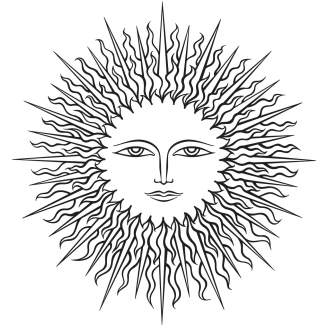


SCHOOL OF HOMEOPATHY



Proving: Mole (*Talpa Europaea*)

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



Kingdom:	Animalia
Phylum:	Chordata
Class:	Mammalia
Order:	Soricomorpha
Family:	Talpidae
Genus:	Talpa
Species:	<i>Talpa Europaea</i>

The source of mole

The mole came to us gratis, up out of our lawn, and was bagged thanks to our cat's alacrity: a sudden pounce and the deed was done. I chopped off his paws (for he was male) and pickled them in a small bottle containing absolute alcohol. There they remained in the dark and the cool for some years awaiting the day of the proving. The tincture was run up to 30c potency in the classroom (substance unknown to provers), with provers taking turns at dilution and succussion, using Korsicovian methodology. The final potency of 30c was used as the proving dose. As is our custom at the School of Homeopathy, just one dose was taken. Proving diaries commenced from this point, as did one-to-

one supervision, and continued for two months.

The mole in nature

The mole, because of its underground habit, is a creature we know little about, yet its very visible molehills evoke a universally negative response, "Get rid of that mole!" Until recently, and the advent of video-aided research, scientists have had limited information about the mole due to the impracticalities of studying them in vivo – the chief reason being that they gobble too much food to allow for a viable period of observation in captivity. They gather and guzzle in an almost non-stop cycle to fuel their incessant labour of tunnelling. They can excavate 25 meters a day, and continually tunnel to renovate and extend their home and lair. They are by far the most industrious of mammals! They work in a shift pattern of 4 hours at a stretch; during periods of rest, moles will either sleep or consume the food needed to keep going for the next work stint. The mole's upper body and strong spade-like front limbs are perfectly designed for moving heavy soil and when digging, a specialised bone structure allows the mole to project a lateral force equivalent to 32 times its body weight.



The mole is a solitary creature, except in circumstances where a group are forced to co-habit in neighbouring tunnels, or when female moles are on heat. Apart from these occasions, moles are extremely territorial creatures and have been known to fight to the death. The mole is the only known mammal in which the female has been found to possess features of both female and male reproductive organs. The mole produces very high levels of testosterone, which may account for their aggressive nature and look-alike external features. High testosterone levels promote bone growth that link to the evolution and development of a sixth digit that is in fact a modified wrist bone.



The gestation period for female moles is 4-6 weeks and they will give birth to 3-6 live young each year. After just a few months of growth, adolescent moles will be totally self-sufficient and will leave the adult home to find residence elsewhere, taking over unoccupied tunnel systems or digging their own. It is during this crucial time that they venture above ground and become vulnerable to predators such as stoats, owls, foxes and badgers. Moles have been known to live to the age of 6 years provided they are not picked off by predators or killed by humans, most live for 4 years.

The physical form of the mole lives up to its Latin meaning of 'massive heap' or 'large mass'. It is not that massive though, typically being a mere 12 cm long. Its fur is black and velvety allowing the mole to move both forwards and backwards through the underground passageways with ease. The mole has poor eyesight but can differentiate between light and dark. Its other senses are extremely heightened to compensate for this, for example, the mole has ultra-sensitive whiskers on its pointed pink snout, a highly accurate sense of smell and it is able to sense the slightest of underground vibrations. This allows gardeners to discourage moles from an area by submerging vibrators. Moles can tolerate higher carbon dioxide levels than other mammals, permitting them to survive underground for extended periods. They have modified red blood cells with augmented haemoglobin. Some biologists have speculated that moles have magnetic sensors in their nose, enabling them to move with precision and purpose around their underground homes. As yet there is no clear evidence in favour of this hypothesis.

The mole's appetite is colossal; it needs to consume 70-100% of its body weight per day. Because of this, the mole needs to store enough food to keep it going. Earthworms are the main source of food, especially during the winter months, but it will eat all manner of insect larvae and grubs dependant on availability. To ensure that it has a sufficiently fresh supply of food, the mole will bite the head of a captured worm, rendering it immobile while still alive.



Moles are most commonly found in fertile soil with adequate drainage; however, they are good swimmers and can escape from flooding. The mole favours deciduous woodland as its habitat, and grassland, where its burrowing habit and molehill production, may create conflict with farmers and gardeners. Many people are unaware that molehills are created only once, while the creatures establish or extend their home. An adult mole will only come to the surface of its underground habitat to collect materials for a nest. During this time a much larger molehill (called a fortress) will be

created under which the mole will rear its young. The deepest tunnels are used during times of extreme weather, for example cold or drought. If left to their own devices in a well-established tunnel system, most people would scarcely notice the many moles residing underneath their land.

At present, the mole has no legal protection in the UK. They are not protected by conservation legislation, only having basic protection from cruelty under the Wild Mammals Protection Act 1996. Moles are prone to being poisoned and trapped, a practice that is widely practiced even though in the long run, it is ineffective. New moles quickly move into old tunnels!

The mole in literature

The depiction of Kenneth Grahame's industrious, initially solitary yet loveable character fits with what we know about this creature's behaviour and habits. In the opening chapter we see mole frantically spring-cleaning his house, mention is made of his aching back and arms, which bear the brunt of most of the mole's activities. An air of 'discontent and longing' is hinted at throughout the novel. Mole's journey of discovery lies in his realisation that there is a whole other world above his dark, underground sanctuary.

The mole in the Chinese calendar

According to Chinese tradition, moles are born during the Chinese zodiac's year of the sheep. It is believed that people born at this time are generally hardworking and loyal, but have a tendency to take things to heart, easily becoming offended. They will put on a front to hide this but are plagued by feelings of self-doubt. They work best when striving towards a goal or purpose, they want to 'get it right' all of the time. They are extremely strong both physically and mentally, often more so than anticipated by those around them.

The mole in mythology

The story of how the mole came to be underground is told in a Cherokee folk tale. Here the mole is depicted as a shifty, untrustworthy character who puts a deceitful plan into action and when confronted about the consequences of his actions, retreats to his underground sanctuary in fear of punishment.

The mole in espionage

Within the realm of espionage, the mole is somebody who works for an organisation whilst continually feeding information to a rival from within, posing as an ally to the original establishment. By his or her very nature someone who is to succeed as a mole must be deceitful and cunning. They must be well practised in the deception of others in order to gain their friendship and trust. The fact that the mole is acting mainly alone and does not care for allies can be linked to its animal counterpart, in so far as the animal works alone and has been observed to be fiercely territorial towards others of its kind.

MIASM

We need cured cases to confirm, but suggest Ringworm miasm in Rajan Sankaran's schema, and stage 8 in the periodic table.

Differential Diagnosis

Considering unrelenting work, "got to get it done" personality, tunnelling habit and sensation of compression, would take us to Ferrum and its salts, and row four metals in general and their respective salts.

Of course general themes of all mammals arise, especially its closest relative, as yet unproved, the shrews. We will differentiate primarily from other mammals on the uniqueness of the mole family: constant activity, huge energy, relentless pursuit of territory... and add to these concepts, the fact of high testosterone levels in both sexes, and come up with a highly industrious personality, like *Nux vomica*. Unlike the typical *Nux vomica* though, most provers felt quite calm in relation to things they needed to do that previously might have riled them – action with a Zen-like clarity rather than with a ‘must do it’, driven imperative, yet with the desire to do the work all day long until the job was complete.

Proving Themes

Proving themes of the mole extracted from the proving diaries:

Productive/industrious
Calm/grounded/equanimity
Detached/Apathy/Numb/paralyses
Claustrophobia/trapped/seeks isolation
Tunnels
Anger/violence
Bullied/self loathing
Time almost stopped, no pressure of time
Carefree/happy
Decapitation/severed
Energy - fluctuating
Guilt
Lack of direction
Natural vs. manmade
Pregnancy/babies/menstruation
Sexual desire
Tipsy/ giggly
Water

Before we present the detail, here is a selection of ‘overview’ essays. These provide a quick insight into how mole nature has been interpreted through the medium of six individual provers. They were written two months after the proving experience had ended, and with full knowledge of what they had just proved.

The most significant aspect of the proving for me is the fact that a long standing blockage in my neck seems to have been cured. I made a direct connection between this pain/blockage and my frequent stupefying headaches which I have had for several years. The headaches have also cleared up. I experienced double vision the evening of taking the remedy and moments of double vision continued throughout the proving.

The other noticeable feature was that I experienced a steady energy which enabled me to keep going long into the evening: determined energy with clear-headedness. The energy was expended on dealing with small matters, many of them household chores, which I had been ignoring for a long time. By complete contrast, I sometimes experienced a great sense of fatigue, which I noted down less often than I might have done, because I do a lot of physical work which is inherently tiring.

The most remarkable thing for me was the fact that over the time of the proving I did experience a profound drop in both my pulse and blood pressure. This has now stabilised to a reasonable, in fact very reasonable, level, but is still much lower than previously recorded. In addition I experienced a slowing down, and at times a contentment and acceptance of some change and unexpected events in my life that would otherwise have bothered me.

During this time my cats became very much calmer and affectionate!

The lethargy felt in the first couple of weeks comprised of me sleeping, getting up and doing what had to be done and then going back to for another nap.

During the entire proving I had a post-nasal drip and the start of my nostrils were very sensitive to cold air. It took quite a bit of rubbing to relieve the burning pain caused by the cold. My sense of smell amplified, to such an extent that I wanted to have the bathroom flooring replaced due to the urine smell. No-one else could smell the urine.

Initially I had a genuine compassion and concern for people who were ill-treated but this progressed into a lack of empathy and morbid fascination. At the sight of road kill or other dead animals I felt pure interest. I passed a couple having a squabble in the street and my leading thought was to have the shouting man's head chopped off to silence him. Thoughts of decapitation did surface throughout the proving.

My fingernails have become very soft and bend, break and tear easily; I have resorted to keeping them short. They have also developed ridges on them, particularly my thumbnails.

I confess that there are aspects of mole I would dearly like to keep. The steady industry and achievement of mole has been very useful in getting a lot of work done and thrusting me into practice. The lessening of emotional involvement in the day-to-day tribulations of life (under the influence of all that testosterone perhaps) has made for an easier, calmer and more centred attitude - a welcome relief from my usual frenetic, nervy pace. The slightly 'tipsy' feel to the proving has made this an often joyful - if sometimes superficial - experience.

My personal experience of the proving was mostly through dreams whose themes and energy seeped gently into my patterns of behaviour, emotional responses and life events. I experienced little on the physical plane although the dominant eye symptoms of the group were reflected in the multiple sight/vision/looking events of my dreams. I am astonished and amused to see how much of my experience relates to that of the mole as a creature, word and symbol.

For me the main issue of the proving was experiencing the polarities. First there was calmness, carelessness or carefree-ness and giddiness and frivolity (with a lot of laughing - incl. laughing things off - and swearing) and a lovely light-heartedness. This was all light and fun and joy. And then there was tiredness and detachment. I had days were I thought of killing someone but I didn't feel it. The negative feelings didn't really register and there was no aggression or guilt (and I am usually guilty of the bad state of the planet...). Unfortunately the guilt-freeness doesn't last too long...

The carelessness comes with a difficulty of thinking and making decisions. The brain seems to be bypassed, decisions are not made but action just happens. On the physical side there was painlessness (menstruation). Disconnection happens on various levels: Electricity (power-cuts; dream about not being able to switch off the television), computer cannot connect, communication with my supervisor doesn't happen on some days etc.

The idea of just getting on with things without thinking about it led one student and me to the conclusion that we are proving "The Power of Now". I have never before been so much in the NOW for such a length of time and I don't want to miss this experience for anything (oh, well, there are things...)

Dominant, recurring, SRP symptoms

There were lots of hormonal issues (romantic dreams and dreams about menstruation and pregnancy), menstrual changes and even a dream where I had to smell someone first before I could go any further (in light of the mole-substance it doesn't surprise me anymore). Taste and smell symptoms weren't dominant like in some of the other provers but for me they were still noticeable. There are issues around the abdomen (itching, cramps).

Darkness is a problem (early and long nights); I can hardly cope. It adds to the tiredness and lack of energy. Interestingly I find it easy to drive in the dark.

I have problems with my right eye: itching and difficulty to focus.

Dreams of getting somewhere or doing something that needs to be done; even one dream about a tunnel.

My left hip was playing up more often than normal (others had worse joint symptoms, though)

The strongest most memorable part of my proving experience was the overall increased level of energy combined with the calmness and feeling of just getting on with things that would normally cause a level of stress. In comparison a number of the other provers had the opposite of an increased level of energy with complete exhaustion; one comment was "I lost days to the tiredness".

From a group perspective 'calmness' was the over-riding theme that seemed to fit with all. This was a calmness in situations where calmness would not have been a normal response. For me it was calmness in terms of the amount of work I had to do or a pressurised situation at work, I approached everything as if it were possible, with no panic or concern and the absence of physical signs of stress that I would normally feel at those times e.g. perspiration under the arms. Others in the group described calmness in other situations but the commonality was that they were situations where calmness would not always be present.

There was a theme of violence but detached and with no emotion. I didn't experience this myself but a number of the provers did – there was swearing and chopping people's heads off.

Generally we saw a needle or pin like sensation running through the physical symptoms whether it was a foot or stomach. There were many eye symptoms from the needle-like feeling to double vision. Eyes were described as dry as was skin.

On the opposite side of dryness there was diarrhoea, phlegm and dreams associated with water.

An interesting observation made by a couple of people, not all provers but some supervisors of the proving was issues with writing words and sentences. This could be thought of as a theme of communication – two provers also lost their voices.

Again a theme was seen in both provers and a couple of supervisors – a number of provers experienced a heightened sense of smell of urine. I also had a heightened smell towards fish. A couple of supervisors lost their sense of smell completely (one could only smell pheromone) and one also lost their sense of taste.

On reflection since coming out of the proving experience I think the best way to describe the general feeling I had was one of disconnection from the rest of the world. The feeling of calmness and just getting on with things was also one of being slightly removed from the situation and not involved or affected by the rest of the world – quite happy in my own little bubble. This has only become apparent really as the feeling of calmness has reduced and most recently completely gone and what has been left is the connection and the effects of my surroundings and experiences.

Provers 'speaking as one' arranged in themes

Productive/industrious

I have leapt into supervised practice. I am seeing my first patients. This was something I have become increasingly nervous and stuck about. I have enormous industry and enthusiasm for the task and have got 3 patients to see in just 10 days. I work all day, sort my children out and work again until bedtime after they are tucked up. The amount of energy, industry and focus is unusual as is the detached way I go about it without engaging myself emotionally in the fears and nerves that I had. P1 44/X NS

It's my birthday. I'm really really happy and work very hard all day, enjoying being productive and not panicking about deadlines as usual. I'm getting loads done. I don't want to celebrate as such. I'm happy on my own. P1 45/45:12:00 IOS

I have been working extremely hard and extremely productively for about 10 days now. I seem to have endless energy and enthusiasm to pour into my work. I am not tired; I keep going all day and well into every evening. P1 47/47:10:30 NS

For the first time since June have felt that I had time to do some wool felting which is an indulgence rather than an obligation. Thoroughly enjoyed doing this and felt that I still had time to fulfil my other commitments. P2 14/14.17.00

Have been in good spirits all day today. Have had to be organised in order to do all that was needed and managed this quite calmly and happily. It felt like a huge improvement to be able to co-ordinate a number of different tasks at the same time - something which at one time I could do with great ease but now eludes me. P2 15/15.18.00

Feel that my stamina levels have improved considerably over the last couple of weeks so that I now have the energy to do more in the evening after a day's work: these are largely chores but getting through them helps me to feel I am more in control of my life. P2 18/18.21.00

Have applied myself to my assignments today and have been delighted with how well I have concentrated and the greater ease of my thinking. My thinking has flowed well today - there are days when my thought seems to be kept inside a box with a heavy lid and it is only with pain and difficulty that I can extract the thought. P2 23/23.17.00

Stitching pain in my liver again and faint headache over right temple. Felt as though I had completely

run out of energy and wanted to lie down with a hot water bottle but felt obliged to keep working. Had something to eat at 17.00 and felt better. Had a proper meal at 18.30 and forgot about my woes. P2 25/25.15.00

Am amazed at my level of energy: have been able to keep going with humdrum tasks until about 21.00hrs: by this time I am usually having to force myself to do what is absolutely essential. P2 51

I dream I have to ignite an atomic bomb that is placed in a pub. I don't remember if there was a war or what the mission was all about. I remember that I worry about what clothes I will need when I come back from it. I am not afraid, not aware of consequences for me. The bomb is in a small packet and I have a fire lighter and something like a fuse. I go in the next room after I watched the fire getting closer to the bomb. It doesn't seem to have enough "power" to get the bomb to explode, but I am not sure, so I am careful with my breathing. My throat is sore from breathing in the smoke. I feel what it must be like to be near an exploding atomic bomb, I feel my breath is taken away. But, nothing happens. I feel a bit guilty that I didn't complete my mission but I carry on looking for clothes I will need when I go back home. Dream P5 5/5:X NS

I wake up quite early, feeling good, so I get up earlier than necessary and start tidying my house. This needs doing but I am surprised that I do it so early in the morning. P5 22/22:X NS

Very focused, determined and focused all day; I get a lot done. P5 24/24:X RS

Very alert and efficient all day; getting many things done with a good amount of energy. P5 25/25:X RS

I get all the homework done and lots of domestic things as well. P5 27/27:X RS

Get more things done, job-centre, phone call with my case-taking-supervisor; things seem to flow smoothly. P5 34/34:X RS

Back at my place. Start with Pathology and Disease. Good focus, get quite a bit done, although pregnancy is not my special interest. I am glad that my brain is working so well. P5 45/46:X NS

Running late for work as started filing when I should have been getting ready! Annoyed with self. I had a feeling of not caring if I was late for work, had to stop myself filing. P6 4/4:06:35 RS

I wake from sleep, I feel refreshed, unable to get back to sleep I decide to get up to do my diary, I do not feel that bothered. It feels matter of fact, so I get up and do it. P8 7/7:24:XX NS

Work has been very busy today and I would normally be rushing around trying to do as much as possible. My approach has been slightly different today as I have just easily been able to get on with things and also say when something is just not going to be possible. Whatever seems to be thrown at me feels possible. Internally I don't have my usual physical response of either feeling panic or uncertainty in my stomach or sweating under my arms if I am nervous or concerned about something. Instead I have seem to have no physical response except for feeling steady and calm with everything I am doing and saying. P9
3/3:13:32 NS

I have had quite a busy and what would normally be a stressful day at work. I have been home for

about an hour and have noticed that I am not tired or unhappy that I've had a long day, I feel like I have got enough energy to continue and do the same again. I feel quite full of energy whilst also feeling grounded and calm. P9 3/3:20:44 NS

Calm/grounded/equanimity

My husband dreams he is about to cry and he is looking for a stash of MDMA that he has hidden somewhere, but he can't find any. He also had a dream of paddy fields, which were calming and beautiful. P1 7

Great sense of calm and awareness of the loveliness of the evening light through the trees. P2 0/00:18:20

Have been very calm and relaxed all day. P2 8

I have had a really lovely weekend just chatting to a friend on the Saturday and another friend on the Sunday. Very calm and relaxed. P2 9/09:21:30

I possess a power of prescience. I need to tell a young girl that something will happen and to warn her and others. This is very hard for me; many are skeptical of my prediction. I muster up a confidence I do not feel to explain calmly what will happen. I know that my calm sense of gravitas will go far to let all know that my prediction will come true. P4 7/07:X NS

A feeling of calmness overcomes me, very relaxed. P5 0/0:08:45 NS

I have a day off and feel a lot less tired than usual. I take things slowly and enjoy myself. P5 11/11:X RS

I feel all mellow: had a phone call from one of those companies that pester you constantly and I was able to convey my message without getting aggressive or slamming the phone down. P5 32/32:X NS

The chimney sweep was supposed to come between 9.30 and 10.00, I even set my alarm to have the house ready. He isn't here at 10.20 and I decide to phone without getting an answer. Usually I would be swearing by then, complaining about people being incapable of anything. I am a bit agitated but no comparison to my normal state in a situation like that. I do try ringing several times, though. When I finally get an answer at 12.40 I couldn't imagine being nicer and mellower and calmer. Even when he arrives and starts chatting first (usually I would feel uncomfortable and think "Just get on with your job and leave me alone again") I relax into a chat. Completely mellow and not a single feeling of aggravation etc. P5 32/32:X NS

I realise that I hadn't had an argument with anyone for quite some time. I feel pretty calm and grounded. P5 41/41:X RS

After a telephone conversation with my car insurance I find out that I have to pay almost 100 % more now I am unemployed. I felt bad about my financial situation and now I feel even worse. I am also angry but not abusive on the phone (which I might have been before the proving. Now I am mellower) I need a cigarette although I hardly ever smoke during the day, but then go on line to find out that there are cheaper (far cheaper) insurances around. I go for a walk with one of my "foster" dogs and calm down a bit more. I will sort out the insurance tomorrow. P5 47/47:X NS

Feeling calm. P6 0/00:19:00 NS

Spirits lifted great being out in such beautiful surroundings, feel contented. P6 2/02:09:00 RS

I have a sense of calm, don't feel concerned about work load. P6 5/XXXX RS

I was observing someone (unknown to me) going out into the snow wearing a red snow jacket, they were fighting with the elements, continuing on their journey alone. They jumped into a pool, and slowly sunk down to the bottom of the pool, small bubbles coming out of their nostrils, they looked up to the surface, toward the sunlight dappling on the surface, and I could see this through their eyes, unmoving just giving themselves up to their drowning. They seemed at peace. I was at peace watching this as though watching a movie. I felt their calmness, no feelings of panic, just peacefulness washing over me as I watched. P6 19/XXXX NS

Have felt very peaceful calm, and content for the past 5 days, I usually don't manage change well but even having to drive a strange courtesy car while mine was being repaired didn't upset me in the way it would have done previously. The cats have been much quieter too. P7 5/XX NS

Still feeling very "content". But have noticed that my pulse rate has really slowed down. It has always been relatively low, 60's, but today is down to 46!! But I feel well. P7 11/XX NS

On going to bed acknowledge that I have a feeling of calmness and relaxation and have felt like this all evening. I wasn't concerned about the things I hadn't done in the evening or the things I needed to do tomorrow. P9 0/0:22:41 NS

I wake up fully after dozing from about 7am and try and remember my dreams. I can remember dreaming of sitting in the room at college and thinking of the day ahead, also thinking about what I need to do at work next week. The feeling associated with this of calmness and the thought of what will be will be, instead of my usual feeling of needing to remember what I need to do and write it down or a feeling of panic. P9 1/1:07:53 NS

I've had a general feeling of calmness, relaxed and content all day. The feeling I have is associated with smoking pot at university. I just feel happy and content. I feel like there is nothing to worry about and what will be will be, things will take their course whatever so I'll just go with the flow. P9 1/1:10:16 NS

General feeling all day of being calm, relaxed, smiley and content. P9 2/2:16:45 OS

Reflecting on the calm happy feeling I have had in the past. I do not seem to have this present any longer but do seem to not be as stressed as I normally am at work. P9 26/26:21:30

Detached/Apathy/Numb/paralyses

As I am driving home I listen repeatedly to a recording I have taken of my son having a meltdown. I seem emotionally immune to it. A bit of me is asking myself why I'm doing this to myself. Again and again I try to provoke a reaction in myself and it does not come. P1 2 NS

Initially the feeling while watching the severing is of detached curiosity. When I wake up I am unfeeling about it. P1 3 NS

I do not feel emotional about the frightening dream I have just had. I feel cleanly detached from it

and awake feeling cheerful despite the dream. P1 3 NS

My son's homework is to write a poem. Trying to get my son to talk about his feelings seems pointless (he has autism, how does he "write about his feelings".) P1 4/4:18.00 OS

My husband has taken a day off work and I'm avoiding him. I have gone to the library. I want to spend as little time in intimacy as possible. I am seeking out my own company. I have a sort of feelings-fatigue, I can't be bothered. I feel worn out, worn out on caring. I don't want to see friends. I have avoided listening to a phone message since Friday (three days ago). I don't want to sit down and talk to anyone, I'd just be going through the motions, I don't feel genuinely concerned. I'm irritable at small talk. It makes me feel "itchy" (restless), I want to leave, I just want to get up and get out. I just want stillness around me. I want to be apart from people. I feel indifference. It's an absence of feeling rather than anything. I feel a bit blank. P1 11

