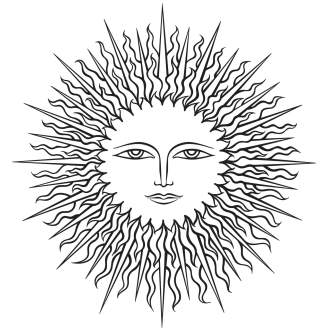


SCHOOL OF HOMEOPATHY



Proving: Orchid (*Dactylorhiza Praetermissa*)

Date: October 2010

By Misha Norland, Peter Fraser & The School of Homeopathy.



Introduction

Plant Families in Homeopathy

The fact that there appears to be a connection between remedies made from plants of the same botanical family has intrigued homeopaths for as long as there have been plant remedies. The orderly-minded Dr J.H. Clarke took all the remedies in use in the late nineteenth century and put them conveniently into their natural orders (published in *The Clinical Repertory*), and referred to the comparisons between remedies of the same family constantly in his *Dictionary of Materia Medica*. However, it is only since the last decade of the twentieth century that homeopaths such as Rajan Sankaran and Jan Scholten have put forward their observations through the experience of using plant remedies and noting the similarities within each family as they appear in potentised remedies.

The Orchid family

Domain	Eukaryota
Kingdom	Plantae
Phylum	Angiosperm
Class	Monocots
Order	Asparagales
Family	Orchidaceae

The Orchid family, Orchidaceae, is the largest family of flowering plants with 880 genera and well in excess of 20,000 species. They have a large number of extremely specific properties but are at the same time an inordinately diverse family of plants.

Orchids have complex pollination strategies. Many of these involve deception either deceiving the pollinator into believing that they provide nectar when they don't or deceiving the pollinator into thinking that they are another sexually available insect. Some species trap pollinators and force them to escape in a particular way that enhances the chances of pollination. These tactics have to be very specific to the pollinator and orchids are incredibly adaptable hence the great number of different species. Studies in epigenetics, the occurrence of heritable attributes that are not derived from genetic codes, have found that orchids are particularly adept at developing such traits and at passing them on to future generations. So not only are they genetically exceptionally diverse but even within genetically similar groups there is a wide diversity of specific, heritable adaptations.

A little known fact about the orchid is that as it develops it rotates up to 360 degrees depending on the species of orchid, meaning that some flowers maintain an upside down appearance whilst others fully rotate, resulting in the flower facing upwards. Some orchid species also have twisted side petals.

Orchid seeds are tiny, many are microscopic, which allows widespread distribution in a way that is similar to the spores of fungi. However, it means that they have no endosperm to sustain them through germination and early growth. In order to find nutrients for germination they have to form a symbiotic relationship with fungi.

Like the carnivorous plants, the orchids push the boundary between what is vegetable and what is animal. The carnivorous plants do this through what they consume and the way they attract prey. The orchids do it through their connection to sexuality. The deceptive pollination of many species involves what could be termed sexual behaviour with insects.

A study of the effect of an Himalayan *Dactylorhiza* on rats shows that the association is a valid one and that orchids have a significant effect on testosterone levels and testosterone related activity.
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2206241/>

Several orchid species have been proved including Vanilla and Elephant Ear Orchid which are available at: <http://www.homeopathycourses.com/> and Calypso Orchid at: <http://hpathy.com/homeopathy-materia-medica/c4-trituration-of-the-calypso-orchid-calypso-bulbosa/>

The Lady Slipper Orchid, *Cypripedium*, has a history of use as a remedy for nervous excitement and particularly for sleeplessness in children.

In Vanilla there is a strong quality of sensuousness. In Phalenopsis confusion is an overwhelming issue. In Calypso the issue of seductive and deceptive sexuality predominates. These are all issues that are common to the Orchids, including Dactylorhiza, but one area seems to come to the fore in each individual species.

Dactylorhiza praetermissa, the Southern Marsh Orchid is a common European orchid. The Dactylorhizas have two to five, slightly elongated, tuberous roots that resemble fingers and the name derives from the Greek dactylos, which means finger.

This type of orchid is widely spread across the Northern hemisphere, surviving in contrasting climates. From the sub arctic to the milder temperatures of Northern Europe, North Africa, North America, the Himalayas and reaching as far as Alaska.

Remedy Source

The orchids used in this proving were located on Gaddon Down, near Ashill, Devon in 2003. This had been a domestic waste dumping site that closed down in the late seventies. The habitat includes open grassland and encroaching thistles, nettles and brambles. Since the tip was covered over with clay soil it puddles up in the winter, but then dries out in the summer. For a number of years it supported an orchid colony that collapsed as brambles created an increasingly dense cover.

Three plants were selected from different areas of the colony. Both flower spikes and leaves were put into a bottle and covered with Vodka before being sealed. This was shaken up now and again over a period of three years before providing the mother tincture used in the proving.



These orchids are geophytes of the tuberous variety and as such are able to survive harsh conditions by storing enough water to sustain them. The stem itself can become very tall, reaching heights of 70-90cm. The leaves taper to a point and are speckled in most species. The plant's higher leaves are shorter than those further down the stem. The flowers are concentrated near to the top of the plant and there can be as many as 50 on one plant compacted into a similar locality. The main colours of this particular genus range from red to pink and are dotted with darker flecks throughout.

The ideal conditions for this species of orchid are damp soils, marshland, fields and bogs in areas populated by trees. Wild orchids have even been spotted reclaiming managed sites like abandoned pits, quarries, along railway lines and roadside verges.

This orchid hybridises very easily with other species of Dactylorhiza and this means that the boundaries become extremely blurred. In several instances, an entirely new hybrid within the genus will emerge onto a new or previously untouched habitat and will continue to prosper for many years until they are replaced by a secondary succession. This highlights the versatility and resilience of this plant species, and suggests that we can expect them to remain a feature of our natural habitat for years to come.

The Orchid in Mythology

The orchid features regularly in Greek mythology. Firstly, as a man named 'Orchis' who was said to have been born of a nymph and a satyr (half man half goat). It is reported that he disgraced himself by attempting to sexually assault a priestess, his punishment for this was to be ripped apart by wild animals, after which his form was shifted into the iconic plant known today as the Orchid. The appearance of the double root tubers on the Orchid plant are said to bear a resemblance to Orchis's male genitalia. The name orchid is derived from orkhis the Greek word for testicle as some species have two tuberous roots that resemble testicles. Similarly, in Middle English they were called ballockworts.

Orchids are the most sexual of plants. Many of them are sensual; in their appearance, to touch and in their scents. In addition, women of Greek origin believed that they could determine the sex of their unborn infants with the roots of the Orchid. Their belief was that if the father of the child ingested the larger tubers from the plant then the resulting child would be male, if the mother ate the smaller tubers, the child would be born female.

The Orchid in Literature

Historically, the orchid was scarcely written about before the 19th century, this was largely due to the opposition from religious figures who deemed the plant overly erotic and a negative influence because of its sexual connotations and association with the downfall and degradation of man due to sexual desire. Since then, many talented individuals have depicted the orchid flower in their writing; its sensual nature provides inspiration in abundance. H. G. Wells depicted the orchids menacing and manipulative side in his book 'The Flowering of the Strange Orchid' in which a vulnerable bachelor is drawn in by the alluring plant, almost resulting in his death. In addition, the well-known Scottish born American naturalist and author John Muir was literally moved to tears upon the sight of the ... slipper orchid whilst walking in the woods. Here is a poem written by Sam Hamill about this favoured flower which fits with the theme of immense beauty, bewitchment and death which surround this lurid plant.

The Orchid Flower

Sam Hamill

Just as I wonder
whether it's going to die,
the orchid blossoms

and I can't explain why it
moves my heart, why such pleasure

comes from one small bud
on a long spindly stem, one
blood red gold flower

opening at mid-summer,
tiny, perfect in its hour.

Even to a white-
haired craggy poet, it's

purely erotic,

pistil and stamen, pollen,
dew of the world, a spoonful

of earth, and water.
Erotic because there's death
at the heart of birth,

drama in those old sunrise
prisms in wet cedar boughs,

deepest mystery
in washing evening dishes
or teasing my wife,

who grows, yes, more beautiful
because one of us will die



Colour plate from Ernst Haeckel's *Kunstformen der Natur*

Jan Scholten looks more closely at the orchid in homeopathy in his book 'Wonderful Plants', from which this extract is taken:

Orchidales

Series: Hydrogen, Carbon and Silicon series; emphasis on Silicon series.

Source: Lou Klein, Sally Williams

DD: Phosphorus, Fluorine, Sodium

Taxonomy

In the Apg3 classification the Orchidaceae are placed in the order Asparagales, as a first branch.

In the Plant theory they are placed in their own order Orchidales. This does not affect the monophyly

of both orders. Orchidaceae is one of the biggest families with more than 20,000 species. The Orchidales are tentatively split into 7 subphases. This is tentatively at the moment, as not many orchids have been well known in homeopathy. Recently quite some orchids have been proved but there has not been published much clinical experience. The subfamilies of Apostasioideae, Cypripedioideae, Orchidoideae are placed in Subphases 1 to 3. Epidendroideae, the biggest subfamily, is split into 4 Subfamilies: Maxillarioideae, Vandoideae, Dendrobiodeae and Neottioideae. The Stages are also put tentatively as there is too little information to be sure about them in many species. From the point of view of the Plant theory it would be more elegant to raise Orchidaceae to the level of Order, Orchidales and the Subfamilies to the level of Families.

Subphases

1. Apostasioideae
2. Cypripedioideae
3. Orchidoideae
4. Maxillarioideae
5. Vandoideae
6. Dendrobiodeae
7. Neottioideae

Introduction

They feel they cannot belong to others. They think they will be left alone, rejected or betrayed. Due to this they do not want to commit themselves. This leads to a vicious circle of being left alone and non-commitment. Their contacts are short lasting. They still have a strong need to belong to people and so can lure people into relationships, especially erotic, sexual contacts. Typical is the one-night stand. This can lead to destruction of families as their partner often cannot tolerate the adultery.

They often do not have stable relationships as they do not want to commit. They do not want to have children as that will limit their freedom to do what they want. They do not want to take responsibilities. They feel life is too short to be serious. It is better to have fun, to take the most out of life as possible. They like parties, dancing, music, sex, drugs and rock and roll.

They prefer a life full of joy, without family and children, with many parties, drugs, pleasure and sex. It is like living as if every day is the last of their life. It is the lifestyle of young adults, students. Some people like to stay in that state forever. Most people afterwards commit themselves to one person, start a family and find a job.

They always want to look bright, happy, funny, rich, as if they can have all the success in the world. But it can give an artificial feeling. Underneath they feel alone, excluded, left out and often bad. They have lost the ability of being a family member, to adapt to a community or family. In the extreme they can be narcissistic, even psychopathic, having lost the empathy, the human quality.

They want to stay young forever, like an eternal teenager or eternal student, enjoying life without the responsibilities and commitment of adult life and having a family and children.

Self worth

They want to be respected and valued. But they often have the feeling of not being good. They have done too many sins. They feel there must be something wrong with them that people leave them, cheat and betray them.

Description

They have a tendency to mislead others to get what they want. They can be misleading, seducing, cheating, enchanting, betraying, seducing, luring, flirtatious, trapping, intoxicating and bewitching. They want to see life as a game, something not serious. They like to play instead of taking responsibility. They like to have fun and have sex, instead of founding a family. They can be like teenagers, thinking they can get away with deception, thinking they know everything. On the other hand, they can feel guilty for what they have done or what others have done. They can feel they have to redeem the mistakes made by humankind.

Mind

Desire: party, play, games, fun, laugh, joy; enchanting music, dance; drugs, alcohol; Carnival, Venetian masks; on a stair to heaven; money, glamour.

Joy in the midst of destruction and death. Deceit, trickery, cheating.

Healing wounds of others; relatives, wounds of war.

Sexual, sensual, erotic, trickery, seduction, whores, geisha, big boobs, brothel, promiscuity, one night stands; sexual games, orgy, lack of love, prostitutes.

Getting away from humanness.

Giving oneself up, surrender to bliss, beauty, in procreation, reproduction, birthing.

Indifferent to being ruined, insanity, being in rags.

Lack of responsibility for family, wife and children; home wrecker; aversion to being a parent, mother; outsider position, stepparent; teenage pregnancies.

Anger, rage, fury, contempt, screaming, < being rejected, betrayed, cheated.

Sad, depressed, hopeless, disgust, < being rejected.

Apathy, indifference, dull, stupefied, drugged, bored after having seen it all.

Homosexuality.

Mimicking animal state; between plant and animals.

Autism.

Memory problems.

Spiritual, developing one's own individuality. Cold, hard, harsh, analytical, calculating, planning, untouchable, in control, focused, strong will power.

Competition, jealousy.

Decadence, degradation, disgust.

Fear: threat, destruction, war, death, disease, conflicts, discords, fights, rejection, exclusion, poverty.

Delusion: body bursting in blood and pus and decay, after deliveries, sins.

Delusion: being dark, bad as if there is something wrong with them; shame, guilt, sins; rape, abuse; being drowned in, dragged down in a spiral endlessly, in hell, Satan, Hades.

Central emotion: enthralled, hypnotized.

General

Sensation: whirling eddy, twisting, sinking, disappearing, gentle rocking, lulling to sleep, welcoming.

Weather: cold.

Desire: alcohol, tobacco, drugs.

Sleep: sleepless.

Body

Infection: Aids; chlamydia, gonorrhoea, syphilis, herpes.

Vertigo: dizziness, spiralling down counter clockwise.

Nervous: epilepsy, chorea

Lungs: cough; bronchitis.

Abdomen: pain, cramping, > stool.

Male: testicle problems; infertility.

Female: menses painful, cramping, bloated; infertility: ovaries atrophy; < menopause; < ovariectomy

Limbs: hand, feet problems, injuries.

Skin: dermatitis; itching.

The Proving

Provers

There were 12 provers all of whom took a single dose of the remedy in a 30c potency. Provers 1, 2, 3, 5, 6, 8, 9, 10 and 12 were female; provers 4, 7 and 11 were male.

The proving revealed a clear picture of the remedy and many of the more general Orchid themes can be found in it.

The theme that seems to be most important is one of adapting to the environment, emotional and spiritual as well as physical, and letting go of past dogmas and beliefs. For most provers this was a positive experience and reading the proving it could be easy to misinterpret these as curative responses. In fact the pathological state lies in the place of having to adapt and in doing so losing the dogmas and beliefs that give us the solid base we rely on. This pathological state was clearly revealed in one prover and to a lesser degree in several others.

The state of having lost ones fixed ideas leads very easily to a state of confusion and this theme, which is strong in the Orchids generally, was strong in the proving. Confusion around time seemed to be particularly important.

