Proving: Holly (Ilex Aquifolium)

**Date:** October 2015

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

Kingdom: Plantae
(unranked): Angiosperms
(unranked): Eudicots
Order: Aquifoliales
Family: Aquifoliaceae
Genus: *Ilex Aquifolium*

The School of Homeopathy ran a proving of Holly in Stroud over a three-month period in 2015 starting in October and coming to a close in December. There were seventeen provers (14 women...
Introduction
For those homeopaths familiar with Edward Bach’s flower essences Holly is very well know. When I started out in general practice, treating children and animals more frequently than adults, Holly was one of my mainstays alongside polycrests such as Nux vomica, Pulsatilla and Natrum mur. As you will doubtless know the indication for Holly rest upon it’s capacity to reconnect the sufferer with the light, turning hate to love, for instance when the subject is feeling jealous, envious, suspicious, bitter and angry. How astonishing then, that homeopathic Materia medica’s have so little to teach us.

Boericke who has more to say than most, comments: Intermittent fever. Marked eye symptoms. Spleen pain. All symptoms better in winter. Infiltration of cornea; staphyloma; nightly burning in orbits, rheumatic inflammation of eye. Pilosis.

A few years back I collected both male and female flowers, placing them under vodka in a medicine bottle. To this I added three partly crushed burrs. While crushing these I split the mortar. The pestle’s blows focused by the hard wood of the gall cracked the bowl. I had not taken the extreme density of the slow growing wood into account. The wood of Holly was used in joinery, cabinet making, engineering, the making of mathematical instruments, wood engraving and veneering, and was fashioned to provide bobbins for the cotton mills of Lancashire.

Below is the source substance the homeopathic proving was derived from 30c potency of burr wood and flowers:
Following the taking of the proving substace the provers did a meditation, during the meditation Mani had an image of someone coming into the room, a stranger. He asked them what they saw. ‘They see a green leaf in the middle of the room, it is large and it is shaped like a dragon. Strong and powerful. Dragons fly and they breath fire’. The mythical dragon is an interesting metaphor for Holly as they are depicted as brave, strong and defiant, yet at the same time calm and carefree – they do as they please and have a sense of independence. Yet they are solitary creatures, living alone – detached. Often there is something precious they are protecting and that they will defend with anger and violence. These ideas are all key themes of the proving.

Myths & Legends of the Holly Tree

The Holy holly at Glastonbury, Somerset, with prayers hung on its bows.
Because the fruit of the Holly Ilex aquifolium is largest & brightest in winter, & the sharp leaves are evergreen, the holly has always been associated with winter magic.

Throughout Europe holly was believed to repel evil, & this belief lingers to the modern day. An old tradition of bringing holy boughs into one’s house in winter, as a place for good fairies to play, is echoed down to our own era, when holly wreaths are brought indoors for Christmas, to await the arrival of the winter elf king Santa.

It was long regarded as unlucky to leave these holly wreaths up after Twelfth Night, so it was consigned to the fireplace on New Year’s Eve. Others felt that good luck could be obtained by keeping a sprig from a holly wreath that had been used as a Yuletide decoration within a church, hence the wreathes would be cut to pieces to divide among church members.

The Celts of the British Isles & Gaul believed the Holly King ruled over death & winter, whereas the Oak King ruled life & summer. This ancient (conceivably originally Druidic) belief was preserved into medieval times in mummers’ plays, and has modernly been adapted to the Druidic revival & other pagan systems of faith. The Holly King was a warlike giant who bore a great wooden club made of a thick holly branch. He found his way into Arthurian Legend as the Green Knight, who challenged Sir Gawain during a Yuletide feast, baring as his weapon “a solitary branch of holly.”

It is also noteworthy that in the art of heraldry holly represents truth.

The Holly speaks to the fierce capacity of the human soul to take the descent into the underworld, bringing inner light into darkness. Thus, we can understand the signature of the tree, with its ability to germinate without sunlight, favoring dark, moist conditions that are more strongly related to the downward earth pole. Its stiff, pointed leaves are not unlike thorns or “spears.” The Holly yields a hard, white close-grained wood that imparts a quality of solidity and impermeability, as it stands in the depths of winter, impervious to cold and darkness with its somber evergreen color.
Of all the trees in the Ogham, the Holly and the Oak are most primordial—they are viewed as two "kings" who exchange leadership on a yearly basis by engaging in symbolic battle. The Gaelic name for Holly—Tinne—is related to the word, tanist, meaning "dark twin." The Oak King rules from the time the light begins its ascent in December until the summer solstice in June. Holly is the "dark twin" who reigns during the waning light of the year, until winter solstice.

In Scandinavian mythology the Holly belonged to Thor & Freya. Holly's association with Thor's lightning meant that it could protect people from being struck by bolts. Norsemen & Celts would plant a holly tree near their homes specifically to take lightning strikes & protect a house & its inhabitants. The crooked lines of the holly leaves probably gave rise to the association with lightning, as well as the fact that hollies do conduct lightning into the ground better than most trees, with the least injury to the tree.

So too Freya or Frigga had authority over weather, & if Thor was the lightning, Freya was the thunder. The Grimms' Fairy Tale of "Mother Holly" (or "Frau Holda") is a recollection of Frigga compounded with an even more ancient Earthmother named Hulta "Elderberry".

In the charming tale of Mother Holly, her troublemaking cat sets off all sorts of bad weather by getting into Mother Holly's things. He then eats Mother Holly's corn. When Mother Holly discovers the mischief the cat has done, she doesn't punish the cat, because the corn caused the kitty's stomach to rumble as with thunder, a sound that pleased her.

Although Mother Holly of the Grimms' tale is a winter hag or witch associated with the holly because it is a winter fruit-baring tree, she also had a maidenly spring & summer aspect, when she was associated with the Elderberry Tree which flowers in spring & fruits in summer. As Frau Holda, then, she is identifiable not just with Teutonic Frigga, but with the Scandinavian goddess Hulda or Hulta. Much of Freya's holly mythology at a more archaic level regarded Hulda's two aspects of maidenly life-giving (with the edible summer-fruited Elderberry) & crone death-bringing (with the poisonous winter-fruited Holly).

That Holly should be sacred to a God & a Goddess is natural enough when the trees themselves are of two sexes. An old Germanic tradition has it that when the household's Christmas wreath is made of a "he-holly," that indicated that for the coming year, the husband would rule the house. But if it were a she-holly (& for sake of the berries, it usually was a she-holly), that meant the wife would rule the house. As wives usually do!

In Shinto mythology the Japanese holly (I. crenata) held a similar position as that of the holly in Europe. When the Sun-goddess Amaterasu withdrew into her cavern & refused to come out, the erotic clown-goddess Uzume hung a sacred jewel & a sacred mirror in the branches of a holly, & began to dance about the black-fruited holly tree in a humorously sexy manner to attract the attention of Amaterasu & draw her out of the cavern so that Spring would begin. A luck-charm is down to the present day sold in Japan, consisting of a glass ball etched with holly leaves, symbolic of Amaterasu's mirror, jewel, & tree.
A New Years charm popular in Japan consists of a holly leaf & skewer. This represents the Buddhist monk-god Daikoku. Once when he was about to be attacked by an oni devil, the rat that dwelt with Daikoku as a friendly companion hurried into the garden to fetch the monk a holly branch, bringing it to him in the nick of time, since an oni devil will not go near holly. To this day, there lingers a rustic Japanese tradition of hanging a holly sprig on the door to the house to keep away devils, not at all unlike numerous holly-related beliefs in Europe.