I'm being really ineffective in my work. I'm making notes but not writing, it's not like me. P1 11

My house is not as well-organised as usual. The washing is not done. I have made no plans at all for half term next week. My studies are rumbling along extremely slowly and ineffectively. I sit in the middle of it all perfectly happy and relaxed until someone interrupts me or expects anything from me. Even the responsibility for writing diary entries and waking to record my dreams is irritating me. I should prefer everything and everyone to leave me alone. My husband tells me I'm more relaxed than usual. More easy-going. This is not normal. P1 13/13:13:20 NS

I don't want anything, I haven't made any plans for half term, it's just going to happen. I've usually got plenty of things I'm sticking my teeth into. I feel like I'm switched off. It's like being in a holding pattern, waiting for something to happen. It's slightly frustrating. P1 13/13:14:00 NS

I am still making a space in the middle of me which is calm, and doesn't care, it's passive. P1 14/14:14:00

I go to pick my son up from school and my son's teaching assistant discussed some major concerns they have about my son's mental state and behaviour. I feel completely deflated and grief stricken for my son. I have been aware that his condition has deteriorated lately but I have been hoping he would improve or that we would find a remedy that helps. I notice that on the one hand I am very upset by this news, but on the other hand, there is a bit of me that is ambivalent and feels 'hey, it's not so bad' and just wants to leave my son alone rather than steam in with mental health services. Over the next few days there are repeated incidents of violence by him at school. I continue to be sad and concerned and the opposite - not bothered - all at the same time. P1 45/45:16:00 IOS

Procrastinating as usual and not getting on with any of the tasks I need to deal with. I tell myself that is because life has been non-stop for the last three weeks and that I need to stop still and mull things over. Quite content and laid back about this although some things are quite pressing. Very aware that the sunshine is calling me outside. P2 9/09.10.30 RS

I have had more exposure than normal to rats, I am usually scared of them and feel threatened that they might attack but now it is more a sense of 'they are not interested in me'. I saw a seagull eating a dead rat and I must admit I found it absolutely fascinating whereas I would normally find it disgusting, it was picking the insides out from where the head use to be. It seems as if I cannot empathise with dead rat, who has obviously met a very cruel fate. My interest is more analytical and

accepting of what has happened and even detached. P3

I have also seen a large amount of road kill; a badger (black and white one), a fox, an otter some cats, dogs and various others that were unrecognisable. This happens just about every road trip I take and I find myself staring wanting to see more with none of the usual revulsion or pity I have when seeing dead animals. I feel distanced from their suffering. P3

It has taken me all week to apply for a parking permit. Something which would take me a morning to do, has taken all week to accomplish. I keep forgetting to do something or forgetting altogether but finally posted the application off today. Such a small task feels like a major feat. P3 7/16:00:00 NS

Sensation of apathy No energy to care, respond to anything. Exhaustion Feel dirty (unclean, need to wash), worthless, abandoned, miserable. Sorry for self. Better for company, for being occupied. P4 18/18.19.00 NS

Annoyed about a classmate. Rather than getting all wound up I start doodling which I never do. I draw smiley's and the sun and a starry sky; positive images to keep me positive and not have my energy zapped. P5 2/2:X NS

Can't really be bothered or "phased" with anything. Still, get stuff done. P5 3/3:X NS

Thinking is such an effort (I think that started earlier but I only notice it now). It is not that I feel that my mind is incapable of processing information it is more that I can't be asked to make decisions or do anything. Interesting, though, that I get things done anyway, maybe almost bypassing the thinking. P5 3/3:X NS

Still in that happy and carefree mood, dipping a bit, though. I am dog sitting my friend's dogs for 2 weeks and am a bit apprehensive about them crying that their mum is not here over night. I try not to feed this emotion. It is as if all the reactions and emotions are still the same they are just somehow not fed by the source that turns them into something bad. Disconnected from the energy that transforms them into a negative thing. P5 3/3:21:00 RS

My brain feels like being re wired: The stimulant or information still goes in but the pathways to process them have been altered. What made me feel angry or annoyed me is still the same but it doesn't connect with the darkness anymore, the part in me that can get angry or annoyed. - Thinking processes at work are difficult, some information doesn't make sense and I need time to process. I don't feel that it is hard, I find it funny. It makes me laugh. Everything is so light, doesn't really matter. P5 4/4:X NS

It happens often at the moment that I can't be asked, can't be bothered to do a certain task. I end up doing it anyway and it feels as my brain is being by-passed and this is why I just do it, without thinking or without a command from the brain or even without the consent of the brain. P5 5/5:X NS

Still feel in the NOW as if my brain is not involved in decisions, which is very liberating. P5 6/6:X NS

I am on the phone to my father and he tells lies, blames others, talks about how neglected he is, that everything is always about mother. She just had an operation, so it should be about her. He is suffering from heart problems and bloatedness that presses on his lungs and heart and I recommended a strict change of diet to find out if eliminating a certain food group could help, but he

is not consistent enough and wants a magic pill. I am sick and tired of his games, accusations and I talk to him in a way I normally not dare to (because I am afraid of consequences and repercussions). I want the truth and justice and no more lies and I have no fear in me that he could cause any harm after that (and I don't really care if) P5 10/10:X NS

Completely forgot about the chat with my supervisor. There is no guilt, however. I ring her and we have a good chat. P5 15/15:X NS

Doodling during lecture, drew smily face in circle drawn around book title 'Metaskills' and fish around 'fishing' title plus lots of baby fish all blowing bubbles. I look at these pictures and it calms me not allowing myself to be riled by student. P6 2/02:14:30 NS

Running late for work as started filing when I should have been getting ready! Annoyed with self. I had a feeling of not caring if I was late for work, had to stop myself filing. P6 4/04:07:55 RS

I have a sense of calm, don't feel concerned about work load. P6 5/00:05:14 RS

Surprised at husbands lack of emotion about what I thought was a pretty horrific scene in his dream. P6 14/14:09:30 NS

During this proving I have had to learn to sneeze properly, early on during day 5 I had the throat issue and because of this I have had to learn to let me sneezes out properly rather than holding them in. It feels good to let them go. P8 22/22:10:00 NS

On going to bed acknowledge that I have a feeling of calmness and relaxation and have felt like this all evening. I wasn't concerned about the things I hadn't done in the evening or the things I needed to do tomorrow. P9 0/0:22:41 NS

I wake up fully after dozing from about 7am and try and remember my dreams. I can remember dreaming of sitting in the room at college and thinking of the day ahead, also thinking about what I need to do at work next week. The feeling associated with this of calmness and the thought of what will be will be, instead of my usual feeling of needing to remember what I need to do and write it down or a feeling of panic. P9 1/1:07:53 NS

I remembered part of a dream I had the night before. I had dreamt that college was two weeks earlier than I had planned and I hadn't completed any of the required assignments. I wasn't concerned with not having completed them and just felt confused as to why the weekend was earlier than I thought it was going to be. P9 10/10:09:00 NS

Claustrophobia/trapped/seeks isolation

My husband has taken a day off work and I'm avoiding him. I have gone to the library. I want to spend as little time in intimacy as possible. I am seeking out my own company. I have a sort of feelings-fatigue, I can't be bothered. I feel worn out, worn out on caring. I don't want to see friends. I have avoided listening to a phone message since Friday (three days ago). I don't want to sit down and talk to anyone, I'd just be going through the motions, I don't feel genuinely concerned. I'm irritable at small talk. It makes me feel "itchy" (restless), I want to leave, I just want to get up and get out. I just want stillness around me. I want to be apart from people. I feel indifference. It's an absence of feeling rather than anything. I feel a bit blank. P1 11

I wake up feeling annoyed with people and life encroaching. I feel squeezed into a smaller space than I would like by my responsibilities. P1 13/13:07:00 NS

My house is not as well-organised as usual. The washing is not done. I have made no plans at all for half term next week. My studies are rumbling along extremely slowly and ineffectively. I sit in the middle of it all perfectly happy and relaxed until someone interrupts me or expects anything from me. Even the responsibility for writing diary entries and waking to record my dreams is irritating me. I should prefer everything and everyone to leave me alone. My husband tells me I'm more relaxed than usual. More easy-going. This is not normal. P1 13/13:13:20 NS

I don't feel as if there is a lot going on. I feel a bit irritable, like I would if I was hormonal with PMS, but this is the start of my cycle so it should be calm not like Pre Menstrual. I feel like I'm on a short fuse. Noise aggravates me, I'm irritated by people, by my husband coming back in the middle of the day and playing music. I'm even irritated when he brings me a cup of tea in the morning or comes home from work in the day time and suggests we go out for lunch. It is encroaching on my time and space. I want to shout "Go away!" I feel antagonism with everyone else and with myself. P1 13/13:12:00 NS

I thought nothing was going on yesterday but I am becoming aware of a frame of mind developing, it's coming down from my dreams into my waking hours. I have a sense of my space being invaded on all fronts, and it irritates and upsets me. P1 14/14:14:00

My personal trainer sends me a message to let me know he is going to weigh and measure me today. This guy is going to come at me at the gym. I feel like saying, "how dare you! Get away from me!" I signed up for fitness training to go full steam ahead looking after myself (since my friend was diagnosed with cancer - pre proving journal) I get assessed like this once a fortnight, so it's nothing new. The prospect of having someone get that close to me... It seems the grossest sort of intrusion. I'm thinking of fibs to tell him to avoid doing it. I feel like I'll either burst into tears or bite his head off and shout at him. I feel really really angry and I feel like crying. I find it difficult to think that I'll be able to tolerate having him right in my face. My reaction is extreme, it feels like an intrusion and I still feel angry and upset about it 3 hours later. P1 14/14:08:30 NS

I could handle the mad dreams just fine. Now it feels like something's got me by the throat. P1 14/14:10:30 NS

The upset feeling feels like a squeezing sensation, an internal sensation inside my throat. It feels like a rubber ball being squeezed. It has an amount of space around it that I want around me. P1 14/14:10:00 NS

I am developing a stronger and stronger sense of people and things intruding and encroaching on me. I am starting to feel like the space of freedom, solitude and calm that I have in my centre is being squeezed or invaded. I resent the dawning of consciousness as I wake in the morning. I am greatly angered and upset by the physical intrusion of my trainer taking my measurements. I feel affronted by my husband turning up at home in the middle of the day - it encroaches on me. It's my time and my space in the middle of the day and I felt my time was being squeezed. When I was on the phone he was following me from room to room, and I had to keep moving to another room to stay away from him. I am irked by people turning up on the doorstep unannounced. P1 14/14:11:00 NS

Everything feels a bit too close. I feel like things are pressing closer. I want to push everything away. There is a hand gesture with this - pushing my arms outwards like a Stop! gesture. I want to be bigger

to push stuff away. Even writing this diary feels like an intrusion. P1 14/14:11:00 NS

I feel hunted by the proving. I want it to go away. P1 16/16:03:10 NS

My daughter is being contrary - saying she wants something then saying it's been done wrong, not as she wants it to be done. I am finding it very irritating. My husband tells me I'm being snappy. I have noticed an increase in my irritability. P1 21/21:10:00 RS

As the day goes on I feel my mood darken considerably. It is like Pre Menstrual Tension but it's darker than usual. I feel great anger and sadness which makes me irritable. In the evening I argue with my husband because he has invited a business associate I don't know very well to a gig next week with two of our close friends. I wouldn't normally mind this, but now it feels like an intrusion on the intimacy of spending an evening with friends. P1 21/21:22:00

I feel very lonely and disconnected from everyone. It's making me feel desperate. I have gone down a hole in the middle of me unexpectedly fast. It's a rapid downward spiral. The walls of the hole have smooth edges - you couldn't climb out, it's inexorable. It's a bit like you are 'waving not drowning'. I felt like I wouldn't be able to articulate how I'm feeling, and there is nobody around who would hear it, nobody would understand. P1 21/21:24:00

I tell my husband I am really low and struggling, but he has to go to work. I feel there is no one who will understand me. Writing my journal is a welcome release rather than an intrusion. P1 22/22:07:00 NS

I'm a bit worried about bonfire night tonight. I have to do something for the kids but I hate busy public displays. I'm worried about my own sense of personal space being invaded by all those anonymous people in the dark and also I worry on behalf of my son. If he has a meltdown I need to be able to escape. In my mind's eye, (if we go out to a public fireworks display) all I can see is a tight, suffocative press of bodies around me in the dark, shuffling and pressing. I feel like I want to escape, urgently. I also hate the idea of not being able to leave by car until the fireworks display is over. I have the idea that I and the car will be trapped there against our will. I can't not do anything as the children will be disappointed. My solution is to invite myself over to my mother in law's house; she lives very close to a local display so we can watch the fireworks from the privacy of her back garden. P1 24/24:11:00 NS

My supervisor asks me about how it went with the fireworks the previous evening and what it was that I felt upon contemplating being in a crowd at a display. My reaction was URGH and my hand gesture was my left hand curled into a claw with my fingers almost touching. My fingers and thumb are turned inwards towards my sternum, very close to almost touching between my breasts. P1 25/25:10:00 NS

I am in a large house where building work is going on. I am working there and find myself in a small wedge-shaped corner where it is intended to place a loo. People come to discuss this and as they discuss it I sidle round and out of sight. I don't want to be part of the group. I don't really want to be there but feel some sort of obligation to be present. It is a confined space and I don't enjoy being there. It is not unpleasant but neither is it pleasant. I am anxious. I want to be separate but that is not going to be allowed by the other people present. I am glad to leave the dream, I wasn't happy there. P2 22/22.08.00 NS Dream

This is part of the same dream as above - but precedes it. I am involved in a strange scenario involving members of the family and a stranger. The stranger has set some kind of trap which will enable him to deduce whether or not I have broken some of his rules. I devise a series of ploys in order to escape the traps: this is partly successful but leads me to the next part of the dream where I lose my cool, give the game away and shout furiously at my sister who is responsible for making a really terrible noise. I awake from the dream (the noise turns out to be my alarm clock) with a throat which feels sore from having had to shout and a headache over my left temple, a consequence of my anger. The headache will probably only go away quickly if I wash my hair, but don't have time to do this straightaway. P2 26/26.07.00 NS

Very irritable and short-tempered: perhaps this was caused by the nature of the task I was doing which was painstaking and finicky. Irritability has been a feature of the past few days, if not weeks - have not so far thought to note it down. I think the irritability probably goes with feeling out of sorts with my cold. P2 51/51.16.00

In the last weeks of the proving my family insisted that I was keeping to myself and they felt I was isolating myself. P3

Director of a play and friend of mine came to my apt. She and my roommate had been to see a performance, she said. I was not invited. Felt left out. Had expected to go with them. P4 2/2:X NS
Dream

All of a sudden there are too many people in the dining room at tea break and I have to leave, quickly. I feel trapped, need a way out. P5 1/1:11:30 NS

The early nights hit me hard this year. Usually I just accept it but today I find the darkness suffocating, zapping all my energy and the energy from people and things around me. Everything seems to be dampened. I find it very hard to make the transition from a summer full of energy and exercise to an autumn/winter without any of that. I can't seem to get out of it. It seems to consume me. P5 21/21:X NS

3 rows of 3 football players wearing white T-shirts, all facing the same direction, not moving. The pitch is in a clearing on top of a hill, with scrub all around, there's nothing else and no one else around. I try to stay hidden, it's important for me not to be seen, I watch from a distance. I feel calm but feel the importance of remaining hidden. I was on my own so didn't want to be seen. P6 1/XXXX NS
Dream

Stayed in room at college, didn't want to be in the noise of the college. Wanted to be on my own and not share my germs around. Feel rested a little guilty not to joining the others. P6 1/01:20:30 RS

Needed to go for a walk on my own, feel like putting distance between myself and fellow student whom I finding particularly annoying. P6 2/02:08:00 RS

Need to go for a walk to clear my head, feel resentment towards student for interrupting my learning with her constant interruptions. P6 2/02:11:15 RS

I have felt irritated today. Irritated by other people and little things annoying me and getting on my nerves. The feelings I have had are associated with how I would normally feel a few days before getting my period but I am a couple of days into my period. I have not had these feelings before my

period arrived this month but have had them today. The feelings are no different just occurring at a different time. P9 20/20:20:34

Tunnels

My whole family is somewhere at night. My father says he has to check something in this tunnel, my mother and my brother want to carry on. I don't want my father to be in the tunnel on his own so I follow him. I am quite fearful as it is very dark and I am heading somewhere even darker. When we are at the tunnel we see a bird on the ground, struggling. I pick it up and it starts to fly but soon glides to the ground. It must be hurt. After some more attempts it dies in my hand, sinking its beak into the knuckle of my thumb. I don't feel any pain but the agony of the bird touches me deeply and I feel my body tensing up. It makes me tearful writing about it. P5 33/33:X NS

I dream of doors all the doors are connected by tunnels, I rush down the tunnels to get to the doors, I open the doors and meet different people from work. It is a repetitive dream, it is a dream about work. P8 7/ 7:24:XX Dream

Anger/violence

I see a colleague of mine in our hut. I want to write something and the wind, so aggressive and cold, blows the paper away. I scream and groan, almost bearing my teeth, close to losing it completely. I sort of apologise, not really bothered what she thinks. P5 14/14:X IOS

So fed up with everything that I want to kill people on the street when driving. They are not even in my way, I just want to run them over, feel my hands tighter on the wheel, my muscles in the foot and leg are getting tighter, just one more push and I could do it. Same goes for the dogs, I want to kill them, stab them create a bloodbath, get rid of them and my anger. I know being "red" or even "white" with anger but usually I turn against myself, act in a self-destructive way, but would never harm anyone or even think about it. This is very different. P5 15/15:X NS

It is getting worse, my desire to kill those dogs doesn't fade away and the methods of how to do it get more colourful: Smothering with a pillow, beating them to death with a heavy piece of something, kicking them against the wall...P5 15/15:X NS

Very, very annoyed with my colleague at work. I just don't want to work with incompetent people. I have no patience whatsoever. My thoughts are not physically violent but I want to swear all the time, tell him what a tosser he is. I also want to throw things around. Yes, the thoughts are still destructive. P5 16/16:X NS

In a strange house, trying to get the washing in from the top step of a flight of steps that led down a hill. It was very windy, I was worried I'd lose all the washing in the wind. I returned inside with the washing and went into the kitchen, there were lots of fridges in a row and a pile of mixed chopped salad on the work surface. I opened the fridge doors and they were full of salad. Husband was preparing salad, I got cross with him as we didn't need any salad and he hadn't told me he was preparing it. He in turn got cross with me as he felt he didn't need to tell me. I was very angry and shouted at him, I felt very jittery and out of control, my pulse was racing. I woke up with the same feeling remaining for several minutes. P6 11/XXXX

I was shopping for a BBQ. 3 different size shopping trolleys each holding a ceramic BBQ. I couldn't decide which one to buy. I felt frustrated with my indecisiveness. I asked my husband which one he wanted, he couldn't decide either. My frustration grew. P6 14/XXXX NS

I was trying to decide which birthday present to get my Mum. Do I get a house plant or a garden plant, or both? She didn't have much room in the house for more plants. I asked her what she thought, she wasn't keen on either. Then she said she'd been lent a blouse to wear. It was horrid, old and worn out and I didn't know why she would borrow an old I suggested I bought her one for her birthday. I felt frustrated she didn't like my gift idea and angry that she would borrow a blouse from someone else rather than coming to me. P6 14/XXXX OS

Wake with anxiety, mind fills with business problems. I am pre-occupied with issues I have to resolve. The issue with the web company we working with, the issue with the local homeopath, the issue with the announcement I have to make at School. All are to do with business relationships and sorting out problems. Things I would rather not deal with but need sorted. I am dealing with them all, but they play on my mind, I worry about them a lot of the time and keep waking up thinking about them. They all feel like they have the same themes. There is anger, frustration, disappointment, misunderstanding. P8 28/28:06:21 ROS

A long prawn-coloured snake is gradually & gently handed to me, whereupon it immediately bites me, (not felt), causing me to start from sleep, flinging my hand away. Snake had immature front feet features, like a lizard. It had a "nakedness" about its appearance, no pattern on its back. P10 3/X OS Dream

Decapitation/severed

I wake, horrified by the image in my dream, of my son falling lifeless from the cupboard, with his eyes rolling back in his head. My skin prickles intensely all over but more strongly over my back and down the backs of my legs. P1 1/1:01:35 NS

I am very annoyed by a woman's repeated interruptions. I want someone strong to cut across her, chop her off. P1 1/1:10:30 AS

Initially the feeling while watching the severing is of detached curiosity. When I wake up I am unfeeling about it. P1 3/3:07:00 NS

He needs to relax, he's so hurried, I want to cosh him over the head. P1 7

I wake up after a dream knowing that my head has been cut off. I feel quite ambivalent about this and am not aware of any violence or the dream that led to this thought. P1 36/36:07:00 NS

Something loses its head in my dream. A baby or small child. Its something that is done to the child but without a sense of violence or blood. P1 37/37:07:00 NS

During the proving there have been recurrent thoughts about decapitation. On one such occasion I walked past an angry man who was obviously upset with the woman he was shouting at and all that went through my mind was if they just chopped his head off it would all end. No shouting, no drama, nothing, a quick and easy solution. P3

On another occasion my husband asked me to pass the iPhone charger and as I passed it, a thought flashed into my head that the wire is most probably thin enough to garrotte him. I have absolutely no malice towards him and the last thing I want is for him to die. P3

There are very graphic thoughts on the best ways to kill animals; slitting their throats would cause them to bleed and die slowly and be completely aware of the pain whereas severing the spinal cord would eliminate the pain but instil fear due to the awareness that would still be there. I have no desire to kill animals but I am fascinated by the process and people that do it for a living. P3

Dream. I am with a young girl (5 years of age?) who is suspended from the ceiling on long rope spinning. Her eyes are closed as if she is asleep. She is spinning very fast. I reach out and slow her, worried that the speed might frighten her. P4 30/30.07.30 NS Dream

I dream that I am with dogs and it is either about being eaten or bitten by them or the way they eat. It is not eating in chunks but layers and those layers show as words, sentences. P5 12/12:X NS Dream

My wife tells me about her dream when we chat in the morning, she had a stirring dream where she had no feet and was trying to get away. Both her feet were missing and she just had bloody stumps. She was running on her bloody red raw stumps. P8 25/25:07:34 NS Dream

I dreamt last night about having to give my watch to someone. I didn't want to give it to them and they wanted to take it apart. I really didn't want them to take it apart. P9 8/8:09:00 NS Dream

Bullied/self loathing

I wake in the morning and as I come into conscious awareness of my body I feel a lurch of revulsion at how disgusting my body is. It feels like my stomach lurches. I want to get out of myself again. This has happened a few times over the course of the proving but this is the strongest it has ever been. I have the same feeling on the following 2 mornings. P1 48/48:07:00 IOS

I wake with the words 'punch me' going through my head and feelings of self-disgust as I become aware of my body. P1 50/7:00:00 IOS

My son has become really sensitive to taunts, laughter and mockery over the course of the proving. P1 53/X NS

Receive an email from a local accuses me and my business of criminal activity because we accidentally placed a posters on his notice board. Feel annoyed at the strength of his words and his misplaced frustration, feel I must redeem my businesses reputation, worry he may spread bad rumours about my business and make it hard for us to be in the town. Start to wonder if he has taken all our posters down and if he is talking to shop keepers and others turning them against my business. P8 5/05:12:XX NS

In a business meeting one of the guys from the other company starts to get more and more aggressive towards me accusing me and the my business of not rewarding him enough for their work. He is shouting, he is out of control. It is crazy because he writes the proposals and sets the fees. But he is angry with me and blames me. I feel shocked, upset and annoyed with him. I feel he is angry with his business partner about the way the project has been managed as it has gone over budget but he is taking it out on me. I question whether we will be able to continue to work together. P8 7/07:12:XX NS

I wake thinking about the guy in the meeting that was aggressive, I feel I have to write to them, clear the situation up. I feel I have been treated like a small child being told off, I feel upset, I wonder what I could have done differently, I wonder if I am in the wrong. P8 9/9:XX:XX ROS

I realised today that one of the feelings in this proving is of being bullied, I feel bullied into decisions or into having to do things I would rather not have to. It is like emotional bullying. P8 23/23:08:15