The other consequence of this adaptability is a freedom from restrictions and a lack of inhibition. This was seen generally but especially in areas of sexuality where there was a wildness and lack of inhibition that seemed to have an adolescent quality to it. It was a naive and open sexuality and did not have the qualities of seduction, deception and betrayal that were predominant in the Calypso Orchid. The theme of betrayal and deception, the idea of a trickster, were there in the remedy but not as strongly and not primarily in the sexual arena.

The lack of inhibition and wildness could also be seen in a tendency to, or at least a possibility for, violence and brutality. The provers found themselves wondering about how easy it would be to be violent, brutal and cruel.

There was a corresponding fear of dark forces and of being the object of violence and brutality. There was also a particular sense of being trapped.

The remedy caused great sensitivity, empathy and clairvoyance which could be an appreciation of beauty and of the divine in the world but could also lead to an awareness and fear of presences and evil spirits.

Proving often cause a group dynamic that is both general and has a flavour that comes out of the proving. In this case there was a sense of bonding in the group that was about being attacked by an outsider and coming together in support of each other in the face of that attack.

The mind symptoms of Dactylorhiza can be arranged under the following themes:

Letting Go, Accepting, Adaptation, Dogma

Organized, Clean, Confident

Sexuality, Flirting, Adolescent, Wild
Anger, Irritability, Brutality
Divinity, Joy, Love, Nature
Sensitive, Emotional, Empathetic, Clairvoyant
Confused, Disoriented
Confused about Time
Dark, Fear, Violence
Trapped
Awareness of Presences
Group - Individual

The most powerful physical symptoms were expressed in an affinity to the eyes. The eyes felt larger, as did the pupils which seemed to let in too much light. There was a clarity of vision and specifically a greater peripheral vision. There was also a sensitivity in the eyes and one prover actually found herself blind for a few minutes.

There was an affinity to the mouth with pains, ulcers and horrible tastes. There was a general aversion to food, especially heavy and fatty foods such as dairy. Appetite was generally diminished. There was diarrhoea with sudden urging to stool.

Sleep was an important area of the remedy action. It could be deep and generally refreshing. However, there was an element of wakefulness that is reminiscent of Cypripedium.

There were no male and very few female sexual symptoms, which was surprising but the sexual mind symptoms and dreams suggest that the remedy is more about sexuality than sexual function. There was a significant lack of respiratory symptoms, just some coughs. The heart was more affected and there were many symptoms of the back.

There were many dreams of animals, dogs and foxes, snakes, insects and spiders in particular and the dreams had a powerful animal energy. There were dreams of war and of conflict and division. Death, dying and dead people were found in many of the dreams. In some dreams there was a powerful feeling that things were not really as they seemed.

Materia Medica

Mind Themes of Dactylorhiza

Letting Go, Accepting, Adaptation, Dogma

During the class, one of the teachers was very rude to another student and as I saw her cry, I went to comfort her and we went outside. My natural reaction is usually to confront the other person but I was surprised that I did not do it and also, as things resolved I did not take it on board and kept it the whole afternoon. Once in that state is difficult for me to let go normally. 01P 03 XX.XX NS

Clear and open mind. Aware that underlying anxieties, stresses have disappeared. 02P 02 XX.XX NS

My brother phones as I am leaving for a meeting, I tell him that I am late but he still chats. I don't mind (usually I am very particular about being on time and would feel stressed about being late). 02P 04 XX.XX NS

The need to be absolutely authentic. 02P 07 XX.XX NS

Have tea with friends and speak about incident yesterday, they can see the difference with me, that this is bothering me in an unusual way in that I haven't let it go, and am so fired up about the injustice of it. I still feel very indignant at his audacity to have a go at my friend. 02P 07 XX.XX NS

Fairness and truth and justice are themes for me at the moment 02P 08 XX.XX NS

Realise that I needed to experience this to know that there is a place for allopathic medicine (as I had never been in a hospital before, let alone taken medication, etc.), felt the healing of my intransigence to becoming more adaptable! 02P 21 XX.XX NS

Talk with husband who feels hopelessness about marriage, etc. I feel as though I am not so bounded by social mores at this time. 02P 40 XX.XX NS

Speaking to my supervisor about the proving wearing off and me telling her that I am no longer "busting a gut". 02P 48 XX.XX NS

I have a feeling of laissez faire right now; so what, it doesn't matter, there is no competition. I don't mind who sees me and all my foibles, it just doesn't matter. 03P 02 XX.XX NS

It is as if I am no longer scared of being seen; I'm kind of coming out from under a big black cloak! 03P 04 XX.XX NS

I have a picture in my mind of me, quite plump and chubby, but relaxed and content. I am at ease with myself and my appearance. I am relaxed in my skin. I have tried to 'grasp' this feeling in the past (of self-confidence, but it has eluded me long-term). Now, I just feel at ease. I feel as if I am 'outside' the worry. 03P 27 XX.XX NS

I don't feel quite as 'passionate' about things. This extreme 'passion' has tended to 'wear me out' in the past. Now, I feel more balanced about things; more on a level; there is more mediocrity. This is very welcome. I can conserve some energy. 03P 39 XX.XX NS

My computer has a virus and has to be reformatted and my car has been completely reset. I feel really 'cleansed'. Not in the least bit bothered about everything being wiped. 03P 44 XX.XX NS

An image in my mind is that I had crumbled and I was just dust. I was happy with that. My 'structuredness' can be very tiring sometimes. I feel as if I have crumbled and that my computer being broken down has something to do with this. 03P 47 XX.XX NS

I find myself in a situation at home where I am feeling a bit perplexed and annoyed. (I had to stay home and missed the morning Homeopathy session to take care of a student, which is work related). I am feeling perplexed and a bit extra annoyed as the student has decided to go out and I am left alone in the house. I am thinking, why did I stay at home, I could have been in the school. I am feeling a bit lonely and annoyed. But at the same time there is a sort of flow to the day. It seems like a contradiction of feelings, on one hand I am feeling lonely, angry, perplexed with my situation, at the same time feeling a flow inside. 04P 03 XX.XX NS

There was a quality of rigidity, single-mindedness, seriousness. I wanted things to be a certain way and I had certain targets in mind. At times I had to question fixed beliefs, e.g. I would never go out

with a younger man. 08P 00 XX.XX NS

Feel like I don't care about very much; about what others think of me. 09P 01 XX.XX NS

Finding it so easy to avoid those who's energy I feel is negative; who's negative energy has a detrimental effect on me if I stay too close or get involved with it; it's simple to just remove myself from it; physically take myself away. 09P 02 XX.XX NS

Feel part of things yet at the same time apart from things and people; looking at things and people very objectively; not with much real emotion; feel really insular yet at the same time a part of things that are much bigger; very relaxing; feel so relaxed; no worries. 09P 02 XX.XX NS

See other people's 'stuff' as their 'stuff' a lot more; I still have to be in my place in the world with other people but it can be fun; more enjoyable; spending time and energy with those I am comfortable with and not with those I am uncomfortable with. No need to 'fake' interaction. 09P 03 XX.XX NS

Difficulty with organising physical things; packing to go home; doesn't feel important if things are left lying around until the last minute. Most unlike me. Not hurried; don't have to get moving so quickly; don't need to be organised; if I take my time things will still be done; done in time; done without pressure. 09P 03 XX.XX NS

Things don't matter so much; clarity around my world; a new perspective where things feel okay; no pressures; no problems that can't be resolved; answers found. 09P 03 XX.XX NS

Flippant behaviour; very whatever will be will be; If I drop toast on the floor it doesn't matter. 09P 03 XX.XX NS

Sensation of not needing to prove myself to anyone; to be far less ready to constantly put others before my own life needs. Happy to go along with plans of others; want friendships and social times with friends but not prepared to be manipulated or bullied into doing things that are uncomfortable for me. 09P 05 XX.XX NS

Feel more relaxed around husband than have done in a long time; finding it right to let go of past hurts; not to harbour resentments; to move on. This feels much, much easier and the natural thing to do. 09P 05 XX.XX NS

I awoke this morning with the most tremendous sense of freedom, my first thought was to 'let the man be free'. This meant for me that I was free of the burden I had placed myself under, the expectation. He was free of my burden of wanting something from him, and I could appreciate him for the person he is, not for what I want from him. The day went by without thinking of him, being present to what I was doing. It was a very real sense of having a weight lifted off my entire body. 10P 11 XX.XX NS

Yesterday I was sedated for the removal of the nerve of a tooth. I have had a sense of sadness on not being able to see the removed nerve and bring it home with me. It seems absurd now. On awakening this morning, I had a very real sense of the end of the Proving. I was very glad, it has all been simply dreadful. I have hated it. 10P 51 XX.XX NS

Organized, Clean, Confident

There is a very subtle feeling within me that something has happened. I feel more confident, more 'get up and go-ish'. As if I am in control now. 03P 15 XX.XX NS

Several times I had the urges to clean the space where I live very thoroughly. 08P 00 XX.XX NS

Move to a new campsite and park next to pig pen. Urge to clean out van really thoroughly with hot water and lots of disinfectant spray. 08P 04 XX.XX NS

Go shopping and look at self in a shop mirror, think I look old, my face looks shrunken yet bloated with dark circles under the eyes. Feel dehydrated and aged. Go home and have a bath. I need to cleanse and rejuvenate myself. 08P 10 XX.XX NS

Really positive and determined today because I know what I want and I feel I can bend the universe to my will. Determined to accomplish much and that everything will work. 08P 31 XX.XX NS

I have real feelings of unfairness; that when things are unacceptable they shouldn't just be ignored and allowed to go on; people being awful to each other and not being challenged. Saying things out loud that would normally just sit as unhappiness or mild resentment. 09P 10 XX.XX NS

A tremendous desire for things to be in order. I feel this morning I cannot leave the door before every item in the kitchen is in its place. I washed and put away, despite not having enough time to do this, leaving ten minutes later than I need to which meant I hit traffic and arrived to work late. But that I was willing to do, so long as the kitchen was tidy. Really tidy. This is a feeling that has been coming up for a few days now. Also I have de-cluttered the living room and reorganised my clothes. While I am not untidy, this level of things needing to be in their place is quite marked. 10P 06 XX.XX NS

I go out for a run, get back and clean the car inside and out and then Hoover the house! I enjoy being busy, but this is maybe a lot for me. 12P 17 XX.XX NS

Sexuality, Flirting, Adolescent, Wild

My sexual feelings are wilder than before. Not more passionate but more of a sexual nature. 01P 13 XX.XX NS

Sexuality seems to be a theme in this proving. 02P 39 XX.XX NS

I have a feeling that I would really like to have a lot of coloured streaks in my hair and a pierced something, probably my nose. I want to be 'free' and 'hippy-like' 03P 03 XX.XX NS

I have noticed an increase in libido with more sexual energy– not exactly an increase in the energy, but rather that the energy is expressing itself sexually in the lower chakras. 07P 15 XX.XX NS

I felt much more able to be playful; more rebelliousness, laughter, flirtatiousness and cheekiness. I felt more comfortable breaking rules; there was an unusual desire to take drugs and willingness to defy authority figures. 08P 00 XX.XX NS

I am looking particularly healthy and someone in the group comments that my face looks more

beautiful than usual. Keep thinking about pigs: rooting about, getting tusks and tossing someone or something out of the way, friendly tussling, friendly physical interactions seem more right. Look at the pigs in the barn and feel affectionate, would like to hang out with them. 08P 02 XX.XX NS

Sad at work, even seeing the chef isn't as exciting as usual but it does cheer me up a little because he is gorgeous. In the afternoon he brings over some delicious flambéed bananas - something about them reminds me of the sexy dream. Can't help wondering if their resemblance to male genitalia is an intentional message. 08P 06 XX.XX NS

More flirting and joking around with chef from cafe, I tell him I don't want him to go and make him blush. 08P 07 XX.XX NS

Notice tenant friend is lying on his bed listening to music and smoking a joint with his door open (unusual). Go to bed, intensely aware of him in bedroom next door and my own physical attraction to him. 08P 09 XX.XX NS

Have been pondering the whole question of my belief in my own sexual attractiveness. I have been thinking back through previous partners and various experiences which reinforced my insecurity in this area. Have been meditating on what makes someone sexually attractive and concluding that it has little to do with physical beauty. The most sexy man I've dated was also the least physically attractive. Playfulness, directness, earthiness, sensuality were qualities he had that seemed to make him sexy. 08P 09 XX.XX NS

See a friend in the queue in front of me at the off license. Pinch his bum even though I haven't seen his face to make sure it was definitely him, not sure I would usually be that cheeky or spontaneous. 08P 10 XX.XX NS

I have the realisation that sexual attractiveness may have something to do with making the other person feel that they are sexually attractive. 08P 12 XX.XX NS

Go over to cafe for lunch, ask chef for a sausage sandwich - this (unconscious) innuendo causes much hilarity. When I've finished I get my colleague to take the plate back and tell him how much I enjoyed the sausage - an intentional innuendo. 08P 13 XX.XX NS

Watch a documentary about high society brides. They are asked what they think about marriage and two of them start talking about how we're basically animals looking for a mate. They start talking about lions and lionesses. These two women turn out to be the ones who have had the most enduring marriages. I am left with the impression that animal qualities can be of value in getting and keeping a mate. 08P 13 XX.XX NS

My friend comes into the shop, I see him coming from the window and so I run over to the door and jump out from behind it in a kind of pouncing motion at him. He looks surprised! Indulge in a bout of flirting. 08P 13 XX.XX NS

The older chef from the cafe brings us some food and demands a kiss on the cheek. I actually enjoy the chance to kiss him and give him a really nice kiss. Also noticing today the pleasant warmth of people's hands as we brush fingers. Human contact and friendship seems very important and natural. 08P 19 XX.XX NS

Feel like I'm getting bolder and more determined that either the chef or my friend will be my lover soon. I feel almost like I'm a predator and they're the prey. It's a waiting game and I'm partly relying on instinct to guide me and partly on strategy. I'm sizing them both up as potential mates. The chef has money and is a hard worker and good cook, I like him but I don't know him at all. I love my tenant friend and I know him well enough to be aware of his faults and his beautiful qualities and he is very good with children. I'm waiting for the right time, if I pounce too soon then I could bungle the whole hunt. It seems very much about timing and pouncing. It's not really about talking or building a relationship, it's not civilised, it's something which is coming from a subconscious or instinctive level. It's all about opportunity and timing. 08P 20 XX.XX NS

Feel very attractive today, some men make noises of approval as I pass them in the street and another man compliments me on my dress sense. My hair is looking really good. 08P 22 XX.XX NS