Holly myths occurred everywhere, usually but not exclusively associated with winter. Chinese households were decorated with I. chinensis during February New Years festivals. Even in North America before the coming of the whites, the American Holy (I. opaca) was symbolic of courage & defense. It was encouraged to grow around Indian encampments & homes to protect the tribe, & sprigs of holy would be attached to warshields.

In the American southeast & southwest, yaupon holly (I. vomitoria) was used in mystic cultic practices, overimbibed to induce vomiting & hallucination as a purification ritual. Archeologists have found ritual shell-cups with the evaporated holly residue dating to 1,200 BCE. There are only intimations of what the yaupon holly myths within this ancient cult may have been, but it was sacred to the Cherokee & Creek at least into the 1930s, so I wouldn't be at all surprised if the traditions are still known by some First Peoples who don't share their religious practices with over-curious anthropologists.

In South America, the Guarada people tell the tale of the bearded god Pa-i-shume who taught many things to mortals, including how to make the stimulating & health-giving mate beverage from the leaves of the Paraguay holly tree (I. paraguayensis).

Considering how widespread holly mythology is, the Romans may have independently regarded the holly as sacred, but it is more likely they coopted its ritualistic use from the Celts, hanging winter sprigs upon images of Saturn during winter's violently erotic Saturnalia. Later still Roman Christians coopted the holly into Christian lore. Holly was believed formerly to have been deciduous, until Herod's soldiers came to slay the baby Jesus. At Mary's request, the holly tree regained its leaves in winter so that her infant could be hidden in the foliage. Another Christian holly legend states that the berries had once been white, until touched by the blood of Jesus when a holly wreath served as his martyr's crown.
The Holly is notably absent from Jewish & Islamic tree lore, as it was not native to Israel or Arabia, is not legitimately referred to in Torah or the Koran, & had strong European pagan associations. But early Christians brought holly mythology full circle when following Rome into the British Isles. The tree’s association with druidry or elves was easily transferred to the new religion, so that the sacredness of the much-legended Holly stands uninterrupted even to our modern age with its association with the birthday of Jesus & with Santa Claus, himself an elf king dwelling in the coldest most deathly & distant part of the earth.

Toxicity
Holly can contain caffeic acid, caffeoyl derivatives, caffeoylshikimic acid, chlorogenic acid, feruloylquinic acid, quercetin, quinic acid, kaempferol, tannins, rutin, caffeine, and theobromine.

Holly berries can cause vomiting and diarrhea. They are especially dangerous in cases involving accidental consumption by children attracted to the bright red berries. Ingestion of over 20 berries may be fatal to children.\[24\],[25]
Holly leaves if eaten might cause diarrhea, nausea, vomiting, and stomach and intestinal problems.

Holly plants might be toxic to pets and livestock.

Leaves of some holly species are (or were) used by some cultures to make daily tea. These species are Yerba mate (*I. paraguariensis*), *Ilex guayusa*, Kuding (*Ilex kaushue*), Yaupon (*I. vomitoria*) and others. Leaves of other species, such as gallberry (*I. glabra*) are bitter and emetic. In general little is known about inter-species variation in constituents or toxicity of hollies.

The Bach Flower Essence

Holly holds a central position among the Bach Flower Remedies, because it embodies love - the highest energy quality through which we all live, and which is our greatest healing power.
The desire for love is programmed into every cell of our being, and when we are going with the stream of love we live in a state of grace. However, when the need to give and receive love is denied, the negative Holly state emerges.

The personality will experience such extreme disappointment that love is expressed as its opposite - in jealousy, hatred, envy, resentment, malice, and a desire for revenge. While everyone experiences these emotions at some time, in the negative Holly state they are prevalent, and can form the emotional basis for serious physical illness. While even the negative Holly personality longs for love, it is unable to let it flow forth, and thus often repels that which it seeks through jealousy. Even when finding someone with whom to share that love, uncertainty and fears predominate and it lives in fear of losing that love.

When jealousy becomes "morbid" then love can be extinguished. In an extreme negative Holly state, an individual becomes suspicious, is super sensitive to real or imagined slights, feels rage and anger, experiences violent bouts of ill-humour, and, understandably, feels unloved and unworthy of love.

Temporary states that can benefit from treatment with this Bach Flower Remedy arise from understandable jealousy - such as shown in a fist born child when a second child comes into the family. Also, dogs who have been the "only child" can also become jealous when displaced in their families' affections by a newborn child. Holly will help both the child and the dog overcome their jealousy and extend their own love to the newborn.

When describing this Bach Flower Essence, Edward Bach said: "Holly protects us from everything that is not Universal Love. Holly opens the heart and unites us with Divine Love."

The soul quality of Holly is that which we all desire - the ideal human state. In its positive state, individuals are able to live in inner harmony, taking pleasure in the achievements and successes of others, freely accepting and feeling love that flows toward them, and having a sense for the and having a sense for the Divine scheme of things.

**Holly key proving themes:**
Provers ‘speaking as one’ arranged in the following themes:

**Calm, carefree and connected**
Seeking connection, feeling content, laid back calm, comfortable, mindful. There are no worries, still, loving and peaceful.

**Forceful, sure, brave and strong**
Feeling stronger and not restricting myself, sure within myself, and also standing up for myself, Indifference. Not accepting situations, sense of justice and appropriateness. A feeling of power and standing up for oneself - courageous, I was not bothered, could be domineering, bit forceful.

**Indifferent and withdrawal**
Detached, aloof, spaced out, leading to being misunderstood. Nothing mattered, nothing was making me angry or upset. Unable to communicate. Isolated, closed off, quite, can be happy and calm in isolated place or feel lonely and insignificant.

**Focus, energy and action**
Highly Productive, getting lots done. Vitality increased, massive creative fix-it energy, busy, achieved many things. Feeling motivated, with good brain power. Meeting deadlines, creating order. Feeling social, focused, energetic. No need to sleep, cannot sleep, or disturbed sleep.

**Sadness, depressed and down**

**Forgetful and lack of concentration**
Loss of concentration and memory, distracted, tiredness, brain dead, lack of concentration. Feeling misunderstood like dementia and Alzheimer’s. Unable to perform simple tasks, closing off, foggy and forgetful - memory fading. Forgot spellings/vocabulary, lost track of conversations, muddled.

**Exhausted, Tired and struggling**
Slowing down, severe lack of energy, lagging, needed rest, struggling to finish everything. Extreme exhaustion and heaviness and requiring more sleep than usual. On the passive plane, slow and static. Constipated. Dispassionate. Frustrated, inadequate, failure, less efficient, no energy, overwhelmed, sighing, struggling, unsupported, weakness.

**Angry and violent**
Sudden, violence, blood, threat, desire to kill, intensive, explosive temper, screaming loudly, blaming, violent destructive dreams, impatient, insulted, feelings of betrayal.

