the back of the nose. 08P 1 XX.XX NS

Appetite, Thirst & Desires

Ate loads today. 01P 3 XX.XX NS

Not hungry, just ate bowl of cereal, very unusual for me. 01P 31 19.50 NS

Thirst in the afternoon. 01P 31 XX.XX NS

Starving again, really unusual to get this really nagging feeling of hunger. 02P 10 XX.XX NS

Woken by hungry radiating feeling in solar plexus area. 02P 13 05.35 NS

I've had an increased desire to eat cheese, and have eaten a lot more than I usually do. 03P 0 XX.XX NS

Very thirsty, for cold water (not ice cold, just room temperature). Drinking water reduced the feeling but only for half an hour, after which I wanted to drink again. 03P 9 XX.XX NS

Reduced desire for butter. 03P 9 XX.XX NS

Much increased thirst with dryer mouth. 04P 2 XX.XX NS

I have been more hungry and had an increased appetite and feel as if I have put on weight the last week. 04P 31 XX.XX NS

My appetite has complete disappeared, I had to make myself some food and tired to force myself to eat it because I felt like I needed grounding but I left half which is unlike me. 04P 33 XX.XX NS

Woke with thirst in the middle of the night and had to have a drink which I haven't done in a long time. 04P 4 XX.XX NS

I have eaten a lot of sweet things the last few days, especially chocolate. 04P 40 XX.XX NS

Thirst has returned again and I am thirsty at night. 04P 44 XX.XX NS

Suddenly feeling really full about 5 or 10 minutes after eating. 04P 5 XX.XX NS

Thirst diminished completely, didn't really notice my thirst at all today whereas yesterday it was practically impossible to quench! 04P 6 XX.XX NS

Really restless and fidgety, I can't just sit still and feel comfortable, its making me eat and nibble more just for something to do. After I have eaten I feel really full even though I haven't eaten that much but I still want to keep on eating. 04P 9 XX.XX NS

Desire to eat chocolate and did. Feel I need something sweet, Felt satisfied and warm. 05P 15 XX.XX NS

Since taking the remedy I have eaten in excess. 05P 31 XX.XX NS

I have been eating whatever food I want and when. The foods I'm drawn to are carbohydrate foods and lots of them and since taking the remedy I feel I've been excessive, that is overeating the wrong foods for me, as I am putting weight on. 05P 40 XX.XX NS

At lunch another student made a chicken dish and I was repulsed by it after the dream. I sometimes go off chicken anyway but today I had a very strong reaction to it. Every thing I ate was vegetarian. 06P 3 XX.XX NS

I dish up a big lunch but then feel 'full' & nauseous looking at it. I have to throw it away & then develop a left sided headache. I gain some relief by pressing & rubbing the area in a circular motion. 07P 31 XX.XX NS

Greatly increased appetite. 08P 12 XX.XX NS

Hiccough, Belching, Nausea & Vomiting
Slight queasiness - better for burping. 01P 1 XX.XX NS

Sudden queasy sensation, had to eat something but no better for eating. 01P 19 XX.XX NS

Slight queasiness as if pregnant and burping. 01P 3 XX.XX NS

Flatulence cabbagey smell! 02P 10 XX.XX NS

About ten to fifteen minutes after taking the remedy, I felt slightly nauseous in the stomach area (I more normally feel a kind of head nausea), and the quality of the nausea felt different from what I've had before: softer. 03P 1 18.00 NS

The nausea is better for burping. 03P 3 XX.XX NS

During medication a wave of nausea came over me with a gripping sensation in my stomach just above my belly button with a really dry mouth. 04P 1 XX.XX NS

Felt nausea a number of times today, like the sickness you can feel when you are excited but nervous. I have had a really dry mouth as well at the same time and felt really thirsty. 04P 19 XX.XX NS

I have had hiccoughs every day since the proving. 04P 4 XX.XX NS

Feel sick and stomach churning and full after food, its an anxious sick feeling. 04P 44 XX.XX NS

Belching fits which lasted for a minute at a time. Nausea makes me sweat profusely makes me focus only on the sensation which is like having an acid eruption, sensation is bubbling inside, my body feeling like its going to explode into pieces. A sense of pushing out from inside, like a volcano eruption, no control over it, waiting for it to happen feels really uncomfortable, as earlier. Then the explosion and relief as the nausea and sweating subsides instantly. 05P 3 19.30 NS