I feel I have had a number of incidents happen to me over this proving where people have been disproportionately aggressive towards me. Where the level of aggression has not been warranted. I feel things are blown out of proportion or misunderstood and like I am the bad guy and have to over explain myself. I do not run from my duty, I take the time to fully explain the situation from my side and why I feel there is a misunderstanding. P8 34/34:02:45 NS

Feel everyone hates me, people I work with, family members, people in community. P8 47/47:07:22 NS

Self loathing, what am I doing, is it all worth it. P8 48/44:09:52 NS

Guilt

Today I find myself singing a song in my head about guilt. As I hum the song a county court summons drops onto the doormat at my feet. I open it and the first thing it asks me is whether I will be admitting guilt. P1 24/24:13:00 NS

I had a dream where I had an affair, it was nothing long lasting but I felt so guilty and felt I had to confess even though I knew I had clearly got away with it. The intense guilty feeling lasted a while after waking and I felt compelled to tell my husband my dream. P3 4/6:15:00 NS

I have been very tired all day, energy levels very low and feeling as if I have done something wrong, feeling very guilty. P3 31/21:30:00 NS

Although I am looking forward to leaving my dog-sitting place I feel nervous and apprehensive but cannot explain why. I never have premonitions but now I wonder if something might happen, an accident just on route to pick her up. I see the fire engine going back to where I came from and wonder if I left the hob on. Nothing happens but I feel guilty that I am a bit late and my friend had to wait a bit. P5 17/17:X IOS

Visited friend and her puppy. It ran out into the garden and turned into a labrador when it ran back into the house. It turned into a full grown Labrador from a Springer Spaniel puppy. It ran around madly. I said it was just like my dog; he'd have these funny 5 minutes. I kept giving it biscuits, it made a real mess. I felt guilty. Her husband came home. Friend told me to fill in a chart on the wall with all the snacks I'd given the dog. I joked about her chart and how 'anal' she was, they both laughed. I was hiding my guilt by joking about it. P6 5/XXXX NS Dream

I have feelings of guilt, like I have done something wrong, I feel uncomfortable, like something is just not sitting right. I can't shake it; I can't put my finger on it. It is making me look at everything in a different way. Every situation that comes up makes me question if I have done it right, or if I have wronged the person. I think this has been going on for days, but I have only just identified it. P8 15/15:XX:XX NS

Intense feelings of guilt, worried I might bump into the guy from the pub. P8 17/17:08:01 NS

Carefree/happy

I feel a deep sense of calm and can feel my heart beating deep and slow under the weight of a steady pressure across my chest and shoulders. P1 0/0:10:00 NS

I spend an afternoon being cheerful, gay and happy with my family. I get the impression I am a much nicer person to hang out with than usual! P1 3/3:15:30

I wake earlier than usual feeling very happy and very alert. I jump on beds with my children and sing silly songs. This is great but it's not our normal morning routine. P1 4/4:06:15 NS

I am strangely cheerful and the family is enjoying it. I'm just bouncing through the day. It is enjoyable but it feels superficial. P1 4/4:18:00 NS

I feel more relaxed than usual about time. I'm working on slow time. P1 7

Everything is becoming cohesive. All the fragments of those mad dreams are coming into a cohesive pattern now and I can see the pattern. It's quite exciting to see it make sense, it's a wow feeling seeing that film on the Amazon, with the geometries that I was uncovering from soil and clay in my dream, and the discovery that it was man-made soil in what we think of as the most natural place on earth. The film is even called Unnatural! I've done the research for my essay and I know what I want to say - I just have to write it, so it's all coming together. I have to clean the house (cheerful about that) then I'm going away for the weekend and I'll have time and space for myself. I am lucky, I time to study, and I have the finance to study, I'm lucky. The mood is restored to feeling fortunate in life. It's all good, I'm in good relationship with my husband and my family. P1 26

I'm feeling very up. I've been in a cheerful mood for several days. At first when I got home after the weekend I was being deliberately cheerful but now it is real cheerfulness. P1 35/35:12:00

It's a perfect day. I am driving down to the coast for a weekend in the country with my husband. As I drive I experience sensations of complete and utter joy and happiness for my husband and myself. There is a feeling that we are in that moment, both standing on our individual pinnacles of achievement - he has won an award and I have taken my first case. I am extremely happy and full of joy for us both. The image I have in my head is of me rolling around on the floor, clutching my sides with tears of mirth streaming down my cheeks. It feels like I have just heard or seen the funniest thing in the world. P1 42/42:13:00 NS

I am much more light-hearted with my husband over these last weeks, mocking him, having a laugh. P1 53/X NS

Have had a pleasant uneventful day with little to report. P2 16/16.22.30

Very relaxed, usually phone home to give all sorts of instruction, but don't feel it's needed today. I feel quite reassured that they can cope without me. P3 1/8:15:00 NS

I feel completely content when eating and I keep saying how wonderful the world is. P3 2/13:47:00 NS

(Only unusual compared to the last 10 days) woke with such a feeling of lightness after a good, deep sleep. It's as if the last few days my body and mind have been so heavy everything was such hard work. Everything seemed so slow and solid. Today I am full of energy and a joy for life. P3 13/7:00:00

NS

Still very relaxed and confident, full of trust that everything will be ok. P5 1/ 1:X RS

Happy, relaxed, positive and excited all day, seem to even be able to take the darkness away from someone I really like. P5 2/2:X NS

Annoyed about a classmate. Rather than getting all wound up I start doodling which I never do. I draw smileys and the sun and a starry sky; positive images to keep me positive and not have my energy zapped. P5 2/2:X NS

I've had a general feeling of calmness, relaxed and content all day. The feeling I have is associated with smoking pot at university. I just feel happy and content. I feel like there is nothing to worry about and what will be will be, things will take their course whatever so I'll just go with the flow. P9 1/1:10:16 NS

Both dogs are quiet all night, no whining or growling or any other sign of discomfort. It feels as if my positive and happy, careless state affects them. Usually they even miss their mum when she is only gone for an evening and I am never enough for them. Also, I haven't seen much of them recently, so logically they should have been miserable. Again, the mind wasn't able to feed any negativity into reality. P5 4/4:X NS

I get up before the alarm and feel happy and ready for the day. P5 4/4:07:50 NS

In a good, cheerful and carefree mood all day. Things that usually phase me are no bother. I smile a lot and don't get aggravated even by customers or music that usually annoy me. P5 4/4:X RS

Still in that light and carefree mood, although at 2 points I thought I was going back to my old self. This made me sad but turned out to be just a dip. - Completely forgot about the telephone appointment with my supervisor. P5 7/7:X RS

I go for a walk in the fog and feel like being in a bubble of joy and happiness. The fog reduces all noises and makes everything peaceful and still. I feel so much love inside me. P5 11/11:X AS

Just happy to be here, my mind is very alert and I enjoy being here and being able to learn, be with like-minded people and be recognised for what I am. P5 30/30:X NS

A bit sunnier today, in my heart. Close to meeting up with my study mates again. Cannot wait. P5 54/54:X RS

Daughter said I was being very positive. Felt pleased it helped her positivity. P6 4/ 39737.17778 2 2 RS

Actually feel positive about the winter coming, I usually suffer with S.A.D (seasonal affective disorder) and have had no symptoms yet. P6 7/ 39739.29757/ 2 2 RS

I was riding my bike through the countryside with my dog running alongside. It was a lovely sunny day. I felt really content. P6 9/ XXXX/ 1 1 NS

Happy and calm feeling still present, just not as intense at the weekend. Wake ready to go in the

mornings. P9 32/ 1.339583333/ 2 3

Energy - fluctuating

Today has been a good day health wise - still no headache or neck pain. There is still a grinding noise if I rotate my left shoulder but this is not causing me any distress. In good spirits and have a reasonable amount of energy. Was asked today about homeopathy and was able to reply with more coherence than usual. P2 21/21.22.00

Exhausted by evening and want nothing except to go to bed. P2 28/28

Have been aware of my cold all day but by mid-afternoon would have loved to have been able to go to bed and sleep. Feeling exhausted. P2 29/29

Good level of energy until well into the evening. P2 49

Low energy levels but no distress or discomfort. P2 66

Feel extremely tired, even reading is hard work. Any concentration required too much effort. I walked down to the shops and the tiredness went but as soon as I returned home 20 minutes later it came over me again. I went and lay on the bed and dozed off. I forced myself to get up as I had things to do. Felt a little better after a cup of tea. P3 3/16:12:04 NS

Feel extremely tired can hardly concentrated on anything, feel I can't cope with anything just want to lie down. P3 6/15:13:00 NS

Felt very tired, incapacitated with tiredness. The worst of it lasts for about an hour and I remain with a general feeling of tiredness, absolutely no energy. P3 8/ NS

Left foot becomes very warm in the arch. Very pleasant sensation. Energy levels are on the rise. P3 33/20:00:00 NS

Overwhelmed by tiredness after supper. Longed for bed. Ascended as soon as I could extract myself from conversation. P4 0 NS

Desire to dance as walking to transport. Sense of hips swaying, light footedness, musical beat in mind. P4 3/3.07.30 NS

Very tired; don't seem to bother about alcohol or cigarettes like I usually do; only have 1 cigarette and 1 1/2 drinks. P5 0/0:21:30 NS

A bit less upbeat today and very tired all day. P5 6/6:X NS

My brain still feels very slow and I am very tired. P5 8/8:X NS

Very tired, low physical energy, my mind feels fresh and sharp though. P5 10/10:X RS

I feel a surge of energy and happiness spreading through my body, mind and spirit. I am so delighted to be back home again. P5 18/18:X NS

I feel so tired and lacking energy to do any of my sports. Some of my club mates have contacted me recently and although I would love to see them again, I cannot imagine doing any running or circuit training or even swimming in the pool (the session is only at 9 pm). I would still love to swim in the sea but it is too cold. I was active all summer, almost every day and now I don't do anything. P5 19/19:X NS

I am physically so tired that I have to go to bed at 22:00. P5 21/21:X RS

Wake up quite refreshed, very excited to go back to Stroud. Very concentrated on the way. P5 28/28:X NS

Very tired physically but the mind is working, so I carry on studying, using the energy from the weekend. P5 31/31:X RS

I feel more energetic and decide to go swimming (determined to set my base-time for a competition called "winter swim"; I still have a week left, so it's not urgent). When I am in the water I feel like reborn, all the tiredness is gone. P5 37/37:X NS

Feel extremely tired can hardly keep my eyes open. P6 24/00:22:30 RS

I feel exhausted, I am tired all over, like my energy levels are half. I can still do everything but in the evenings feel wiped out. This goes on for 14 days. I start to forget what it is like to have normal energy levels. It feels like I am ill, but I can't remember when I used to feel 100% or what full energy feels like. P8 4/04:XX:XX NS

Soon after taking the remedy I felt very relaxed, as if I could just lie back and fall asleep. A strange feeling for me as I was in the room with the other provers and normally wouldn't even consider going to sleep in a room full of people. P9 0/0:18:30 NS

I have had quite a busy and what would normally be a stressful day at work. I have been home for about an hour and have noticed that I am not tired or unhappy that I've had a long day, I feel like I have got enough energy to continue and do the same again. I feel quite full of energy whilst also feeling grounded and calm. P9 3/3:20:44 NS

I've had a busy day again, and would normally feel quite tired and stressed. I did not feel like this and my energy levels were still quite high, I could probably stay up later but have decided to go to bed as I've got another long day tomorrow at work and I'm sure my batteries are going to run flat soon. P9 4/4:22:29 NS

When I get up I think that I should be feeling tired but instead get out of bed and on with the day, not at all feeling like I've had 3 long stressful days at work. P9 6/6:07:01 NS

I had 2 glasses of wine last night and this morning I woke up as if I'd had a lot more. I felt very dehydrated and tired. P9 30/30:08:15 RNS

Multiple occurrences of the above symptom all evening. This was then followed by tiredness and wiped out feeling for and not passing any stool for a couple of days afterwards. P9 38/38:23:00 NS

I have felt tired and weak all day. I have had a high level of perspiration all day, and I had to have a shower as soon as I got home. This was my first day at work after the diarrhoea. P9 41/41:19:00 OS

Generally feeling much better all day. Normal energy levels have returned. Grounded, calm feeling has gone completely. P9 43/43:19:00

Awoke, to the bathroom to urinate. Wanted to start the day and wished it was morning. P10 9/03.20.00 NS

Lack of direction

I went to ask for directions at tourism and they explained the route and showed me on the map. I knew exactly where to go but had to ask which direction I should head in. I could not figure out if I had to turn left or right. P3 4/14:10:00 NS

I was shopping and wanted to go to the checkout immediately. I found the floor plan and I could see the shortest way out but I couldn't work out in which direction I had to go. P3 9/15:15:00 NS

I dreamt I was being held prisoner in a building with white tunnels everywhere. I was the only prisoner and was allowed to walk around the place freely although I was being watched. The people that worked in the building helped me escape by pointing me in the right direction. Felt very afraid of being caught whilst trying to escape. I did eventually escape and rode off on a bus. P3 10/6:07:00 NS

I had to go to a strict Muslim country, it was compulsory. I had to go by rowboat on a lake through the desert. There was a couple with their daughter climbing into a boat to go, I begged them not to go because of the dangers for the little girl but they would not listen. There was nothing I could do to convince them. I entered the country and did what I had to do, it was all very secretive and I was able to move around un-detected, I was very good at the stealth and could even predict the enemy movements but I had no idea which direction to go into to leave and I couldn't ask as I could trust no-one. P3 15/6:30:00

I am on a bicycle heading in a direction I know, when I am joined by my first big love. We are cycling along happily. Then another ex partner of mine is in the picture. Still cycling I am joined by a guy and we have a lovely chat. He seems to know a shortcut and I lose him. I lost my bearings and don't know where I am going anymore. I feel utter panic. P5 12/12:X NS

Nature vs. manmade

In the next bit of the dream I am in a survival situation where everyone needs clay/good soil from the ground. It is to be found only by scraping away the upper useless sandy layer of earth with your hands. We have to be furtive about collecting it and so we do it at night. There are many of us, all desperate for clay/good soil but feeling like something is going to come and stop us. We look over our shoulders a lot and we are also wary of our fellow diggers stealing our clay. P1 3/X NS

I am going to sell vegetables at the side of the road. A man takes me to a garden where I must pick the produce for my stall. I cannot see much veg, it's all hidden by foliage, or it is under ripe or disfigured. He hands me a carrot which is very dirty, especially in the deep creases that encircle it. He suggests I use a knife to run around these deep creases, to clear the mud. The feeling is how can I clean it and how can I make it orderly. The dirt is really tenacious. P1 4/X NS Dream

I am beginning to get a sense of some sort of tension between things man-made and natural. The

natural things are either debased or altered by man. P1 6/6:07:00 NS

I have a strong desire to do some gardening. At this time of year I usually avoid even looking at my garden as it makes me feel very sad to deal with the dead, rot and decline of autumn. I've decided to go and help in the school garden tomorrow. It's something I usually swerve. P1 6/6:08:00 NS

I'm starting to recognise another thread in my dreams which is beginning to seep into my waking hours. The nature/man-made contrast is quite a frequent background to my dreaming. I randomly picked up an anthology of poetry yesterday which happened to have a dark green cover with misty, bare tree trunks on it and therefore not unlike my dream. The poems that caught my attention as I flicked through were Sunflower Sutra, by Allen Ginsberg and Black Rook in Rainy Weather by Sylvia Plath. In the Sunflower Sutra Ginsberg describes a wholly man-made landscape in terms usually employed to describe nature: 'I sat down under the huge shade of a Southern Pacific Locomotive to look at the sunset over the box house hills... we sat surrounded by the gnarled steel roots of trees of machinery'. In the second poem Black Rook in Rainy Weather, Sylvia Plath is talking about nature talking back to man and how seemingly inconsequential natural events can have an incandescence about them and deep meaning. The Ginsberg poem hits the nail on the head with where my dreams are at. Very uncanny. P1 6/6:09:00 NS

I feel more relaxed than usual about time. I'm working on slow time. My husband is on adrenaline. He needs to relax, he's so hurried, I want to cosh him over the head. He is a dynamic person anyway but he's having a million ideas, for a cookery school, business ideas. I want to get him somewhere peaceful and quiet. He wants us to go to London for my birthday and go to the theatre. I can't bear the idea of being in the city. It's like an assault. I want to go somewhere calm in nature, but my husband isn't going to agree to it. I have a vision of going somewhere overlooking the sea. P1 7

It's about unity, nature vs the city. It's an abhorrence of things manmade. P1 7

The nature man-made theme was last night playing itself out as a city vs. countryside issue. I woke up and told my husband over breakfast that I cannot (do not want to) go to London for my birthday next month (we usually do a theatre trip). I told him I need to go somewhere wild away from town. P1

Gardening was cancelled, I'm quite disappointed but I'm going to North Yorkshire this weekend to visit my sister who's recently had a baby. I can't wait to be up in the wild. P1 7

A flower is rotting under a film of heavy tar. P1 11/X NS Dream

My compulsion to be outside has subsided, since I spent last weekend in the countryside. But I still feel slightly better for going outside. Being outside in the garden or in the fresh air ameliorates the mood slightly. P1 13/13:14:00

I lie down for a rest after spending the morning in the garden. I start to weep. In my mind's eye I am being beaten around the head. This upsets me greatly. P1 15/15:16:00 IRS

(On the subject of both echoes and nature vs man-made) I flick idly through the channels on the television and come to rest on a programme called 'Amazon: Unnatural Histories'. It was all about mounting evidence that the Amazon was not as pristine and unspoilt as first thought. Pre-colonisation and exploration by Europeans, a very great number of tribes existed in the area. The

remains of hundreds of large, advanced settlements have been found. The evidence (this is the strange bit) was the discovery of very large geoglyphs - or deep geometrically-shaped trenches that had been found etched deep in the earth where deforestation had cleared the supposedly pristine forest (these shapes were made by deep trenches like the ones I was swimming round in an earlier dream and the idea of clearing forest to uncover a man made structure is very resonant). The hypothesis was that these structures, which served no practical use, must have been created for some religious purpose up to 2000 years ago. The situation in this programme significantly reflects the dream I had on day 5. Also captivating to me was the notion that far from damaging the Amazon, these past colonies and peoples had done much to encourage different plants to grow and changed soil conditions considerably, to the extent that huge swathes of the Amazon to this day could be said to have been anthrop generated - man-made! The value of the man made 'dark earth' of the Amazon was similar to the value of the earth I was searching for in another dream. The idea here was that unlike my dreams, man was not antagonistic to nature but fundamental to it. It felt like a bit of a resolution to the feelings I have of disgust at man's interference with nature, even though, as my own gardening activities show, I've been engaged in a bit of natural engineering myself. The echo of this with my preoccupation with man made and nature, strikes me as weird. The few villages they had found were in circular clearings with the long rectangular buildings arranged around the edge - just like the many sided polygon of my dreams. P1 25/25:20:00 NS

I dream of a plant. It is green and the leaves are like the palm of a hand. The seeds or fruit of the plant are unusual because they grow integral to the leaf. Another part of the plant/or a different plant has long fanned-out stalks with the same green nodular seeds/fruit. P1 23/X NS

Dead sunflowers are planted in orderly, even ranks in my garden. I pull them up and search frantically in the earth for the seed from which they grew. P1 41/X NS

I spend all day gardening and clearing leaves. I do most of it with my bare hands and find it satisfying work whereas normally I would hate the job. I don't like the bare patches of earth in the lawn and sow lawn seed even though it's late in the year. P1 55

Walking with proving supervisor at Hawkwood, we suddenly become aware of the chattering of a very annoyed squirrel. P2 2/02.14.00

On drawing back the curtains am confronted by a squirrel on the fence looking at me. Squirrel stays put for a good minute. Then a heron lands on the neighbour's roof and stands there for quite a long time. It moves off when a magpie lands on the roof as well. P2 3/03.08.30

Driving along a country lane, at a slow pace because there were lots of pheasants on the road, a squirrel almost went under my car wheels: very sudden and unusual in that I have never come close to running over a squirrel although I do see them on the road from time to time. P2 6/06.16.45

Noticed a squirrel today - not really an unusual event in this location. Also heard a tawny owl hooting in daylight. This is unusual but I have heard it before. I do feel very aware of my surroundings at the moment. The natural world is vividly beautiful. I am feeling very calm and relaxed. P2 7/07.10.00

Chatting to a friend this afternoon and he pointed to his hazel tree and complained there were no nuts because the squirrel had eaten them all. Another friend spoke about his daughter's Chinchilla and described it as being in many ways like a squirrel, darting here and there. P2 8/08.14.00

Passed a squirrel as I was driving along - but often do on this stretch of road. P2 13/13.16.45

Story related to me of squirrels stealing apples - but the same person has told me several tales of squirrels in the past. Seem to have heightened squirrel awareness at the moment. P2 14/14.11.30

Driving slowly along a narrow lane at dusk and met a deer on the road. Deer had large antlers and was very relaxed; ambled along the road until it found a suitable hedge to jump over. I have once before seen a deer in just this spot but several months ago now. P2 17/17.17.00

Thought to clear up a pile of leaves lying under a clump of bamboo. When I lifted them I discovered a baby hedgehog hibernating. Have never found a hibernating hedgehog before. Felt very privileged. P2 20/20.15.00

Fitful night's sleep again. Woke several times but did not get up. Felt very cold and pulled my duvet tight round me to eliminate draughts but this did not help. Reminded myself of the hibernating hedgehog. I was not worrying about anything to my conscious awareness. 22/22.08.00

I have had more exposure than normal to rats, I am usually scared of them and feel threatened that they might attack but now it is more a sense of 'they are not interested in me'. I saw a seagull eating a dead rat and I must admit I found it absolutely fascinating whereas I would normally find it disgusting, it was picking the insides out from where the head use to be. It seems as if I cannot empathise with dead rat, who has obviously met a very cruel fate. My interest is more analytical and accepting of what has happened and even detached. P3

I have also seen a large amount of road kill; a badger (black and white one), a fox, an otter some cats, dogs and various others that were unrecognisable. This happens just about every road trip I take and I find myself staring wanting to see more with none of the usual revulsion or pity I have when seeing dead animals. I feel distanced from their suffering. P3

A fairground-type ride in the night sky, exploring unusual astral phenomena. P10 2/X NS Dream

Pregnancy/babies/menstruation

There are many babies in my thoughts, both in my dreams and in daily life at the moment. My sister, and several of my friends are having babies and there seem to be many babies around. This afternoon I found myself at my desk reading a homeopathic mother and baby book when there were a thousand other things I should have been doing. I was completely absorbed in it and had picked it up unconsciously. P1 20/20:09:12 NS

Another friend calls me out of the blue to tell me she's pregnant. More babies! P1 23/23:10:00

I get asked twice in one evening whether I'm thinking of having more children. I sit next to a woman my age, at dinner, who has just had a baby. More babies. P1 23/23:22:00

I dream that I am giving birth or my sister is giving birth. It seems difficult to find the space free where we will be from interruption to complete the process. P1 27/X NS

The whole proving period has been one full of maternal issues, giving birth and breastfeeding. Lots of maternal issues around birth, breastfeeding and nurturing from my own past have been brought up birth in my dreams and waking hours. P1 39

Pain in region of my left ovary. Feels like it is being needled. Intermittent for 3 hours. It seems like I'm ovulating early. I'm sure this is the same ovary as last month too. P1 34 NS

I wake with 2 new pimples on my top lip. They are small and not really sore. In the inside edge of my right eyebrow I have a sore lump. It feels like there's a deep, sore spot in there under the skin. I have another swelling with a spot deep under the skin on the left of my chin. The type and pattern of these spots is still typical of those I get before the onset of my period. P1 15/X NS

I wake with six or seven pimples on my chin and forehead. I normally get one or 2 with the onset of menstruation. They are small and red with a little white head. They are sore to touch. P1 6/6:07:00 IRS

Started menstruating 12 days early – most unusual for me to be early. P3 12 NS

Lots of dreams around menstruation and babies, cannot remember anything specific. P5 8/8:X NS

The region of my womb and ovaries feels like cramping although my period is another 2 days or so away. It feels like last time but not that painful. P5 15/15:X RS

My period finally starts, exactly 28 days. Usually I am 23 or 24 days and I was always wishing it was less frequent. This never happened to me that I had 28 days between cycles. P5 20/20:07:00 NS

Despite the late start of my menses the flow starts slowly and painless. P5 20/20:X RS