**War, shot and dead**
Gunshot type pain, sudden intense, war, police, death, Sensation of being shot in the calf , Sensation of being shot in the head, Imagining my brother dead, Imagining family members dead, suicidal despair, evil.

**Confused/disorientated, Vertigo and dizzy**

**Red and Blood**

**Physicals**
- Sex & libido and sexuality.
- Sharp, piercing, penetrative, pains, sharp burning pains, Sharp pains, prickly.
- Insomnia, sleep, tired, awake.
- Cold, chilling and freezing. Low temperature, chilly, ice, snow.
- Sneezing, congestion in nose, mucousy cough runny/watery discharge.
- Lumps, bumps, bulges, spots, bites, jelly, squidgy.
- Metal taste, loss of appetite, eating lettuce, nausea, sick, thirst, thirsty, spices, hungry, starving, saliva, queasy.
- Abdominal pains with heaviness; increased appetite.

**Some cured symptoms in the provers:**
- People don’t bother me anymore.
Stand up for myself.
Cleared deep grief.
My husband says I’m a nicer person. I feel lighter.
I feel calm.
I feel very positive.
Cured bronchiectasis, shortness of breath, green mucus.

Polarities
Intense energy with highs and lows (ups and downs).
- Calm / Danger
- Powerful / Powerless
- Happy / Depressed (Exhausted)
- Accepting / Angry (Hopelessness)
- Hot / Cold
- Connected / Indifference to everything

Sense of a struggle (in dreams as well as in reality).
Sharp pains; piercing, cutting.
The colour red.

“Happiness is like those palaces in fairytales whose gates are guarded by dragons: We must fight in order to conquer it.” Alexandre Dumas

Analysis of Themes from Year 3 & 4 Overview Assignments

Energy (high and low)
“Full of energy, feeling attractive and sunny, confident and patient” “low energy, sleepiness and struggling to concentrate” “a sense that I had to keep going, had to push through the tiredness, that if I allowed myself to stop then I would never start again” “an exhaustion that rarely lifts” “no energy, am always tired and desperate to lie down and go to sleep (and sometimes it seems I have no choice but to do this)... mostly I won’t allow myself to do this and instead dredge deep into my reserves to summon up energy that has a manic feel to it” “I’m so tired and my concentration is so poor and so I have to keep working, have to push myself more. All I want to do is stop. The last thing I can do is stop.” “Yawning excessively, extreme yawns went on for ages with sleepiness almost like narcolepsy with heavy eyes” “yawning in the first few days as the energy of the proving began to build, and yet I was rushing around. They noticed my furious energy even more.”

Achievement and positivity
“Sense of getting things done”, great clarity, “calm, mindful, present, comfortable and sure within myself, and also standing up for myself.” “Not accepting situations, or being treated in ways, that I did not find myself fully comfortable with” “sense of justice, appropriateness and self-worth was highly marked.” “Interact with others more easily than usual (without being stressed/anxious about what others think), and also speak my mind when not being happy about something. I have been calmer, less irritable and more content than normal”. Mind-related (calm, at ease) “extremely productive getting lots of things done that I had been putting off” “standing up for myself”.

Energy and self-focus
“A tendency to get things done, much less thinking and a lot more acting, and also a lot more energy. It was all about me being in the moment and putting my energy in whatever I was doing instead of thinking about it. It was not about the outcome but about allowing me to express myself. There was a lot less worrying about how others would feel and what they would think and how that would make me feel; the focus was on me, it was as if the others did not matter as much, there was no room for them” “able to speak my mind” “slow down and relax”.

Intensity
“Dreams were many, vivid, strange, interesting and intense. Some of the early ones were exciting and full of daring, some were intensely sexual.” “Intense itching” “intensity (the highs were higher and the lows were lower)”.

Unusual sense of responsibility
“Personally felt responsible for and also ‘took on ‘ the responsibility of changing the environment for the carers, the clients, the relatives. I felt an unbelievable responsibility to make our conditions of work, more caring, more Intelligent, more feeling.” “I accepted ‘that which was my responsibility but refused to take blame for that which was not my blame’… felt the wrath of my anger” “blamed others” “power vs powerlessness” “courageous, domineering, bit forceful and organised”.

Grumpiness: “Feeling a bit grumpy, disgruntled. Critical.” “Growing darkness in my mood” “Grumpy... Want to be left alone. Sinking feeling from head to stomach. Sinking feeling in my mind. As though things are not right with me and not right in my world. Want to cry but not weepy” “underlying negativity in my attitude”.

Hopelessness, despair and the sense of a struggle
“Strong sense that I must carry on, struggle on and that somehow I can push through all this” “I’m really struggling to keep going” “The question ‘will I ever recover?’ is a recurring one... certainty that I will never recover; I’ll never be well again. Hopelessness, despair and rage” “felt as though I was disintegrating” “a feeling of ‘I’ve done what I can’, ‘I have worked hard, tried my best, put in best effort with an immense struggle and I can’t go on, so I collapsed’. ‘What is done, is done’. ‘This is me laid bare, I’ve given everything I can, now it’s up to you, it’s up to you now’.” “Really couldn’t do anything even when I had the time for it” “new depths of despair and exhaustion, feeling completely powerless... could not find the will or energy to get out of it” “unnerving to feel so out of control”.

Storms and sense of danger
“Like being pitched into a storm and being trapped and tossed about in it for almost two months”... “It was like I was in a boat in a sea storm, desperately trying to hold onto something solid (the mast of my identity? Health? Balance? Happiness? Hopefulness? Life?) whilst being flung about on the crashing waves.” “Dreams with themes of danger, death and violence.” “I’ve been in the eye of the storm: a calm, peaceful place where I was blissfully unaware of the approaching weather.” “Fear of something bad happening”.

Desire for company/solitude
“Overwhelming urge to be on my own... wanted to escape and deal with my physical symptoms in the absence of company” “wanted to protect my space to be left alone”.

Mental confusion / exhaustion
“A sort of deconstruction of mental structures, preconceived notions, mental patterns (haze feeling, inability to focus, speech not coming out right, aimless wandering, absent-mindedness etc.),” “mental sort of paralysis or meltdown”. “Severe lack of energy and concentration” “excessively tired
and cold” “memory was fading at times and I lost track of conversations and forgot my spellings” “Extreme exhaustion and heaviness and requiring more sleep than usual” “slow, muddled and static” “had poor concentration and memory” “mental agitation”.

**Mental detachment**
“Sense of detachment... being behind a curtain... mental exhaustion and despair from having to deal with those for so long and not seeing any light at the end of the tunnel... no desire to contact anyone. As if all my energy was pulled back in from out there and with it I had a new sense of power; it felt as if by trying to connect with others I would just be scattering my energy and losing my strength.” “Fully aware of my detached state” “Slight feeling of dizziness in the early days, with a sense of disconnectedness” “There has been some forgetfulness and detachment.” “State of INDIFFERENCE... Nothing mattered to me. Nothing was making me angry or upset.” “Isolated, not loved, not connected” “indifferent”.