Aware of headache mainly over my frontal bones. As the morning progressed the sensation intensified and I started feeling nauseous and had occasional bouts of belching. Sensations changed to a burning acrid churning around and around in my stomach. Desire to be sick. 12.30 was physically sick and sensation in stomach eased. Thought of food agg. and made me feel sick. Initially felt better but as the afternoon progressed the sensations returned and when I left the college I was churning in my stomach again. 05P 31 10.30 NS

Constant belching for about a minute, no discomfort. I hadn't consumed any food or liquid. This felt like complete pure expelling of air with no odour, taste or smell attached. 05P 6 XX.XX NS

Whilst drinking tea, noticed a sensation of nausea, like fist of heavy metal stuck in the centre of my stomach. Each mouthful of tea ameliorates, when I stop the sensation returns. 05P 8 XX.XX NS

Shortly after commencing car journey home, I start feeling very nauseous & bilious. 07P 3 XX.XX NS

Scrobiculum & Stomach

Stomach ache, griping sensations. 01P 28 XX.XX NS

Stomach ache and discomfort with flatulence on and off all day. 01P 35 XX.XX NS

Very rumbly and gurgling stomach after meal. 01P 4 19.00 NS

Stomach grumbling loud with gurgling noises. 04P 2 10.30 NS

Stomach bubbling and gurgling when eating. 04P 34 XX.XX NS

My stomach was gurgling and making loud noises this morning lying in bed and also when I tried to eat this evening. 04P 34 XX.XX NS

Burning sensation like indigestion in the solar plexus area. 04P 7 XX.XX NS

Whilst driving to work overwhelmed by sensation of nausea, not aware of any causes like a wave coming over me The wave come up from my waist area rising to over the top of my head and seem to disappear, leaving the sensation of nausea within, my stomach felt like it had ants moving around inside, they were busy working, this was momentary, like hundreds of little vibrations that came and went in intensity. Like a screw top being opened the air just fizzed out. 05P 5 09.00 NS

Abdomen

Stitching pain in lower abdomen, which darted into my abdomen repeatedly for a few minutes, and then disappeared. 03P 18 XX.XX NS

Pain, abdomen, right hand side, approx. 1 inch above where my leg joins, extending slightly into top of leg. The pain feels like something inside is being squeezed. Worse for pressure or totally relaxing my abdominal muscles. 03P 9 19.50 NS

Sharp momentary pain in my left groin or lower pelvis. 04P 1 XX.XX NS

Tenderness and pain in my groin area left and right alternating, this has been a repeated symptom for the last few days. 04P 4 12.45 NS

I notice that my abdomen is distended & feels heavy. 07P 49 XX.XX NS

Rectum & Stool

Frequent urge to stool, several sticky motions in early afternoon. Diarrhoea, then felt better. 01P 37 13.00 NS

Have been to loo 4 times (both urine and stool) since this morning! 02P 12 13.00 NS

Horrendous griping diarrhoea on way to college, almost didn't make it to loo. Felt as if my insides would come out! felt cold and shivery afterwards, but definitely better for releasing it all. 02P 64 07.30 NS

My stool has been much more sticky than normal for a few weeks now, I have to use a toilet brush every time to clean the loo! Feel a bit uncomfortable and prudish writing this. 04P 47 XX.XX NS

I have been constipated today and haven't had an urge to go to the loo at all. 04P 9 XX.XX NS

Diarrhoea and an urgency to open bowels. 05P 10 XX.XX NS

I have to get out of bed to move my bowels & am aware that I have been able to move my bowels effortlessly over the last month. 07P 37 XX.XX NS

Restless all night. Having to get up often with terrible, painful diarrhoea. Yellow liquid diarrhoea with undigested food lasted for more than a week but was not particularly debilitating. 08P 12 XX.XX NS

Urinary Organs

Pain on urinating first thing in morning, above lower part of left groin. 02P 2 XX.XX NS

Urine smelt fishy; clear in colour. 02P 21 XX.XX NS

Went to loo urine bright golden yellow! 02P 5 XX.XX NS

Awoke needing to urinate. 03P 1 XX.XX NS

My urine seemed much more yellow than usual. 06P 40 XX.XX NS

Needing to urinate quite frequently. I am also drinking more fluids which seem to go straight through me. 06P 43 XX.XX NS

Drinking more and urinating more often. 08P 0 XX.XX NS

Female Sexual Organs

Weird electric sensation in genitalia, not thinking of anything sexual! Not an orgasm, just a buzzing sensation. 02P 12 XX.XX NS