Menses still almost painless. P5 21/21:X NS

I dream that I am pregnant, 4th month maybe. I see my belly expanding and I feel the child in my. It is a mystery to me as I never had sex with a guy, but of course everyone just laughs that off, not believing me. I worry about all the practical things like buying new clothes etc. - It is quite an intense dream. P5 40/40:X NS

Wake with memories of an odd dream about baby but can't remember the details. P8 31/31:XX:XX NS

My period started today and I have noticed that I didn't get the normal level of breast pain that I would get a few days before. There has been some pain but not to the level that I have experienced this year. P9 19/19:22:20

Sexual desire

I feel like I have come full circle. I am much less in a 'leave me alone' mood, and much more 'come hither'. Sexual desire is much increased. I want to spend time with my husband. P1 36/36:10:00 NS

Sexual desire is still strong. Once is not enough. I wake my husband in the middle of the night. It is definitely on my terms. I am more keen and more dominant than usual. He is delighted. P1 37/36:24:00 NS

I'm in hospital casualty department. I have a crab/spider embedded in the front of my ankle. There's a huge queue and after a long wait the doctors come and pick it off telling me to go on my way. I'm

attracted to one of the doctors and we hook arms and go out to get lunch. We become too full of desire before we can have lunch or get better acquainted. There's a friend's parent's house nearby. I get him inside and we get into my friend's bed. In the dream I wake in the morning and do not want to be found with this guy by the parents. I'm embarrassed so I wake him up and sneak him out. P1 46/X NS Dream

I converse with a blonde headed young man. He stands on a shelf above my bed. I entice him to come down and lie beside me. How will he manage the great distance between shelf and bed? He does so with ease. He is naked and tall standing beside me. Scene change: We are walking together, both naked, me behind him. I press my flesh against his bum and cup hands around his privates. Though intimate and warm there is no sex, just the feel of flesh to flesh as we walk. In another dream I squeeze watery droplets that emerge from my skin. In both dreams there was a sense of observing myself as if from above or with detached objectivity. This other self was mildly curious about the unusual events but looked upon them with gentle, avuncular amusement. P4 3/3.X NS Dream

Another romantic dream, this time I tell the person I have to smell them first, before I get involved. P4 16/16:X NS Dream

Tipsy/ giggly

We are frivolous, giggling in class about it. P1 1/1:10:30 AS

I feel giddy as if I'm tipsy. There is much mirth between my classmates and me. The best description of the state is frivolous. It lasts most of the day. P1 2/2:10:00 NS

I am extremely giddy, happy, cheerful in spite of the fact that I am alone in my house with no stimulus. It feels like the initial proving giddy sensation. P1 26/26:13:00 NS

The whole weekend feels very giddy, superficial and frivolous. It is as if everyone is just a little bit tipsy all the time. Everyone seems to make light, poke fun and laugh. All very good fun. P1 28/28:10:00 NS

Gaiety. Giggling In good spirits. Smiling and infused with sense that all would be well. P4 1/00:21:45 NS

Unspoken signals going around group, when student interrupts we now catch each other's eye and smile or giggle. P6 2/02:12:30 NS

I was talking to my boyfriend on the phone and a number of times he made a comment that I sounded slightly drunk. I hadn't had a drop of alcohol. P9 1/1:20:30 NS

I had half a larger shandy and felt quite giggly and silly. To feel like this would normally take 2 glasses of wine. P9 9/9:15:45 NS

Water

I go for a swim with my son. The pool has only 2 other people in it. We share a very intense experience together. We swim very close together and mostly under water for the whole hour. He swims just above me on my back, as we surface. My son is looking at me intently the whole time and is constantly touching me. It feels like we are sharing a deep communication. Afterwards he tells me he really enjoyed spending that time together. It is difficult to overstate how unusual this is. Communication is so important for me and so impossible for him. My son has autism, when the

connection is there it runs so pure and so deep, the rest of the time he's like a badly tuned radio. P1 21/21:12:30 NS

I go into Birmingham. The crowds on the train and in the street really oppress me. Too close, too much, too overwhelming. When I reach a square with a large fountain, the relief I feel looking at the flowing water is enormous. P1 51/ 51:17:30:00 NS

Dream shortly after I had put the light out. I was underwater - probably sea water. A noise of unknown origin frightened me and I felt that I must swim forward and down to a greater depth. The water was much darker but not sinister in any way. I felt that my chest would burst if I could not get air and that I must surface very quickly if I was not to drown. I succeeded in doing this and could feel my heart racing from the effort. Not sure if I had human form or was some other creature. P2 0/00.23.30 NS Dream

Again felt tension in my left scapula and running down to the middle of my back. Can forget the pain when I am busy. I stop noticing the tension after a while. Pain is better for soaking in hot water. P2 3/03.21.00 RS

Dream: Am in one of two large rooms belonging to a neighbour who has recently moved in. I am wary of the people but treat them courteously though I feel rather stupid. (Nothing like my neighbours in reality). A woman is showing me some sort of gadget which has the capacity to change the colour of the walls through light. There are lots of glass blocks about. I think my purpose in being there is to meet them. Next thing I find myself on a narrow concrete causeway with water lapping it on either side. I don't think it is sea water and yet it is tidal. I reach a difficult point on the causeway where it starts to rise and it is necessary to do some climbing in order to carry on. I am very anxious not to lose my footing and so I turn back although the waters are already beginning to rise and the way back is not as safe as it was. I prefer known danger to the unknown. I wake up. P2 12/12.07.00 NS Dream

Calm, sense of well being. General sensation of undulation - waves in air (lightness) or water (slowness). P4 0/00:19:30 NS

I go for a swim with a friend, wearing a wet suit as usual. The water doesn't even feel cold in the face or on hands and feet. After this swim I have to get in again, without the wet suit and it is wonderful, I don't feel the cold (13.7 C) and swim for another 5 minutes. Afterwards I don't feel cold either, whereas my friends' fingers are white. I feel like radiating heat, not as a fever, just producing heat in the right amount and in the right places. P5 8/8:11:00 NS

I feel more energetic and decide to go swimming (determined to set my base-time for a competition called "winter swim"; I still have a week left, so it's not urgent). When I am in the water I feel like reborn, all the tiredness is gone. P5 37/37:X NS

I go for a swim in the pool after the job centre and try and relax and focus on the good things in life. My energy is still not brilliant but I enjoy it. P5 49/49:X RS

On the phone booking a break, I couldn't hear very well as had water in my ears from swimming in previous dream. They were getting annoyed with me because I kept repeating my question. I was embarrassed, as I should know the answers as I used to be in travel. Woke up. P6 4/XXXX NS Dream

Sensations

The upset feeling feels like a squeezing sensation, an internal sensation inside my throat. It feels like a rubber ball being squeezed. It has an amount of space around it that I want around me. P1

14/14:10:00 NS

Experience strange sensation of being very short and very round - almost a ball, perhaps 3ft high. I feel quite content if not self-satisfied about this. I've never felt this before. P2 3/03.12.00

Sensation that I am physically larger than usual, than others. Feeling of omnipotence as a result. People will look up to me. P4 3/3:07:30 NS

All weekend I have had the calm and grounded feeling present, to a greater intensity to that experienced at the end of last week. Feel happy and energetic. When I think about this feeling I have a sensation that at the tops and back of my arms it is as if they are being pulled. P9 30/30:16:15 NS

Dreams

I dream of a textured surface like even rolling hills. My perspective changes and it could be close-up undulations of skin rolling around to form a structure much like a double-twisted rope. The surface is rough to touch in one direction and smooth in the other. I dream of all the children in my extended family standing in height order. They all seem to have broad wide foreheads which catch my attention. P1 1/1:01:00 NS

Next I dream I am standing outside a shower cubicle waiting to dress a lady inside in a theatrical pearl gown. I open the door of the shower because she's not coming out and my son falls lifeless at my feet with his eyes rolling back in his head. P1 1/1:01:00 NS

I am in a group of women. They all decide to have sex with each other. One of them gets out a whip. I can't watch them beating each other. It's unnatural. I don't want to see it but I feel like a prude. P1 1/X NS

Next in my dream, I am clearing a garden ready for autumn - it's very satisfying work and a relief to get it done. The garden is full of plastic toys and manmade things which just shouldn't be in this natural setting, they pollute it or spoil it somehow. I have a strong impression of the colours green and purple. P1 1/X NS

I am visiting an old friend, an elderly lady, who is in great trouble with her daughters and their relationship. There is much weeping in the house. I have offered to do anything, anything at all, to help resolve this problem. I feel like I owe her and cannot say no. I go to visit her and she has wrapped beautiful gifts for me and my husband. I can see that she is extremely fragile and her daughters are needy and demanding. I ask what I can do. One of the daughters simply must have the chairs of a dining table fixed. The standard required is very high. I cannot sew, my needlework is a joke, but I cannot tell my old friend this because of her fragility and because there is so much at stake. I feel like I must do this huge task. P1 2/X NS

Next dream, there is an unclaimed infant wandering around a theatre. I pick him up and feel great warmth and affection for him even though he is not mine. He soils me. I put him down and he soils the floor. I'm really concerned that his parents should be found to take care of him. In another dream I am being told to label a child who has some sort of behavioural problems. I have in my hand a giant sticky label that I am trying unsuccessfully to put on. P1 2 NS

A girl has lost her young love in a horrible way (murder). She goes to lie in the spot where his body was found in a woodland clearing with dappled sunlight. As she lies down, a flower springs up and the boy's presence is there talking to her. The feeling is of great comfort and warmth. Someone nearby gets the girl's attention. She has found a muddy bag in the wood. She empties it out and it contains a pair of dirty shoes and a dirty, severed baby's head. The dream cuts to a film where the baby is shown being held by nurses on either side, dressed in clinical white (none of their heads are visible). A doctor, using a secateur-like implement, pushes the baby's head forward and severs the spinal column at the neck. A thick yellow fluid oozes out. He starts to snip around and I cannot watch any more. It is unspeakably horrific. This contrasts with the unfeeling calm and professionalism of the medical staff. P1 3/X NS

In the next bit of the dream I am in a survival situation where everyone needs clay/good soil from the ground. It is to be found only by scraping away the upper useless sandy layer of earth with your hands. We have to be furtive about collecting it and so we do it at night. There are many of us, all desperate for clay/good soil but feeling like something is going to come and stop us. We look over our shoulders a lot and we are also wary of our fellow diggers stealing our clay. P1 3/X NS

Next, in the dream, my children are both sick. I lean them over a big orange bowl and they vomit without retching. The vomit does not shoot out but is extruded steadily. It is black-brown and each of them fills the bowl. I am curious about this incident rather than horrified. It only dawns on me slowly that the 'vomit' is more like shit. P1 3/X NS

I am going to sell vegetables at the side of the road. A man takes me to a garden where I must pick the produce for my stall. I cannot see much veg, it's all hidden by foliage, or it is under ripe or disfigured. He hands me a carrot which is very very dirty, especially in the deep creases that encircle it. He suggests I use a knife to run around these deep creases, to clear the mud. The feeling is how can I clean it and how can I make it orderly. The dirt is really tenacious. P1 4/X NS

I am gardening. A group of us are taken to the woods. What are we doing here? It doesn't look like a very spectacular spot. There is lots of bare, gnarled wood lying around. As I look closer an amazing structure becomes apparent. Huge vertical tree trunks form a polygonal pattern. About 100 feet above there are similarly broad, straight, trunks growing horizontally and joining the vertical trunks. The structure is at once man-made and natural. It is incomplete and very very old. The best way to describe its form and the feeling I get from it is a tree Stonehenge. It is our job to help this place, to restore it, to clear the ground somehow so that the structure is revealed. P1 5/X NS

We are leaving a pregnant woman and a boy (my son?) alone in a house. We have to leave them, we cannot stay, the boy has done something wrong. We leave them with a bag of mementos and provisions. As we leave, some bad men arrive on the doorstep. I would like to stop them but I can't. It seems futile to even try. It is imperative that we leave and inevitable that they are going to enter. P1 5 NS

There is a malevolent force that has an open wound slashed across the abdomen which exposes the intestines. Or the malevolent force has inflicted this wound on someone else. There is a fight against this force and many good people are captured. I set out to help rescue them. The captives are all sleeping in the jail when I arrive. We have to wake them quietly and guide them out through a tunnel. There is wine everywhere, we gather as many bottles as we can and escape with glee. Our route home leads us over a mountain pass with strange, unnatural rock formations that would usually be covered

in snow. Winter is coming. As I look down from the high pass, I can see a broad sandy beach below which is covered in men who are clearing up lots of sticky brown ooze that has washed ashore. P1 5/X NS

Fragments only... I am driving down a steep hairpin road with my family. I am telling them it will be OK. At the bottom there's a tank of water with glass sides. A seal is about to be born. I try to communicate my excitement to the kids and we join the crowd straining to see what's going on. The tank is man-made, the action is nature. People are climbing on each others' shoulders to see and pressing forwards. Suddenly I lose my taste for the spectacle. I change my mind. I cannot watch and we have to leave. The feeling is that I shouldn't be watching. This is not for my eyes. Nobody should watch. P1 6/X NS

Dream of a city. The artificiality horrified me. Neon lights, the buildings had hard edges. I felt a strong feeling of horror - Ugh! - how can you live there. The sensation is in my solar plexus - my hand is placed there, pinched between my breasts. Ugh, shudder. The sensation is coming up from within and getting something out - UGH! it's not like an impact. P1 7

My husband dreams he is about to cry and he is looking for a stash of MDMA that he has hidden somewhere, but he can't find any. He also had a dream of paddy fields, which were calming and beautiful. P1 7

In the city I saw things that I didn't want to see. Acts of violence. It was things I didn't want to see but I expected to see it in this environment. It assaulted me visually, I need to get it out of my field of vision. P1 7

I give birth to a baby. It's really hard work, I have to push very hard, but is painless. I feel the head crown and then be born. I can't believe I managed it. The baby is entirely transparent. P1 7/X NS

I'm in a city, Glasgow, I'm in a hotel, in a gym. I'm adding lots of extra weight to the equipment and I have to push really hard. I look out of the window and see one man brutally assault another and then drive off quickly. The man who has been attacked collapses and then gets up and gives chase. I'm horrified at the casual violence that takes place in broad daylight in this city. I'm thinking that this is something that takes place in a city. Next in my dream I'm in London with my sister. I'm telling her that I used to live here. It's busy, dirty, noisy and relentless. It's night and there is lots of artificial light. We walk around a corner and there in the midst of the chaos is a residential street. Who on earth could live here? To me it seems an impossible place to live. As I cross the road, all the artificial lights are switched off and I am plunged into darkness and feel like I cannot move. The city is erased. Next I find myself with friends and family in a beautiful home in the countryside. I ask where I am and am told I am far from Paris. The feeling is that of being out of the city, in nature. It's autumn and there is a pool at the house surrounded by tall trees changing colour and dropping their leaves in the breeze on the surface. I am enchanted by the pool and have to get in. It's a wonderful, calming experience. The water is not too cold and has absolutely no chemicals in it. It is entirely natural and the experience of being in it is so much the better. The woman who owns the place is very proud that the pool exists to be enjoyed entirely without interference from man. She was told that it would not be possible to keep the pool clear of algae or stagnation and yet here it is. I want all my family to come and join me. I can feel the autumn leaves brush against my legs as I swim. P1 7/X NS

I'm going on a journey from London to a nearby suburb with my husband. I don't want to go. The whole feeling of the dream is being hurried, frustrated and angry. We go to the place he needs to be

and his business takes ages. The longer he takes the greater sense of urgency I feel to get back to London. Eventually we set off but the journey back requires many many changes of train and bus. At each interchange I struggle to find the right bus or train to take me back and I seem to be getting further and further away from my destination. I get further and further into the countryside and find myself on a green rolling footpath with London far far away on the horizon, I'm looking for a bus stop or train station. At one point I find myself in a busy, noisy, dirty concrete train terminal. I decide to ask for a map so that I can pin down where I am and find out how to return. A man points me to a rack of maps but there are only maps of beautiful mountains and none of the city. My desperation mounts and my confusion at where I am and how to return increases. The trains become bigger, noisier, closer together and more confusing. They run everywhere. At this point I realise I have been carrying many bags on my journey and one of them contains a beautiful drawing of a flower with which it is imperative I return to London. I realise I am missing the bag with the drawing and I become frantic, angry and desperate. I leap off the train I am on as it is not stopping where I need it to. My husband jumps out of the window and I do too. My last impression of the dream is being stuck in a very narrow gap between trains running in opposite directions. They are so close together that they brush the tip of my nose and my clothing as they pass. I feel panic, closed-in and overwhelmed. The vital drawing is lost. I've tried so hard and I'm not going to make it. P1 8/X NS

I am at my old primary school. Myself and many other students are sitting around in a giant 'circle' which is actually a very many sided polygon. The sense is that we are learning something sacred or mystical. Whilst still at the school a teacher approaches me and tells me that I am not safe and gives me a very long, large, heavy, rusty iron key which I am to use to protect myself. It opens all the external doors of the school so that I may return inside quickly when danger approaches. Something wants to break into the school and get me. I go into a room with my son and lock all the windows. Why have I been singled out? Later in the same dream I am given a large blue scarf, again for personal protection. It winds and winds and winds around my neck and solidifies like metal. It is heavy and there's not much space to breathe. I have no idea what the danger is. I am anxious that others recognise a threat which seems to attach to me alone. Why me? P1 10/X NS

I am on an island. I want to go and explore its farthest extremities. It is hard work. There are many stairs and it is farther than it looks. I realise that instead of traversing the island by paths and natural landscape, I am going up stairs and through rooms. I get worn out and have to stop before I reach my objective, the view over the open ocean. There are elections on the island. One of the candidates is a complete fool (Mitt Romney?). While we are waiting for the results he comes and sits next to me. I mock him and jeer at him to his face and then worry that he may actually win. P1 11/X NS

I remember that I have a pregnant friend who is due to give birth very soon. I call her. She's not excited but really unhappy. The sadness in her voice is so incredibly heavy that it brings me down. P1 11/X NS

A flower is rotting under a film of heavy tar. P1 11/X NS

I find myself at the end of a skiing holiday. I'm dressed for the mountains but I'm in a town setting with no snow or mountains in sight. I have to drag myself to the airport with all my kit. I traverse roads, concrete and metal staircases. My skis still glisten with really beautiful droplets of melted snow. I have to give them up before I get on the plane. I am reluctant. P1 11/X NS

Fragments of dreams only: Gambling slot machines on a sinking boat. People continuing to try to play the slot machines even though the water rises round their ankles and the machines begin to tilt

as they float. The captain tells me that you have a chance to win with four or five tumblers on a fruit machine but never more. P1 12/X NS

Sliding at speed down a slippery surface in my socks. There are a few of us trying to keep to our feet. The ground is just too steep to stand still. There's a young boy with me. He's foreign and I'm trying to teach him how to keep upright. There is a sense of great speed, an irresistible force and a thrill. P1 12/X NS

I am travelling the oceans very slowly, lying on the back of an enormous dolphin. It's not fast, but what a way to travel. P1 12/X NS

I can see inside the human body. I can see that something is out of place and I am able to move it to the right place. It's more like being a mechanic than dealing with organic matter. P1 13/X NS

There is a sense that there is something wrong with me. I am mistuned somehow and need tuning in. I am a dischord. I have a book open on the floor in front of me. It tells me how to tune myself in. It has the right 'notes' in it. The 'notes' written in the book are extremely beautiful. P1 14/X NS

I am sitting in class, listening to the teacher but I cannot keep all four legs of my chair on the ground. I swing back in my chair onto two legs and continuously lose my balance and fall to the floor. The loss of balance is the same feeling as that of being mistuned in the earlier dream. P1 14/X NS

I'm on the telephone to a friend. There's something wrong with the communication. Every time I talk it is clear she cannot hear me. I try over and over again to be heard. She has a new house and I go to visit with the children. The house is unusual in that it has no windows on most of the walls and then enormous windows on one other wall. The glass seems fragile and I feel like there's danger from being near it. My friend's husband is working in the garden. Instead of planting daffodils, he is pulling them up. It seems to me that he is gardening the wrong way round. He should be putting plants in, not taking them out. He shows me the pond and it is full of huge snails, the size of babies. I put my hand by the snail's mouth and it gets sucked inside. P1 15/X NS

I dream that my friend C has 2 livers. He is injected with dye so that we can see on a scan what's going on. The image that is traced of the path and form of his organs is hideous. It makes me feel sick to see it. The dye shows first one liver and then goes on to reveal another. [C is the friend with cancer]. P1 16/X NS

I dream that I am looking for water to swim in. I need the right sort of pool. I cannot swim just anywhere. It must be beautiful. Dreams like this, with water in, are very common for me outside of the proving. My dreams seem like they are my own once more, even if a little more intense. P1 16/X RS

I'm in a post apocalyptic situation. There is much danger outside. I am hiding in a house with a group of people who are not my family. We need to protect ourselves from extremes of hot and especially cold of -35 degrees. I know that a great frost is coming upon us swiftly. It will kill us when it arrives if we don't wrap up and get together. I try to warn people that they have very little time. The cold is coming and the temperature drops suddenly. The rest of the group are taking much too much time. I am frustrated that I cannot communicate the urgency. The cold passes and we are outside foraging. We are on a cliff overlooking a river. We see what strikes me as a remarkable sight, children playing carefree in the river. Swimming and splashing. I realise that my own children are missing. I go

down to the river and get in the water and play with the children, swimming closely alongside them. Next I find my father wandering in the streets. It is a great surprise to see him as I thought he had not survived. He takes me to the windowless room where he has been hiding or living. We hang 4 pictures on the walls, all of beautiful landscapes. They are like windows and the place seems suddenly less oppressive. P1 17/X NS

I am swimming in the ocean with creatures with very long necks. Rolling, undulating on giant rolling waves. Together and all swimming the same way. P1 18/X NS

Stuck in a car park in a car. I am desperate to leave, to get into the countryside and off the tarmac onto earth. My anxiety is about being on tarmac and therefore barred from the earth. P1 19/X NS

I had an epic dream last night. A mass of people are on the move. I have to stop to give birth but we have to keep going. People keep getting me up and moving me on. My thought on waking is that there's no peace. P1 21/X NS

I dreamt about keeping pets in the city. They had worn all the grass away to mud. The pets were hamsters or guinea pigs, typical pets kept in a cage for children living in a city. I don't consider these animals to be natural. This is a return of the nature/man-made theme. P1 22/X NS

I also dream about a crumbling staircase leaving no way out and a deadly threat from a man with great power over us. P1 22/X NS

There is a tall pot in a garden. It is filled with water. It has a hole in the bottom but the water does not run away as the ground forms a seal with the base of the pot. I wiggle the pot over a drain hole and the water drains away. There is a sense of clearing the garden ready for winter. My son is with me and I suggest he plays with a pile of stones, leaves and pine cones that have collected in a corner. I am annoyed to see that some plastic toys, like ping pong balls have found their way into the pile. They should not be there, they are plastic not natural (there is a sense of pollution or corruption by the artificial of the natural). P1 23/X NS

In my dream I find myself and others swimming on our backs around narrow, square-edged (man-made) channels that zig-zag about like a maze. The edges of the channels make for a tight fit and scrape my shoulders. We are all very squashed up by the sides of the channel and our proximity to the swimmer ahead and behind us. P1 23

There is a grassy plane or savannah filled with wild animals all standing still like they are in a museum. I remember a deer and a red kite hovering perfectly still in the air. I keep driving past this plane on the way to other bits of my dream. I am trying to get my daughter to look at it and appreciate it but it's much more impressive for me than her. P1 23/X NS

I dream of a plant. It is green and the leaves are like the palm of a hand. The seeds or fruit of the plant are unusual because they grow integral to the leaf. Another part of the plant/or a different plant has long fanned-out stalks with the same green nodular seeds/fruit P1 23/X NS

Later I dream there is a girl, a dancer, who has a very painful foot. She is being interviewed and tells us how she was actually very relieved to have her foot and ankle removed and replaced with glass. P1 23/X NS

I am at a wedding. We are about to sit down at the table when I notice that the tabletop is obscured by a shifting white froth or mist of something. A man tells me it's bicarbonate of soda. I start wondering what 2 carbon molecules are doing on top of a table at a wedding... Later at the wedding someone is trying to get the music going but there is something wrong with the sound system. I feel acute discomfort at the lack of music and harmony and togetherness in the room. I want to fix the sound system and bring everyone together and stop the dischord. P1 24/X NS