**Anger and sadness**
“Starting to feel resentful and angry about the remedy.” “Privately screaming in the car at other drivers so hard that I hurt my throat” “When they came the tears were a relief, but they didn’t seem to want to come: the rage seemed like a block to them.” “Emotions, detached, aloof, spaced out, on a bad trip, fragmented, disorientated, disorganised, massive creative fixit energy, busy achieved many things, then melancholy, sad, miserable, then angry. Emotions circled. The anger really upset me the most because it was so sudden, so violent, so intensive and explosive.” “The energy from which this came was relentless, heated, angry and rushing or explosive.” “Anxiety and anger that’s been difficult to let go” “flared up at my boss” “extremely angry and irritated all month with an explosive temper... scream very loudly to let out the energy” “extreme irritability / fiery anger” “grief (babies)” “irritation and anger”.

**Death and aging**
“Deep grief about recent and old deaths came up. Fear of death – of my husband dying, my sister (she broke her leg badly at the beginning of the proving), and the kittens.” “A sense of having aged physically”.

**Unpleasant and/or vivid dreams**
“Cycle of Power in Birth, Collapse of Life, Blood as a symbol of suffering. Sexual act. Closing dream was a sexual act quite disturbing in that it was with an unable, unattractive passive male. I felt revolted by the act. Afterwards he cried tears of blood so I licked his eyes clean to help him feel better. I woke with a taste of blood/metalllic taste in mouth.” “Dreamt vividly of blood and life collapsing” “I dreamt of an immense struggle and supreme effort to deal with a situation followed by a collapse and exhaustion from effort.” “Dreaming of grandmother and mother” “tense/fearful dream of catching a yellow snake” “vivid dreams, mostly about some form of struggle” “Dreams of little black spiders or lice eating my hair, dreams of chaos and transport” “dreams of travel, transport and holidays” “dreams of people from the past”.

**Hair changes**
“My hair had actually become very thin at the front (and still is)” “hair grew thicker, longer and stronger, had been falling” “hair themes: baldness (men and babies), perms, afro, alopecia, hair regrowth”.

**Head pain**
“Constant, sharp, stabbing headache” “Headache, gunshot type pain, sudden intense, thick, dense
deep pain, right temporal through to left, then moves through both occipital ridges through brain. Like a metal girder "headache at back of head".

Vertigo and circular symptoms
Great deal of vertigo, heat rising, a feeling of Fireworks. "Vertigo, creeping circular swaying dizziness, cannot feel feet when walking feel very ungrounded, sensation of the fibronacci circular motion in and around me." "A circling of symptoms. Beginning generally on the right upper cephalic, across my head to left outer then down caudally and around to the right, around to the back, across to my left knee and back up cephalic again. Then back around and up again." "A lot of vertigo, headaches and throat issues all worse for menses and better for eating" "A growing sense of gas in my gut that moved in a circular motion".

Heat with anger/frustration
"Heat flushes, very intense, start at abdomen and work up fibronacci style one day, then next start in chest and circulate up, next day in throat and circulate up, then arms and just sweat sweat sweat. <<<night <<<emotions especially anger or frustration <thinking about them."

Extremes of heat and cold
"Not able to eat spicy food at all" "pain felt cold and metallic" "I felt cold but there was a growing sense of heat" "warmer than usual" "burning pains in toes and feet" "coldness in lower extremeties"

Colour red
"I bought red boots having originally decided definitely not that colour!! Suddenly wearing red scarves, boots, whatever, very odd. Stood staring at a female beautiful full lush holly tree for 30 mins whilst out walking, because of the red berries, they were captivating" "Red+++ desire for" "red spots on face" "face felt flushed at the same time and I also felt panicky."

Menstrual changes
"Menopause has come in, menses gone, time will tell if for good. Here we are several months later and indeed no menses,, hot flushes. But at the time a healing of Woman." "Dramatic change in menstruation – from heavy one month to light the next month (and then back again)" "During menses in the second month the blood was so acidic the blood next to my skin caused burns and ulcerations. I couldn't wear trousers for several days and had to use tampons not pads otherwise it was excruciating!"

Respiratory changes
"Breathing more easily and freely than normal" "breathing easily, less short of breath"

Stomach: "increased appetite" "crumbling sensation as if things were falling apart inside my abdomen." "Urge to be sick or empty bowels" "discomfort was centred on my abdomen...better for looseness around the abdomen and being completely still." "Restlessness as part of the abdominal discomfort" "heaviness in my abdomen as if I was unable to hold my insides within." "Desire for Fish (my freezer was full for 3 months!) and Salads".

Sharp pains
Deeper pains in the joints and chest; sharp and heavy sensations. "Pain: Sharp, piercing, penetrative, negative, debilitating" "pulsating, radiating, cutting, boring pain. Better for pressure. Better for tensing my head".
Provers ‘speaking as one’ arranged in themes

Calm, carefree and connected
Seeking connection, feeling content, laid back calm, comfortable, mindful. There are no worries, still, loving and peaceful.

With my brother and we have moved in this new house in town...and our neighbours are the same like in the village but really helpful, not as reseved...and we are hanging the washing outsides by the poo!!!...and it is close to everything. P14 26 XX:XX NS

Absence of anger. P8 10 22:00 NS

Absence of head pain after alcohol. P8 15 07:15 NS

Tea outside hawkwood college, on a bench looking out over the beautiful green hills with trees and clouds. I feel as though my wisdom has returned I feel like I really don’t have the energy to do false things. When I feel into being back home I see myself above the school village as an angel or light being shinning golden light feeling peace & happy but very separate from down below little things going on. P2 2 09:30 NS

My stressful mode seems like it is making its entry into my state again; but I am more aware, and having a meta-view of it, than actually experiencing it fully. P11 7 13:00 AS

I woke up very aware of the birds. P10 2 07:35 NS

I feel like I am coming out of some of the proving-haze; as if the remedy has been working on me for a while with me being ‘under its spell’, but that it is now time for me to come past the remedy’s ‘veil’ that I have not been so conscious of; and acknowledge that I am still under its influence, but have come to a point where my state is one where I am more back to normal - though still altered when compared to before the proving started. More aware of having been in an altered state (with the carelessness, not being bothered or anxious or uptight in social/work settings) than when fully in it; not quite recognising the effect of the remedy before it is starting to diminish a bit. P11 16 17:00 AS

Am becoming aware that I am perspiring more in my armpits than I have been for some time, and am alert to whether it smells - and whether it smells enough for others to notice. But I am not as bothered/worried about it as I have usually been before. P11 2 12:00 AS

I seemed to see people smoking sigarettes when walking to work; every single person who I noticed/paid any attention were smoking a cigarette. I didn’t feel anything particular about it; it just registered with me, and I was aware of it, but didn’t react to it. P11 5 07:40 NS

Feel very subdued and calm P10 1 00:07 NS

Calm, relaxed, at ease, sleepy, but not exhaustedly tired; feel like my body is at ease and grounded, as if resulting from my mind being at ease and comfortable with being me without any fuss. P11 14 22:00 AS

I dreamt of a car chase through a city but I was watching it. I saw a film last night of a similar car chase so I think I was reliving that. I was very calm whilst observing it. Again I felt very detached from it. Rigid like. P10 12 07:30 NS
I find that I am much less stressed, and my thoughts are a lot calmer than usual: instead of trying to do a dozen things at a time, and getting drained in the process, I find that I can calmly sit down and aim my focus at one task at a time - and get it done. Refreshing. P11 4 16:00 AS