Meet friend and go and see her horses. She has two Fell ponies, a mare and a stallion. We groom them and comb their manes and tails because they have burrs in them. The stallion gets excited and mounts the mare about five times when we are there (she is in foal). I have never seen horses mate before and it's really quite awesome. The way the stallion interacts with the mare, licking her and nuzzling her and whinnying to her is quite touching. My friend says she thinks she needs to separate them because his attentions are too much for the mare. The sexuality of the stallion is shocking in its power and force but it also seems very beautiful and natural. 08P 26 XX.XX NS

I feel I want to assert myself and not be so passive. I feel fed up with being kind and patient and understanding to others and that I want to take centre stage and make a big fuss about nothing in particular just so I can be the centre of attention. 08P 38 XX.XX NS

Flirt a bit with older chef, I like the attention and it feels safe because he's married. 08P 41 XX.XX NS

Right after taking the remedy, a desire to run, for movement. Entertained the idea of getting up and running out of room, saw myself doing it. 10P 01 XX.XX NS

At Church and I don't want to join in the hymns and prayers. Although I am not deeply religious I feel no connection with God today, like I am not truly there. I want to swear. And I do, using the words "fucking wanker" and "tosser" to describe my ex husband. 12P 03 XX.XX NS

I speak to a friend on the phone and notice that as I lie on the bed, I am on my stomach with my feet crossed in the air, like someone who isn't 35, more like 18! There is no guilt, he is a married man and although we are arranging a night away I feel no guilt, which I normally would. 12P 04 XX.XX NS

I notice that I feel less self conscious about myself, I feel big and bold. 12P 04 XX.XX NS

I feel attractive and that I am attracting things to me. 12P 05 XX.XX NS

In IKEA and a younger man has smiled at me, we continue to bump into each other, feeling very flirty and attractive. In town and a Buddhist Monk smiles at me, my whole body feels with light and love. I can't stop smiling for ages I feel like my whole being has been immersed in light, like I'm glowing. 12P 06 XX.XX NS

I've been working in Exeter at a workshop today and everybody has been so chilled. I notice an attraction I have toward a guy...we made great eye contact and I feel a huge pull towards him. I have

sexual feelings toward me and imagine us having sex! As I am leaving I place my arm around him to say goodbye and he pulls me closer...we kiss on the lips, which feels lovely, but I don't know what to think of it? Was that supposed to happen? Go into total giddy schoolgirl mode! I can't stop thinking about him all evening...what if it was just a friendly kiss...do you have friendly kisses on the lips? Should I contact him? Is he married? Is he gay? Fuck, fuck, fuck What do I do? 12P 10 XX.XX NS

I feel this need to have fun, be a little bit outrageous. 12P 11 XX.XX NS

I have just seen a patient who is nearly 21, he is so attractive. I need to pull myself back as I find myself being a little too friendly. The idea of being with someone who is high and energetic is so appealing. 12P 11 XX.XX NS

Oh my, I am feeling attracted to financial advisor I am with, he isn't even attractive! I can't stop myself from flirting and wondering if he is in a relationship. 12P 13 XX.XX NS

I have a bath (I would not normally have a bath at this time) and I dye my hair dark brown. I look in the mirror and wonder what I would look like with my nose pierced? 12P 15 17.00 NS

I flirted crazily with the bar manager and went outside to smoke with him, seems to be something I enjoy again! Loved the flirt, want to see him, want to sleep with him. 12P 28 XX.XX NS

I took daughter to get her ears pierced and I decide to get one of my done for a second time. I didn't want both done, I felt it needed to be different, but the thought process wasn't even there. I just knew it. 12P 29 XX.XX NS

What's going on? I thought he liked me but I didn't take it any further because my friend has been seeing him! And now...last night was amazing. He has messed with my head, I feel so besotted, bewitched. It's like an openness that I have allowed, like a release from being suppressed by everything which has happened this year has been lifted. I feel energised and light. I get a coffee and flirt with the bar manager, he is very naughty. I love it. Getting great vibes from him and I could easily jump into bed with him. Both these men which have entered my life are wild cards, they attract me because they make me feel young and that I don't have to conform forever in my life. I would normally be a lot more cautious about who I saw but to be honest, I don't care, I love the thrill of the flirt. 12P 29 XX.XX NS

I have spent the whole day in bed with him. Great sex, drinking coffee and smoking, cuddles and falling asleep together, such a lovely day. All feels too good to be true. It is an amazing thing to be with someone, no ties, just enjoying the moment. This is what its like to be present and I am so happy. I love being me. 12P 35 XX.XX NS

Anger, Irritability, Brutality

My husband was downstairs and I called him. He answered but did not come up. I called him a second time and he did not answer and suddenly, this fury came up in me and I went really angry to call him again. It was not normal being angry, more like aggressive. 01P 06 XX.XX NS

Today I have noticed that people make me irritable. 01P 10 XX.XX NS

Annoyed, really really annoyed, boiling, on the edge, like a pressure cooker. I can't pretend anymore.

Annoyed like this heat coming up like I could have strangled her, killed her, the closer she got. 01P 11 XX.XX NS

I had dropped a heavy box on my big toe. I was so angry it had happened. I went upstairs and banged my hand very loudly on the floor as it hurt so much and made a few loud shouting noises, as I was so annoyed by it. I felt like I needed to do this to let out my anger and frustration. Usually I try to control my anger or frustration. 04P 45 XX.XX NS

Very irritable the whole day, strong tension and feeling of pressure in chest, on sternum. 05P 12 XX.XX OS

My wife was pressurizing me to attend to some task that she considered more important than what I was then doing and this led to an argument in which strong words were exchanged. I did not become emotional but I was conscious of an underlying depth of emotion in myself that had to be avoided because it was primitive and irrational. I also felt irritable 07P 05 XX.XX NS

Feel very irritable. Have to have a shower, I feel dirty. In the mirror I see I have two white heads on either cheek. My hair looks greasy but I don't have time to wash it. Get really irritable in the shower. Feel like throwing my deodorant out of the window because I can't get the sponge bag shut. The smallness of the room and the whine of the extractor fan annoy me more than usual. Go and get coffee, feel very irritable waiting my turn, would like to just push in. 08P 03 XX.XX NS

Alone in the shop again I feel calmer although now and again I am struggling not to be rude to customers – almost like I've got tourettes syndrome. I know I am coming across as having a bad attitude but I can't help it. 08P 40 XX.XX NS

Almost told a nice lady to fuck off at supper; I like the lady; there was no tangible reason for this; just an irresistible urge that was difficult to control. 09P 01 XX.XX NS

Quite intense annoyance with eldest daughter; feel she is being fairly selfish and a bit unnecessarily argumentative; dogmatic. Wanted to get off the 'phone from her quickly. 09P 04 XX.XX NS

Really irritated with my daughters. 09P 05 XX.XX NS

Anger is unusual for me. In a phone conversation I let myself be present to anger regarding a man I have feelings for and from whom I have been hoping for something more than a platonic friendship. We have spoken of our attraction to one another, yet he does not keep in touch between seeing one another, which is weekly. I found today I was angry, angry that when I do make contact I get very sparse communication back. Angry that I have made overtures and whilst they seemed to be responded too in kind, they are no longer so. Anger at the confusion of the situation. Anger too that I am here again, reaching for something that is unavailable. I feel stuck, stuck in this restricted feeling of anger, of hurt, my world seems small and centred around one person, who I am accepting I have been constantly thinking about during the day for the last several weeks. It is a little obsessive. 10P 10 XX.XX NS

Very, very angry, with a degree of righteousness about it, also sliced my hand with a knife so took some Staph. (which had no effect) before I realised it was probably proving stuff. 11P 00 XX.XX NS

Something the kids do makes me holler! I realise that this is out of character as everything falls silent

after and I have no desire to apologise which I normally would. Instead we walk to the bus and get on with another conversation. 12P 04 XX.XX NS

Really lost my rag with the kids this morning, they got totally up my nose. I have to realise that I am probably more pissed off with my parents this morning but it's easier to take it out on them. 12P 11 XX.XX NS

I have an argument with a chair in a café, the stupid thing won't move where I want it to go! Tell it to stop pissing me off. 12P 18 XX.XX NS

One of my friends has invited her male friend whom I know and his sister. We sit, talk and watch the telly. He is very flirty with me. We go outside for a smoke and we kiss, OMG that was amazing. I can't take my eyes off him, he is so gorgeous! We continue to talk and flirt throughout the night. I am totally overwhelmed by him. I can't believe this is happening. I tingle all over. I never thought he would look twice at me. I need to see him again. 12P 29 XX.XX NS

Divinity, Joy, Love, Nature

Felt like I had taken a psychedelic, mind very expanded, enormous feeling of Love and connection with Nature, deeply moved by the beauty of a tree. 02P 02 XX.XX NS

Enhanced Love and connection to Nature. Noticed two flowers of St John's Wort, it felt like a gift to see it, felt a deep connection to it, usually I would leave it but I knew that it would be okay to pick it to give it to friend to say thank you for the coffee she had made me. I left them in the cup on the step outside her van, but had to go and eat one, could not help myself, wanted it to be part of me. I felt very drawn to its goldenness, usually I would love it as much but I would not eat it. 02P 02 XX.XX NS

I do a body check and notice that my body does feel heavy in a way, very present and solid and here. I feel very centred and as though I am in a divine flow. 02P 05 XX.XX NS

I feel very full of golden love as the leaves on the cherry tree outside my window are giving off this beautiful light. The golden vibration feels very present. 02P 28 XX.XX NS

During a ten minute silent meditation before class, I felt an overwhelming feeling of divine grace, that everything was taken care of, that I could place myself completely in the hands of the divine will. This feeling started in my chest and expanded through my body. When it reached my eyes tears poured out, and my eyes and face became hot. 07P 02 XX.XX NS

Day off. I could do some work but I just want to get outside. We go out hunting for mushrooms. 08P 21 XX.XX NS

Feelings of spirituality; like I am part of some amazing spiritual thing where practical things are just things to be done without fuss and my mind can be elsewhere; I don't know where exactly but definitely elsewhere. 09P 03 XX.XX NS

I awoke and performed my spiritual practice which I have not for four months. It had a calming effect. My eyes are puffed up. I am still feeling very overwhelmed and confused. 10P 18 XX.XX NS

At a classical concert this morning with school, I couldn't stop smiling, the music filled me with appreciation. It feels that way about other things to, I love life and I am so happy. 12P 05 XX.XX NS

I saw someone my Mum knows who tells me his mother in law has passed away, I express my sympathy and carry on. As I do I am aware that I am thinking about God and religion, in particular Buddhism, and as I do I see these swirling lights in the sky, they are like ribbons of light swirling around. This feels me with a ball of light, it's overwhelming but not in a negative sense, it is as if a higher presence is touching me. It is hard to give a word to the feeling to give it quality, I don't know one. This is a very new and different feeling for me. 12P 23 XX.XX NS

Sensitive, Emotional, Empathetic, Clairvoyant

During the class, Misha talked about something that made me think and tears started to flow down my face, I had to leave the room for a minute. 01P 02 XX.XX NS

I decided to explore my psychic side. I went to a crystal shop which was located away from any passing trade, in the country side and I had an interesting talk about myself and certain aspects of me. I suddenly understood the need for me to explore that side which I have been rejecting all my life and I will be looking to attend a workshop with them. 01P 12 XX.XX NS

Able to tune in to person being discussed and feel who and how they are. I am aware of a heightened intuition and psychic ability. 02P 01 XX.XX NS

Easily moved to tears. 02P 04 XX.XX NS

Appreciating how calm it is without the dogs. I am more aware of being more sensitive to noise at the moment. I am also doing more cleaning than usual. 02P 11 XX.XX NS

In meeting am aware of being more discerning than usual, seeing the strengths and weaknesses of those I am with. 02P 14 XX.XX NS

Could see auras of the people clearly and so could my friend who was staying. We had a lot of psychic attunement. 02P 31 XX.XX NS

I went outside and became conscious of a deep well of emotion inside myself, like a bottomless ocean of pure feeling. This ocean of feeling was somehow connected with the proving group, as though it was a primitive consciousness we all shared together. I felt quite afraid of this ocean of feeling, as though I could easily lose my individuality if I allowed myself to dip into it. 07P 03 XX.XX NS

I have been more susceptible and responsive to 'tear-jerkers' on TV, empathising more, and more easily moved to tears. Today I found myself on two occasions shedding quite copious amounts of tears. 07P 19 XX.XX NS

A feeling of empathy with others was quite marked. On several occasions I was moved to tears just by observing people doing everyday things. I am usually quite independent but I noticed my desire to be with friends and or in the groups was stronger than normal. I felt gratitude and appreciation for people I know, the connections I have and being part of a community. I was moved to tears by people being kind and helping each other. 08P 00 XX.XX NS

Working with colleague who I initially didn't like much; the more she shares with me about her life the more I relate and empathise with her. 08P 07 XX.XX NS

Feel great love for some people and complete indifference to others; there is no sense to this sort of connection or selection for me; it's something that is just happening seamlessly and without thought or consideration. 09P 03 XX.XX NS

A meeting in Birmingham brought back an upset from several months ago. I began to cry. The tears were unusual, I recall looking at my hands and the tears fell like the rain, copious and utterly unrestrained. They came as if from nowhere. And they would not stop. I felt as if a rip inside and I felt utterly emptied. As if something had got up and walked away from my insides. My friend had left my insides, there was as if something missing, in the end it felt and continues to feel like I have endured a most terrible loss. The tears continued for about two hours. My eyes puffed up. 10P 16 XX.XX NS

Have a sense of connection with everyone in the room. I look around at everyone and can visualise a line between myself and each one of the other provers. I don't feel rushed to do anything. I am at peace with everyone and everything around me. 12P 02 XX.XX NS

Confused, Disoriented

Today I have been feeling all day unsure about what to do with the school. What ever I do is going to be a loss for me but if I do not do any change, then I wont be happy going to school. 01P 04 XX.XX NS

Today is my daughter's birthday and I am not organised, I did not buy a card for her and that really upsets me. I was too busy yesterday but it was fruitless, as if I did not do anything. I feel like a black cloud over my head. Something dark, weighing me down. somehow covering me, suffocated. Not comfortable with exposing myself. I feel trapped, like I can see this thing coming, a negative thing, whatever I do it will be a loss for me. I feel like the world is against me. 01P 05 XX.XX NS

I am confused as what it belongs to myself, or what is belongs to the remedy but I feel also confused in general. 01P 05 XX.XX NS