I dream that I am in a littered and worn out back garden in a town (it is the grass that is worn out to bare earth). The gates are falling off and the screws are coming out of the back door. The woodwork is damp and rotting, the screws are rusty. Everything man-made in the space is broken, rotten or dilapidated in some way. My daughter appears. It's time for her to get ready for school but she is ignoring me and I get angry with her. She won't show me her face. When I spin her round I see she has painted her face ice blue. It's rather beautiful. I want to take a photograph of her but every time I try to frame the shot in the viewfinder the image jumps or is wrong in some way. When I finally get her image centred and the distance right, I see she has washed her face. I'm angry again and start to throw things around the garden. They clatter on the very flimsy panel fence. P1 24/X NS

I know a horse is going to win its race. I have to fight my way through crowds to lay my bet. The people oppress and obstruct me. I have a feeling of great urgency but there are just too many people. I arrive at the Tote, it's uncomfortably crowded and I can't make it to place a bet in time. As I join the press of people at the window I hear that my horse has won. I was the only person of my company who hadn't bought a ticket. P1 25/X NS

A friend is working in one of our restaurants. He has lost his normal job. He's working hard but he's in a silly uniform. I'm concerned for his dignity. His girlfriend comes in. She is much shorter than him. One of the kids asks me how they get on with each other. I say that when they want to kiss she stands on an orange box. This comment makes my friend blush deeply. This dream reminds me of the very first dream I had after taking the remedy where all of the children in my extended family are standing in height order. P1 25/X NS

I'm drinking glass after glass of thick oozing green and brown sludge. It doesn't seem to bother me in the dream. It's meant to be good for me. P1 25/X NS

I am standing on a concrete promontory over the sea with cold steel rails. The angles and edges of the concrete strike me in their geometry. Waves begin to crash over my head. I am not frightened but exhilarated and I can still breathe. I hold onto the steel rail for support. P1 26/X NS

I dream that I am giving birth or my sister is giving birth. It seems difficult to find the space free where we will be from interruption to complete the process. P1 27/X NS

I am in a car, trying to get into a forest but I am prevented from doing so by man-made barriers which prevent access. I am frustrated. The barriers and road are covered in damp moss, it looks like they are being reclaimed by nature. P1 27/X NS

I am shouting at a tube train that's pulling away from a station to stop. It does stop (which makes a nice change!) P1 31/X NS

My husband is throwing a baby up in the air (to catch it again!). Someone catches this joyful moment in a picture which freezes the suspension of the baby mid air. P1 32/X NS

I am trying to find somewhere private to have sex. People keep following us around from room to room, wanting to join in and the group gets bigger all the time. I wish the crowd would leave me alone. I want privacy. P1 33/X NS

Something loses its head in my dream. A baby or small child. Its something that is done to the child but without a sense of violence or blood. P1 37/37:07:00 NS

Dead sunflowers are planted in orderly, even ranks in my garden. I pull them up and search frantically in the earth for the seed from which they grew. P1 41/X NS

There is a crippled man in his garden tending a leggy plant that he hates. He resents the effort. P1 42/X NS

Two girls are dancing with a boy who is crippled. He is trying to hide his disability. P1 42/X NS

A girl is pregnant. Has my husband said something to make her miscarry? P1 42/X NS

I am watching the Olympics with my children. There are really big crowds in the stadium. In the centre of the stadium it's not an event field but a large natural bay. The athletes are being interviewed about the secret of their success. "It's about giving every movement its time to complete." "You mean going slow?" My sense is that there's a natural arc to an activity and it cannot be hurried. P1 43/X NS

I dream I find a friend's phone. She is standing nearby. I don't give her her phone back. I look around furtively and slip her phone into my pocket. P1 43/X NS

I'm in hospital casualty department. I have a crab/spider embedded in the front of my ankle. There's a huge queue and after a long wait the doctors come and pick it off telling me to go on my way. I'm attracted to one of the doctors and we hook arms and go out to get lunch. We become too full of desire before we can have lunch or get better acquainted. There's a friend's parent's house nearby. I get him inside and we get into my friend's bed. In the dream I wake in the morning and do not want to be found with this guy by the parents. I'm embarrassed so I wake him up and sneak him out. P1 46/X NS

My sisters and I are spraying ourselves with layer upon layer of fake tanning lotion. A group of people who cannot stay away from fakery and obsession with their looks are being interviewed by a reality TV show. The remedy for these poor people is to make a huge natural pool by building a dam over a stream. I swim as the water rises. It is crystal clear and all the plants and weeds at the side of the stream become reeds, gently waving in the current. The feeling is of becoming cold, clean and pure. P1 47/X NS

I dream I have moved house. The garden is large but very very windy. Someone suggests I plant bamboo to stop the wind and shelter the garden. No, this is where the wind comes through and I'll not block it and interfere with a plant that is not natural to this environment. The garden is rolling, undulated as if it is waves made on land by the wind. P1 50/X NS

I dream I am telling my proving supervisor that far and away the most traumatic thing that's ever happened to me is the birth of my son and that all of my problems come from there. I am pregnant as

I stand there. P1 50/X NS

I dream that I go to meet my sister in a strip club. I'm horrified she has been taken there. She must be really uncomfortable? But no. As I arrive she's fine, happy and watching lots of men doing a strip show on stage. P1 54/X NS

Dream shortly after I had put the light out. I was underwater - probably sea water. A noise of unknown origin frightened me and I felt that I must swim forward and down to a greater depth. The water was much darker but not sinister in any way. I felt that my chest would burst if I could not get air and that I must surface very quickly if I was not to drown. I succeeded in doing this and could feel my heart racing from the effort. Not sure if I had human form or was some other creature. P2 0/00.23.30 NS

Dream above became a second dream: Bright water was churning very close in front of me. In the water I could see dark snouts which might have been metallic objects. I considered these for a moment and wondered whether to become alarmed. I decided that the objects were giant turtles and that I had no need to be alarmed. I relaxed. My vision now filled with fluid threads of the most beautiful colours. The image of the threads changed several times always beautiful. I loved watching them. P2 0/00.23.30 NS

Dreaming just before I awoke. (Good night's sleep). I am concerned with an enormous structure with transparent plastic walls (which I shall call a green house). First of all the structure is close to a house I used to live in. I cannot remember what my concern was. Then the structure has moved and is on an industrial estate. It is overseen by a friend of mine and he now has some responsibility for it. I am still closely connected to the structure for some reason. An old employer of mine was also interested in the structure and was in negotiation with my friend. The friend was trying to pull the wool over the employer's eyes and so the employer withdrew. The structure was now worthless and was dismantled. Without the structure my position was in some way more precarious. The transparency of the structure was in some way significant. P2 1/01.07.30 NS

Dream: I am in the same building as a strange and rather beautiful man wearing a 'Dalmatian' (black and white) dressing gown. He is sleeping here along with a number of other people. He asks me if I have heard a particular piece of music, which I haven't. He puts it on. It is very beautiful. I pay attention to it but then my mind wanders to other things. My attention returns and he plays me some more. I think that he is drawn to me as I am drawn to him. Felt that the dream was about making choices. P2 5/05.07.45 NS

Know that I dreamed but only remember a phrase from it 'Take care of that shell!' Have no idea what this is connected to. P2 7/07.07.30

Dream: Went to home of an acquaintance. (House and atmosphere is nothing like that of house in reality), At my behest the wife waxed my legs. Thick wads of hair were removed. This was done in a large room, on the balcony level. The room was empty at first but soon filled with other people who could sit and watch the procedure. In the middle of the procedure I was abandoned whilst the wife went off to do something else. At this point I became self-conscious and impatient but was unable to do anything of my own accord. Eventually I was free to go. The ground floor of the room had been turned into a smart restaurant which had nothing to do with the balcony operations. A man was in charge and some contemporary geisha girls were attending to people's needs. I slipped into the room without their approval. I did this twice and on the second occasion retrieved what I wanted from the

most inaccessible corner of the room without being apprehended. I left through a clothes rail around which guests were thronging and then by a narrow, enclosed staircase which I thought to myself was a H & S hazard. At the top of the flight of stairs someone was encouraging me to make my escape. Woke up. The dream stayed with me all day. I think that I didn't like the position into which I had put myself: It didn't reflect who I am or perhaps who I like to think I am. P2 10/10.07.00 NS

Dream: Am in one of two large rooms belonging to a neighbour who has recently moved in. I am wary of the people but treat them courteously though I feel rather stupid. (Nothing like my neighbours in reality). A woman is showing me some sort of gadget which has the capacity to change the colour of the walls through light. There are lots of glass blocks about. I think my purpose in being there is to meet them. Next thing I find myself on a narrow concrete causeway with water lapping it on either side. I don't think it is sea water and yet it is tidal. I reach a difficult point on the causeway where it starts to rise and it is necessary to do some climbing in order to carry on. I am very anxious not to lose my footing and so I turn back although the waters are already beginning to rise and the way back is not as safe as it was. I prefer known danger to the unknown. I wake up. P2 12/12.07.00 NS

I am in a large house where building work is going on. I am working there and find myself in a small wedge-shaped corner where it is intended to place a loo. People come to discuss this and as they discuss it I sidle round and out of sight. I don't want to be part of the group. I don't really want to be there but feel some sort of obligation to be present. It is a confined space and I don't enjoy being there. It is not unpleasant but neither is it pleasant. I am anxious. I want to be separate but that is not going to be allowed by the other people present. I am glad to leave the dream, I wasn't happy there. P2 22/22.08.00 NS

Dream in which I was threatening my sister with violence if she didn't turn down the terrible din which she was making. She appeared to co-operate and then started again. I was shouting at her and very, very angry. This is the first time, or perhaps one of very few times where I have threatened violence as an expression of my anger. Quite shocking, even in a dream. (The terrible noise turned out to be my alarm clock insisting it was time to get up). P2 26/26.07.00 NS

This is part of the same dream as above - but precedes it. I am involved in a strange scenario involving members of the family and a stranger. The stranger has set some kind of trap which will enable him to deduce whether or not I have broken some of his rules. I devise a series of ploys in order to escape the traps: this is partly successful but leads me to the next part of the dream where I lose my cool, give the game away and shout furiously at my sister who is responsible for making a really terrible noise. I awake from the dream (the noise turns out to be my alarm clock) with a throat which feels sore from having had to shout and a headache over my left temple, a consequence of my anger. The headache will probably only go away quickly if I wash my hair, but don't have time to do this straightaway. P2 26/26.07.00 NS

Very involved in working with I think Prince William doing something quite mundane about the Palace grounds. I best remember finding the Queen sitting at an easel and painting. I peered round the easel to see that she had made a portrait, largely of heavy black lines on a white canvas. The portrait was rather good, very simple. I don't remember having dreamed of the royal family before. P2 48/48.08.10 NS

Dream Rows of beds in a restaurant, I'm sleeping in one. There is a walk-in microwave. I was disgusted at how the restaurant owner treated his staff and their exposure to the radiation. I asked my sister to hide a box of Quality Street Chocolates under her sheets from the restaurant manager

who I didn't like and I thought he was a glutton. I met my parents and brother in a market and we all walked to the car. The car's petrol was no longer there and I remarked that I had parked my car there a few times and on each occasion my petrol also disappeared. Everyone stayed to have a long discussion regarding the missing petrol (they are usually suspicious), when my brother and father joined me they had both changed their hairstyles (tight platinum blonde curls-not a pretty sight) They both implied the stolen petrol was due to my daughters relaxed attitude when locking the car. I was very angry at this and I was shouting and swearing at them, trying to make them understand how ridiculous this was. I was angry and felt unheard. P3 2/7:10:00 RS

I had a dream where I had an affair, it was nothing long lasting but I felt so guilty and felt I had to confess even though I knew I had clearly got away with it. The intense guilty feeling lasted a while after waking and I felt compelled to tell my husband my dream. P3 4/6:15:00 NS

I dreamt I was being held prisoner in a building with white tunnels everywhere. I was the only prisoner and was allowed to walk around the place freely although I was being watched. The people that worked in the building helped me escape by pointing me in the right direction. Felt very afraid of being caught whilst trying to escape. I did eventually escape and rode off on a bus. P3 10/6:07:00 NS

I dreamt my sister, her 3 young sons and I were in a tsunami. I was extremely concerned for them and worried how they would cope with the trauma of it. The boys were doing very well. All of us were walking through the devastation when we saw a large cluster of doughnut shaped light orbs and somehow we all knew they were there to protect my sister and her boys. I woke up with such a feeling of relief knowing they were looked after. (My sister and her sons are going through a difficult period and I have been worried about them) P3 13/6:15:00 NS

I had to go to a strict Muslim country, It was compulsory. I had to go by row boat on a lake through the desert. There was a couple with their daughter climbing into a boat to go, I begged them not to go because of the dangers for the little girl but they would not listen. There was nothing I could do to convince them. I entered the country and did what I had to do, it was all very secretive and I was able to move around un-detected, I was very good at the stealth and could even predict the enemy movements but I had no idea which direction to go into to leave and I couldn't ask as I could trust no-one. P3 15/6:30:00

SOH colleague unable to complete class work. I valiantly volunteered. Felt noble, important. P4 0/0.X NS

Director of a play and friend of mine came to my apt. She and my roommate had been to see a performance, she said. I was not invited. Felt left out. Had expected to go with them. P4 2/2:X NS

I converse with a blonde headed young man. He stands on a shelf above my bed. I entice him to come down and lie beside me. How will he manage the great distance between shelf and bed? He does so with ease. He is naked and tall standing beside me. Scene change: We are walking together, both naked, me behind him. I press my flesh against his bum and cup hands around his privates. Though intimate and warm there is no sex, just the feel of flesh to flesh as we walk. In another dream I squeeze watery droplets that emerge from my skin. In both dreams there was a sense of observing myself as if from above or with detached objectivity. This other self was mildly curious about the unusual events but looked upon them with gentle, avuncular amusement. P4 3/3.X NS

I possess a power of prescience. I need to tell a young girl that something will happen and to warn her

and others. This is very hard for me; many are skeptical of my prediction. I muster up a confidence I do not feel to explain calmly what will happen. I know that my calm sense of gravitas will go far to let all know that my prediction will come true. P4 7/07:X NS

I meet 2 friends of mine from Germany who recently split up and ask them how they are. They get really nasty accusing me of just wanting to feed my curiosity. I feel hurt and walk away, rather than showing real concern and sympathy. P5 1/1:X NS

I tried to remember the dream but couldn't; still wrote down: "interrupted frequency, feeding? Not on the same level. Interrupted" with a diagram of an interrupted line broken into bits on different levels. P5 2/2:X NS

I dream I have to ignite an atomic bomb that is placed in a pub. I don't remember if there was a war or what the mission was all about. I remember that I worry about what clothes I will need when I come back from it. I am not afraid, not aware of consequences for me. The bomb is in a small packet and I have a fire lighter and something like a fuse. I go in the next room after I watched the fire getting closer to the bomb. It doesn't seem to have enough "power" to get the bomb to explode, but I am not sure, so I am careful with my breathing. My throat is sore from breathing in the smoke. I feel what it must be like to be near an exploding atomic bomb, I feel my breath is taken away. But, nothing happens. I feel a bit guilty that I didn't complete my mission but I carry on looking for clothes I will need when I go back home. P5 5/5:X NS Dream

I have 2 dreams about the proving, people in the proving. I can't remember the first one but in the second one everyone has a disease which is a bit like amnesia. They forget their symptoms and what is happening, so they can't talk about it. It is a bit like what is happening with my own decisions at the moment. It was not scary. P5 7/7:X NS Dream

Lots of dreams around menstruation and babies, cannot remember anything specific. P5 8/8:X NS

I cannot remember a lot but I was somewhere where "camel" meat was on the menu and it was just completely normal that someone would eat that. P5 9/9:X NS

I dream that I am with dogs and it is either about being eaten or bitten by them or the way they eat. It is not eating in chunks but layers and those layers show as words, sentences. P5 12/12:X NS

I am on a bicycle heading in a direction I know, when I am joined by my first big love. We are cycling along happily. Then another ex partner of mine is in the picture. Still cycling I am joined by a guy and we have a lovely chat. He seems to know a shortcut and I lose him. I lost my bearings and don't know where I am going anymore. I feel utter panic. P5 12/12:X NS

3 dreams involving getting away. One: I want to have a cigarette in my flat in Germany but I am not allowed to smoke indoors, so I want to go outside. When I am out I realise I forgot my key and would have to ask someone to let me back in, which I don't want to because I don't want to be dependent. The other one is about being on a plane that can go 20 times the speed of sound or so and the captain takes us for a "joy flight" that only lasts 5 minutes but is exhilarating and we want to do it again. He promises we go 25 times the speed. I feel ecstatic. The third one was about swimming or being on a boat but I can't remember. P5 15/15:X NS

I dream, I am with someone and very happy, but they don't want anyone to find out that we are together. Although it hurts me very much I tell the person that I would rather finish than play hide and seek (which for me is unheard of, I would do anything to save a relationship beyond its healthy factors) P5 16/16:X NS

Another romantic dream, this time I tell the person I have to smell them first, before I get involved. P5 16/16:X NS

I dream that the ligaments in my ankle are torn. I hear it happening, a metallic sharp and loud sound. There is no pain and I can still walk but I am aware that I shouldn't. I feel unstable but more from knowing what has happened rather than the actual injury. There is something wrong with the other ankle or knee as well, but can't remember what. Still, I can walk. P5 20/20:X NS

I dream that I am flying in a helicopter in the first row; I can look straight down on the landscape from my seat, there is only a layer of glass between me and the surrounding air. I am exhilarated, excited, love every second of it. P5 21/21:X NS

My whole family is somewhere at night. My father says he has to check something in this tunnel, my mother and my brother want to carry on. I don't want my father to be in the tunnel on his own so I follow him. I am quite fearful as it is very dark and I am heading somewhere even darker. When we are at the tunnel we see a bird on the ground, struggling. I pick it up and it starts to fly but soon glides to the ground. It must be hurt. After some more attempts it dies in my hand, sinking its beak into the knuckle of my thumb. I don't feel any pain but the agony of the bird touches me deeply and I feel my body tensing up. It makes me tearful writing about it. P5 33/33:X NS

I feel that I dreamt all night, but the only dream I remember is: I was with my mother and we needed to catch a train. My mother was running as if she was a young girl, I was impressed. I don't think we caught the train. We were sitting in the waiting room, chatting. The whole dream is about wanting to get somewhere but not succeeding. It's not a bad or heavy feeling, though. P5 34/34:X NS

I dream that I am pregnant, 4th month maybe. I see my belly expanding and I feel the child in my. It is a mystery to me as I never had sex with a guy, but of course everyone just laughs that off, not believing me. I worry about all the practical things like buying new clothes etc. - It is quite an intense dream. P5 40/40:X NS

After watching "The Boy in the striped pyjamas" I have a disturbing dream: A childhood friend of mine was about to die or be executed. It was somewhere in the country, looking calm but with an underlying uncomfortable feel to it, threatening. I asked if I could be with her when she dies and the guy said no, it would be too disturbing. I just didn't want her to go alone. Some time later a car, similar to a hearse, came towards me and I knew it was her, incinerated. I woke up deeply shaken. - Another dream: I want to switch off the television but can't, it comes back on after I tried. I switch it off at the socket and it still comes back on. After struggling for a while I unplug it and it finally gives up. - Next dream: I am outside a friend's house and we mourn about the friend that got executed (in the first dream). We are very sad and it is just terrible. - The feeling of the dream doesn't leave me all day. P5 42/42:X NS

3 rows of 3 football players wearing white T-shirts, all facing the same direction, not moving. The pitch is in a clearing on top of a hill, with scrub all around, there's nothing else and no one else around. I try to stay hidden, it's important for me not to be seen, I watch from a distance. I feel calm

but feel the importance of remaining hidden. I was on my own so didn't want to be seen. P6 1/XXXX NS Dream

Walking through a massive warehouse full of row after row of large, brightly coloured plastic items; boxes, children's ride on cars, toys etc. Heard a cry for help, (felt no anxiety) as I ran towards the sound there were big banners hanging from the shelves saying "man" "hanging" "belt". I ran with husband to see a man (not known no identity) dangling from a crane hook, by his trouser belt. Husband climbed up and helped release the man. He was very grateful and I said "it's Ok he only used the strength in his arms and it won't hurt his back" (husband has prolapsed disks), felt calm. P6 2/XXXX NS

Outside a food stall with younger daughter, in Australia, buying drinks. It starts to rain we run for cover and watch the rain pass. Enjoyed being with daughter, felt companionable. P6 2/XXXX NS

Wanted to walk home felt rebellious and resented husband stopping. He stopped to pick me up in a rusty, white Fiesta type car. He told me to give him a kiss. I leant in through the window to give him a kiss. A Range Rover covered in mud and dust came hurtling round the corner and swerved to avoid us, and drove on. Husband complained I'd given him a dry kiss. I leant in to give him another kiss to keep him quiet, another old four wheel drive car came rushing by from the opposite direction, swerved and drove on. I felt annoyed for the interruption. Woke up. P6 2/XXXX NS

Husband wants to move house to daughter's boyfriend's parents, (no identity, don't exist) asks her to ask them if they want to sell. The house is in the middle of a vast countryside with lots of fields all interlinked but no trees or grass, not many hedgerows. I felt lost with a sense of loneliness. The ground is bare and chalky. The ground is dry. I was concerned it was not the right place to move, as there were no trees and that is important to me in real life. I need that point of reference. My dog would hate walking there as there are no hedges for him to run through. (something he loves to do in real life) I then said if the house is right then I'd consider it. I feel I'm compromising again. Woke up. P6 3/XXXX NS

Sailing on an old sailing ship around a small island. Had to swim around the island to find someone. I wore blue, velour shorts and a red, velour crop top. Friends looked at me strangely, they didn't say anything. I thought I looked awful. I was annoyed they weren't honest with me. Linked to following dream. P6 4/XXXX NS

On the phone booking a break, I couldn't hear very well as I had water in my ears from swimming in previous dream. They were getting annoyed with me because I kept repeating my question. I was embarrassed, as I should know the answers as I used to be in travel. Woke up. P6 4/XXXX NS

Visited friend and her puppy. It ran out into the garden and turned into a Labrador when it ran back into the house. It turned into a full-grown Labrador from a Springer Spaniel puppy. It ran around madly. I said it was just like my dog; he'd have these funny 5 minutes. I kept giving it biscuits, it made a real mess. I felt guilty. Her husband came home. Friend told me to fill in a chart on the wall with all the snacks I'd given the dog. I joked about her chart and how 'anal' she was, they both laughed. I was hiding my guilt by joking about it. P6 5/XXXX NS

My dog came to the shops with me and he took a sandwich off a stall outside the butchers window. I offered to pay for it, they said don't worry. I was embarrassed, then they gave him smoked salmon and boiled salmon on a plate. I was tempted to try some but didn't want to appear greedy. I was

worried he'd be sick he'd eaten so much. I didn't want to offend them by refusing the food. Woke up.
P6 5/XXXX NS

My old friend was visiting. We were all a little drunk. Husband in our new shower cubicle having a shower. Myself, friend and our daughters all crowded in the bathroom. Friend got in the shower fully clothed and was marvelling how nice it was, I suggested she tried it out even though my husband was still in the shower. We were all laughing and I suggested she took her dress off to have a proper shower, she took her dress off. I rushed off to get her a towel and a bath mat. I came back and there was already a bath mat there. I felt annoyed I'd wasted my time. The girls were little about 10 years old and were jumping up and down laughing at our friend. I started to feel jealous that she was showering with my husband even though I'd suggested it. I walked out and found my husband running a bath for himself in another bathroom. I was abrupt with him because I was annoyed at him for showering with my friend, but I didn't say anything to him about feeling jealous. I went back to the bathroom and my daughters were running a bath for themselves whilst my friend was drying herself. I told them there wouldn't be enough hot water. I was feeling annoyed at everyone because they were all happy sharing in the joke. I was worried that my husband fancied my friend, he said not to be so silly and anyway it was my idea. P6 7/XXXX NS

I was making meat sandwiches for my dog on the garden table. There was a carcass on the ground, of an unusual dog-like animal about the size of a cat. Part of the carcass was missing. I looked onto the table and realized I was carving pieces of the carcass for the sandwich. I felt appalled that I'd carved up an animal, but my dog looked pleased to being fed so I carried on. My dog was sat at the table on a seat, like he was a person. It started to rain so we took cover. It was annoying to be interrupted; I looked back at the carcass and felt sorry for it, lying in the rain. P6 8/XXXX NS