Feel calm, positive, enjoying being with friend who’s staying for a couple of days P1 4 09:00 RS

I have a real sense of optimism about me. I went into work with a bit of negativity and tiredness, started and made a mistake. It was going not so well, then just took a moment to calm, then things went along very well and I finished all fine. Since then I have been feeling this optimism and knowing that all will be ok. I can get back to work and earn money. The house is ok to be looked after by someone else, an au-pair has answered my advert. P2 13 10:04 RS

It has occurred to me that I am dreaming less, or at least remember less of my dreams when I wake up. My sleep has been more calm, heavy and I have craved more sleep than usual, but been sleepy in a comfortable/nice and calming way. There has been a heaviness when lying down in bed, making it easy to relax with a calm mind and being. P11 31 08:00 AS

My husband collected me from the college and he said the minute he drove through the gate his energy suddenly became very angry. He was angry at the detachment of everybody on the driveway and the chaos in the car park. Whilst he was ranting and raving I just stayed completely calm and felt quite detached from the situation. Normally I would have felt quite irritated and angry by his overreaction. P10 3 17:00 NS

I had a fracas with a man in the car park who was blocking the entrance. I politely said no problem I am happy to wait. He then extremely rudely and aggressively said "You can get through there with your sodding great big 4x4" something in me switched and all my life in situations like this I end up saying nothing and thinking afterwards about all the things I could have said but didn’t. This time it all came out in an instant, I was calm & controlled but articulate, firm and I felt extremely proud of myself because that is the way I’ve always wanted to be able to handle conflict. P10 30 09:10 NS

Apart from worrying about my sister I’m feeling calm, positive etc. Able to focus. P1 35 14:00 RS

My dog has gone to the vets today to have a lump removed which will be tested for cancer. Actually thinking about it I'm shockingly calm and again the word detached comes to mind. My dog is like one of the children and I think normally in this situation I’d be very upset and worried but I’m totally taking it in my stride. P10 14 14:31 NS

Someone said how calm I was. Feeling calm. I had related a stressful story. I have a lot on my plate at the moment but am not feeling stressed about anything. Feeling chilled. Am not worrying about a work deadline. I have missed the deadline by two days. I always hand work in before a deadline. I am never normally late. Not bothered. Feeling so chilled. Wondering whether I will even complete the work. Received an email asking me when the company might receive my work. That was unusual because I was told there was no hurry despite having missed the deadline. P3 7 18:00 NS

Refreshed, calm, at ease, as have been more since the weekend of the proving than the last couple of months, but still slightly more "back to my usual state" - a calmer state than what’s normal for me, but still more normal than the completely-at-ease state. P11 11 09:00 AS

On my way to yoga. Mindful. In the now. Not in any future/past stress, just with a calm mind that is not thinking of anything really, just being. Very refreshing and calming state. P11 20 18:45 AS
I expressed my non-satisfaction with the tasks that I have had put on me in addition to my main responsibility, and kept insisting that I did not want it in my contract that I have responsibility for running the tasks in the office that no one else wants to do. I am happy to do my part, and thereby expect credit for it, but I do not want it in my contract so that if it is not done then I get blame for it. Especially when the boss is pushing it on me, in the same way she pushes her employees around if everything is not to her liking. Then, even though terrified by the thought, I voiced that I would like to know when the time and place is for discussing my salary - and by doing so ended up with a raise. I feel like I accomplished a lot more than I had even hoped with the meeting - and that I was surprisingly calm and strict with what I wanted to get through; as if it was the way I always am. P11 33 12:00 NS

My mind is calm; I leave things more in the back of my mind/ in the background than usual; instead of having many thoughts fighting to catch my attention. P11 6 16:30 AS

Happy to see my boyfriend but interaction seemed to aggravate the headache P7 5 00:30 NS

Not feeling as stressed out about staying with someone else when traveling for the school weekend. Though barely having time to get my stuff together and run out the door, get a gift for my host and go by the pharmacy to buy contact lense solution, I was still not bothered/stressed by the thought of missing my train; and at the airport I was almost carefree when the security stopped my bag for the food that I had brought, which would normally have bothered me/stressed me. The scenario of having to wait for them to go through my bags would usually make me really self-conscious, and stressed; but I was just waiting in my not-bothered state. P11 28 19:00 AS

Detached- not paid for car parking as app not working, don’t care P9 34 10:30 RS

No care about what others think when I deliver bad news P13 12 XX.XX NS

I suddenly had clarity of mind and finished my homework in less than an hour after struggling with it for 5 days. P10 26 20:20 NS

Wanting to take a year off school and have some time for things to just flow, realising I have constantly raced with life and now I know where I am going. I dont need to race so fast and could/would allow some time to just enjoy life so when I get back to homeopathy school there will be no life at school, life at home and constant split between homeworks and enjoyment but they will be flowing all in one... feeling very calm about my decision, feeling rather spontaneous and young and freee, I don’t need reasons be they positive or negative, for and against. I just am me and my choices are all in one, I am not catching/missing any trains. I am the train and I stop and go as I please and life is fun. P14 20 20:00 NS

I keep thinking that I am a bit more my own person now. I have landed within myself - more than feeling the need of resonating off other people, or seeking to be magnetised in other’s company by using them as a guide to how I should behave/be in that particular setting, in order to feel secure. I am more confident within me, but still feel like this is new to me to an extent that I need to “practice” how I am; want to be, is natural for me to come across. P11 31 14:30 RS

Feeling confident and calm around people that I used to lose it, get upset or feel uncomfortable P14 12 20:00 NS

Confused dream of a glass building of some sort and I feel I am having a religious experience, I turn to my left and recognise a divine being, dream is very unclear but just a feeling of being touched by a spiritual feeling P9 33 02:00 NS
Content, happy. Not stressed. A bit confused about what I think/feel about a guy I am dating, but in a relaxed way - wait and see, rather than stress and obsess about it. P11 36 14:00 RS

Desire to listen to slow music P8 3 18:15 NS

Desire to walk in the open air - walked all the way from the school to Tesco and back with a friend. P8 32 18:30 NS

Want to draw and doodle all day. Embellishing notes with bits that will stand out P3 2 XX:XX NS

I dreamt that my grandfather had dementia and thought he was George Harrison; I was lying on a bed by his side, and I was trying to remind him who he really was; he seemed so happy to tell me he had written all those nice songs like “Here comes the Sun”. I felt very happy near him. (Note: in real life, he passed away last April) P5 38 07:15 NS

About to go on an airplain but I am at the back in the airport, lots of metal structures and some women working, keeping everything in order are there, with white dust on their face. I think to myself that I might not earn so much but I adore my job and I am so happy P14 14 04:00 NS

Spoke to ex yesterday am before college. Good call, started nervously for both, defensive and hurting both. He crying because feeling left out. I hurt. But relaxed and able to share our news. When he shows me the mountains I know he is ok. So he did, then he was relaxed. He is Nat mur complete and spends the time pushing and pulling us all away. An emotional roller coaster. My life is calmer, but less fun. Which is sad. I miss him and am feeling like a right plonker for still loving the rat! I wake up. Well, there you go that just about somewhere up how it all ended so selfishly and unfinished. P4 30 XX:XX OS