Suddenly itchy around anus and genitals at the same time, this wore off in an hour or so. 02P 15 XX.XX NS

Feel like I have just lost my virginity and feel tender in my pelvic area from having sex. 04P 23 XX.XX NS

Have had streaks of blood twice in vaginal discharge yesterday and today. 04P 26 XX.XX NS

I bled a lot after having sex that night, it was not normal colour either but purplish in tone, I was still bleeding over 24 hours later. 04P 39 XX.XX NS

Increased vaginal discharge and this time with a small clot of blood. 04P 47 XX.XX NS

Period very early, 21 days. 04P 8 XX.XX NS

Heightened feeling of sexual awareness, sexual tension, 'turned on' feeling in genital area. 04P 9 11.15 NS

Noticed a sensation of heaviness in my womb. Felt like a breeze block in my abdomen, solid heavy lump dragging my insides down. Was like a solid hard pain, lasted for 6 hours, it distracted my thoughts from what I was doing. Ameliorated by sitting and defecating. Desire to get rid of pain. For me it was bloody annoying and in the way, the sensation was distracting, felt it hard to concentrate on anything else, having a blockage in my body. 05P 26 14.00 NS

My period has come 2 days early which is unusual. 07P 16 XX.XX NS

I get my period & it starts suddenly. 07P 45 XX.XX NS

Voice & Larynx, Trachea & Bronchia

Started losing my voice, hoarse and weak voice and can't speak audibly. 04P 23 XX.XX NS

When I am on the phone people keep saying to me 'I can't hear you' - I am speaking more quietly, a more subdued tone. 04P 46 XX.XX NS

Respiration

Awoke suddenly after being asleep less than half an hour, with the sensation of not being able to breath properly. It felt as though my throat had closed up. I sat bolt upright involuntarily as I awoke, and then I drank some cold water which I had by the bed, and this helped. I experienced some anxiety but was awake enough to keep this feeling from expanding. After drinking the water, the feeling soon subsided and I found it easy to go back to sleep. 03P 16 XX.XX NS

Woke-up feeling wheezy which I have not felt for a couple of years. I used to get mild asthma but have not had any symptoms since seeing a homeopath. 06P 2 07.30 OS

Sensation that there is a restriction in my chest and I need to run away from it. 06P 8 XX.XX OS

Cough

Brief coughing fit when in bed, catarrh in throat. 01P 33 XX.XX NS

Inner Chest & Lungs

Pain in the entre of chest, aggravated by bending forward, any movement. This was present throughout the proving. 02P 2 XX.XX NS

Sensation of a ball of pain in my chest, which feels as if it shouldn't be there, and is alien to my body. 02P 3 XX.XX NS

Sensation of crackling in my chest, on moving. 02P 4 XX.XX NS

Needle like momentary sharp stab in my right left side around my lower ribs. 04P 12 XX.XX NS

Tightness in upper right trapezius muscle, sensation of rope inside the muscle being stretched to capacity. 05P 27 06.45 NS

Sensation of heaviness & aching in the left side of my chest. I start to feel sad & emotional as if I want to cry. My chest feels heavy & I have to take occasional deep breaths. The ache on the left side of my chest is radiating into my left shoulder & I am getting momentary hot & cold sensations on the outside of my neck. I start swallowing. I go upstairs where I can be alone & I feel the weight in my chest lessening as I cry. It is as if there is something heavy weighing my heart down & it is making me cry. 07P 13 XX.XX NS

Heart, Pulse & Circulation

Had a strong stabbing pain in the heart area. 06P 24 XX.XX NS

After Sunday roast I get sharp pains in my chest, left side, heart region. I want to sit still but continue clearing up. I decide I am not afraid of the pain as I usually am very fearful of pains near the heart area. Pressing beneath my left breast gives me some relief. The pain eases off after I burp several times. 07P XX.XX NS

Outer Chest

Sore, heavy breasts. 01P 4 XX.XX NS

Breasts felt huge, as if they had metal plates on them! hard, swollen and solid. 02P 01 XX.XX NS

Sharp momentary pain in my left breast in a circular motion around the nipple 04P 1 XX.XX NS

Twinges of pain around the nipple area in my right breast. Needle like pains. 04P 10 XX.XX NS

Twinges of pain in my breasts. 04P 6 XX.XX NS

Really sore tender breasts during today but much worse this evening. 04P 6 XX.XX NS

Neck & Back

Sharp pain in left jawbone and left side of neck, never had before. 01P 52 XX.XX NS