I was at school where I work and the teachers were talking about the lesson they had attended, I realized they were talking about being taught by a colleague. I joined a group of teachers in a lesson and the teacher was awful, she was really angry and kept shouting at us for not completing the task better. I didn't feel much emotion; I remembered doing the lesson with a pupil so was able to complete the work. I was getting annoyed now, with the teacher for being so unprofessional but didn't say anything. I just sat in the back of the classroom plucking up courage to speak up. I didn't think it was my place to speak out as I was only the teaching assistant (which is my day job and often feel this day to day). P6 9/XXXX NS

I was riding my bike through the countryside with my dog running along side. It was a lovely sunny day. I felt really content. P6 9/XXXX NS

I was on a cruise ship with my husband and we were trying to attach the TV to its base. There was a strange attachment and we were finding it frustrating because we were unable to fix it. I went off to get help and found myself walking on a slippery slope up the deck. I couldn't keep my footing, I was worried I would fall, someone gave me their hand to help steady me. The sea was rough and I thought I might fall in. There was an element of panic from everyone around. P6 10/XXXX NS

In a strange house, trying to get the washing in from the top step of a flight of steps that led down a hill. It was very windy, I was worried I'd lose all the washing in the wind. I returned inside with the washing and went into the kitchen, there were lots of fridges in a row and a pile of mixed chopped salad on the work surface. I opened the fridge doors and they were full of salad. Husband was preparing salad, I got cross with him as we didn't need any salad and he hadn't told me he was preparing it. He in turn got cross with me as he felt he didn't need to tell me. I was very angry and

shouted at him, I felt very jittery and out of control, my pulse was racing. I woke up with the same feeling remaining for several minutes. P6 11/XXXX RS

I was shopping for a BBQ. 3 different size shopping trolleys each holding a ceramic BBQ. I couldn't decide which one to buy. I felt frustrated with my indecisiveness. I asked my husband which one he wanted, he couldn't decide either. My frustration grew. P6 14/XXXX NS

I was trying to decide which birthday present to get my Mum. Do I get a house plant or a garden plant, or both? She didn't have much room in the house for more plants. I asked her what she thought, she wasn't keen on either. Then she said she'd been lent a blouse to wear. It was horrid, old and worn out and I didn't know why she would borrow an old one when I suggested I bought her one for her birthday. I felt frustrated she didn't like my gift idea and angry that she would borrow a blouse from someone else rather than coming to me. P6 14/XXXX OS

Husbands Dream - he was walking through our old family farm and came across a ewe nursing a couple of polar bear cubs. The ewe was startled by him and ran into a barbed wire fence and got tangled up, as she ran away from the fence she got her throat cut by the barbed wire, blood was gushing and she collapsed and died. So he brought the polar bear cubs back to me and was in awe of how my maternal instinct kicked in. His emotion was numb he just thought that obviously the ewe would be nursing the cubs as their mother had died. This response is a typical logical and practical response to a farming situation. P6/XXXX NS

I left a group of dogs in a field and left them for the day. I don't recognize these dogs. (didn't have an emotional connection) They were all different breeds and different shapes and sizes. When we returned to collect them they were filthy and limping. I ran a bath for them in a large trough with my daughter. I popped some dog beds in the trough and then the dogs jumped in. I saw a strange dog left in the field so I went to get it. I felt pleased with myself for helping the dog. P6 15/XXXX NS

The family and I moved into a new house. It was tall and narrow with one room on each floor. Husband was getting agitated as he'd done some illegal dealings at work (totally out of character) he was worried he'd get found out. He told me I would have to destroy the evidence. I started spraying hairspray which I was going to ignite to burn the house down, around the room at the top of the house. I was feeling really panicky. our daughters arrived home and were full of joy and excitement. I looked at them and was filled with love for them. I thought I can't kill them! I was crying hysterically, begging my husband not to make me kill them. I implored him that there must be another way to hide the evidence. i felt panicked and out of control, screaming at him. He grabbed some papers and threw them out of the window into some pipes in the builders yard behind the house. There was an explosion but instead of the papers igniting they just blew out of the pipes. He rushed out to retrieve him. I was relieved he seemed to have forgotten about me having to kill our daughters. P6 16/XXXX NS

I had three dogs and left them with my daughter and her friend to look after while I went out. She had the same colour hair as one of the dogs - red. I took a photo of them standing at the door as I was Leaving. I arrived at a conference and one of the speakers was talking to me about his love of dogs. I showed him photos of my dogs, I felt a little embarrassed, foolish to be taking up his time with showing him photos. He said he loved them and I felt proud and no longer foolish. P6 16/XXXX NS

A small group of us (don't know identity) were asked to find a partner and write their history, medical and personal and produce a piece of art or performance to depict it. I chose an elderly man (unknown

to me) He was willing to share his story but didn't want any one to hear it. I asked him if he minded me depicting his story in a performance or as a piece of art. He was still keen to participate and I felt an overwhelming sense of responsibility to treat him with the greatest respect and understanding. The rest of the group had paired off and I went around making sure they all had a cup of tea. I asked the elderly man to write down his history while I got everyone else a drink. I started feeling unsure about how I'd present his history, but was keen to continue. I offered to drive him home, he gave me directions and I was then driving backwards down a steep hill in a town. I remember how tricky the manoeuvre was and I felt responsible for his safety. P6 17/XXXX OS

I was observing someone (unknown to me) going out into the snow wearing a red snow jacket, they were fighting with the elements, continuing on their journey alone. They jumped into a pool, and slowly sunk down to the bottom of the pool, small bubbles coming out of their nostrils, they looked up to the surface, toward the sunlight dappling on the surface, and I could see this through their eyes, unmoving just giving themselves up to their drowning. They seemed at peace. I was at peace watching this as though watching a movie. I felt their calmness, no feelings of panic, just peacefulness washing over me as I watched. P6 24/XXXX RS

Walking along a seafront as I looked back I could see work colleagues smartly dressed organizing a group of visitors into a theatre. I felt disappointed that I hadn't been told there was a show on and that I wasn't included in the evening's events. I turned around and carried on up the sea front. I saw some farmers rounding up some young cattle. I rounded the corner and saw them loading the cattle onto a boat. They were very organized. I was surprised to see them loading onto boats but pleased they weren't being mistreated. I turned around and headed back to the theatre. I spoke to a work colleague who seemed a little distracted I turned away from her but felt guilty that I hadn't asked if anything was wrong. I turned back and asked her, she started crying and I put my arms around her and asked her to join me. We were then at my house and I brought her some wine, she started to cheer up and told me how she had no money, I felt that I should lend her the money, but knew that my husband wouldn't agree. Another work colleague turned up and she wanted some wine but wanted red wine not white. I only had some from a bottle I'd already opened. I didn't want to show her that as I didn't want her to think poorly of me. I was annoyed they'd made a mess but didn't want to tell them off as their mum was so upset. I was conscious of not wanting to upset anyone and not to 'rock the boat' but remain open and supportive. This is a common feeling for me. Dream P6 24/XXXX/1 2 RS

A company and its boss have a cut throat attitude towards business and he treats his employees and clients really badly, he humiliates them, he is extremely rude. I can't stand it and have to intervene. I feel outraged and even though it is dangerous I step in to help and to stop it. The dream is light and bright and takes place in office surroundings. P8 1/01:XX:XX NS

I dream of doors all the doors are connected by tunnels, I rush down the tunnels to get to the doors, I open the doors and meet different people from work. It is a repetitive dream, it is a dream about work. P8 7/7:24:XX NS

All was white and bright and it felt dangerous, there was fighting. P8 3/03:XX:XX NS

I wake thinking about the guy in the meeting that was aggressive, I feel I have to write to them, clear the situation up. I feel I have been treated like a small child being told off, I feel upset, I wonder what I could have done differently, I wonder if I am in the wrong. P8 9/9:XX:XX ROS

I am carving a special blade for a petrol run tool - it looks like a supped up electric carving knife. I am making two blades from stone, they are like separated knives and will cut through anything. The stone is light grey in colour and the blades are around 40cm long each with lots of large sharp teeth. The knives are full of gaps to keep them light. They look vicious. P8 11/11:07:XX NS Dream

Dream I have holes in my hands, one hole in the centre of each palm. Each hole is about 5cm in diameter. P8 24/ 24:XX:XX NS

My wife tells me about her dream when we chat in the morning, she had a stirring dream where she had no feet and was trying to get away. Both her feet were missing and she just had bloody stumps. She was running on her bloody red raw stumps. P8 25/25:07:34 NS

Wake with memories of an odd dream about baby but can't remember the details. 31/31:XX:XX NS

I wake up fully after dozing from about 7am and try and remember my dreams. I can remember dreaming of sitting in the room at college and thinking of the day ahead, also thinking about what I need to do at work next week. The feeling associated with this of calmness and the thought of what will be will be, instead of my usual feeling of needing to remember what I need to do and write it down or a feeling of panic. P9 1/1:07:53 NS

As my alarm woke me up I came out of a dream. I couldn't remember the details of the dream other than a feeling that I had been gripping onto a rope with both hands, moving one hand over the other and pulling the rope through them as if I was moving something towards me. P9 5/5:06:00 NS

I dreamt last night about having to give my watch to someone. I didn't want to give it to them and they wanted to take it apart. I really didn't want them to take it apart. P9 8/8:09:00 NS

I remembered part of a dream I had the night before. I had dreamt that college was two weeks earlier than I had planned and I hadn't completed any of the required assignments. I wasn't concerned with not having completed them and just felt confused as to why the weekend was earlier than I thought it was going to be. P9 10/10:09:00 NS

I remembered another dream that I had the night before - someone had needed my watch for something really important, a life or death reason but I didn't want to give it to them as they were going to take my watch apart. I really didn't want them to take it apart and would have been devastated if they did, it would be the end of the world. If it was any other dream I could have coped with it. P9 10/10:10:30 NS

I woke up from a dream where I had gone into work one day and my desk had been moved out of my office, all my things had been moved out. Everything had been replaced by someone else's things. Nobody knew where my things had gone or who's had taken their place. I just wanted to know who had done this as how dare they move my things without asking me. P9 14/14:07:30 NS

A fairground-type ride in the night sky, exploring unusual astral phenomena. P10 2/X NS

A long prawn-coloured snake is gradually & gently handed to me, whereupon it immediately bites me, (not felt), causing me to start from sleep, flinging my hand away. Snake had immature front feet features, like a lizard. It had a "nakedness" about its appearance, no pattern on its back. P10 3/X OS

The precarious, death-defying journey to and from my home. I will continue to make this journey despite the dangers involved. P10 4/X RS

Arriving at passport control to find that my bag contained other passports but not my own, great discomfort and panic. Also that I had no money, and had not changed currency. P10 13/X RS

Sleep

I wake at 3am and remain awake until 6.30am. I'm not bothered by this, just awake. P1 24/24:03:00 IRS

Had put my light out about 23.30 hours and had expected to go straight to sleep. Instead I lay awake despite having done a hard day's work. At some point I started rotating my left shoulder: this is something I have been doing for some years as an unsuccessful means to relaxing the shoulder. The rotation produces the sound of creaking/grinding/cracking bones which does not happen when I rotate my right shoulder. Today the rotation became faster and faster of its own accord with one particular noise being very loud. This noise suddenly stopped and I can no longer reproduce it although I can hear other bones cracking/creaking. P2

In spite of the relaxation in my shoulder joint I have scarcely slept. About 2.30 am I got up and had something to eat and drink, and then read for a while. This is usually a good remedy for sleeplessness but instead I continued to lie awake until at least 4.00 am when I think I dropped off fitfully. Although awake I was not consciously fretting about anything. P2 14/14.07.30

Glad to catch up on sleep and takes things more slowly than during the week. Feeling tired although quite relaxed. P2 16/16.14.15

Have not really slept all night. Chilly in the night. Not anxious or fretful but did not sleep. Wonder if this may be due to using new electric toothbrush last thing at night and causing vibrations in my head. Feel OK this morning in spite of lack of sleep. P2 17/17.07.00

Fitful night's sleep again. Woke several times but did not get up. Felt very cold and pulled my duvet tight round me to eliminate draughts but this did not help. Reminded myself of the hibernating hedgehog. I was not worrying about anything to my conscious awareness. P2 22/22.08.00

Woke at four am with heart racing and feeling far too hot. (Have woken several times at 04.00 where I would normally wake at about 02.30) Not sure why heart was racing - may have been due to a dream or just because I was excessively hot. Removed some bedclothes, got up, made a cup of cocoa and went back to bed. Went back to sleep quite quickly. P2 33/33.04.00

Slept badly - awake at 4.00 am. Got up, had some toast and went back to bed. Did not wake until 08.10 and so was late for work. Organised myself rather slowly but was not really relaxed about it in the way I had been earlier in the month. P2 48/48.08.10

Slept badly again, woke about 4.00 and had some bread to eat. The moon was blazing through my window last night which may have been the cause of my disturbed sleep. P2 50

Got up 4 times to urinate, this has lasted for the last 4 nights. P3 7/6:15:00NS

Toss and turn. Cannot sleep. Woke in early hours. Slept only an hour or two. Intense anxiety. Mind

racing to solve problems that cannot be solved. Sensation of hollowness, mild panic. P4 16/16X RS

Anxiety, cannot sleep the night after return from four days away. Reality of dire situation makes head spin. Sensation of deep-rooted howl of anguish welling up from base through torso. Knowledge that it will not be expressed. No sound will emerge. Resignation. Lack of Mental energy. P4 25/25.X RS

Woken by a bird first and then the heating. Not angry or mad about that although I could have slept for another hour or so. P5 1/1:07:15 NS

Another good night, aware of the dogs but my quiet and relaxed state seems to soothe them. Quite extraordinary. P5 5/5:X RS

Another disturbed night, I start hating the dogs and everything about it. I can see every hour on the clock. No wonder I am tired all day. P5 14/14:X NS

Can't sleep, eyes closed, feel relaxed, not too anxious about not being able to sleep. P6 1/01:01:00 RS

Awoke having felt like I didn't sleep, but feel rested. P6 1/01:07:20 RS

Very restless night, hardly slept at all, but felt OK in the morning. P7 0/XX RS

Wake in the middle of the night, feel refreshed, mind active, body ready to go, feel I could get up and do things, but know it is late and is best to stay asleep, go back to sleep no problem, wake feeling refreshed. Insomnia! P8 2/02:XX:XX NS

Wake up feeling refreshed, get out of bed and go down stairs make a cup of herbal tea and watch TV for 45 mins, I have insomnia again. Go back to bed and straight back to sleep. Wake in the morning feeling fine. P8 8/08:03:15 IOS

Wake in the night, insomnia, can't get back to sleep, but don't feel that bothered, get up, make a drink, do some work, go back to bed 45 mins later. P8 34/34:02:45 ROS

Energy, calmness and happy feeling still high. Despite feeling like I have got lots of energy, I wake up after falling asleep on the sofa in front of the TV and go to bed. P9 7/7:21:26 NS

Yesterday evening I fell asleep on the sofa at my mum's house. I don't normally fall asleep on the sofa especially if there is someone else in the room. I also didn't feel tired enough to fall asleep. P9 11/11:19:32 NS

I don't feel tired still but go to sleep very quickly. I have noticed that over the last few weeks I have not felt tired but I am falling asleep really quickly when I go to bed. P9 12/12:22:21

Physicals

Achy/ joints

Appetite

Cold symptoms

Eyes

Heightened senses

Needle/sharp pain
Nails
Skin eruptions
Upper body/pulled

Achy/ joints

Slept quite well last night but this morning still have a pain/ache on the left side of my neck again which is making me slow and dull - much the same as yesterday. P2 18/18:09:00

Pain in my neck is much better at the moment. The ache now seems to be located in my left shoulder and shoulder blade: it is uncomfortable but not unduly so. P2 18/18:17:00

Ache in the middle of my back, this evening, just below the shoulder blades, The ache is in a much lower position than it has been all month. A dull ache that will pass if I have a hot shower and go to bed. P2 20/20:19:30

Waking up feeling achy in all my joints. P3 18/6:45:00 OS

My joints are all achy particularly my left big toe joint. My joints are also all clicking. P3 20/16:15:00 OS

Woke up with aching hips, particularly the right hand side. My lower back hurts and my left knee is swollen. P3 32/6:00:00 NS

Slight ache in right neck/shoulder area. P4 1/01:07:45 RS

Lower back ache. Lumbar region, upon waking. P4 2/01:24:00 NS

Right Leg, shin, front, aches on walking as though from over exertion. Sense of leaning forward into hard wind, concern that will trip on cobbles when walking. Fear of accident in city where I have no doctor or homeopath to heal if hurt. Constant vigilance. P4 18/18.19.00 NS

Back feels congested, sore, almost bruised, spreading to the neck and head. P5 3/3:07:30 RS

My left hip is really sore again during the night, all I want is to move which is made difficult by the dogs. As soon as I have more freedom to move it gets better. P5 11/11X RS

The head is pain free, but the neck still feels congested. P5 44/44:X RS

Headache mussy now, made conscious effort to forget about student and not let her get to me and my headache is subsiding. P6 2/02:11:30 NS

Feel mild ache in both ears, a brief pulse. P6 24/XXXX RS

Wake with pain in right shoulder blade. Feels like muscle ache, like a slept badly on it. Feel I have to move it help free it up. Rubbing and pressure makes it feel better. P8 9/24:07:45 NS

Like on the 9th day I wake with pain in right shoulder blade. Feels like muscle ache, like a slept badly on it. Feel I have to move it help free it up. Rubbing and pressure makes it feel better. P8 24/24:07:45

ROS

I am still waking with backache. I feel I am sleeping with my head over on one side, I feel hunched up; I feel this is affecting my back. My shoulder aches. It is the same as before. I feel I need to straighten myself. P8 28/28:06:23 ROS

The front of my right shoulder aches, the little finger on my right hand aches and the pain extends up my forearm. I think this could be from using the mouse pad on my computer for a few hours today. P9 7/ 0.304247685/ 3 2 RS

I had a really bad night sleep and woke up a number of times. When I was awake I was conscious of the feeling an aching back, shoulders and legs. My legs felt as if someone was pinching at different points all along them. P9 17/17:00:01 NS

I notice that my legs feel really tired and ache as if I've been for a long run. P9 24/24:07:00 RS

Appetite

No appetite. It is lunchtime and I have forgotten to eat any breakfast or lunch. P1 3/3:13:30 NS

I eat very little all day and am not at all hungry. No breakfast, tiny lunch and dinner. P1 4/X NS

I eat no breakfast. Physically it seems like there's very little going on except my lack of appetite. P1 5/5:08:00 NS

For breakfast today I've had a bit of smoked salmon, and a boiled egg, and some green beans. Not my normal breakfast! I've been making salads with all things green - lettuce, cabbage, green beans, broccoli, (not putting carrots and tomatoes in) and I've been drinking a supergreens alkalising powder with wheatgrass and spirulina. It tastes like pond scum! It's revolting but strangely satisfying. I've been avoiding this green stuff but I want to take it because my joints are so loose, I sprained my ankle. P1 7

My appetite is back with a vengeance. I have spent most of the day seeking out things with sugar in. It's like a hormonal sugar craving. P1 13/13:19:30 NS

I eat and eat and eat for the rest of the day. I eat anything and everything until I am uncomfortably full up. I eat several bars of chocolate today. P1 15/15:16:30 IRS

I wake because I think I hear my son talking. I get up to check on him and he is fast asleep. I lie back down and am full of self-disgust, feeling sick and sickened. In my mind's eye I am being punched in the face repeatedly or I'm punching myself. It may be that I am beating myself up for my horrible gluttony. P1 16/16:03:10 IRS

I continue to eat too much. I notice that I favour cereals or things I can have with milk. P1 20/20:09:00 IRS

Overeating is making me physically and mentally uncomfortable. I am full of self-loathing and have various images in my mind's eye of beating myself up. I am overwhelmed by these feelings as I get into bed each evening. P1 20/20:09:00 IRS

Ravenous hunger all day which is unusual. Satisfied by eating a good meal. This is probably just due to the fact that I got up extremely early this morning. P2 4

Food: a reflection on my diet over the last three weeks is that my normal craving for butter seems to have abated quite considerably. P2 23

My stomach feels hot after eating as if it can't digest the food. It is also bloated and round. I have stopped drinking coffee it makes me feel sick. P3 6/14:35:10 NS

Digestion has not been well for the last two days; I don't feel like eating which is most unusual for me. P3 8/21:30:00 NS

I have been very hungry all day eating like a horse, no particular cravings. I have been full of energy and happier in general. Still very emotional found myself shedding a tear whilst reading about a lady who lost a lot of weight and I was so happy at how much better her life was now. P3 13/19:10:00

On waking this morning this morning I felt full and didn't want any breakfast, I ate anyway. Again at lunchtime I felt the same. The feeling was as if I had just eaten and I had no appetite. Physically my stomach was enlarged as if I'd had a big meal. P9 38/38:13:00 NS

Cold symptoms

Itchy throat this evening which has just started. It runs down into the topmost layer of the chest. I am coughing lightly to clear my throat. Sore throats are often the prelude to a cold. Nothing has happened today which might bring on a cold. P2 8/08.20.30 OS

Itchy throat has gone. I can sense a small amount of mucus in my nose which has also cleared up by mid-morning. P2 9/09.08.00 OS

Notice that I have an almost imperceptible cold - not even enough to warrant a handkerchief, just a tendency to sniff slightly to stop my nose running. P2 10/10.09.00 OS

Noticed mucus clearing from the back of my throat and felt that this was the very end of my 'imperceptible' cold clearing out of my system. P2 11/11.09.00 OS

Am now certain that I have a very mild cold which I can feel as a slight prickling in my nose: My nose is very slightly runny. It is as though I am well and the cold is struggling to make itself felt. Nonetheless it saps my energy a little. P2 24/24.15.00

Still feeling very tired. Coughing up lots of phlegm. My nose is not congested although phlegm is running down the back of my throat. There is a small amount of blood when I blow my nose - which is quite usual for me. My eyes are not burning - which is usually the case when I have a cold. My head is also quite clear although I am so tired. P2 30/30

Slept through the night but woke up coughing. Have coughed on and off all day, still lots of phlegm. Throughout the period of my cold there has been a small amount of blood from my nose (quite typical when I have a cold). The cold is always worse in the evening. P2 38/0:00:00

I keep forgetting to write down the fact that my nose has been runny since the 3rd day of the proving and I have a post-nasal drip with bad breath. When I go outside, the cold air burns the inside of my

nostrils as I inhale and it lasts for a couple of breaths. If I twitch my nose and rub it with my fingers it helps. P3 11/14:00:00

Periphery of nostrils itchy. P4 3/3.X NS

Left nostril blocked, sleeping: clears at waking. P4 16/16.19.30

Nose running. Sneezing often. P4 19/19.07.30 NS

Blocked Right side during sleep. Clears upon waking, movement. P4 30/30.07.30 RS

I usually have quite a bit of mucus in the throat area after getting up, but it doesn't really subside until late afternoon. P5 5/5:X AS

Blocked nose alternating with running, blow nose frequently. P6 1/XXXX RS

Nose dry/ crusty a little blocked. P6 2/02:08:00 RS

Cold back, nose runny but blocked. P6 4/00:04:06 RS

Nose dry but running from right nostril with stomach symptom. P6 6/06:07:45 RS

Nose dry partially blocked usually running always reaching for tissues but not the moment. P6 23/23:09:30 OS

Off and on all day my right nostril has been slightly drippy needing. Not constant and not a lot just noticeable as I haven't had that for a while. P9 2/2:16:45 OS

When washing my face this morning and looking in the mirror I noticed that there was a red stripe across the bridge of my nose and at the points where the red began and ended was swollen. P9 7/7:07:12 NS

While talking to someone and also drinking a cup of tea I notice that I have got a slightly runny nose. This is not a cold but it feels like an old symptom I used to get where my nose used to run while talking or drinking warm drinks. P9 38/28:09:00 OS

Eyes

I wake with a headache which seems to be most intense in the upper inside edge of my right eye socket. It radiates over the top of my head. I have a headache all day and it is accompanied by extreme tiredness which does not lift. P1 33/33:07:00 NS

People, objects on which I was focussing became two images. This was quite marked. I have experienced this quite frequently but less intensely in the past. It has caused a great many headaches and pain in my eyes which has lasted for days. There was no headache on this occasion. I experienced the same again on Day 01 and Day 02. Again no headache. P2 0/00.19.00 IOS