I was driving to yoga and stopped at a green traffic light. I waited for the light to change, all the time looking at the green light and being convinced it meant 'stop!' A car behind me hooted and I checked the light, saw it was green, and thought that he could not be hooting at me because the light had not yet changed. Suddenly it clicked in my brain that green means go! I drove off feeling extremely mortified. I am an experienced driver and I have never ever before had this confusion that green means stop. 07P 12 XX.XX NS

For some days I have been struggling with a feeling of inertia, unable to get down to my homeopathy assignment and when I do get down to it I cannot concentrate. It is as though my mind is slightly out of focus, and unable to discriminate between what is relevant and what is not. 07P 16 XX.XX NS

Confusion, can't find glasses, go back to van to get them but forget key so have to go back a second time. 08P 02 XX.XX NS

I feel clumsy; confusing letters on the keyboard; putting things down in strange places; walking around obstacles in the room rather than moving them to a place where they won't be in the way. 09P 02 XX.XX NS

Strange behaviours of; only fastening one shoe; forgetting to fasten the other; washed hands with

soap, then, after drying them, rubbed soap into them instead of hand cream; put charger into mobile 'phone then later discover that charger was put into completely wrong hole in 'phone. 09P 04 XX.XX NS

Disorientation is much relieved by a large meal. 09P 04 XX.XX NS

As morning progresses; feeling slight sensation of being dizzy; feel very disorientated. 09P 04 XX.XX NS

Simple tasks have become difficult; for example; having to think hard about how to put the lid of a jar back on or how to change mobile phone from being on silent to ringing; things that I can usually do automatically are taking thought and time to accomplish; everything is slower and lacking in clarity. 09P 04 XX.XX NS

Really had problems in the kitchen; trying to make simple meal was really difficult; (First time I've cooked since the proving) got the plates out twice within seconds; felt like everything was cooking too quickly and I couldn't keep up with it; completely at a loss with what to get out of the fridge/cupboard next or what I'd taken out already. Found myself being very distrustful of the eggs because I couldn't tell if they were fresh or not; didn't use them. Afraid to wipe over the cooker with cleaning cloth after cooking in case I misjudged the heat; wasn't sure if I would burn myself. 09P 05 XX.XX NS

Short term memory seems quite shot at the moment. Have told a person something then forgotten what I said within hours. 09P 08 XX.XX NS

Slight but noticeable inability to write, words in wrong order, letters in wrong place. 10P 02 XX.XX NS

I notice in handwriting and text writing, missed words. I can see I am thinking of the word and think I have written it, only to notice I have not. This is requiring crossings out and resending texts. I feel a bit aggravated by this; it is a sense of irritation at myself. I experience in the moment of realising I have muddled up words or misspelt them, a little stupid and also the irritation of not being clear in my communication to the other person. I always know I have done it, as I will read through anything I write. Hence having sent a text I will read what I have sent and spot the error. There is a sense of having got something wrong – the wrongness of something I have done – the miss-spelt word will irritate my eye as I look at it. 10P 07 XX.XX NS

At school we had a feedback session from the Proving so far. It has been a very difficult day for me. I have been very apprehensive, very aware of a deep confusion as to who I am, and what my anchors in life are. I was unable to participate in the feedback session. As others spoke I felt a great build up of upset inside. I did not want to cry in public and this too was very difficult as my instinct was to bawl. The day felt increasingly heavy to bear. I did not want to socialise with anyone, and sought to avoid company. I met with a supervisor and we agreed I would antidote. In fact I took a Stramonium 1m which mirrored the state I was in. 10P 37 XX.XX NS

I can't remember simple words. 12P 01 XX.XX NS

Confused about Time

Today and yesterday it feels as if I am running around doing things but I don't get anything done. As

if the time is against me and I am really slow, as if life is against me. 01P 05 XX.XX NS

Time is in a different dimension. Notice that time is racing, it is lunch and then almost immediately it is tea break. 02P 02 XX.XX NS

Time is more relaxed and flexible at the moment, as is my whole frame of mind. 02P 13 XX.XX NS

Time is either speeding by or going very slowly; there doesn't seem to be any reason for this; sometimes it feels like hours are only minutes; sometimes it seems that minutes have been hours. 09P 03 XX.XX NS

A peculiar experience on waking. It was dark outside, a fact I struggled to comprehend as my watch read six am. I could not connect that it was still dark with the time – it felt as if something was wrong, that it should have been broad daylight. 10P 04 XX.XX NS

Dark, Fear, Violence

Today my husband told me that his sister (she was two months pregnant) lost the baby yesterday night. I can't help thinking that there is something sinister around this proving. I find too much coincidence all this bad news. Is like there is something on the edge of death, death or something like that is around me at the moment. I don't understand what it is. 01P 22 XX.XX NS

Go to bed with tummy cramps all night, think it must be food poisoning from the seafood. Pain started to remind me of childbirth. Got up to go to the loo, lay down on floor as couldn't get back to bed. Had terrible moment of realisation that this was appendicitis. Tried to stand up but blacked out with the pain. Son got my mother who phoned an ambulance. I feel clear and bright in myself, although obviously gravely ill. Shivering so much I have about 10 blankets on. The pain was very intense and I felt worried that things weren't happening fast enough. Internally I felt as though I was in the borderland between life and death, on the threshold, like being in labour except that this was a necrotic process. I was really cold, but I had a temperature, I felt like my body systems were closing down. Very thirsty, but not able to drink as nil by mouth. Consultant told me that the appendix had already burst, and that it had been a big mess, but that they had cleared it up. 02P 18 XX.XX NS

Feel as though this remedy is rocking all my foundations, what is truth, what is God, what is right etc. I feel as though I am between a rock and a hard place, everything feels bleak, back to the destruction. This night got to the lowest point, where everything reduced down to nothing, but from this deep, bleak place it reached a point of me feeling as though I could make the choice. 02P 43 XX.XX NS

The dizziness is like a horrible black blanket that comes over me. It scares me and it stops me dead. 03P 29 XX.XX AS

My stomach is uneasy inside, as if I was worrying about something but not sure what it was, feeling some anxiety. 04P 04 21.00 NS

There is a feeling not only that I am spending too much time looking at myself, but that this constant self-reflection is somehow magnifying my feeling of being vulnerable and weak. It is like shining a light into a room and seeing all the dust hanging in the air – dust that was not previously so obvious. 07P 12 XX.XX NS

Briefly have an impulse to stab myself in the chest with my pen. 08P 07 XX.XX NS

Really enjoying being around people although the disturbing violent impulses keep coming into my mind I don't feel so worried by them. These impulses take the form of me being really aware of when someone is younger, weaker or vulnerable and the idea that I could do something horrible to them.

08P 10 XX.XX NS

Feel emotional heaviness, like a rain cloud ready to burst, feel like crying. Tired and emotional. 08P 15 XX.XX NS

While in supermarket have an experience of the impulse to strike at other shoppers. 08P 15 XX.XX NS

Do a massage after work and again have the realisation when I'm touching the person's head that I could hurt them in some way. 08P 20 XX.XX NS

Feel very depressed and sad and tearful. Everything I need to do overwhelming and doomed to fail. 08P 24 XX.XX NS

Fairly intense morbidity; many thoughts around death; thoughts of dead friend's children; dead mother; aunt; father in law; fear of myself dying. 09P 10 XX.XX OS

Awoke a couple of times during the night. Each time had the same experience. I was confused between the outline of the window and the outline of the door. The hall landing light had been left on, and threw a rectangle of light around the room door. Looking at this I was distinctly annoyed, thinking that the other Yr2 student had shut the window, and I felt locked into the room. I did not however get up to open it, I was deterred thinking that one of us needed it shut. On waking in the morning the first thing I noticed was that the window was open, and realised as I looked at the door that I been looking at the door and confusing it for the window. 10P 03 XX.XX NS

I lay in bed and felt my heart palpitate several times. It was as if the beat of my heart came from much further in my heart, and it was stronger, very unsettling. I had been crying for most of the evening, the sense of loss and abandonment was very strong. In bed, I was unsure. I was in truth unsure what my faith meant. I became very scared at the thought that it was leaving, that God was taking from me the most prized thing I can say He has given to me: my faith. I was overcome with fear. I felt wild, wild with fear as thoughts spun through my mind, what did it mean, my faith? Where was God? Why could I not connect to him? Where was he? I cried out to him, several times. Silence only. I tossed and turned in bed. I could not locate a sense of comfort from anywhere. I finally found the image of myself in prayer came and I caught what felt like a moment of grace, of an answer to the turmoil. The image expanded to my time spent at the Kabba, about 18 years ago, and again of me performing ablution in readiness for prayer. All of this calmed me greatly. I felt my heart beat calm. I drifted on this connection to God and fell asleep. 10P 17 XX.XX NS

Have travelled to another town, and am in a hotel room. It is very uncomfortable to be on my own, not my usual response to being on my own at all. It all feels quite dark in the room. It feels small and as if I am trapped in it. On waking at, I was desperate to go home. I felt very confused and distressed at the prospect of the day and the afternoon session which was to share feedback from the Proverbs. 10P 36 XX.XX NS

I arranged for my classmate to meet me in our room as I was afraid to be on my own. I took a shower first, in a shower room different to the usual one. The usual one had two huge wasps in it, which

caused me a sense of alarm. The other shower room seemed unfamiliar, as if I were not in Hawkwood house but somewhere else, a place I did not know and did not feel safe in. 10P 37 XX.XX NS

Found the drive home an overwhelming experience. The headlights of cars I could see in my rear view mirror were so bright they hurt, coupled with the headlights of cars on the other side of the carriageway. The darkness in between seemed utterly black and I felt very unsafe, as if the dark would never end and I would never emerge from it. There was a distinct sense of being in some terrible predicament. 10P 38 XX.XX NS

Again very distressed on waking, wanting to go home. Everything seemed dark and overcast. Every dark corner in the house seemed magnified, it was difficult to be with people. I was battling the need to cry most of the day. Consumed with concern that I would not be able to manage life on returning home. Worried that at an upcoming family occasion I would be unable to disguise that all was not well. 10P 38 XX.XX NS

Trapped

I woke up very upset and feeling fed up with ever thing, I felt down. I took my daughter to school and the fresh air was good for me, but coming back to the house I felt the same again. 01P 05 XX.XX NS

I had to drop my daughter at a friend and when I was at the mother's house I felt suffocated when we were talking in the kitchen. I wanted to leave, to escape from that moment, although I was so drained I felt like restless in that situation. She was very nice and I am comfortable with her but I felt like locked in a room. 01P 20 XX.XX NS

During discussions in class between two dominant students I had a strong feeling of being trapped between these two competing energy forces. 06P 02 XX.XX NS

A lot of energy at bed time, distinct feeling of wanting to move. Felt overly contained indoors, thought of bed left me feeling restricted. I felt I would be restricted in the bed, that it was too small and that I wanted room to move. I wanted my body to experiencing the sense of movement. Movement means freedom, the opposite of what would be the feeling if I got into bed. Went outside in my pyjamas and found someone to smoke with. Felt exhilarating to be outside. Wanted to walk. 10P 01 XX.XX NS

Sat in classroom, observing my target pupil during registration. Felt a great agitation – I wanted to move, I felt I needed to be doing things. Mentally my thoughts were running in many directions; what shall I do for dinner, what shall I tutor tomorrow, what will I wear this evening etc. 10P 04 XX.XX NS

Awareness of Presences

At night time I was looking at the moon and heard very distinctly my own name being called once. It was so clear that I thought it was one of our students who we take care of, but he was not present as he had gone home that day. I then felt a bit scared or spooked so to speak, and went inside. 04P 15 XX.XX NS

Walking around the supermarket I had a great sense of my dead mother; as if I was actually her; as if I had become her; I was shopping as she shopped and talking how she talked; this lasted for five or ten minutes. 09P 44 XX.XX NS

Awoke several times during the night, each time felt afraid of the dark in the room, as if something were there. 10P 02 XX.XX NS

A difficult night. I could not sleep in that every time I dropped off, I awoke myself out of fear that I was not safe, that something was there. I had left the lights on and would wake looking into the room, fully expecting something to be there. This went on until four. The times I did drop off, I would see terrifying images. I can only describe it as the paintbrush option in Microsofts Paint. Set on a wide brush, it looked like a great dark line of paint, blurred at the edges, would rend apart a dirty canvass, moving quickly and seamlessly, malevolently. It was terrifying. If it kept going, it would consume me, the world. Very late in the night I dropped off and knew I was in trouble. If I did not wake myself in time something dark and evil would overwhelm me, and I would not be able to rouse myself again. Whilst I have experienced this before, I have not for several years, and never with such ferocious intensity. The feeling was one of desperation to awaken myself. It was like I was already, within seconds at the bottom of a very deep sleep, and I had to climb out of it, before it took complete control. I struggled to open my eyes, and recited prayers, lying flat on my back, besides myself with fright. The prayer seemed to clear the room so it was less intimidating, and I fell asleep, reciting the name of God, proclaiming his as the only existence in existence. I was very consciously seeking peace, seeking protection. 10P 19 XX.XX NS

Very disturbed night. Unable to sleep for fear of something in the room. Very tired but mind very alert. Felt if I spoke into the room and said 'who are you' that I might get a response. Felt if I fell asleep I would be vulnerable to some form of attack. Two very odd instances on falling into a semi-sleep; convinced I could smell cigarette smoke, as if someone were smoking in the lounge. Sat up in bed and put on light, no cigarette smell. Second instance; convinced I could smell bubble bath, sat up again, put on light, no smell of bubble bath. Felt distinctly I had to stay calm. Decided to read. Switched light off around half six. 10P 22 XX.XX NS

Again sensed I was not alone, though to a much lesser degree than previously recorded. A lesser degree of fear. However disturbed sleep, awoke nearly every hour, anxiety of something being present every time I awoke. Feel disturbed and unhappy writing all of this. A knot of anger swells as I reflect on the return of fear of the dark. I banged my hand on the table out of anger and cried at what feels like being dragged back into something I thought I had cleared. Little assurance from thinking it is the proving. 10P 24 XX.XX NS

I am stood at the kitchen sink and I sense someone else come in the room. I turn around but no ones there, only my son, who I had been talking to. Very strong sense that the person is still there, but there is no one. 12P 33 XX.XX NS

Group - Individual

Have been thinking that I like the way the group has 'softened' since taking the remedy; I feel as if I can 'soften' into them now too. I think we are all a lot more accessible to each other. Previously I have kept myself on the outside a little; I haven't wanted anyone to see me too closely. 03P 04 XX.XX NS

Enjoy chatting to the canal boat folk in the mornings. Makes me think, maybe I can do this socialising thing! 03P 18 XX.XX NS

Feel very sociable today. Have had a good chat with one of the villagers and our dogs had a good play together. It is nice saying 'hello' to the commuters too. I live very close to the rail station (in a village), and there are frequently a lot of people close by. 03P 40 XX.XX NS