Sharp aching pain in lower back part of Coccyx. This was present, throughout the proving at different times; sometimes better for leaning forward, sitting down makes it worse. 02P 3 XX.XX NS

Mid-back feels crushed, compressed all out of place, as if I can see inside and see that my spine looks contorted! 02P 9 XX.XX NS

Rotated head, as I bent down to pick up a ball, heard lots of cracking in neck, reverberating to inner ears, shockingly loud, no pain, just very loud cracking, sounded like bone on bone, < on all movements of head. 05P 10 XX.XX NS

Have really bad back ache in my right lumber region in the bone, boring. Made me feel restless and irritable. 06P 33 19.30 NS

I get an ache in my left upper back when walking; it is a bit like a muscular cramp. 07P 17 XX.XX NS

Getting episodes of right sided upper back & neck pain. Which catches me on turning my head & on moving. It is like a muscular ache or cramp; like someone is boring their knuckles into the area the more I move my head or neck. 07P 4 XX.XX NS

Upper Limbs

Itchy left hand on the top at base of thumb, unusual as it was only in one place and there was no reason for it. 01P 19 XX.XX NS

Itchy inner right arm in elbow crease. 01P 29 XX.XX NS

Muscles in upper part of arms still tight and feel as they are pinching inside. 02P 10 XX.XX NS

Stab of pain in middle finger of hand. 02P 3 XX.XX NS

Cold clammy hands, my hands are cold generally but not clammy. 04P 1 XX.XX NS

Shoulders achy and tight. 04P 2 XX.XX NS

Found in itchy patch of skin on my right hand, at the base of my thumb on the top side of my hand, noticed I had been scratching it without realising and it was red. 04P 34 XX.XX NS

Woke with pain, tight, deep central in right bicep muscle, felt like a rope being tightened inside. Right down the centre of the muscle the fibres were so tight there was no movement left in it. Nothing eased it. 05P 8 07.00 NS

Burning sensation in right anterior shoulder/clavicular joint < on extension of elbow joint. Shoulder joint felt like cotton wool to touch but tender. 05P 9 XX.XX NS

On rising I felt as if the ring endings/base of my fingers were swollen. 07P 9 07.00 NS

Sensation of heat on outside edge of right thumb. As if very warm air blowing on it. Realise it is my thumb that is radiating heat. 08P 0 XX.XX NS

Bites on the back of the hand, small, very itchy then break open and exude yellow discharge. 08P 39 XX.XX NS

Fingernails

My nails seem a bit fragile. One has split in a painful place. My other nails are looking brittle. I normally have strong healthy nails. 06P 7 XX.XX NS

Lower Limbs

Cramp in calf during night, managed to stop the pain developing by flexing foot. 01P 1 XX.XX OS

Toe joints feel inflamed. 02P 15 XX.XX NS

Legs jerking like they had shockwaves sent through them. 02P 7 XX.XX NS

I have had clicking Achilles' heels a lot during the proving, its always been after getting up in the

morning and walking down the stairs and they clicked like they needed stretching. 04P 0 XX.XX NS

Feeling that my legs are fuzzy and tingling. 04P 2 XX.XX NS

Twinges of pain in the front of my thighs, like a sharp single needle. 04P 27 XX.XX NS

I woke up with a swollen toe, the middle one on my right foot, I noticed I couldn't walk properly and was so surprised to see my toe swollen at the base. I had my feet rubbed quite vigorously that evening and thought that my toe had been just too sensitive to swell up from this. It reminded me of bleeding after sex, on some level maybe my body is over responding and not coping well with strong physical contact? 04P 39 XX.XX NS

Woke with throbbing spasm pain in my right groin that travelled down my right leg into my thigh and a few times all the way down my leg. I couldn't get comfortable and think it was better lying on the side of the pain. 04P 4 XX.XX NS

Felt weak in my legs, almost jelly like and the feeling you would get if you were going to faint. 04P 8 XX.XX NS

I get sudden stabbing pains in my right ankle when trying to run. 07P 16 XX.XX NS

Sleep

Woke groggy, overslept, unusual for me. 01P 14 XX.XX NS

Once when I awoke I had my legs scrunched right up towards myself. 03P 2 XX.XX NS

Awoke several times in the night (with no apparent cause). 03P 2 XX.XX NS

I am waking up at any time after 2am and staying awake until gone 4am, but the strange thing is I am not that tired in the mornings. 04P 20 XX.XX NS

Woke many times in the night very restless and difficult to wake in the morning. 04P 5 XX.XX NS