Right eye feels heavy and uncomfortable. I think that the whole orbit of the eye may be slightly swollen and the iris feels unclean as though containing a soggy (not gritty) grime. This is a common occurrence and dulls the clarity of my thought and perceptions. P2 2 RS

The headache has continued all afternoon and I now find that my left eye is quite swollen and there is a sense of discomfort. Eye and head felt hot. Vision in both eyes is weaker. This is new: it is my right eye which swells and causes me discomfort. Lots of my energy is devoted to my headache and I feel dull: it is difficult to look at things for long. Very brief nosebleed reducing the pressure in my head. Felt slightly better for this. Headaches are longstanding -at least six years. Seem to indicate some sort of blockage between my head and the rest of my body. In the past massage on my neck has reduced me to tears - the result of emotion rather than physical pain. The left side of my head and the back of the neck is also still sore. This improves a great deal with something to eat but I shall go to bed early because sleep will help more than anything. A hot shower also ameliorates (it always does with me). P2 5/05.17.00 NS

I wonder whether my vision has been affected by the remedy. Everything looks very distinct and vivid today and has done since Friday evening, with the exception of Day 5. This may just be due to the nature of the light over the past few days. P2 6/06.14.00

Chatting to someone over a cup of coffee and found that she had slipped into two images. I had a very mild headache and mild ache in my right eye - not enough to impair my enjoyment of the day. Double vision again in the evening when sitting down and chatting. Still the very faint headache which has been there all day, I think, but I have been able to forget about it as it is so faint. P2 7/07.11.30 RS

Seeing double when sitting and chatting to a friend sitting about 6 feet away from me. Have been using the computer quite a lot today which often causes me blurry vision but today I am more conscious of seeing double when I focus on one point. P2 8/08.19.00 RS

Eyes have felt tired today but have not seen double even when focussing on someone close to me. Eyes do not have any sensation of heaviness at the moment. Eyes have been watering more than usual over the last three days: not enough to make my eyes run. The watering feels beneficial and perhaps my eyes look more clear. P2 15/15.21.30

Left side of neck is sore - nearer to nape of neck than previously. This pain affects my sight, especially left eye which feels slightly swollen this evening. Also dulls the spirit. Partly this is due to lack of sleep. The pain in my neck is always better for pressure. P2 17

Head was clear when I woke this morning although I felt tired. By 11.00 am I had a slight headache on the left side of my head. My left eye also felt slightly swollen. No pain in the neck or ache in my shoulder. P2 19/19.11.00

Have been coughing on and off all day but have felt less tired than yesterday. Feel wretched this evening - headache on left side of head to the side of the vertex. Eyes are quite bloodshot and intend to go to bed by 9.00 pm. P2 32/0:00:00

Felt as though I had got something in my right eye: it started to water quite a lot and feel uncomfortable: was not conscious that anything had entered my eye although I was working out of doors and this was a possibility. P2 52/52.14.00

Woke to find my right eye very bloodshot and watering: it continued to feel as though something had got into my eye: I was aware of this on and off until lunchtime after which I forgot all about it. By

evening the eye seemed back to normal. P2 53/52.07.00

Set off for the College early in the morning. I was driving into the sun but the roads were very wet and cars were throwing up a lot of spray, which splattered the windscreen so that I could not see where I was going. I ran out of screen wash and was then obliged to slow right down. The poor visibility in the car caused me to reflect on my own eyesight, which is troublesome, and on the lack of clarity in my thought with regard to many matters, including my own vision for myself and my life. P2

Cold has not re-kindled itself. Have not noted it down but sense of double vision has been quite frequent throughout the proving; the effect of this is that my eyes get tired very quickly. P2 56

Right eye very swollen. Little bit of a headache. Pain in eye curtailed my enjoyment of the day. P2 63

I was travelling by car (passenger) when I started feeling sick, my vision became blurry on the peripherals and I felt sick to my stomach with a headache. Although the nausea subsided the headache remained till 16:30 I felt weak and did not want to do anything besides lie still. P3 5/10:56:00 AS

Photophobia. P4 3/3.21.40 NS

Mild double vision. P4 6/6.08.30 NS

Hemiopia. L eye vision almost entirely obscured by grey squares with bright light patches on the field behind. P4 6/6.X NS (Prover 4 still experiencing this symptom after the proving)

Peripheral vision monopolised by fast-moving vertical lines. This sx intensifies when I pass an iron fence at night ; the tall posts flash past, black with white strobe effect. P4 6/6X NS

Hemiopia, left side. Sudden appearance and gradual disappearance over space of few min. Grey rectangles in field of vision create loose open brickwork pattern that floats, en masse. Vision obscured except for spaces between rectangles. Blinking does not clear. Has occurred several times during proving. Mildly interested but not worried about this. P4 32/32.09.30 RS

R, Pain, inflammation, infection. From contact lens? Sharp, high-pitched discomfort. Sensation of foreign object (sand?) between lid and cornea. Pain worse for flushing with water or application of cleaning drops. Hospital visit results in antibiotic treatment. Mentals: fear that vision will not fully return. Became very worried. Sense of falling apart, losing faculties. Not ever being fully functioning again with my vision. Eye infection cleared after 6 days antibiotic treatment. P4 33/33.08.00 NS

My right eye feels very tired. I have to blink quite often to focus. I think that started some days ago, with a bit of pain behind the eye. It is itching as well. P5 25/25:X NS

There weren't any proper symptoms after that. The energy is still a bit low, though. Slowly everything seems to be back to normal - The eye symptom is the only problem left. P5

Immense pounding headache when I go to sit on the toilet, last for several seconds really intense makes me wince. With eye symptoms. P6 2/02:15:00 OS

My eyes go blurred for a second whilst my head is pounding. I don't see the soap bottle I look around

the room still sitting on the toilet. I look back at the sink and the soap is sitting there, blending into the sink. With head symptoms. P6 2/02:15:01 NS

Squint my eyes shut as they feel tired and itchy. Don't want to itch them so squint my eyes tightly' briefly helps. P6 2/02:16:00 RS

Felt light headed when sitting eating lunch at work and when I stood up. It lasted a few seconds, my eyes went blurry. Linked to mind and vertigo. P6 4/00:04:12 RS

Whilst reading had sharp, shooting pain traveling up left side of head from behind left ear upwards into left temple. made me wince with eye symptoms. lasted a few seconds. P6 6/06:09:05 NS

Sharp, shooting pain behind left eye with head symptom lasted a few seconds. P6 6/06:09:15 NS

Whilst driving along in the dark my headlights reflected into the 'cats eyes' on the road and a strange light reflecting off the 'cats eyes' in the middle of the road. Looked like a shard of light reflecting back off the 'cats eyes' in an arc up to about a meter off the ground. My eyes were drawn to them I carried on looking. It happened in all the cat eyes stretching about 100 meters down the road as I drove. P6 6/06:19:00 NS

Eyes wouldn't open felt paralyzed for a few seconds. P6 21/21:06:35 NS

Today I have felt a bit "low", not actually depressed, but different from the last week or so. At one point I felt sort of choked up, my eyes felt sort of red, like they would if you were trying not to cry, I didn't actually weep but it was an odd feeling, and not related to anything in particular. P7 20 OS

A small sty has appeared in the centre of my right bottom eyelid. P8 40/40:09:12 NS

My eyes have felt dry today. I have been rubbing them as they felt irritated and rubbing them seems to relieve the irritation. P9 5/5:23:14 NS

While brushing teeth and washing I am conscious that my eyes feel itchy and rub them. This is the same sensation as felt yesterday. P9 6/6:07:01 NS

My eyes have felt dry today. I have been rubbing them as they felt irritated and rubbing them seems to relieve the irritation. P9 5/5:23:14 NS

The eyelid of my left eye around the lash line feels like it is being pricked by a pin. The feeling passes within about 30 mins. P9 8/8:09:00 NS

Blood shot left eye with no pain associated with it lasted until day 45. P9 40/40:09:00 NS

On my right eye on the bottom lid a very small water blister has appeared. This lasted until day 58. P9 57/7:09:00 NS

Heightened senses

There is a heavy feeling in my chest like something presses down as I exhale. It is quite relaxing. I can feel my heart beating slow and heavy in my chest. P1 1/1:12:45 NS

Whilst at Hawkwood suddenly caught the smell of my father's pipe. (My father is deceased). It has been suggested to me that this is his sign to me that he is present in spirit and so I always welcome him (because he was the most wonderful man) but another part of me always wonders whether I am just imagining things. P2 1 OS

Wonder whether I have a heightened sense of smell. In different rooms the house seems to smell as it did when a friend lodged here for a few months. (smell of my father's pipe on Day 1) P2 8

Sitting chatting felt myself expand into the ether. I retained my own form but was bigger than it: my new form was quite diffuse - not quite spirit but not solid matter. I had been reflecting on the fact that in recent years I have seemed to cramp myself into a box and lived within very narrow horizons. The experience was curious and I wanted to explore it but I couldn't hold it in the context of the evening. No alcohol or drugs involved. P2 15/15.21.30 NS

Left foot still has this hot spot that fades in and out sometimes it travels up to my knee. I find it quite pleasant. I have found the underside of my fingernails very sensitive and I keep hurting them. P3 44/10:00:00 NS

My sense of smell is exceptional at the best of circumstances but now I became overwhelmed by the smell of urine in the bathroom. It became so unbearable that I had requested the floor covering around the toilet be changed, no one else can smell it. P3

Another romantic dream, this time I tell the person I have to smell them first, before I get involved. P5 16/16:X NS

All week I have been very conscious of smells - not nice smells. The main things that have bothered me have been a smell of fish and urine. These smells are real when I smell them but they just bother me and my reaction is to quickly shut a door or to find the smell and throw it away or clean. My usual reaction would be quite calm and not to mention or complain about it but I seem to just focus on it and moan and want to get rid of it - it's disgusting. P9 35/35:19:00 NS

Needle/sharp pain

My skin prickles all over but the feeling of hard needles is especially strong across my back and down the back of my legs. This accompanies the feeling of horror from my dream. P1 1/1:01:35 NS

I crossed my legs as I sat on the floor and all the loose lateral ligaments in my right ankle crunched and fixed the joint in the inverted position. I had to crunch it back into place. P1 1/1:19:30 OS

I get a severe cramp in my abdomen when I go to the toilet. It stretches from my left hypochondrium to my left iliac fossa. I have to bend backwards to get rid of it. I've never had it before. It seems like it's in a deep layer of muscle. P1 11/11:16:30 NS

As I lie awake I have a cramping in my right ovary that moves to the left. It's a prickling needling pain. I also have a fleeting pain in my right breast. P1 16/16:03:10 IRS

A stabbing pain through the top of my left breast. Better for pressure. Lasts 10 minutes. P1 18/18:22:00 IRS

I have avoided mentioning my ankles so far, as the pain and lack of stability I feel are an ongoing

symptom. However, since the proving began the pain in my ankles has intensified to the extent that when I wake up the pain in both ankles (worse right) is the very first thing I notice. Getting up and walking, I feel like the little mermaid. Every step is painful, like nails being pushed into the joint, until I can get some shoes on. I seem to spend all day trying not to stand up and walk. P1 21/21:07:00 IRS

Pain in region of my left ovary. Feels like it is being needled. Intermittent for 3 hours. It seems like I'm ovulating early. I'm sure this is the same ovary as last month too. P1 34/34:10:00 NS

Sharply exacerbated tension/discomfort in left scapula. Lasts no more than 5 minutes. P2 2/02:23:00 RS

Sudden short-lived pain in my left ankle exactly where I fractured it 12 months ago. I have had no pain at all with this fracture until this moment. Started when sitting, better for walking. P2 4/04:13:00 NS

Pain in my right Achilles tendon, very similar to pains which I have had on and off for the past twelve months. Pain is just a soreness which came on as I was walking. It does not hinder me but I am conscious that it has the capacity to become much more painful. P2 11/11.15.00 OS

Violent cramp in my left hand, quite unanticipated. Fingers remained outstretched but crossed under each other and whole of palm contracted in on itself. Lasted about 30 seconds and then gradually eased though memory of the contraction remained in my hand for some time. I think the area most affected was the knuckle area of the third finger. This was quite sore three or four days ago (Don't seem to have noted it down). I have had cramp and the knuckle pain in my right hand on several occasions but the cramp has never been so violent. P2 11/11.23.00 NS

Strong griping pain in my tummy which continues until I go to bed at 23.00 hrs. I expected that pain would disappear on eating but it has not really done so. The pain is quite bearable even when I am not busy and distracted but it is unusual. I have put it down as a new symptom because I have not had this sort of pain for a long time: It reminds me of my period pains although I have long passed the menopause. My head feels quite clear and my eyes are also fine. P2 24/24.15.00

Talking to someone when we were outside: felt a slight irritation in my throat, left side, about halfway down: needed to cough, then my eyes watered violently and I sneezed violently. Continued to cough for several minutes afterwards. Irritation comes in exactly the spot where I sense that colds first take hold of my body. This point in my throat has been very sensitive for a long time and swallowing food the wrong way produces the same reaction. On this occasion I was not eating or drinking anything. P2 53/53.17.00

Pain in back of the knee came on after I stood up and continued for an hour and a half. Feels as if a blunt object is pushed into the back of my knee. P3 3/13:13:00 NS

Lying on the bed reading had a pain under my left breast as if being pricked with a big needle initially I thought it was a dried pine needle. It lasted for about 5 minutes and then subsided. P3 19/20:45:00 NS

I was sitting in the car when I felt a sharp pain as if being stuck with a large needle at the top of my left thigh it lasted for a few minutes and then faded. P3 30/20:45:00 NS

Woke up with a sharp needle like object lodged under my right thumbnail; it feels very sensitive to any touch. P3 33/6:10:00 NS

Pain, high, sharp, extending in arch from left to right. Second time to experience this during proving, but did not record first occurrence. P4 17/17:11:05

Pain, right hip where leg attaches to torso. Sudden twinge that surprises upon movement. Discomfort when walking. P4 5/05:21:45 ROS

Pain, high, sharp, extending in arch from left to right. Second time to experience this during proving. but did not record first occurrence. P4 17/17:11:05 NS

R, Pain, inflammation, infection. From contact lens? Sharp, high-pitched discomfort. Sensation of foreign object (sand?) between lid and cornea. Pain worse for flushing with water or application of cleaning drops. Hospital visit results in antibiotic treatment. Mentals: fear that vision will not fully return. Became very worried. Sense of falling apart, losing faculties. Not ever being fully functioning again with my vision. Eye infection cleared after 6 days antibiotic treatment. P4 33/33:08:00 NS

Turned on stair as descending. Pain moves to behind the ankle. Sense of urgent forward motion that is necessary but requires terse effort. Ankle hurts when walking. Jaw is set as I forge ahead. P4 34/34:14:30 NS

Stomach pain when sleeping. Feeling of sharp, thick pins sticking deep down into stomach and abdomen. P4 35/35.X RS

My left hip starts to ache during the night, which is normal at my friend's place but I still haven't had this in my own bed for a long time. The pain is sharp as from nerves and sometimes spreads to the leg making it numb. P5 4/4:X OS

Since I was 15 or so I have been suffering from abdominal cramps but no Doctor could ever find the reason for them. They came on with breathtaking intensity and stayed for a maximum of 5 mins. Over the last years I found out that if I only breathed into the pain without moving or talking it would go away. I haven't had them for 2 years or so, at least not in the intensity I had them this afternoon. They hit me like a sledge hammer. It was so bad I could hardly breathe, I was just groaning and squirming in pain. I can't even remember this intensity. It lasted for 5 minutes. P5 7/7:X IOS

Quite a bit of pain in the hips again, the pain is sharp and feels hot. P5 9/9:X RS

The abdominal cramps I had some time ago and in the past are more frequent now. When I first had them they appeared once or twice a month, if that, but this is the third time. Not as bad as the first one I recorded but still bad. P5 19/19:X IOS

I dream that the ligaments in my ankle are torn. I hear it happening, a metallic sharp and loud sound. There is no pain and I can still walk but I am aware that I shouldn't. I feel unstable but more from knowing what has happened rather than the actual injury. There is something wrong with the other ankle or knee as well, but can't remember what. Still, I can walk. P5 20/20:X NS

After a good day I suddenly feel a pain in my chest, in the region of the heart. It is quite painful

sometimes and hardly goes away completely. I am not in a panic but a bit afraid that the fate of my paternal family could catch up with me (a lot of heart diseases). I am wondering if I should go to see a doctor, best to keep an eye on it for a while. P5 38/38:X IOS

Immense pounding headache when I go to sit on the toilet, last for several seconds really intense makes me wince. With eye symptoms. P6 2/02:14:30 OS

Leg pain again in right leg shooting up from my outer ankle up outer shin, sharp shooting pain. P6 1/01:20:00 RS

Whilst reading had sharp, shooting pain travelling up left side of head from behind left ear upwards into left temple. Made me wince with eye symptoms. Lasted a few seconds. P6 6/06:09:05 NS

Sharp, shooting pain in right heel, moving to left foot, shooting up left foot, disturbed sleep. P6 11/XXXX NS

Leg pain, sharp, shooting electric pulse, travelling down left of calf from knee to ankle on right leg, lasted a few seconds. P6 17/17:04:00 RS

Sharp pain behind right calf, only last a few seconds. P8 0/0:00:12 NS

Sharp needle like pain in top of mouth, left side, behind the teeth, only last a few seconds. P8 0/0:00:20 NS

Sharp pain in right nostril, only lasts a few seconds. P8 0/0:00:32 NS

Sharp pain in right knee, only last a few seconds. P8 3/3:15:20 NS

Whilst talking to dinner guest I swallow and suddenly my throat goes again, it is an intense pain and I have to stop talking, every time I swallow it is very painful. I would rather not do it but can't stop. I can't eat and drinking is painful to. I do not tell anyone about my pain but just draw back from the conversation. After about 10mins it starts to ease a bit and I can swallow with moderate pain. In the morning it is still there but has eased considerably. The pain is completely gone in two days time and my throat feels much better. P8 29/29:23:34 ROS

The eyelid of my left eye around the lash line feels like it is being pricked by a pin. The feeling passes within about 30 mins. P9 8/8:09:00 NS

On inside of big toe of left foot, there is a pain like a pinprick. The location is near to where I have had skin symptoms in the past but the pinprick sensation is new. P9 8/8:21:00 NSAS

At inside and underside base of big toe feels itchy and the pinprick feeling is still there. At the location of the pin prick feeling there is a yellow lump. Around the area there are what look like tiny little water blisters. P9 9/9:10:31 NSAS

I have been to stool 3 times today. The last couple of times I had severe urging to go preceded by stomach pains. P9 38/38:18:30 NS

Intermittent stinging sensation, plantar face of left foot, flat surface inside heel. P10 2/21:40:00 NS

Nails

Woke up with a sharp needle like object lodged under my right thumbnail; it feels very sensitive to any touch. P3 33/6:10:00 NS

I have found the underside of my fingernails very sensitive and I keep hurting them. P3 44/10:00:00 NS

My fingernails have developed ridges on them running from the nail bed to the tip, most prominent on my thumbs. My nails have become as soft as paper and I have to keep them very short as they are bent backwards by the simplest touch and if they hook on anything they tend to tear. P3

Nose

I wondered out loud why there were no nose symptoms in the proving and then some hours later a fellow student catches (knocks) my nose with her head and causes a nosebleed that is initially pretty ferocious but slows down and stops after 5 minutes. My nose is sore and very tender for 4 days afterwards. P1 57/57:22:00 NS

Very brief nosebleed reducing the pressure in my head. P2 5/05.17.00 NS

Am drying myself after a shower when my nose drops several large drops of blood. Nosebleeds are a frequent occurrence but they usually occur with my headache and the nosebleed gives relief to the headache. They also occur when I have a heavy cold and am blowing my nose frequently. Neither of these conditions holds true this evening. The nosebleed is very brief but I notice in bed that I can still taste blood in my mouth as though there is still internal bleeding. P2 20/20.21.00 RAS

Notice that when I wipe my nose there is blood on the tissue - not enough to constitute a nose bleed. I am not aware of the blood until I wipe my nose. I have no headache or eye ache today: perhaps my nose is just a little runny. P2 22

I blow my nose, not with too much force and there is a bit of blood coming out of the left side of the nose. I used to have that quite regularly and heavily some years ago (for quite a number of years) but haven't had it for at least 5 years. P5 29/29:X OS

Skin eruptions

I wake with more pimples. I have 2 in my eyebrows and one on the bridge of my nose. P1 9/9:07:00 IRS

I wake up with more pimples. One on the margin of my top right lip and one on the margin of my bottom left lip. They are under the surface of the skin, sore to touch, but not itchy. If it develops a pulse, I'll give it a name. P1 12/12:07:00 IRS

I wake with 2 new pimples on my top lip. They are small and not really sore. In the inside edge of my right eyebrow I have a sore lump. It feels like there's a deep, sore spot in there under the skin. I have another swelling with a spot deep under the skin on the left of my chin. The type and pattern of these spots is still typical of those I get before the onset of my period. P1 15/15:07:00 IRS

A new spot has appeared, in my right eyebrow, it's deep, under the skin, and very sore to touch. There is another spot in the middle of my left cheek. They seem to be coming throughout the proving in

pairs, one left, one right. Now I've found them, I can't leave them alone. I press them down. P1 25/25:20:00 NS

With the onset of menses I get a halo of spots encircling my hairline. They are not visible as they are in the hairline but they are sore and itchy. P1 29/29:07:00 NS

I have always had a benign lump behind my right ear. I've become aware that this lump has grown and has some smaller companions. P1 30/30:10:00 IOS

I still have a ring of spots just inside my hairline encircling my head. They are sore, hard lumps under the surface and do not come to a head. P1 38/38:07:00 NS

I've finally had it with the itchy scalp and sore patches. In spite of evidence to the contrary, I am sure I have lice and de-louse myself just to be sure. P1 59/59:20:30 NS

At some point in the day noticed very small white pimple on upper lip, right hand side. Not painful. I do have pimples on my face from time to time but this struck me as quite unusual for me. P2 1 NS

Itch on the inside of the right underarm, looks similar to the rash I felt in my mouth straight after the proving. P5 2/2:16:20

That itchy patch on the left side of my belly seems to slowly go away. It still itches sometimes, but not as aggressively anymore P5 34/34:X RS

The itchy patch on the left side of my belly is getting better and better, I hardly have to scratch it anymore and the aggressive redness is almost gone completely. All the skin that was discoloured is slowly getting back to normal. P5 40/40:X RS

At inside and underside base of big toe feels itchy and the pinprick feeling is still there. At the location of the pin prick feeling there is a yellow lump. Around the area there are what look like tiny little water blisters. P9 9/9:10:31 NSAS

Blind spot on underside of chin. The spot was the size of a 50p piece and had no pain associated with it unless I touched it. If pressed the pain was just in one specific point, again the sensation of a pinprick. P9 10/10:09:00 RAS

Lump underneath toe has nearly gone, the pinprick sensation and itchiness has stopped. The blind spot underneath my chin has also nearly gone and only hurts when pressed. P9 11/11:09:15 NS

Small lump on left of bottom lip. Not visible but I can feel it is there by touching it. It also smarts a bit which is how I became aware of it. If pressed it feels bruised and the feeling feels stronger than it should for the size of the lump. I have had spots in this location before. P9 11/11:20:24 RS

The blind spot under my chin is continuing to reduce, there is no pain associated with it. The spot on my bottom lip has a white head on it now and is red around the location. It hurts when pressed. P9 12/12:22:21

Back of left hand on left hand side in area of knuckles feels tight, and sore and looks dry as if going to start cracking. Soreness is as if I have used too much soap. P9 16/16:16:29 RS

The small lumps - one under my chin and on my bottom lip are still present. These are taking much longer to heal than normal spots that I have had in the past. P9 25/25:07:00

Nothing to record all week. The only thing left to record is a really old symptom that reoccurs every so often has returned on my left hand. Dry chapped skin, which is splitting. The location is on the left side on immediately at the base of my little finger on the back of the hand. It is sore and feels as if there are things under the skin. The general feeling is the same as previously. I had it earlier in the year and it went after some homeopathic treatment. P9 55/55:08:30

Spot on mouth and under chin are still present, very much reduced but still there. P9 62/62:10:26

Upper body/pulled

There is a heavy feeling in my chest like something presses down as I exhale. It is quite relaxing. I can feel my heart beating slow and heavy in my chest. P1 1/1:12:45 NS

Slept through the night but have no energy to do anything. Went to work but decided that I couldn't face it: turned round and came home again. Will go to bed and sleep for a couple of hours. Muscles in my thighs and upper arms feel as though they have been working really hard but I have done nothing untoward in the last few days. P2 39

Walking through a massive warehouse full of row after row of large, brightly coloured plastic items; boxes, children's ride on cars, toys etc. Heard a cry for help, (felt no anxiety) as I ran towards the sound there were big banners hanging from the shelves saying "man" "hanging" "belt". I ran with husband to see a man (not known no identity) dangling from a crane hook, by his trouser belt. Husband climbed up and helped release the man. He was very grateful and I said "it's Ok he only used the strength in his arms and it won't hurt his back" (husband has prolapsed disks), felt calm. P6 2/XXXX NS

Pulling sensation in teeth, only last a few seconds. P8 0/0:00:04 NS

While driving to college I have an intense feeling of my body feeling very heavy and grounded. It's as if my body (arms and legs) is being pulled down to the ground. I feel very grounded, calm, content. It is a nice feeling, with no worries or concerns, I'm not thinking about the next thing I need to do just about the moment. P9 1/1:10:05 NS

I still have the feeling of being grounded and my arms and feet being pulled down. It seems to be present all day but just not with the same intensity of when it first occurred. P9 1/1:10:16 NS

As my alarm woke me up I came out of a dream. I couldn't remember the details of the dream other than a feeling that I had been gripping onto a rope with both hands, moving one hand over the other and pulling the rope through them as if I was moving something towards me. P9 5:06:00 NS

As I wake up out of sleep I am conscious of my body feeling grounded and pulled down. It is a comfortable feeling and I feel like I'd like to stay there. To wake up I have to concentrate and it feels like I'm lifting my body up to be able to be fully conscious. P9 23/23:07:45

All weekend I have had the calm and grounded feeling present, to a greater intensity to that experienced at the end of last week. Feel happy and energetic. When I think about this feeling I have a

sensation that at the tops and back of my arms it is as if they are being pulled. P9 30/30:16:15 NS

And last, but not least, one prover's post proving essay:
A detailed proving reflection

Written two months after the proving experience had ended, and at this stage, with full knowledge of what they had just proved.