Teacher cut me down, didn't leave me any space to speak, called me rude as I wanted to speak. Not allowed to speak out at all. I felt treated unfairly. I had loads of support from the group. That was a new experience. 05P 03 XX.XX NS

I felt better alone. I realized that I can make things my own when I am alone and that I enjoy being alone so much, also with other people, not having any kind of competition or any kind of burdening feeling or fears. 05P 03 XX.XX NS

Felt a strong wrench at leaving the group, as if I was being torn away. 07P 03 XX.XX NS

The lecturer dealt rather harshly with a student. The student became upset and cried, and had to leave the room. I also felt very upset and protective of the member of our group. It came into my mind that 'an injury to one is an injury to all'. Other members of the group also wept and some left the room. It was as if the mellow togetherness had been ripped apart. The lecturer asked one student a question about susceptibility, and she responded that she was feeling very claustrophobic and wanted to leave the room. I then felt very protective and compelled to say to the lecturer that she was not part of our group, and that considering the way in which she had treated a member of the group, she could not expect any of us to make ourselves vulnerable or trust her. She asked me how I felt that she had treated the student and I replied: "Brutally". I was uncharacteristically blunt and forthright in this interaction, and I later felt compelled to apologise. 07P 03 XX.XX NS

Talk about proving in group, feel too ashamed to talk much about my experiences. 08P 02 XX.XX NS

Session with a tutor where she attacks a member of the group. I feel horrified as if it's a nightmare, feel I need to take action but rooted to spot. My heart is pounding, adrenaline rush. I suddenly feel claustrophobic and want to get out of the room and take the rest of the group with me. Feel outraged that someone from outside is attacking the group and feel very protective, like somehow we need to herd together and get out of danger. Gradually the feeling dissipates although I still feel 'fired up' and don't want to make eye contact with her. 08P 03 XX.XX NS

Feel really gross and dirty and confused. Smoke which I don't normally. Feel eager to get back to the group which is also unusual. 08P 03 XX.XX NS

Group dynamic of love spoiled by someone; many people were upset and crying; some left the room to comfort each other; others seemed compelled to stay. Someone had been very brutal; one member of the group told her that she had been unnecessarily brutal. I felt that I had a definite place in this; a preordained place and role; my role was not to comfort the crying but to tell the person who had caused harm in a way that was non confrontational; that it was unhelpful for us to be treated as if we were without any sense or life experience; that she had valid things to say but that things should be said with gentility and compassion; in that way; the said things would be more likely to be heard. 09P 03 XX.XX NS

All of my symptoms feel better for being in company; with family/friends, people who I like to spend time with. 09P 10 XX.XX NS

Feelings of really wanting to change things; want our house to be sold; want to move and make new life; need to find some sense of community; belonging; have felt like this for more than a week; just

realised how strong these feelings are. 09P 43 XX.XX NS

Other Symptoms

Took the remedy and felt the energy of swirls inside and saw the image of medicine, of the two snake like's interweaving. 04P 01 XX.XX NS

Generally not feeling at ease in my skin or comfortable. 08P 12 XX.XX NS

Can't stop laughing; laughing at anything; feel like I will wet myself laughing. 09P 01 XX.XX NS

Sat with cup of tea; closed eyes and there was a circle in front of my eyes; grey; perfect circle going round and round like a roundabout. 09P 26 XX.XX NS

Dreams

I have not been dreaming much since the proving and this is very strange because I always dream and they are very significant after taking remedies. 01P 05 XX.XX NS

I was in a sort of party or gathering. Then I saw my husband and I wanted him to go somewhere with me and have sex, but not in a sweet way, kind of a rough way, really hard, it was about hard penetration. Then I woke up and I could not go back to sleep and when I thought about it was a bit like animal sex. 01P 07 XX.XX NS

Dream: we were walking through the mountains, beautiful scenery and we stopped in a place like a village fair where we bought some cheese. Then we stopped in place like a B+B but very rural and I was looking for the swimming pool and I found a stream. I was standing in the water and in some flat big stone slates, it was very beautiful. Then, I put my feet into the stream and it felt really nice. 01P 11 XX.XX NS

I was in a laboratory and I was trying to catch mice that had the tails of rats and they were white and pink. I hate rats and I was disgusted by it. 01P 13 XX.XX NS

I was in a city and I was looking at flats. Suddenly, I was in a complex of flats with a lot of windows, mainly made out of glass kind of blue green colour mixed together. I take the elevator but the elevator goes to the top floor, which is really high. I am lying on the floor because I am really scared (I am terrified of heights in real life), so I am there with my eyes closed, on the floor holding on to a bar but I can still feel the elevator moving. When we are at the top, I touch the button to go down and when I am down, I am not fast enough to press the door button and the elevator goes up again. It is terrifying for me because I know that it is going very high up. This is one of my biggest fears in life and I can feel it in the dream. I was very afraid in the dream. Eventually, when it gets down again, I press the door button and I came out of there. 01P 16 XX.XX NS

I had a dream with animals, I can not remember which ones but they were surrounding me. I was among them. My daughter told me in the morning: "Mama, I had a funny dream tonight". I asked what the dream was about and she said: I dreamt with animals, I had a cage with lots of them. 01P 17 XX.XX NS

I dreamt that I was in a rented house and as I came in, there were lots of people living in the rooms. More than the house should take and I thought, my God, how many people are here in this house, in every room there was one person living. It was like overcrowded. 01P 18 XX.XX NS

I dreamt I was with my father (he is dead). I was in his local tavern in Spain, close to where we lived and I went to see him. He was there waiting for me. 01P 19 XX.XX NS

I have clairvoyant dreams but that stopped since I took the proving. 01P 28 XX.XX NS

Dream ~ that I was on a bus with a particular person I know. I am sitting next to this person and I'm asking him why he hasn't written to me, then the bell rings and we all swap places and then I am sitting next to my husband. 02P 02 XX.XX NS

I have a dream in which I am at the airport with my grandparents they want to take us on holiday to America; however the airport is full of really rough people who are not polite to my lovely grandpa and who throw things at us outside and are quite violent. I don't feel afraid and I tell them to stop it,

which they do. This happens a few times with different groups. 02P 04 XX.XX NS

Watching a film of 2 women and one had bought a house on a community, but some of the other houses had been vandalized, so they couldn't sell them and she was running out of money. 02P 10 XX.XX NS

This guy telling me I should wear a scarf around my neck as I am an animal remedy, he was quite flirtatious. 02P 10 XX.XX NS

Dream of big black dog which I am fine with and then scared of. 02P 15 XX.XX NS

I was at this amazing festival like party with all these incredible, beautiful spaces. I was half with my first boyfriend and half with his friend. At one point I was in a place with these ghoulish people who had a violent, sexual vibe and I was dancing with them in a way to transform it into more like celebration. 02P 22 XX.XX NS

Dream. I was working in the village shop when age 15 or 16. I got told off for being late. 03P 02 XX.XX NS

Dream. I was making a cheese flan. 03P 02 XX.XX NS

My dog and I met two of his flat-coat friends in the wood. There was a very steep incline that I had to get down. I remember looking but not making the journey down. 03P 06 XX.XX NS

Dream, I was back working at school as a classroom assistant. I was studying Law, and had to take a case on stage at the school. I had taken a lot of notes and was ready, but then I lost my folder. I searched all over for it and remember becoming very anxious. 03P 08 XX.XX NS

It was very, very windy. I was making my way somewhere and I got caught in the wind. I was caught up in the power of the wind and I began to fly. The wind carried me in the direction I was heading. It was a lovely feeling. I remember having a big smile on my face. I separately passed by two Indian men who were also flying; they too had large beams on their faces. They too were very happy. 03P 08 XX.XX NS

I was in the Scottish Highlands, on Skye, I think. A man undid the tarpaulin on his truck and a sea eagle emerged. 03P 09 XX.XX NS

The children were going to the next school up. My daughter was eleven years of age. The three of us were sorting through all the toys (in the attic and in the shed), and deciding to give a lot to charity shops. In the dream, we were okay doing this. 03P 10 XX.XX NS

My friend and I were searching for a spider. This spider belonged to her young son; it is a kind of pet, quite large. We hunted for it. I caught it then it got away. I caught it again and managed to put a kind of harness on it made from threads. I remember that I didn't want to trap its leg and for the leg to come off. I gave the spider to my friend and she gave it back to her son. There was no fear in this dream, even though the spider was quite large and wasn't being still. 03P 14 XX.XX NS

Massive, massive snakes all over the place. The dream seemed to begin when I was out walking with

my dog. A snake appeared. It was an adder. In the dream, the adder grew and I was suddenly much younger, in a taxi in London. Huge snakes appeared all over the road. There was no escaping them. Then I was in a house and the snakes were in every room. I was completely terrified. 03P 20 XX.XX NS

Dream, I was at the hospital, being checked to see if I could breast-feed. 03P 26 XX.XX NS

I dreamt of a large white feather. All I remember is that I desired the feather and it was given to me. 03P 41 XX.XX NS

In the next dream, my mum was in hospital and was dying. She was in a hospital bed, and was in my arms. I was saying loving and comforting things to her. Then she died. 03P 42 XX.XX NS

My paternal aunt was dying. She is in her eighties. She was preparing my two cousins and myself for when she died. 03P 50 XX.XX NS

Dream of being in a place that is familiar, a place that I did work in to clean while I lived in India. I am trying to clean the this area which is covered with a cobweb that has bugs in it. I start using a vacuum cleaner, that works in an opposite way, to my surprise. It blows the dirt everywhere. I try to fix it, and the extension attachment catches on fire and begins to smoke. It drops behind the door and a fire begins. I cannot put it out, no matter what I do. I am feeling a bit frantic, confused and worried. This is making a mess, a problem and it will be my fault. 04P 02 XX.XX NS

Dream of many objects, which I have dropped, which are before me on the floor, I am trying to put them together and arrange them neatly. I can't do, I try and try. I awake feeling a bit uneasy and not clear inside. The intensity and frustration of not being able to put the things in order seem stronger than a dream like this I had before. 04P 04 XX.XX NS

While meditating had an image of a skeleton being washed up on a shore by waves, each wave moved the skeleton, so it was like it was walking by the push of the waves. 04P 07 XX.XX NS

Dream in the early morning of being with my spiritual teacher, and I am being challenged if I had stolen something. It is very insignificant what is being asked, I am feeling rather guilty as if I had done it, and confess. The next moment I am being told that I have lost my status in the organization and will be affected by this. I am feeling so guilty with what I have done, and feeling like a real criminal. 04P 07 XX.XX NS

Dream of being in an environment that I am familiar with but everything seems the opposite and awkward. I am working with someone, supporting them even though I know that it is not the right person to support, it is like having the wrong alliance but I am doing it anyway and simultaneously asking why am I doing it. The next scene I am getting married to someone and asking myself but why I am already married. I woke up feeling a bit disoriented as my world did not seem correct, like I was caught in a delusion and questioning my own reality. 04P 08 XX.XX NS

Dream of being in a place that was near a fence in jungle setting and I could see the animals that were in jungle and passing close by but also safe at the same time. I was interested by seeing these animals during the night time. 04P 09 XX.XX NS

Dream of being in a small airplane that is having a hard time landing but finally lands and everyone is

safe. Everyone is happy but I am lost and concerned inside of where my car is parked and if my luggage is still there. It is like I am caught in my small world of where is my luggage and where is my car, I can't remember where I put it, and everyone else is grateful that they are alive. Woke up reflecting on how I was so caught in my world of wanting to know where everything is placed and bothered when I can't find something, like it is more important than my own life.? 04P 09 XX.XX NS

Had a dream of a cat which was chased by a small dog and got hurt by the dog holding it in his mouth. I felt a bit guilty and responsible that it had happened. 04P 13 XX.XX NS

Woke up with the memory of a dream of seeing a beautiful symbolic large image of a colourful bird, felt like it was giving blessings, protection, grace, support. I felt very happy and filled with good feelings and energy. 04P 13 XX.XX NS

Visionary dream of making colour rainbows that were very vivid inside of me, this was very pleasant and peaceful. 04P 26 XX.XX NS

Visionary dream of making a blue coloured ocean inside of me, like an inner drawing, with a pleasant and peaceful feeling. 04P 27 XX.XX NS

Dream of having butterflies in a cage, one gets out and I am worried about it, that it will get hurt. Our dog is trying to catch it or play with it, I am concerned as it is so fragile. 04P 35 XX.XX NS

I dreamt that husband leans on me, the middle of my body. It was just a light pressure but for me it was like torture. I wanted to tell him he should go away, but he didn't. It was suffocating. My voice got smaller and smaller and the feeling of torture was terrible. It was unbearable. The more tortured feeling the less I could express it. 05P 02 XX.XX NS

Dream of insects. They were everywhere; somebody made me aware of them. On my leg there was a kind of net which I had ignored. I opened it up and saw a little wound and the head of something. I took a pipette and I pulled it out. It was a very long kind of centipedes, lingering, green. I had the physical feeling of pulling something out. 05P 02 XX.XX NS

I worked in a place taking care of young people. I changed my body, or it got changed. I looked like a Barbie doll. Long legs and long blonde hair. It made me feel secure but I liked my old body and face more, it was more human. 05P 03 XX.XX NS

One of the young, people was looking for a job, and he waited for just the right thing to appear without compromising, while I was thinking that he should compromise and just start doing something. As if he was lazy and didn't really want to do anything. But the job he wanted appeared soon. It was a teaching for me. 05P 03 XX.XX NS

Dream of war but I was protected. It was an abstract feeling of two parties but for some reason the other party was protecting me. I was neutral or positive with both groups. I always went through a door underground. I had to be cautious going through the door but otherwise I was completely safe. 05P 04 XX.XX NS

I was in a system where there were two classes. The upper class, the privileged which was inhuman and not nice and the lower class which had not a lot of right, but was human. I belonged to the lower class. For some reason I got into the other class and I was supposed to show them something. It was

practically impossible before that someone from the lower class could get into the other one. I didn't feel very comfortable about it. It was about dancing. The teacher saw me dancing and liked something in the performance. I remember that I danced very focussed and a bit like Yoga. It was like a huge ballet school or dancing school and we walked through many halls and hallways. The others made cynical and contemptuous comments the whole time, they were bigger and very strong it seemed. I tried to walk also very tall and self confident. Then I should perform. The teacher introduced me and said she wants to show perfect alignment. I started off thinking, that I really can't show them anything special. The negative ridiculing comments continued while I performed. Then I got more and more into my performance, into the energy of it. I felt that I had a treasure of energy inside of me which was hidden most of the time. I came in contact with it. I started dancing furiously and the energy just flew and carried me. I now challenged everybody by looking into their faces. They stopped making comments and tried to look accepting and nice because they saw a fierce face. They saw that there was something very strong and potentially dangerous and free inside of me. I could lift from the ground, hover and dance in the air. 05P 07 XX.XX NS