Felt better out and walking on own P9 7 13:16 NS

Felt very calm and collected when my sister rang me full of woes, empathised but did not get emotional, seemed total opposite to emotion earlier - a bit removed, distant P9 16 17:00 NS

Watched an accident happening in the rear view mirror of the car and I was calm about it, I thanked God that I could have been involved in it as well if something hadn’t made me move my car forward at that moment. It was a major accident with air bags bursting in the cars and the roads were closed for 3 hours. P8 6 16:15 NS

Spoke to my supervisor and she helped me to clarify the grief issue- feel quite calm and blessed for going through this experience P9 37 17:30 NS

Totally creative idea in relation to seminar going to give this evening- feel as though it was a gift from somewhere P9 33 07:44 NS

Company made me very happy- stayed with them longer than I was meant to P8 13 19:30 IOS

Feel very home-centred since day 15. Covered some chairs. Finished knitting a jumper. Want to bake cakes (but don’t!). I’ve been lighting the wood burner to have homely feel (even though weather quite warm). P1 19 09:00 RS
Have been very laid back with Daughter, feel very laid back at home, almost as if I can’t be bothered but in a nonchalant, friendly way. P4 08:15 NS

We were at my partner’s parents, and I hardly felt stressed or anxious, whereas I usually do and feel like I want to run away P5 09:00 NS

Once again staying up late at some point it was like a cloud got lifted from my head, like some broken connection was repaired P7 02:00 NS

Woke up feeling more rested but still as if in a haze. Did only the absolutely necessary and spend most of the time looking outside the window with an empty head; went for a walk outside, the green helped but it was as if I could not pull my mind together; this is not unusual but usually I put a lot of effort in trying to focus and do whatever it is I have to do and even beat myself up about it but this time there was nothing of the sort; I just surrendered to the sensation, it wasn’t an unpleasant sensation just not a productive one; there is a sense that there are things happening on another level that need me to sort of stand still to allow them to take place and not follow usual patterns P7 09:00 NS

Relaxed (even knots in upper back and back of my neck that have been there for the past couple of months and definitely there before we started the process), mind relaxed (as opposed to hyper but not focused) empty, clear not alert but not in a zombie state. Tired. Heavy feeling from top of head coming down, eyelids heavy. Desire to sleep, keep to myself. Went on for the rest of the evening but a bit lighter. P7 00:10 NS

I was in an unknown palce, and suddenly found myself talking to someone who was a friend of my parents, I haven’t seen him for a very long time in real life. We were talking merrily, and I said things that really cheered him up, I felt very glad and relieved for him (in real life, he suffers from alcoholism and depression) P5 07:45 NS

Still more acting, less thinking, going with the flow, make things easier for me not perfect. In a couple of hours got a pair of shoes I needed, an outfit for my partner’s birthday party tonight and some accessories (usually shopping is an ordeal for me, I take forever to decide as nothing fits exactly with what I have in my head and I end up exhausted and frustrated; none of the things were exactly right but it was fast, easy and I felt very content as they were more than good enough) Did not get any time to rest but somehow it did not end up ruining my evening at the party. P7 37 XX:XX NS

2- I was on the beach with children my own and others, I kept walking into the sea as the sand was spongy and soft on my feet no stones, and I marveled at how nice it was, it pleased me to be so easy on the feet, I wondered why the children were not coming in too but didn’t feel moved to invite them. I held a small baby, premature size, and it had trouble with the water as I went in deeper as it reached my chest the baby took the water in and couldn’t deal with it, but I made no attempt to help it or move it out of the way. I just looked on without feeling any need to cause change. P2 02:52 NS

I am driving along day after our group share on the proving. I am back in my life after a 3 days away in the school studying, and I am feeling the contrast of how I feel and how my life fits, I have a day dream of how I am as the visual there is a structure frame that is holding me in a place that does not bend or be swayed but stays true to my desires. Within this frame I have an image of everything settling down, like sand through water. The frame gives me the stability for the ‘emotional’ stuff inside to settle, and as I lay settle the feelings can be experienced and felt. Its a lovely warm feeling I have, maybe because the feeling good and of being present with my loved ones. P2 04:48 NS

Have been thinking that I would like to go for a run and that I could manage it! P1 14:00 RS
Felt very joyful, had the impression that my room mate was walking around our bedroom like a fictional creature, such as an elf or an imp; really felt like laughing; the feeling then faded away. P5 30 21:30 NS

The dream came in two parts: 1) I was on a toilet seat, wiping myself although there was nothing to wipe; I was totally spaced out, blissful, floating, one of my aunts came and told me I had used too much toilet paper (she said she was observing me from a camera); she talked to me as if talking to a child, I told her I had been smoking a lot of cannabis, but didn’t feel guilty, I felt totally laid back. 2) I came into a flat (which was mine) with a big bag of weed and was trying to hide it somewhere, but it kept falling all over the floor and I was trying to put it back in the bag, when someone came and asked me what on Earth I was doing, I didn’t feel guilty at all, just totally laid back, not a care in the world. (Note: I know what dried cannabis leaves feel like in real life, but in the dream, they were long ears, like wheat). P5 10 08:05 NS

My partner and I were running around, looking for something (I don’t know what), at one point I went down a big long slide, I was lying down on my back. The whole dream was accompanied by a song I had been listening to earlier in the day; it seemed a bit like in a film; I felt spaced out and didn’t really know what was going on. P5 3 01:30 NS

A beautiful friend of mine who is very lovely held my hands and said dance, she was very smiley and light, I did and felt the light happiness it was very nice, and free. I was daring to be. P2 9 13:12 NS

Although its been a big full day and I have not got any work done, the house is feeling nice I have been present with the children all day cleaned and cooked dinner cakes and am not feeling stressed. P2 38 04:48 NS

During meditation I get the imagine of golden threads connecting us all and going up the ceiling in a large cone. P13 1 XX:XX NS

Settled at home, daughter gd day at school, myself settled now, early night after fish pie and apples from parents orchard. Happy at home. P4 25 08:30 NS

My father and I went to my partner’s parents, and I felt very happy, not stressed at all, even the fact that my partner doesn’t talk to his father didn’t bother me. P5 42 18:00 NS

We went to get our cat from the cattery, and I felt ever so happy, a warm wave went all over my body, and I had a vibration in the pit of my stomach, the bond was found again, the rope relaxed. P5 22 17:00 NS

When disclosing the proving experience/symptoms, I got a really hot sensation from my neck and up to the top of my head, a warm hotness, not boiling, just very hot - but without any perspiration. Usually get an emotional response of feeling awkward and insecure when speaking out in group-settings like that, but I actually felt quite calm and at ease in this instance; so it is as if what is usually an emotional response to awkwardness/anxiety/insecurety was instead expressed at the physical level. P11 31 16:30 AS

Noticed a spot on my side then I saw it was actually an insect. Indifferent. I really wasn’t bothered about it. Perhaps curious. I was aware that I would usually be fearful of the insect but I was observing myself in a detached sort of way. I went back to sleep. (I sometimes have hallucinations about spiders on the ceiling and have to wake my husband to get rid of them but this was new) P3 8 03:00 NS