My personal experience of the proving was mostly through dreams whose themes and energy seeped gently into my patterns of behaviour, emotional responses and life events. I experienced little on the physical plane although the dominant eye symptoms of the group were reflected in the multiple sight/vision/looking events of my dreams. I am astonished and amused to see how much of my experience relates to that of the mole as a creature, word and symbol.

Claustrophobia: pressed close and resisting intrusion

I have a sense of my space being invaded on all fronts, and it irritates and upsets me. The space that I am trying to preserve around me is round, circular and quite close to my body.

[8] Dream – I'm standing between train tracks with trains rushing past me in front and behind 'I feel panic, closed-in and overwhelmed'

[11] My husband has taken a day off work and I'm avoiding him. I have gone to the library.

I want to spend as little time in intimacy as possible. I am seeking out my own company.

I have a sort of feelings-fatigue, I can't be bothered. I feel worn out, worn out on caring.

I don't want to see friends. I have avoided listening to a phone message since Friday (three days ago).

I don't want to sit down and talk to anyone, I'd just be going through the motions, I don't feel genuinely concerned. I'm irritable at small talk. It makes me feel "itchy" (restless), I want to leave, I just want to get up and get out.

I just want stillness around me. I want to be apart from people. I feel indifference. It's an absence of feeling rather than anything. I feel a bit blank.

[13] I wake up feeling annoyed with people and life encroaching. I feel squeezed into a smaller space than I would like by my responsibilities... Even the responsibility of writing diary entries and waking to record my dreams is irritating. I should prefer everything and everyone to leave me alone.... Noise aggravates me, I'm irritated by people, by my husband coming back in the middle of the day. I'm even irritated when he brings me a cup of tea in the morning or suggests we go out for lunch. It is encroaching on my time and space. I want to shout 'go away'.

[14] The upset feeling feels like a squeezing sensation, an internal sensation inside my throat. It feels like a rubber ball being squeezed. It has an amount of space around it that I want around me.

[14] I am developing a stronger and stronger sense of people and things intruding and encroaching on me. I am starting to feel like the space of freedom, solitude and calm that I have in my centre is being squeezed or invaded. I resent the dawning of consciousness as I wake in the morning. I am greatly angered and upset by the physical intrusion of my trainer taking my measurements. I feel affronted by my husband turning up at home in the middle of the day - it encroaches on me. It's my time and my space in the middle of the day and I felt my time was being squeezed. When I was on the phone he was following me from room to room, and I had to keep moving to another room to stay away from him. I am irked by people turning up on the doorstep unannounced. Everything feels a bit too close. I feel like things are pressing closer. I want to push everything away. There is a hand gesture with this - pushing my arms outwards like a Stop! gesture. I want to be bigger to push stuff away. Even writing this diary feels like an intrusion.

[17] Dream – my father takes me to the windowless room where he has been living. We hang pictures on the walls of beautiful landscapes. They are like windows and the place suddenly seems less oppressive

[21] I feel lonely and disconnected. It's making me feel desperate. (This is the consequence of pushing everyone away and claiming a space in my centre all for me).

[23] Dream - In my dream I find myself and others swimming on our backs around narrow, square-edged (man-made) channels that zig-zag about like a maze. The edges of the channels make for a tight fit and scrape my shoulders. We are all very squashed up by the sides of the channel and our proximity to the swimmer ahead and behind us.

[25] Dream - I know a horse is going to win its race. I have to fight my way through crowds to lay my bet. The people oppress and obstruct me. I have a feeling of great urgency but there are just too many people. I arrive at the Tote, it's uncomfortably crowded and I can't make it to place a bet in time. As I join the press of people at the window, I hear that my horse has won. I was the only person of my company who hadn't bought a ticket.

[24] I'm a bit worried about bonfire night tonight. I have to do something for the kids but I hate busy public displays. I'm worried about my own sense of personal space being invaded by all those anonymous people in the dark and also I worry on behalf of my son. If he has a meltdown I need to be able to escape. In my mind's eye, (if we go out to a public fireworks display) all I can see is a tight, suffocative press of bodies around me in the dark, shuffling and pressing. I feel like I want to escape, urgently. I also hate the idea of not being able to leave by car until the fireworks display is over. I have the idea that I and the car will be trapped there against our will.

[33] Dream - I am trying to find somewhere private to have sex. People keep following us around from room to room, wanting to join in and the group gets bigger all the time. Never get round to it in the end! I wish the crowd would bugger off and leave me alone.

[36] I feel like I have come full circle. I am much less in a 'leave me alone' mood, and much more 'come hither'. Sexual desire is much increased.

[51] I go into Birmingham. The crowds on the train and in the street really oppress me. Too close, too much, too overwhelming. When I reach a square with a large fountain, the relief I feel looking at the flowing water is enormous.

Calm and slow

My first feeling on taking the remedy was of a deep, heavy calmness. I felt my heartbeat slow and thump heavily in my chest under the perceived influence of a great pressure on my shoulders and across my chest. Throughout the proving I find that I worry less about habitual concerns, plan less and let things just work themselves out. Normal responses of horror or distress at upsetting events are muted, giving a feeling of calm and also detachment. It is as if my emotional receptiveness and responsiveness has been turned down.

[2] The sound of the deep distress of my child fails to move me

[3] I have a horrific nightmare and feel calm having watched a child be decapitated, with detached curiosity.

[7] I feel more relaxed about time. I am working on slow time.

[11] 'Feelings fatigue'. I can't be bothered.

[13] I don't want anything, I haven't made any plans for half term, it's just going to happen. I feel like I'm switched off. It's like being in a holding pattern.

[43] Dream - I am watching the Olympics with my children. There are really big crowds in the stadium. In the centre of the stadium it's not an event field but a large natural bay. The athletes are being interviewed about the secret of their success. "It's about giving every movement its time to complete." "You mean going slow?"

My sense is that there's a natural arc to an activity and it cannot be hurried.

[52] I see two patients today and I'm surprised at how relaxed I am. It's not like me at all.

Industry

The Wind in The Willows begins with Mole frantically spring-cleaning his home. Throughout the proving I have cleared away and made tidy, in many different contexts. Also, I have taken great pleasure in work and have been endowed with an industry that has been steady, strong, effective and without stress or fatigue.

[1] Dream - Gardening is satisfying work. I work with my hands. I set about huge tasks.

[5] Dream - I have a big job to do. It's not going to be easy.

[7] Dream - I give birth - it's really hard work, I have to push very hard but it's painless.

[44] I have leapt into supervised practice. This was something I have become increasingly nervous and stuck about. I have enormous industry and enthusiasm for the task and have got 3 patients to see in just 10 days. I work all day, sort my children out and work again until bedtime after they are tucked up. The amount of energy, industry and focus is unusual as is the detached way I go about it without engaging myself emotionally in the fears and nerves that I had.

[47] I have been working extremely hard and extremely productively for about 10 days now. I seem to have endless energy and enthusiasm to pour into my work. I am not tired, I keep going all day and well into every evening.

[55] I spend all day gardening and clearing leaves. I do most of it with my bare hands and find it satisfying work, whereas normally I would hate the job. I don't like the bare patches of earth in the lawn and sow lawn seed even though it's late in the year.

Nature vs. man made (mole) made = gardening

This was a constant and elaborately explored theme of my dreams which came out in my waking life also. The two states often appear together or antagonistic to one another. As mole, I strongly favour nature over things man-made, but my waking and dreaming role of 'gardener' is one of artificial interference and engineering. It is difficult to overstate the impact of the programme I watched on day 25 (below). It contained all of the most significant aspects of the proving. I watched it staggered at the depth to which it encompassed my experience of the nature/man-made theme. The content of the programme and my experience is also discussed in The Wind in the Willows:

" I see you don't understand, and I must explain it to you. Well, very long ago, on the spot where the Wild Wood waves now, before ever it had planted itself and grown up to what it now is, there was a city - a city of people, you know. Here, where we are standing, they lived, and walked, and talked, and slept, and carried on their business. Here they stabled their horses and feasted, from here they rode out to fight or drove out to trade. They were a powerful people, and rich, and great builders. They built to last, for they thought their city would last for ever."

- Kenneth Grahame, The Wind in the Willows Ch. 4

[1] Dream - I am gardening and it is satisfying work, I am clearing a natural space of man-made objects which offend me.

[5] I dream of a structure made of wood that is at once man-made and natural. It is my job to clear the forest floor of debris so that the structure is revealed.

[6] I have a strong desire to do some gardening when I normally would avoid it at this time

of year. I sign up to help with all the clearing of the school garden before winter.

[6] I dream of a natural occurrence in a man-made setting – a seal gives birth in front of a crowd in a perspex tank.

[6] I pick up an anthology of poetry and randomly come across an Alan Ginsberg poem 'Sunflower Sutra' which sounds a deep note of recognition 'I sat down under the huge shade of a Southern Pacific Locomotive to look at the sunset over the box-house hills...we sat surrounded by the gnarled steel roots of trees of machinery'.

[7] I cannot bear the idea of going to London for my birthday as usual. I persuade my husband to take me somewhere wild instead. 'I can't bear the idea of being in the city'. I have 'an abhorrence of things man-made'.

[7] Dream of a city. The artificiality horrifies me

[7] Dream - I swim in a natural pool, free of interference from man or chemicals. Beautiful

[8] Dream - I have to return to the city but keep finding myself in the countryside.

[11] Dream - A flower rots under a film of heavy tar.

[13] I can see inside the human body. I can see that something is out of place and I am able to move it to the right place. It's more like being a mechanic than dealing with organic matter.

[19] Stuck in a car park in a car. I am desperate to leave, to get off the [impenetrable] tarmac and onto earth [where I can dig?]

[22] I dream of keeping pets in the city. The pets were hamster or guinea pig. I do not consider these animals natural as such. They had worn all the grass away to mud.

[23] Dream - ...There is a sense of clearing the garden ready for winter. My son is with me and I suggest he plays with a pile of stones, leaves and pine cones that have collected in a corner. I am annoyed to see that some plastic toys, like ping pong balls have found their way into the pile. They should not be there, they are plastic - not natural (there is a sense of pollution or corruption by the artificial of the natural).

[24] I dream that I am in a littered and worn out back garden in a town (it is the grass that is worn out to bare earth). The gates are falling off and the screws are coming out of the back door. The woodwork is damp and rotting, the screws are rusty. Everything man-made in the space is broken, rotten or dilapidated in some way...

[25] I flick idly through the channels on the television and come to rest on a programme called 'Amazon: Unnatural Histories' about mounting evidence that the Amazon was not as pristine and unspoilt as first thought. Pre-colonisation and exploration by Europeans, a great number of tribes existed in the area. The remains of hundreds of large advanced settlements have been found. The evidence (this is the strange bit) was the discovery of very large geoglyphs - deep geometrically-shaped trenches that had been found etched deep in the earth where deforestation had cleared the supposedly pristine forest (these shapes were made by deep trenches like the ones I was swimming around in an earlier dream, and the idea of clearing forest to uncover a man-made structure is very resonant). The hypothesis was that these structures, which served no practical use, must have been created for some religious purpose up to 2000 years ago. The situation in this programme significantly reflects the dream I had on day 5. Also captivating to me was the notion that far from damaging the Amazon, these past colonies and peoples had done much to encourage different plants to grow and had changed soil conditions considerably, to the extent that huge swathes of the Amazon to this day could be said to have been anthropogenerated - man-made! The value of the man-made 'dark earth' of the Amazon was similar to the value of the earth I was searching for in another dream. The idea here was that unlike my dreams, man was not antagonistic to nature but fundamental to it. It felt like a bit of a resolution to the feelings I have of disgust at human's interference with nature, even though, as my own gardening activities show, I've been engaged in a bit of natural engineering myself. The echo of this

with my preoccupation with manmade and nature, strikes me as weird. The few villages they had found were in circular clearings with the long rectangular buildings arranged around the edge - just like the many-sided polygon of my dreams.

[27] Dream - I am in a car, trying to get into a forest but I am prevented from doing so by man-made barriers which prevent access. I am frustrated. The barriers and road are covered in damp moss, it looks like they are being reclaimed by nature.

[55] I spend all day gardening and clearing leaves. I do most of it with my bare hands and find it satisfying work whereas normally I would hate the job. I don't like the bare patches of earth in the lawn and sow lawn seed even though it's late in the year.

Heads off

Moles remove the heads of their worms to keep them immobile and captive in their larder.

[3] Dream - decapitated baby. The head is removed with secateurs by doctors and nurses whose heads are 'cut off' by the frame of the shot. I find the severed head and body in a muddy bag in the wood.

[14] I feel like I'll either burst into tears or bite his head off and shout at him.

[36] I wake up after a dream knowing that my head has been cut off. I feel quite ambivalent about this and am not aware of any violence or the dream that led to this thought.

[37] Something loses its head in my dream. A baby or small child. It's something that is done to the child but without a sense of violence or blood.

Soiled and digging in the soil

It amuses me to reflect on my role over the proving as a gardener in sleep and waking hours. The mole is a gardener after his own fashion although his type of landscaping marks him as a pest to most human gardeners.

[4], [2] Things are covered in soil, which is wiped off: a carrot, a dead baby.

[?] Dream - I pick up a lost infant - it soils me.

[3] Digging in the soil in a survival situation.

Wary of competition. Scrabbling in the earth with my hands.

[11] Dream - A flower rots under a film of heavy tar, heavy tar covering a beach.

[25] I am captivated by the 'dark earth' of the Amazon film that I watch.

[41] Dream - Dead sunflowers are planted in orderly, even ranks in my garden. I pull them up and search frantically in the earth for the seed from which they grew.

[55] I spend all day gardening and clearing leaves. I do most of it with my bare hands and find it satisfying work whereas normally I would hate the job. I don't like the bare patches of earth in the lawn and sow lawn seed even though it's late in the year.

Babies

A group of moles is called a labour

[3] Dream - decapitated baby

[3] Dream - Lost infant in my arms

[7] Dream - I give birth to a transparent baby (*NB moles are born with transparent fur)

[11] I dream of a pregnant friend who is about to give birth

[20] There are many babies in my thoughts and dreams. Babies everywhere.

[21] Dream - Pregnant and trying to find somewhere to give birth.

[27] I dream that I am giving birth or my sister is giving birth. It seems difficult to find the

space where we will be free from interruption to complete the process.

Transparent

[7] Dream I give birth to a transparent baby

[23] I dream there is a girl, a dancer, who has a very painful foot. She is being interviewed and tells us how she was actually very relieved to have her foot and ankle removed and replaced with glass.

Hormonal

I had pimples and eruptions on my face and especially my chin. I considered these to be pre-menstrual although the hormonal effect lasted through much of the proving.

[6]. They conformed in type, location and sensation to the pimples I usually get before menses begins. These pimples were my strongest physical symptom.

[13] I feel hormonal. I feel irritable as I would with PMS but it's the start of my cycle.

[34] Pain in region of my left ovary. Feels like it is being needled. Intermittent for 3 hours. It seems like I'm ovulating early. I'm sure this is the same ovary as last month too.

[39] The proving time span has been full of maternal issues, giving birth and breastfeeding. Lots of maternal issues around birth, breastfeeding and nurturing from my own past have been brought up both in my dreams and waking hours.

Threat

This is the strongest pointer to the animal kingdom. I feel mostly like prey with a sense of some larger force out there. The cat is out there and I am on the menu!

[10] Dream – something wants to break into the school and get me. I return inside the school whenever danger approaches. Feeling of being singled out.

[14] I feel like something's got me by the throat.

[22] I dream of a deadly threat from a man with great power over us.

Needle

I have several occasions to remark upon a needle-like sensation. The needle feels somewhat blunt (like a darning needle or knitting needle). It's not a sharp scratch but a concentrated, hard pin-point pressure.

[1] After a nightmare I awake with my skin prickling all over my back and down my legs.

[18] A stabbing pain through the top of my left breast.

[21] Getting up and walking every step is like that of the little mermaid. Every step is painful, like nails being pushed into the joint.

[34] Pain in region of my left ovary. Feels like it is being needled. Intermittent for 3 hours. It seems like I'm ovulating early.

Tipsy

There's much giddiness and light-hearted interaction under the influence of the proving remedy. There's frivolity, banter, joking and laughter. It's wonderful but quite superficial. It is accentuated when the proving group is all together.

[28] The whole weekend feels very giddy, superficial and frivolous. It is as if everyone is just a little bit tipsy all the time. Everyone seems to make light, poke fun and laugh. All very good

fun.

[42] It's a perfect day. I am driving down to the coast for a weekend in the country with my husband. As I drive I experience sensations of complete and utter joy and happiness for my husband and myself. There is a feeling that we are in that moment, both standing on our individual pinnacles of achievement - he has won an award, and I have taken my first case. I am extremely happy and full of joy for us both. The image I have in my head is of me rolling around on the floor, clutching my sides with tears of mirth streaming down my cheeks. It feels like I have just heard or seen the funniest thing in the world.

Appetite

[3] I lose my appetite at first and don't eat proper meals for 13 days after taking the remedy and then develop a voracious appetite which remains for the duration of the proving.

Seeing, looking

Moles have eyes that are very little use to them and they are nearly blind.
I feel either visually assaulted or like I want to look away.

[1] I 'cannot watch' a group of women having brutal sex. It's unnatural.

[6] In a dream I am viewing a spectacle in a crowd. The feeling, after my initial curiosity and desire to see has waned, is 'I cannot watch...I shouldn't be watching...this is not for my eyes...nobody should watch'.

[7] Dream - in the city I saw things I didn't want to see...It assaulted me visually, I need to get the city out of my field of vision.

[7] Dream - sensitivity to artificial light of the city (Neon) and then plunged into darkness.

[24] I cannot see for looking. All day I have been intensely frustrated by looking for a thing which I know is in my immediate vicinity without being able to find it. Some hours later, the thing will appear as if by some cruel joke.

[24] Dream - My daughter appears. It's time for her to get ready for school but she is ignoring me and I get angry with her. She won't show me her face. When I spin her round, I see she has painted her face ice blue. It's rather beautiful. I want to take a photograph of her but every time I try to frame the shot in the viewfinder the image jumps or is wrong in some way. When I finally get her image centred and the distance right, I see she has washed her face.

Precognition, clairvoyance

[24] I realise that the 'echoes' I have been experiencing are more prolific than I thought. The dream I had on Day 16 where I am swimming closely and very intimately with a child prefigures exactly the actual swim I had with my son on Day 21. When I went to visit my sister in Yorkshire, the first thing I saw when I pulled off the motorway was a red kite bird. Without me mentioning this, my brother in law started telling me about red kites the next day, and when I turned on the radio whilst we were leaving Yorkshire, there was a lady on the radio discussing red kites again. I dreamt that the lights go out in the street because the local authority cannot afford to keep them on. The next day I read that this is actually happening. Today I find myself singing a song in my head about guilt. As I hum the song a county court summons drops onto the doormat at my feet. I open it and the first thing it asks me is whether I will be admitting guilt.

Relating experience to signature

Animal

[10] Dream – something wants to break into the school and get me. I return inside the school whenever danger approaches. Feeling of being singled out.

[14] I feel like something's got me by the throat.

[22] I dream of a deadly threat from a man with great power over us.

Mammal: all those babies!

Mole habitat: rolling hills and woodland

I dream of undulating land and the setting of many other dreams is woodland

[1] I dream of a textured surface like even rolling hills. My perspective changes and it could be close-up undulations of skin rolling around to form a structure much like a double-twisted rope.

[50] Dream - I dream I have moved house. The garden is large but very windy. Someone suggests I plant bamboo to stop the wind and shelter the garden. No, this is where the wind comes through and I'll not block it and interfere with a plant that is not natural to this environment. The garden is rolling, undulated as if it is waves made on land by the wind.

Moles have sensitive noses

[57] I wondered out loud why there were no nose symptoms in the proving and then some hours later a fellow student catches my nose with her head and causes a nose bleed that is initially pretty ferocious but slows down and stops after 5 minutes. My nose is sore and very tender for 4 days afterwards.

Mole hole

[15] Dream – my friend has a house with no windows on most of the walls.

[17] Dream – my father takes me to the windowless room where he has been living. We hang pictures on the walls of beautiful landscapes. They are like windows and the place suddenly seems less oppressive.

[23] Dream - In my dream I find myself and others swimming on our backs around narrow, square-edged (man-made) channels that zig-zag about like a maze. The edges of the channels make for a tight fit and scrape my shoulders. We are all very squashed up by the sides of the channel and our proximity to the swimmer ahead and behind us.

Moles carry lice and ticks (according to the internet!)

[38] My head is itching and has been for about a week. I was convinced I had head lice. I've checked myself and the kids a couple of times and have found nothing. So itchy but there is no reason. Feel like I'm going a bit mad.

[59] I've finally had it with the itchy scalp and sore patches. In spite of evidence to the contrary, I am sure I have lice and de-louse myself just to be sure.

Moles Squeeze the earth out of worms before eating them.

WIKIPEDIA: Before eating earthworms, moles pull them between their squeezed paws to force the collected earth and dirt out of the worm's gut

Next, in the dream, my children are both sick. I lean them over a big orange bowl and they vomit without retching. The vomit does not shoot out but is extruded steadily. It is black-brown and each of them fills the bowl. I am curious about this incident rather than horrified.

Architecture: Pier : a Mole

WIKIPEDIA: A mole (architecture) is a massive structure, usually of stone, used as a pier, breakwater, or a causeway between places separated by water. The word comes from Middle French mole and

ultimately Latin *mōlēs* meaning a large mass, especially of rock and has the same root as molecule.

[2] A mole may have a wooden structure built on top of it that rather resembles a wooden pier. The defining feature of a mole, however, is that water cannot freely flow underneath it, unlike a veritable pier.

[26] I am standing on a concrete promontory over the sea with cold steel rails. The angles and edges of the concrete strike me in their geometry. Waves begin to crash over my head. I am not frightened but exhilarated and I can still breathe. I hold onto the steel rail for support.

Molecule: Mole = Latin root for molecule

[23] Dream - I am at a wedding. We are about to sit down at the table when I notice that the tabletop is obscured by a shifting white froth or mist of something. A man tells me it's bicarbonate of soda. I start wondering what 2 carbon molecules are doing on top of a table at a wedding...

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