Dreamt of a young man, he was mad and potentially dangerous, though quite nice looking. He was in the house of my mother and didn't want to go, held me there as a hostage. Somehow I could achieve to turn around the roles. But then I realised that I was still a prisoner by holding him at bay the whole time and threatening him. Then we called the police. I felt much better, as if the problem was solved. The circle of madness was broken. 05P 07 XX.XX NS

During meditation image of my whole right arm, made out of metal, like a robot arm, the bones like rods and no human flesh. 05P 08 XX.XX NS

Little fox played with me. It was shy first and wild but then the play got more and more trustful and intimate. It was a lot of fun. He was so cute. Then a dog came and wanted to attack him. I protected the little fox and he trusted me. 05P 09 XX.XX NS

There was a theme of things not being what they seem. In my dreams the mother fox turns into a lizard, a bidet becomes a fan, and a toilet becomes a computer. 07P 00 XX.XX NS

Dreamt I was in the shopping centre in Mbabane, Swaziland where I used to live. I was trying to make my way to the car park where I had to meet my wife, but all the buildings were in ruins and overgrown with dead weeds and creepers. There were piles of excrement and a lot of urine stains on the walls. I felt a lot of disgust and disappointment that the place had been allowed to degenerate into such a state. I pushed my way through a jungle of trailing brown vegetation. Eventually I reached the car park but my wife was not there. I phoned her but her mobile was switched off. I decided to leave, and I drove off. I entered a house which was supposed to be our home but I did not recognize it. My wife and two children were there. I was feeling guilty for having driven home without waiting for my wife, but she immediately apologized for leaving without me and I realized that she was supposed to have picked me up. She said that she could not wait for me because she had to give a lift to "that friend of Kevin" (I don't know anyone called Kevin). My son began talking about what a great guy Kevin's friend is, but I felt embarrassed because I knew he was nothing but a waster and a conman. 07P 02 XX.XX NS

During a ten minute silent meditation before class, I felt an overwhelming feeling of divine grace, that everything was taken care of, that I could place myself completely in the hands of the divine will. This feeling started in my chest and expanded through my body. When it reached my eyes tears poured out, and my eyes and face became hot. 07P 03 XX.XX NS

During my meditation I had a compelling feeling of being part of a kind of silvery grey-green skin-like substance leading a simple, primitive existence. 07P 04 XX.XX NS

I was with my wife in a large kind of factory. There was a maze of worktables with aisles in between. We were hiding in a backroom from someone who was dangerous and wanted to kill us. My wife stood up in front of the door and revealed our position, then the man started coming towards us. He was armed with a hula-hoop, which I thought was not a particularly dangerous weapon. I picked up a large pair of cutting scissors or shears off the floor and showed them to him. He then backed off, and we ran away. 07P 10 XX.XX NS

I dreamt I was walking on a narrow path through the woods at night. It was dark and murky and I could barely make out the path. I was supposed to meet someone – a woman, I think my wife – ahead along the path. Suddenly I saw someone coming towards me along the path. It thought it was the woman I was going to meet, but when he came closer I saw it was a man. The situation was very menacing, very dangerous. I knew the man wanted to kill me. I stepped off the path into the shadows, hoping that he hadn't seen me. The ground was spongy underfoot, and there were tufts of long grass. The man left the path and came to where I was. He was very threatening. I began shouting for help. My wife woke me up. She says I was shouting, "Help me, help me!" When I woke I had a feeling of panic, my heart was thudding and I was breathing loudly. 07P 11 XX.XX NS

I had a short dream in which I was complaining to my (deceased) mother about my (deceased) father. My mother was a young woman, and I was a boy of about 12 years old. I can't remember what I was complaining about. My mother was playing the peace-maker and trying to explain my father's actions. My father suddenly walked into the room and we cut short our conversation. There was a photograph of my father in naval uniform on the wall, but it was flapped open, like the door of a safe. In the frame where the photograph had been a series of other photographs, of my father's parents and their parents, stretching back through time into the distant past. My father seemed upset that his photograph had been 'opened up'. 07P 15 XX.XX NS

I dreamt that I was living in the one-roomed house in Swaziland I previously lived in before my marriage. I had to cross a field to get to the house. The person I was walking with reminded me that it was the snake season, when the snakes come out of hibernation. We had to walk through a place where the grass was long and growing in thick tufts. As we approached I could hear snake movements in the grass, the sound of heavy coils sliding and slithering away. I saw one snake, a huge Egyptian cobra with its hood fully extended, but it dropped to the ground and slid into the bushes. I felt frightened to go on, as if I would step on a snake any moment, but there was a cat/dog with us that went sniffing and searching in the clumps of grass for snakes without finding any, so I felt safe to continue. I eventually reached the house. It was quite derelict, and the outside was overgrown with bushes. I was sleeping on a mattress on the floor underneath a window. On the sill outside the window I saw a snake, this time a Mozambican spitting cobra. As soon as it saw me looking it disappeared into the bushes. I went to sleep, but woke in the night feeling uneasy. The snake was back on the window sill, watching me through the glass. I could not go back to sleep, I felt that the whole house was surrounded by snakes. Someone came into the house, but I was reluctant to tell him about the snakes because I did not want to seem a wimp. 07P 18 XX.XX NS

I can only remember a fragment of a dream. I was saying goodbye to some man that I had only recently met. I went to hug him and he turned and kissed me on the lips. He had Vaseline on his lips and they were all greasy. I felt extremely annoyed at being kissed on the lips. 07P 20 XX.XX NS

Later the same night I dreamt that I was staying in some student boarding house that did not have a toilet. I had to use the toilet in the house of the landlord. I went to his house and rang the bell. Someone opened the door and let me in, and pointed down the corridor. I went into a bedroom, which had a toilet. I was about to pee when I noticed there were two women in the room, apparently cleaning it. I went into an adjoining room and closed the door. There was a peculiar kind of bidet on the floor. It had a contraption like a metal fan covering the top of the bowl. I urinated into the bidet, then felt very embarrassed because the urine ran through it onto the floor. I went out and found my wife and daughter in the adjoining room. The toilet had turned into a computer and they were complaining that a compact disc they had inserted had become jammed. We asked one of the cleaning ladies and she told us to use the photocopier instead. 07P 29 XX.XX NS

In my dream we were driving a really old car that had been given to us for free. It was parked near the top of a cliff. While I was out of the car it began reversing rapidly towards the cliff edge. I saw that some woman was driving, with my wife in the passenger seat. I knew the woman was someone irresponsible. (She was dressed in bright colourful clothing and head scarf, with large ear rings, like a gypsy). I was screaming at her to stop. Eventually she stopped the car really close to the edge of the cliff. I had an altercation with my wife, asking her what she was doing allowing this woman to drive the car. The woman interrupted to say that she had noticed that the car was pulling strongly to the left. I examined the front right wheel of the car and saw that the tyre was entirely flat, and the rim was damaged. I drove the car to a nearby garage to ask for help. The mechanics all shook their heads and said the car was so old that replacement parts could not be obtained. Later we were at a kind of fair or festival. A boy asked me if I wanted my hair dyed yellow. I thought it would be fun and I agreed. My wife was surprised that I agreed but she did not try and dissuade me. 07P 29 XX.XX NS

I dreamt I was running in a cross-country race – feeling of freedom and release – able to really open up and run fast – someone was following me, but I outdistanced him. I'm running along a country road with beautiful large trees on either side. It is summertime. I reach the end of the first stage of the run. Many people are milling about. I am keen to keep moving. I am directed to the beginning of the next stage. It is all downhill from now on. 07P 42 XX.XX NS

During the proving meditation I had images of running in a herd, hooves running. The opposite feeling of standing still to face danger. Standing 'at bay'. This leads to thoughts of wild boar in beech woods. I can see the bright eye of the boar, alert and keen. Very clear images of a herd of wild boar in a woodland. The piglets have stripes like my t-shirt. 08P 01 17.30 NS

Dream that I am in a busy city, cross the road and see a man I was once attracted to ahead of me, I hurry to catch up with him. I hold onto his arm for safety, he seems to like it which I find surprising. There are football hooligans walking on the other side of the road. 08P 04 XX.XX NS

Sexy dream, I was having really enjoyable sex with someone (don't know who) and didn't want it to end. 08P 05 XX.XX NS

Wake up from dream in which I was at a reclamation yard where they had brown items of furniture and stuff from churches. I was looking for a bed head, found one I liked and was trying to persuade my dad to buy it for me. 08P 09 XX.XX NS

Was dreaming that my mum and I were trapped in a corner with a fox snarling and ready to pounce on us. I am screaming and bracing myself for the attack with no way of escape. 08P 18 XX.XX NS

Weird dream - I playfully sat on friend's lap then he was trying to have anal sex with me. Then we were kissing passionately. Wake up feeling a bit shocked and amused. 08P 44 XX.XX NS

Scary dream. I was in a big black shiny 4 wheel drive vehicle with blacked out windows and then another vehicle which looked the same came and then did a three point turn in the road right next to me. I felt really scared and I thought they were driving off but then realised it was reversing back again . I get down in my seat. Look up and see scary man with long red hair looking in at me. 08P 45 XX.XX NS

Dream that I am on a beach, the sky is overcast and there are modern buildings around. There is some kind of alien craft in the sky above me circling menacingly. It has a whirling, spinning motion like a boomerang. 08P 47 XX.XX NS

I had to travel home on trains; I was afraid to be travelling alone; one of the men was travelling my way so I felt better knowing that I could go with him. Two men came into the house; they were violent; the man who wasn't about to travel with me was attacked; I didn't see the attack; think he was stabbed; Not sure if it was a stabbing but certain he was mortally wounded; not sure if he was dying; I knew him very well but don't remember who he was. 09P 02 XX.XX NS

Dreams; was in strange house with people I know; they had a sort of dog run between their house and neighbours; they were vying for the opportunity for dog to use the run; dogs were big; sort of going at each other but not quite attacking; pompous friend was showing me around her house; it was so strange; ceilings lower than in my house; couldn't get into some rooms because the space was so small; then she sort of dismissed me and my husband to go out with other friends; she wanted something from me but I don't know what. 09P 02 XX.XX NS

Dream; little girl had puppy on the corner of the street; puppy was badly injured; almost dead; a part of it dropped off; little girl was alone; she had no money; I had to offer to pay for the vet; wasn't sure I could afford to but had to do it; was looking for a towel to wrap the puppy in; I couldn't pick it up; she was going to have to pick it up. Cried when talking about this dream to the group. Sensation of overwhelming compassion; could not stop the tears flowing; felt so sad. 09P 02 XX.XX NS

No dreams; feels like I have stopped dreaming at all; I am enjoying deep, restful sleep without waking. 09P 05 XX.XX NS

Had dream; just before waking was convinced I was about to die; probably of lung cancer. 09P 09 XX.XX NS

Tiredness in the daytime; went to sleep for about two hours; dreamt that I was wearing long white trousers with a long white dress over the top; someone said that I looked very beautiful. 09P 09 XX.XX NS

Dream; dreamt that I was at my old homeopathy school and one of my teachers had brought in a python (snakes are my biggest phobia but I have never dreamt of them before) It was in an envelope in the middle of the room; I left the room and was asking my teacher to please get rid of it; I was crying; husband was there asking teacher to get rid of it too. 09P 10 XX.XX NS

Dreamt of chocolate buttons; lots of mini chocolate buttons; didn't eat them; just looked at them.

09P 15 XX.XX NS

Dreamt that I was driving a small car; slowly round a roundabout and coming towards me was a huge brown animal; it was some kind of boar; it was massive; almost as big as the car. I stopped the car and the boar made its way in; it laid in the car covered with a blanket. 09P 16 XX.XX NS

Dream: a group of us are in a small market with stalls. I look at a plant and think to myself, 'my friend will really like that'. I do not buy it. A bit later I walk by the stall and stop with my friend, who likes the very plant I had thought she would. She moves to put her hand in her pocket to withdraw the money, I experience a terrific need to buy it for her, and am anxious as I go for my purse that I will be able to conjure the money before she does, so that I can buy the plant for her. I manage to, I pay seven pounds and fifty pence. There were two plants; one in a large white dirty ceramic pot with what looked like dead earth. Out of this dead looking earth grew one, clearly dead, stalk, standing straight. The other was virtually the same, but on this one were three spherical balls, about two centimetres in diameter, they looked dead too. I can't recall exactly which one I purchased. 10P 02 XX.XX NS

Dream. I was lying on top of a what seemed like a large flat metal sheet, high up, in the sky. I was lying face down, on top of a male friend, holding onto him tightly. There was a sense of other people around us. Every minute or so, the whole sheet would shake as if it were about to come apart. My body would shake too. I was very, very frightened. I kept saying, 'I'm scared, I'm scared'. I don't recall what he said in return but it was not particularly by way of comfort. I became so scared I awoke and sat on my bed trying to shake free of the dream. 10P 05 XX.XX NS

Surprised and dismayed again at the dark morning. Sense of confusion again at how it has come round to this so quickly. Further it was difficult to understand that this was a time I could in fact get up, it was if I could not get up, that it was not yet time, as if it were the middle of the night and not the end. Despite knowing it was 6.00 am, I did not get out of bed, despite feeling that I had had enough sleep. I remained in bed until there was light, despite this making a late start to the day. I felt better all round getting out of bed when there was light. Very odd. 10P 09 XX.XX NS

Dream. on waking from this dream I had an immediate connection with another dream, a week or so pre-proving. That dream saw me stood outside my mothers house which sits at the top of a very steep road. It is raining and I am stood looking down the road as it dips away from the house. Small shiny objects are slipping down the road, and as I look closer I realise it is pieces of my silver jewellery. I trot after it, as it begins to collect under the tyre of a car parked half way down the road. I crouch down to pick up the pieces. I am stopped by what I see. The jewellery are bits which I actually own, bits I really like. They look tarnished, bashed, like bits of worthless metal. I thought 'my jewellery looks like bits of tat'. 10P 20 XX.XX NS