Really fidgety and restless in the night which woke me up several times with sweating. 04P 9 XX.XX NS

Need less sleep. 05P 32 XX.XX NS

Woke late. 06P 6 XX.XX NS

I am waking earlier & am not having so much difficulty getting up. 07P 15 XX.XX NS

Generals

Stumbling and tripping up as walking round streets – partner commented as it was unusual. 01P 1 XX.XX NS

Momentary stabs of pain. 02P 0 XX.XX NS

Had a few short sharp pains in different parts of my body which lasted only a few seconds each. These

recurred throughout the proving. 03P 1 XX.XX NS

A feeling of exhaustion and depletion, little energy, reminded me of when I was a child and sometimes when I was completely exhausted I would cry because I didn't know how to carry on. 05P 28 XX.XX NS

Alcohol affects me more, the same effect from half the quantity. 08P 0 XX.XX NS

Temperature & Weather

Very hot all evening, had to remove two layers plus socks, hot at 23.00, unusual as I am a cold 01P 29 XX.XX NS

Feel hot again. 03P 10 XX.XX NS

Got in my car to leave a party and had the strange sensation of my legs heating up, as if the car seat was heated but it was not, my thighs felt very warm and were hot to touch. 04P 23 XX.XX NS

Occasional warm flushes of heat on my face like my face is burning up. 04P 3 XX.XX NS

Feeling in my eyes was as if they were cold and I had come into a hot room and was experiencing a kind of hot ache. The sensation spread to hands and stopped at my wrists; then to my feet and stopped at my ankles. 06P 01 18.00 NS

Went to bed freezing cold particularly my feet. Woke up about 2 a.m. in a hot sweat. 06P 18 XX.XX NS

Woke up in a hot sweat and woke up my husband. He commented that I felt freezing to the 06P 2 XX.XX NS

I keep feeling hot & cold. Can't bear the heating on in the car & have to open the window a little for some cool, fresh air, then I have to close it when I start to feel cold again. 07P 3 XX.XX NS

Perspiration

Feel sweaty under my arms which is like that brought on by anxiety. 04P 7 XX.XX NS

At a salsa class on I noticed I had BO, even after using antiperspirant. I haven't noticed BO on myself before, I don't normally use an antiperspirant actually I just did because I knew I would be dancing a lot. The smell was sweet and sour and very strange, I had to keep going to the ladies loo's to wash under my armpits because I was embarrassed. 04P 74 XX.XX NS

Feel I have a sweaty underarms but feel cold at the same time. 04P 9 11.45 NS

My mum walked past me and thought she could smell body odour. 04P 9 XX.XX NS

Rest, Position, Motion & Injuries

Desire to lie flat on the floor on my back when feeling tense, especially in my solar plexus region and stomach, it could be mistaken for indigestion but its not. Also a desire to stretch, the tension is worse when sitting down and better for movement. 04P 21 XX.XX NS

Fell on fence post in dark. Very sore but no bruising came up for several days then appeared and took

a long time to go. Similar pattern later in the proving. 08P 1 XX.XX NS

Sensations

Stinging sensation on chest, lots of pin prick explosions; really irritating. 02P 11 XX.XX NS

Sensation something biting me on thigh. 02P 11 XX.XX NS

I had the sensation that my hands were a bit swollen (they weren't actually). 03P 1 18.05 NS

On closing eyes for meditation I experienced a low vibration noise in my ears and had the sensation of solidity between my ears as though there was a bar-shaped object joining them, which was made out of the sound. After a while the intensity diminished to a less intense noise which was like the sound of the engines on a very large ship. 03P 1 XX.XX NS

I had a strange pain in my ribs on the left side around the level of the bottom of the sternum process. It was very short-lived (few seconds) and felt like crab pincers pinching me. It felt really unusual and I was surprised and fascinated by it because I've not felt anything quite like that before, and the thought that it was like crab pincers was so definite. 03P 13 XX.XX NS

Sensation of insects crawling in hair. In reality too. They are in mine and I notice them in other people's. 08P 1 XX.XX NS

Skin

Knees itchy inside, left knee first, then right; over base of patella, and in knee joint. Patches of itchiness around torso, and in crease of left elbow. 02P 01 XX.XX NS

Have noticed a sharp localised stinging pain a couple of times today in various places, as if stung by an insect. 02P 24 XX.XX NS

My father commented that I was really smooth; smooth skin and graceful smooth flowing movements. 03P 32 XX.XX NS

Rubrics

References

Cured Cases

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

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