Insights about myself: had a strong sense that at times I am playing a role, like I am stuck in who I think I am and act accordingly. And indeed I may very well have been that person but somehow I got the idea that I might not be that person anymore. The sensation was as if a light was switched on, a connection repaired and things became clearer. Not unusual especially in my psychotherapy sessions but the
sensation was more intense; usually it comes in bits and pieces but this was like my perception was sharper, wider, the realisation came all at once and there was no prior intellectual processing. P7 3 12:00 NS

Insights continue during our conversation yet difficulty in concentrating/focusing on other mental work. They have to do with who I am and how i relate to the people around me, how much space I have and how much I need, how much I allow them to occupy. [Feeling of having been playing a role continues, playing a role in the family, supporting emotionally, holding the family together (with all the tensions from current events everyone is tensed and exhausted and often not very understanding of the others' condition, I am there in that sense for everyone), it is really exhausting and there is no room for my sadness, my anger, my fear, my frustration, my exhaustion. Even in my relationships with friends and partners I tend to shape around them; the focus is so much on the relationship that I respond to what I feel they need regardless of what I need as apparently the relationship is what I need.] Again, the sensation of lights switching on in my mind and connections being repaired is quite strong or curtains being lifted (within me as opposed to the curtain between me and others). It was not the first time I was considering those things but before it was like “oh, so this is what i am doing, this is who I am” now it was “this is what I am doing, but is this who I am? Is this who I want to be?” P7 3 XX:XX NS

Laid back P8 22 12:10 NS

Some parts of my dream I can still remember: I was close to a lake with a lot of fish in it, I remember being very excited about seeing so much fish breaking the water-surface, and really wanting to go fishing. But I don’t think the people I was with saw them. Then I went out on the floating-thingies where there are boats; this one was really high above the water, with ladders going down into the water, and the material was weird, white, kind of soft to walk on, plastic-ish; not the usual wooden. And when I apporached where the ladder was to have a swim, my uncle (who didn’t really look like my uncle in real life, but it was my uncle) was swimming with my aunt, and they were approaching the ladder to get out of the water. He was disabled from having an accident at the same place as he was now enjoying himself; his legs, I think - he couldn’t use them, and I remember I felt sad nostalgia for him and wondered how he would get up the ladder. When they were up there were more of us there; my brother, and I don’t remember who else; I asked my uncle if it was difficult to be there, in the same place where he had been in the accident, but I don’t remember his reply. I didn’t feel any strong emotions, just a kind of polite curiosity with the slight sadness. I walked back towards “land” where also the lake was, and was talking to my brother, who suddenly (I don’t think I had been aware) was talking all about his ailments; he had a list of many of his ailments, apart from being stiff and struggling to walk at a normal pace (so he apologetically, and sadly, couldn’t join me for fishing); and I felt sad for him - and frustrated because I thought “I can help with homeopathy!!”, but he didn’t seem like I could approach him with it. On his list was stuff like Crohn’s disease, and there was other bowel-diseases, and I thought about sharing my own positive experiences with changing my diet. *** I don’t remember much more, apart from at that point I was walking off somewhere on my own, with a mixture of calmness in a slightly agitated atmosphere; as if the atmoasphere around me was high-wired in the build-up to something happening; and I felt apprehension, and nostalgia for my brother. The mood/atmosphere, and maybe some of the images of the dream, seemed familiar to me, though not the “events”. P11 9 06:00 OS

Have been very light-hearted, easy-going, without letting stress get to me - even today on the day of my travels back to the country/city I live in, which usually drains me quite a bit. Happy, smiling to people spontaneously for no reason, and people seem to respond in the same way to me. My travels usually drain me, and I get worn down by the stress. P11 4 06:30 AS
Lighter body and breath when walking up the hills to where I have my run; less breathless, and a lighter sensation in my body than usual, when running - felt like it was easier to push myself, and that I had more energy. P11 5 16:30 AS

I'm in love with the kittens. Feeling very tender towards them - their vulnerability, dependency etc. Plus they are beautiful and funny. P1 27 07:20 RS

It is very loving and different, we constantly want each other...continues for a week P14 18 20:00 NS

The mountains are making me so calm, so beautiful...like giving me a cuddle P14 46 XX:XX NS

My central body feels different, my walk and tummy area, something that has been affected by the osteopathy, the work on my back and shoulder is really changing how my whole body works. It feel more at ease, I am using my body in a more spontaneous way, rather than having to think before I move. P2 21 04:48 RS

Brother bought a house unexpectedly - felt shocked that he didn't tell us about his plan but less angered with my brother and Mother - shed a tear or 2 and slept - Calmer than I would normally be in the situation P8 32 23:00 NS

I have just had my morning coffee, and realised my arm is able to move in a free full circle, I can hold it up straight and it touches the side of my face, something I haven't been able to do. I feel free and able, with some tenderness in the muscles around the shoulder but movement is not restricted. I feel great and excited. P2 20 12:57 RS

I heard “there's 160 remedies” in my head, then woke up; again, no particular emotions, atmospheres or sensations P5 2 03:50 NS

As I turned around I was with a friend of mine who incidentally has the same name with my cousin and we were on a tiny wooden boat going down a river. When we got to where we were going I asked her "what about the boat, we can’t just leave it here" and she said, don’t worry we will just leave it at the bar and as she picked it up I noticed the wood was quite worn out. Apparently I had been before to this place I was taking her and we entered a kind of a street market. At some point she realised she was missing her bag and went to find her, I told her she was going the wrong way and showed her the way we had just come from, decided to follow her to make sure she doesn’t get lost. We found notes and books from her bag and the bag itself a bit further, picked everything up and continued on our way. We found ourselves on a beach, I pointed out that it would be nice to have a swim but we agreed that there were too many people and the water didn’t seem really clear and moved on. As we were coming back we saw these huge creatures like giant iguanas swimming really close to shore and as they were opening their mouths they were swallowing people (not chasing them, just as they were doing their thing). As I looked at one more closely I saw his head was opening and closing sideways instead of up and down and had two “tops” (eyes, nose, upper jaw, instead of lower jaw there was another top jaw nose and set of eyes). Then as I walked in a building I saw a couple of them stuffed each in one room where they could barely move (they were huge so no room for them to move), covered in a white powder. There were no emotions in either of the dreams. P7 30 XX:XX NS

No pain in left knee at all walking normally, can kneel down with pressure on knee also. P4 22 XX:XX NS

I am feeling very relaxed and sleepy, like I just want to let go of everything, I have no worries at all. P2 12 07:40 RS
I didn’t know all the lyrics for the Christmas concert I was doing with the Exeter choir the next day, but I didn’t mind at all, no worries whatsoever, I didn’t even bother to look some up on the Internet.

Daughter walks in with a posse of friends, probably for support (don’t blame her!) whilst they upstairs, she and I talk about what happened. Realise disorganised. I still don’t accept my responsibility wholeheartedly, cannot accept that the calm bellied a storm! We hugged, and so did the girls hug me which was great and sweet. I didn’t realise till now but I needed that.

Not feeling so worried by the lump, as I have forgot it mostly and got on with things as it doesn’t hurt. I have a general concern, but trusting it is part of the proving, maybe a good thing to get expressed. I am thinking of going to show a doctor for another opinion.