Dream. whilst this dream did not make an immediate impression it has continued to alarm me and fill me with the same sense of disgust I experienced during it. I am in my old bedroom, in bed, in my parents home. On the floor is as if a blob of what I can only describe as phlegm. As I watch it, it slowly begins to move. It is expanding, length ways. It expands as it moves. I watch it in disgust. It now looks like a worm, and there is a distinct head which raises itself. I get up, disgusted and intrigued. As I step toward it, it suddenly becomes the size of a lap top carrier case, moving towards me. Two huge antenna begin to emerge from the top of it. They are long and wavy. Eyes develop. They are big and simple, like you might see on a young child's back pack. As I look at it, it moves towards me, and despite myself, I put my hands out. It quietly and effortlessly places itself in my hands, and to my utter horror, the antenna smoothly and with speed, reach up and enter my nostrils, an antenna in

each nostril. It is watching me the whole while. The sensation was one of something pushing softly through my nostrils, but what is entering is solid. I had a very distinct impression it was not filling itself with me, as much as merging with me, becoming a part of me. It was frightening as it was so very peculiar, weird. Also I seemed to not have any power in the situation, it just began to enter, with quiet speed and intent. I was so scared at this I woke myself up. 10P 28 XX.XX NS

Dreamt I was staying in an old barn with friends/family. We go to a pub for some food and I decide that I would rather go off on my own. I go for a walk/cycle/jog. I am gone for hours and I don't mind that I get lost. I feel light, its green and summertime. 12P 02 XX.XX NS

I find that I wake and want to get on with the day. I had lots of dreams in the night...One involved being in the countryside with my Dad who was shooting, very odd, the feeling was this isn't right, my Dad doesn't shoot things! The most bizarre dream was of the Queen dressed in an 80's jumpsuit on a cheesy game show with Harry Connick Jnr as the host. Again, very odd. I usually dream but these were not my dreams. 12P 03 XX.XX NS

I woke during the night numerous times thinking I was dreaming but there was nothing there. I really thought I had been dreaming, but I couldn't recall anything! 12P 05 XX.XX NS

Dream – I dreamt I was out looking for my ex-husband and when I found him he was in his house, in bed with our daughter. They were both crying violently. I woke and looked at my phone, which had a message from ex saying he was out of control. 12P 06 XX.XX NS

Dream: I am in an old house, a bit like Miss Havisham with a creaky wooden staircase and dusty chandlers. It is a scary house, but I find it intriguing and love looking around. In one room there is an old lady who speaks to me. I walk downstairs and when I enter the main front room, I can't turn the lights on. The feeling of the dream is that I have the confidence without the light and despite the fright. 12P 09 XX.XX NS

Dream – I was with people I knew, but not personally, celebrities and politicians. We were all in a huge church, we were gathering for some reason. As the evening went on, the people in charge, who were dressed in white cloaks led us up these stairs to choir pews. The church was lit only by candlelight and as the ritual began the apprehension began. I remember feeling very nervous and not knowing what was going to happen. 12P 12 XX.XX NS

I had a dream that I had sex with Nigel Havers! I was in a hotel/restaurant with friends, we had had a lovely evening and at the table next to us, I got talking to him. As the evening got later, he invited me back to his room, where we had sex. Brilliant sex! 12P 14 XX.XX NS

Dream – I had sex with 2 women! We were outdoors, in an arena and there were lots of other people there too. We were all naked and I can remember that it felt good, very good. 12P 20 XX.XX NS

Dream – I was starting back at university and I had arranged to stay with some new friends at the beginning of the semester. We had been out for the evening (It was Bath, but it wasn't) and we were walking though the park back home, in these tall trees were 2 naked men climbing up and down them. It was very strange and I remember feeling that it wasn't right, but none of my friends were concerned. 12P 24 XX.XX NS

Physicals

Sensorium

Vertigo/ dizziness over the whole day when doing things too fast and when turning or bending too fast. Hectic activity seems to aggravate it. I had to slow down not to lose balance.

05P 37 XX.XX NS

Head

On and off today I had a slight frontal headache. I don't tend to have headaches, it is very rare for me.

01P 08 XX.XX NS

I have headache in the left front temple and around left eye. it is very rare for me to have a headache. 03P 05 XX.XX NS

Ache in occiput. 09P 01 XX.XX NS

Wakened with earache this morning but this had extended to severe pain in right occiput; pain feels as if I have suffered an injury there; as if hit across the head. 09P 18 XX.XX NS

Felt woolly headed, a sense of cotton between my head and the rest of the world, had the thought while driving, 'feel like I am looking through a bloody duvet on my head'. 10P 04 XX.XX NS

I am about to go out and as I am brushing my hair I realise how greasy it is. I washed it in the morning so I don't understand how it can be greasy, my hair never is! 12P 04 XX.XX NS

Sight and eyes

Eyes where itchy today as if the watery bit was irritated. 01P 06 XX.XX NS

My eyes feel dry and gritty and they are itchy. It is as if I have conjunctivitis but I don't really have it. If I concentrate, then my eyes feel tired and I need to blink as if to keep them moist. 01P 07 XX.XX NS

Went in to the bathroom before breakfast and saw that my pupils were enormous. 02P 02 XX.XX NS

Bright sun on sea hurts my eyes. 02P 17 XX.XX NS

I experienced more jumping/twitching nerves along the rim of my right eyelid (both upper and lower at the same time). It was as if each eyelash had a nerve attached that started to twitch at the same time.

06P 02 21.00 NS

Eyes feel like they are almost as big as my face. Everything is about the eyes; I can see everything that is before me even when my eyes are closed; through the lids. Peripheral vision is huge; wide. 09P 02 XX.XX NS

Eyes feel as if they should close with tiredness but they are as wide open as can be. 09P 03 XX.XX NS

Woke with a pain in left eye and left temple; 1 hour later pain felt like electricity running through eye and left temple; 2 hours later pain has become a dull ache; eye feels a little separated from the socket; annoying and a little uncomfortable. 09P 06 XX.XX NS

There continues to be a real clarity with the world; seeing things very clearly; physically as well as mentally; Only need glasses for working when eyes feel tired. Can't bear to wear driving glasses; they seem too strong; can see perfectly well without them. 09P 22 XX.XX NS

In the supermarket and all of a sudden felt as if a tight band around my forehead; I lost my sight almost completely; like someone had switched off the light in my eyes and everything went dark; had to hold onto the trolley for support and felt more comfortable bending forwards; felt quite afraid; this lasted only for two or three minutes. 09P 44 XX.XX NS

Though a very bright day, light sensitivity on eyes while driving, but this has not felt quite the same previously. Had to scrunch eyes and this felt as if my vision was being restricted. 10P 04 XX.XX NS

I experienced an intense irritation in my eyes on peeling an onion. Usually I can just about make get through cutting two onions before the irritation is enough to send me away from the chopping board. This however began as soon as I had chopped the onion, and having sliced maybe a quarter of one half, my eyes were burning and I had to leave the kitchen. The ensuing tears were so many that both eyes were washed clear of all traces of makeup, usually only possible with eye make up remover. 10P 06 XX.XX NS

Surprised at eyes not stinging despite peeling and chopping two onions. 10P 23 XX.XX NS

My left eye is red, it looks like conjunctivitis, but not sure? Feels swollen. Not itchy. 12P 32 XX.XX NS

Hearing & Ears

My left ear popped spontaneously this evening and suddenly my hearing was improved. 06P 32 XX.XX RS

On lying down to go to sleep there is a rhythmic roaring in my left ear, which appears to be the sound of my pulse. It is so loud as to be disturbing and for a while prevents me from dropping off to sleep. The sound is the same whether I am lying on my left or right side. 07P 24 XX.XX NS

Out walking in a cold wind and my ears became cold. Later I noticed I had mild earache in both ears. 07P 31 XX.XX NS

Piercing pain in right ear; coming and going; intermittently; very sudden; suddenly piercing like having a piece of thin metal pushed into the ear then withdrawn within seconds. It is followed by an ache in the ear. 09P 17 XX.XX NS

My right ear popped. 12P 01 XX.XX NS

Left ear expels a lot of wax this morning. A small lump, which is unusual. 12P 02 XX.XX NS

Smell & Nose

Feel like my nose is twitching, that I can't help it. 02P 53 XX.XX NS

I drive past some dogs and I can smell them! 12P 01 XX.XX NS

Sneezing lots this morning. 12P 21 XX.XX NS

Face

Noticed what felt like a single, small jumping nerve on the left side of my face, over my left cheek and close to my left eye. 06P 02 17.00 NS

Notice whitehead in centre of forehead, don't usually get spots in this area. 08P 09 XX.XX NS

All around top lip feels tingly on waking; as if there were spots there are but no visible spots. 09P 02 XX.XX NS

All around line of lips; both top and bottom feels very dry. 09P 13 XX.XX NS

Seem to look and feel older than my years; face pale. 09P 13 XX.XX NS

Teeth and Gums

I have a nagging toothache in upper left molar, appearing when I am eating cold or sweet things. 07P 25 XX.XX NS

Feels as if extra skin has grown between top two front teeth; at the back of the teeth want to keep touching with my tongue; when I touch there is nothing there. 09P 02 XX.XX NS

Taste and Tongue

Taste of metal in my mouth in the middle of the night. In the middle of my tongue and the roof of my mouth. 03P 06 XX.XX NS

A small mouth ulcer under tip of tongue, slightly to the right. Like a little tear on my tongue, bleeding slightly; as if I am injured a little. 03P 17 XX.XX NS

Woke up in the middle of the night from sleep, with an intense pain in tongue, felt like it was hurt or had been pressed on. 04P 11 XX.XX NS

Revolted, slightly metallic taste in mouth. 08P 03 XX.XX NS

Wake up with itchy roof of mouth. 08P 07 XX.XX NS

Metallic hot taste in mouth. 08P 46 XX.XX NS

Mouth

My lip has formed a small split that hurts a bit and needs lots of chap stick to keep from splitting throughout the day. 04P 18 XX.XX NS

I have a large ulcer in the right corner of my lower lip, rather painful and swollen. 07P 25 XX.XX NS

I have another mouth ulcer on the inside corner of my left lower lip. 07P 33 XX.XX NS

Horrible taste in mouth and throat feels slightly sore. 08P 12 XX.XX NS

Notice a small mouth ulcer on inside of lower lip. 08P 12 XX.XX NS

My mouth is numb; tongue feels fizzy, like pins and needles. 12P 01 XX.XX NS

Throat

My throat was scratching a little bit, also I can feel my glands slightly when I swallow. 01P 06 XX.XX NS

I was wearing a necklace and I strongly felt like taking it off, I felt suffocated by it, as if it was strangling me. 01P 12 XX.XX NS

While taking the proving I felt two spasms in the left hand side of my throat (in the jugular nerve). 03P 01 XX.XX NS

I have real feelings of unfairness; that when things are unacceptable they shouldn't just be ignored and allowed to go on; people being awful to each other and not being challenged. Saying things out loud that would normally just sit as unhappiness or mild resentment. 09P 11 XX.XX NS

Appetite, Thirst & Desires

Friend and I realise that we have eaten 12 different cakes over the last 3 days, I am putting on weight (5lbs) and feeling hungrier than usual, so am eating more. 02P 12 XX.XX NS

I felt a strange repulsion to solid food, and wondered what it would be like to be able to photosynthesize so that I could live on light and air. 07P 03 XX.XX NS

Have developed sudden; strong aversion to any foods that are creamy or contain too much butter. 09P 04 XX.XX NS

Was offered the choice of dinner tonight from a list of meals that I usually really enjoy; the list included creamy Italian food; spiced Moroccan; chicken cooked with lemon; meat/pastry/ roulade type of dish; I felt myself becoming nauseous at the thought of any of these dishes; could not imagine being able to eat them; can think of eating nothing but very basic; plain cooking. I can happily eat bread and possibly cheese but the cheese must not be toasted and thereby making it 'goosey' I would usually like cheese this way but cannot stomach even the thought of it. Finding the taste of milk in coffee distasteful; having only the smallest amount to colour it. 09P 08 XX.XX NS

Developed an aversion to my usual Earl Grey tea, have drunk it for years and always enjoyed it 'til now. 09P 12 XX.XX NS

Realize today that my eating patterns/appetite has changed over the past week. Appetite is less; eating only perhaps half the portions that I usually would. 09P 12 XX.XX NS

Began to cook dinner; husband had bought very expensive steaks; I looked at the steaks and saw them differently to usual; saw them as what they are – big thick slices of animal; I've never really had trouble eating meat before as long as it is well cooked but I really struggled with this meat; didn't want to eat it but I did. 09P 15 XX.XX NS

I have no appetite but continue to eat cereals out of habit. 12P 04 XX.XX NS

I feel I should be hungry as I have had little to eat over the past 24 hours, but instead I find myself eating out of habit. I have lost my appetite, I don't feel like eating big meals or stuffing myself until I'm full, instead I'd rather nibble on bits, like olives, cheese, crackers. 12P 07 XX.XX NS

I have gone to Bath with a friend and despite already drinking 2 cups of coffee this morning, I now have another 2 in a Patisserie. I do like coffee, but I feel a real need for more. It tastes so invigorating. 12P 12 XX.XX NS

Hiccough, Belching, Nausea & Vomiting

Considerable amount of abdominal gas, with relief from loud, prolonged eructations.

07P 05 XX.XX NS

Scrobiculum & Stomach

Stomach is delicate, a 'gripey' pain that also takes away my energy, as if I can't do much. I need to rest to allow it to make its way through me. If I tried to do anything much I would be dizzy and faint. 03P 05 XX.XX NS

I awoke in the morning feeling my stomach a bit queasy and unsettled. This felt uncomfortable as if I had eaten something which I had not digested well. It did settle down after about one hour. 04P 05 XX.XX NS

Woke at 4am with awful indigestion; not incredibly painful but there and annoying. 09P 10 XX.XX NS

Heartburn in my chest, it feels like a sudden burning deep in my chest, something I have not felt before. It goes as suddenly as it came. 12P 03 XX.XX NS

Abdomen

I woke up at night and my intestines were rumbling a lot, sounding like a river. 01P 02 XX.XX NS

Feel a sharp pain in right side which is probably indigestion. 08P 19 XX.XX NS

I am bloated again, stomach feels like a beach ball. I ate with the kids but wish I hadn't, didn't have the appetite but wanted to sit with the kids. Stomach aches at sides, feels a little like being pregnant. 12P 08 XX.XX NS

I am feeling so bloated again, like a hard beach ball is in my stomach. 12P 14 XX.XX NS

Rectum & Stool

Blood in stool. 05P 06 09.00 NS

Bowel movement; watery, chocolate-brown, painless diarrhoea, explosive. 07P 06 XX.XX IOS

A lot of very offensive wind, smells like cabbages. 08P 03 XX.XX NS

Diarrhoea, feels hot with similar texture to crunchy peanut butter. 08P 03 22.00 NS

Diarrhea, a bit sputtery, orangey red colour. Intestines/inside lower abdomen feels hot, like there's

boiling iron in them. 08P 04 08.30 NS

Diarrhea. Burning sensation around anus. 08P 05 XX.XX NS

Small thin greenish brown stool, Feel a bit constipated. 08P 07 XX.XX NS

My stomach starts rumbling really loudly, making noises like a door creaking on its hinges. I can feel trapped wind moving about in my intestines. Wait until tenant friend goes to bed and pass first normal stool since start of proving. 08P 08 XX.XX NS

I used to only move my bowels first thing in the morning but since the proving it's changed to early evening. 08P 37 XX.XX NS

Sudden urge for bowel movement, usually I would have lower abdominal pain before a stool but there was no warning, I just needed to go. 12P 04 XX.XX NS

I had a sudden bowel movement again. It is not normal for me to go everyday, I am usually go every 2-3 days. 12P 05 XX.XX NS

Urinary Organs

I have cystitis, which I have only ever had once before. 02P 52 XX.XX NS

I realized that during the night I was now going less frequently to the bathroom. Usually I would go on an average of 3 times but slept better and only went twice with long interval between the two. 04P 05 XX.XX AS

Woke up to urinate, bladder very full, after urination a feeling of not quite emptying the bladder. 07P 02 02.30 NS

Woke up to urinate. Full bladder but urine flow very slow, had to press to release, it felt like the bladder sphincter was reluctant to open. 07P 13 XX.XX NS

I became conscious of a sharp, stabbing pain in my lower abdomen on the right side. It feels as though the bladder is full but there is no relief on urination. The pain has persisted throughout the day. It is not intense but constant and annoying. 07P 24 XX.XX NS

Pinching in bladder area very noticeable. 08P 57 XX.XX NS

Female Sexual Organs

The whole day this strong back and stomach pain from period, more than usual. 05P 14 XX.XX IOS

Period has finished now but have been aware of a discharge like liquid occasionally seeping out which smells very musky. Genital area feels voluptuous. 08P 22 XX.XX NS

Really uncomfortable all day due to wearing jeans which are very tight round the crotch. About 5 pm aware of a flooding sensation of discharge and some redness which seems to be due to thrush. 08P 35 XX.XX NS

When I sit down I can feel a gush of menstrual blood. Change pad about four times. 08P 48 XX.XX NS

Intense but brief uterine cramp. Unusual in that I always experience this sensation just before a period, and again just after. I completed my last cycle a week and a half ago. 10P 04 XX.XX NS

Cough

This cough has changed and gone deep; deep; deep; feeling persecuted by it. It's a scary cough. 09P 14 XX.XX NS

My voice is going, my throat feels sore and I am coughing short, dry coughs. 12P 23 XX.XX NS

Heart, Pulse & Circulation

In the afternoon, I started to feel a lot of pressure in my chest and again that feeling of being trapped as I felt before. My heart was pumping faster; I could feel the fear in my heart. 01P 12 XX.XX NS

The veins on the backs of both my hands are markedly blue, swollen and distended. I have not been engaged in any physical activity to explain this. On the back of the left hand particularly there is a large vein that looks rather like an earthworm under the skin and if I lightly stroke it sideways with my finger it moves sideways under the skin, then slips back to its previous position. 07P 06 XX.XX NS

On walk up hill into town feel some discomfort in my chest. My back hurts and my ribs hurt and my heart feels like it's pounding more than normal and constricted by my ribs. Worry that the stress and strain of my current life circumstances is affecting my heart. Stop for a rest and feel quite tearful. 08P 07 09.30 NS

Outer Chest

For the last three days I have been feeling a heavy oppressive feeling on my chest, it is like it is very tight, like a hand grabbing my chest and tightening it. Then I feel as if I can not get enough air in. It is oppressive. I had it twice in the evening but today it is a mild feeling all day. 01P 05 XX.XX NS

My husband commented that my breasts look bigger and I have been also thinking the same for a few days now although was not sure about it until my husband spontaneously said that while I was undressing. 01P 14 XX.XX NS

I became quiet irritated by one of my class mates. My irritability manifested as a strong fluttering of energy in my sternal bone. It was really forceful and I felt I could trace out its position by circling my finger around my breast bone. 06P 02 XX.XX NS

Very aware of constriction caused by underwired bra. 08P 03 XX.XX NS

Pain in right side. On the side it feels like someone has smashed a brick into my ribs. Quite a different feeling to any pain I've had before. 12P 27 13.00 NS

Neck & Back

My back is hurting, its building up, tight, needs to be stretched. I feel trapped, a black hole, really tight, no exit. 01P 05 XX.XX NS

My back is really hurting today. I could feel it when I got up and now at midday still painful. I feel like and old woman with arthritis or something like that. It is sore around the lumbar area but this time is higher up and the muscles supporting the spine, the ones that run parallel to it feel contracted. The low lumbar area is also painful. It feels uncomfortable as is I can not find a comfortable position. 01P 16 XX.XX AS

My back is killing me, that's the worst and it is not getting better. It is constant and it is very sore, the muscles around that area feel funny, as if a dog is biting them and not let go. It is worst when I am standing or in bed but it is better if I am walking in the street. In bed I can not find a comfortable position, the same that if I stand up. 01P 20 XX.XX NS

Woke up with stiff neck, probably due to overstretching in yoga the previous evening. Restricted movement in all directions, feeling like the bones are fused together and need to be stretched apart. 07P 07 XX.XX IOS

Lying in bed and a loud click in my neck makes me jump, feels like one of the top vertebrae in my neck. 08P 11 XX.XX NS

Pain in lower back, like columns reaching up the sides of my back. 10P 12 XX.XX NS

A strip of pain, like the edge of a ten inch tile being pressed between my shoulders and digging deep. Aggravated if I move, keeping my back straight keeps the edge of the pain off. Later I placed a hot water bottle between my shoulders and the heat felt like the pain was slowly melting away. I kept it there for about two hours, the insistence of the pain had shifted and emotionally I felt relieved, as if a weight had been lifted away from my back. 10P 13 XX.XX NS

Pain between shoulders has shifted to the right shoulder blade. Duller, not as sharp as previously. 10P 14 XX.XX NS

Dreadful pain in back. Similar to before in that it feels like the edge of a slim object is being pressed relentlessly into one spot on my back – to the bottom right, perhaps three inches from my spine, and perhaps three inches in length. 10P 18 23.00 NS

The top of my back is aching, it is a pulling pain under my shoulder blades. It feels better for sitting/standing in a better posture or stretching the back out. 12P 12 XX.XX NS

In the shower and I notice that I have a pulling sensation around my back again. It's like someone has their hands on my back and are pulling my ribcage apart. 12P 18 XX.XX NS

I have a pain in my back which I used to get when the kids where tiny. Its like someone has punched me in between the shoulder blades and I can feel spikes bursting out of the sight of the blast. 12P 21 XX.XX OS

Back pain is still there, but it is slightly different in that its feels more like a golf ball has been whacked into the middle of my back. I can feel the explosion of pain. 12P 25 XX.XX NS

Upper Limbs

I awoke at times aware of my hands being heavy and hurting a bit, as if they were over used. 04P 04 XX.XX NS

While meditating a pain like insects biting, sharp and pointed on my both hands, just for seconds and then gone. 05P 03 21.30 NS

A general a feeling of potential pain or weakness in wrists. 05P 04 XX.XX NS

Left elbow painful, as if from overstrain. Wrist as if lame, painful. 05P 07 XX.XX NS

Very tense right shoulder, feels almost locked up and painful. 08P 01 XX.XX IOS

My hands are hot and have started to swell. 12P 01 XX.XX NS

Red bumps on my right wrist, like an allergy rash. It's itchy. 12P 04 XX.XX NS

My right shoulder is aching, like I have slept on it in a weird position. It feels tense, swollen and sore. 12P 07 XX.XX NS

Woke up with my right arm completely dead, takes a minute to get my fingers moving and the arm not like a dead weight. I notice after that I have lots of pain in the front of my shoulder. It feels like there is someone pushing my shoulder back and there is a pulling sensation along my right clavicle. 12P 17 XX.XX NS

Lower Limbs

My legs felt very heavy, solid, very grounded feeling, as if I was rooted to the spot. 02P 01 XX.XX NS

Waves of warmth immediately below left knee. As if a warm pad was being placed on it at regular intervals. Doesn't feel warm when I touch it, it feels just the same as the right knee. Came on very quickly. No bruising, no redness, just waves of heat. 03P 02 XX.XX NS

Distinct pain coming and going, with a metallic and pulsating quality, just one spot in left hip. 05P 04 17.00 NS

Itching of left leg; the thigh; just above the knee; itchy on the inside (right) of left leg then itchy on the left side of same leg. 09P 19 XX.XX NS

Right arm is itching. At the bottom and top, feels better to be scratched. 12P 03 XX.XX NS

Walking down the hill to town and my left ankle clicks. It is a sharp pain, which I have never experienced before. It doesn't last and goes as soon as it came. 12P 13 XX.XX NS

In bed and my knees are red hot, I touch them and they feel warm. 12P 22 XX.XX NS

Limbs in General

Extremities feel warmer; no cramping in feet or calves since taking the remedy. 09P 05 XX.XX NS

My legs felt very heavy, solid, very grounded feeling, as if I was rooted to the spot. 02P 01 XX.XX NS

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Sleep

I felt very awake in the evening and I was not tired, which was unusual as I am always tired when I am at the course. 01P 01 XX.XX NS

Felt very relaxed all day and I am not tired, that is very unusual. 01P 02 XX.XX NS

I got up and straight away I got ready; I felt energetic and I am usually slow to wake and go person. 01P 02 XX.XX NS

I feel like going to bed covering myself with the duvet and sleeping. I feel like hibernating. 01P 08 XX.XX NS

Wake up really late, time is in a different zone to usual. 02P 03 XX.XX NS

Insomnia, I cannot sleep as I feel squashed by my husband who cuddles a lot. 02P 04 XX.XX NS

Awoke in the morning with dry eyes and a bit dazed, not very alert or awake as usual. I felt I needed more sleep but was not tired. 04P 04 XX.XX NS

Wake very early, at dawn. This has been a feature of the proving, I used to really struggle to regain consciousness in the morning. 08P 51 XX.XX NS

Eyes still feel wide; wide open; very alert; getting up early morning; very unusual for me; I always take a long time to wake up. 09P 02 XX.XX NS

Realise that for the past week; since the proving; I have been sleeping with my right arm upwards; right hand tucked under my head; palm against back of the head. I have never slept in this position before. There is slight cramping in forearm on waking because of this but it soon disappears. 09P 08 XX.XX NS

Surprised and dismayed again at the dark morning. Sense of confusion again at how it has come round to this so quickly. Further it was difficult to understand that this was a time I could in fact get up, it was as if I could not get up, that it was not yet time, as if it were the middle of the night and not the end. Despite knowing it was 6.00 am, I did not get out of bed, despite feeling that I had had enough sleep. I remained in bed until there was light, despite this making a late start to the day. I felt better all round getting out of bed when there was light. Very odd. 10P 08 XX.XX NS

For several nights awake from 1 onwards. Just awake, read and worked, not distressed. Very unusual and similar to Cypr. Which is why it must be part of the proving. 11P 00 XX.XX NS

I have woken so much in the night, it feels as though I have dreamt a million dreams, but as I try to recall them they fade. I am awake though and hop straight out of bed and into the shower. 12P 04 XX.XX NS

I have slept to 10 past 9, although I had a late night, this is amazing, I am normally awake earlier. 12P 07 XX.XX NS

There is still a general feeling of being very awake. I am not tired for bed, but once in bed and reading I fall to sleep easily. 12P 12 XX.XX NS

Generals

I am much more tired than usual, so so tired. 01P 07 XX.XX NS

I felt as if I was going to faint. I felt very light, as if my blood pressure was very low. 01P 10 XX.XX OS

I have realised that I have put some weight on. This is strange as I rarely put any weight; it is very difficult for me even if I eat well. 01P 16 XX.XX NS

Had to walk really slowly, like a very old person, Nurse had to help me on with my boots. Felt as though I had gone from a gallop to a snail pace. 02P 21 XX.XX NS

While taking a nap I had a jerk in my body, my hand was on my stomach and they jerked forward. 04P 09 15.00 NS

Moving felt hard: To move the body was very hard and the thought of moving the house was hard, I had to rest a lot today and everything felt too much. 05P 14 XX.XX IOS

I felt my skin was more sensitive to metal such as jewellery and the under-wiring of my bra. Physical symptoms had a metallic quality to them and I had a metallic taste in my mouth at one point. 08P 00 XX.XX NS

There was a degree of suddenness in the symptoms. Coming and going suddenly. 09P 00 XX.XX NS

Clumsiness; need to take great care to hold on to things I don't want to drop. 09P 03 XX.XX NS

Movements feel slow; laboured. 09P 11 XX.XX NS

Awoke feeling calm, I am not tired at all. I feel alert. I have energy, my body feels younger, there are

no aches or pains. I feel refreshed. 12P 02 XX.XX NS

I am restless, keep walking around and stretching my legs and arms. I feel full of energy, I want to go out and walk. 12P 07 XX.XX NS

Notice that I feel cold and have cold type symptoms. My nose is runny, I have a sore throat and feel quite achy. 12P 19 XX.XX NS

Temperature and Weather

I realised that I've felt very cold recently. 02P 07 XX.XX NS

Felt very hot; hands, chest, overcome with heat. 09P 01 XX.XX NS

Stepped out of the door and could not bear the cold; felt like it was going to kill me. 09P 12 XX.XX NS

Feel very hot after shower; no perspiration; just very hot even now; dressed and working. 09P 14 XX.XX NS

Having a hot flush. This normally lasts a lot longer and requires me to shed clothes, shoes etc. However, this time it is not to the same intensity and soon passes. 12P 02 XX.XX AS

I love the sun on my face, it feels me with joy and I lay back and smile to myself as the warmth touches me. 12P 13 XX.XX NS

Went running with a friend and my son, I feel totally laid back and love the sense of energy and the feel of the cold rain on me. (That's unusual as I normally hate the cold) 12P 16 XX.XX NS

Skin

Discovered small skin mole type growth near pelvic muscle, close to leg joint. A little itchy. 04P 06 XX.XX NS

Rash from silver bracelet on wrist and metal from earrings seems to be causing some irritations. 08P 02 XX.XX NS

Realise I'm pretty obsessed with what my face looks like, or more specifically my skin. I really notice the texture of other people's skin and the colour and whether they're wearing makeup. I would love to look good without makeup. 08P 15 XX.XX NS

Notice that are small red pimples on my lower abdomen (right side) and top of right thigh. 12P 07 XX.XX NS

Perspiration

Last night I woke up feeling very hot and I was sweating on my chest. It was hot and humid sweat. 01P 05 XX.XX NS

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