Driving home. Traffic jam. Not bothered. Usually avoid traffic and feel flustered, anxious. Instead, I am looking at the jam and feeling relaxed. It is time to spend on my own.

At my parent’s house. My brother facetimed to wish my mum a happy birthday. My mum wouldn’t let me stand next to her to say hi to my brother. She told me to ‘p--- off’. I wasn’t upset. Not bothered. My dad came down the stairs and told me that I looked pregnant and started laughing at me. I was indifferent. Normally I would have been offended.

I didn’t feel nervous at all while singing on the stage, even if I missed some words; usually, I’m worried in anticipation.

Time not registering when I look at clock, think it means midnight at 00.59

Loquacious with partner. Less worried that he’ll interrupt me.

Feeling very peaceful and no guilt about not going to school (my first time to miss a day!!) I am on a high up coastal road, its small and single track with a cottage. I love it. It just seems to be my ideal place to live, I say to myself this is the place. It has pathways going down off to the sea. There is a family living in it, I think that’s a shame how can I get them out, but only in a humorous way. I go to one room at the end and see its open and they have a sort of makeshift bar for holiday makers. It’s all a bit old and out of date, but warm and friendly and I stay for a while. I feel very happy and at peace.

Suddenly feeling really peaceful after the meditation, a few animals, black and red, symmetrical and it opens up, like a flower but it’s not. Triangles

The weather is windy, cloudy mixed with warm sunshine, the air feels so fresh and nourishing, I feel amazing and compelled to take a spirity walk in the woods and fields. I have my favourite music in the headphones and I feel very positive and connected. I move without a thought as if I was young and fit.

I dreamt that I was pregnant, but instead of giving birth to a baby, I gave birth to two toy calves (like you find in Play Mobile); I was absolutely stunned, but at the same time, very joyful and light in my body, as if I was a helium balloon; I asked my partner why he thought I had calves and no baby, and he said: “Because our relation is a bit hip-lally”. I laughed and asked him what he meant and he said “strange”. (Note: don’t even know whether it’s an English word or whether I invented it in my dream).
In spite of all the difficulties at work, I managed to have a lovely evening out with my partner. Usually all the work related things sort of take over our entire lives but this time I managed to remain at the present and enjoy my night out. I realised how important it is for me to be able to do this in spite of everything, for me personally as well as for my relationship. P7 44 XX:XX NS

Delighted to see my sister (who has broken her leg. I've come down to help out for a few days). Feeling patient with her loquaciousness. Very happy to be here. Chilled. Relaxed. P1 3 14:30 RS

Very relaxed and at ease when at work. No worries about how I am relating to my colleagues; whether or not I am being part of the group at my work place; just effortlessly relating to them, without any stress/self-consciousness. P11 14 14:00 AS

My head is not aching any more, and I feel like the congested headache yesterday was relieving stress somehow, and that my head now feels comfortably relaxed after the ache and congestion and hotness from yesterday. Kind of like the calmness after the storm. P11 32 05:30 AS

Arranged a surprise party for my friend; usually I'm quite stressed and my mind really busy in a stressful way when I'm hosting more than just a "hang-out", but this time I felt more at ease, I was at it all day with preparing, but even though it was pretty non stop with organising and getting everything ready, I was calmer an more relaxed - which allowed me to enjoy it a lot more - and without feeling so drained when my guests arrived! P11 9 13:00 AS

Relaxed, almost detached. Calm. At ease, and comfortable, with myself; also making me quite productive. P11 34 13:00 RS

With my partner, naked and about to make love but we are in some hotel so we are more relaxed and adventurous...other two men are in the room...and a big metal injection, also some workers in the room so we stop and I only have a towel on my lower body, the worker is looking at me and my towel drops down, I am not feeling shy, although I am aware I am naked but I feel like a lose woman and I kind of like it in the dream P14 12 04:00 NS

My shoulder feels more relaxed, my back and shoulders feel as though they are softening. Releasing P2 12 05:31 RS

We had an appointment to the vet for our cat, and I knew we were going to be a bit late, but I didn't mind at all, I was very relaxed P5 39 09:00 NS

Relaxed inhibitions; went for smear test that I had been avoiding for last 8 years P8 26 11:50 NS

I spent the whole day (a study day away from work) inside in my flat, alone, without becoming super-restless and emotional with being lonely/on my own/ without company. Usually I cannot bear it for a whole day; enjoy it for a while, but then need to 'escape' out into the fresh air - be around/see people, even if I don’t talk to anyone. But today I was completely fine with just being in my own company; didn’t feel any overwhelming loneliness or restlessness (just slightly, but not so much), and thought that it was fine to postpone the lovely feeling of fresh air and moving my body to tomorrow. (I was tired from a fun evening/night before, but usually even then I need to get out of the flat!) I allowed myself to rest, and it felt good. P11 13 20:00 AS

1 - I was in an old part of a town, with a row of little units that had old sellers, crafts, unusual stuff, portabella road market style. All the venders were clearing out, I watched in a passive mode, I knew it was
sad and upsetting for the people but wasn’t emotional. There were going to be new large shiny glass steel building to replace these ones. P2 1 XX:XX NS

I do feel like I am more present in my own body/whole being, and that I am more comfortable in my own skin. It is the same calmness and at-ease-ness that I have been experiencing, as well as feeling more stable in a way - less moved by who I am with and where I am - less changeable - which makes me feel more secure within myself. P11 29 14:15 AS

Time went slowly again whilst cycling home P9 20 23:30 RS

I dreamt that my partner and I had gone into a world of tiny people; we were tiny too, my whole body felt warm and comfortable, I could run everywhere; I felt in a very joyful and playful mood, I woke up being very close to my partner P5 13 22:30 NS

Tranquilised and sedated P8 21 11:00 NS

My Yoga teacher said it felt as if I was unmovable, she was wondering ‘how am I going to get her to move’ I felt very happy and peaceful. Unemotional rather than unmovable. Detached P2 5 00:00 NS

I see the RSPCA come but they are dressed like riot police I am not worried I know there is not evidence and feel completely calm about it. I have triumphed over evil and that was more important so I was cool about everything. P9 29 XX:XX NS

Then an old school friend of my sisters turned up and he started to build something to entertain the children on the wall. It was like an interconnecting apparatus that would mean a ball or water could drop down through it. It was very good and my granddaughter thought it was very funny so I thought he could be trusted to babysit P9 5 XX:XX NS

Then there was half time in the service and my sister took me to one of the handyman’s rooms and all the tools were gone, she wanted to show me an idea for a quiz called ‘tree of life’ and each question you got correct, you got given a leaf to stick on the tree. The overall feeling of this dream was happy that everything had worked out for everyone P9 9 XX:XX NS

When I looked down from the landing it was as though the room was floating and the space all around had been cleared and I looked down and there was a military camp in khaki and an airstrip P9 22 XX:XX NS

When I was half way down the street I realised I was on my own and went back for him as I wanted him to come with me, general feeling happy and contented P9 NS

On a train journey with a four wheeled upright suitcase, it is running very smoothly over the ground and I am very happy with it P9 3 05:00 NS

No one helps me and I have a lot of things to gather up- I am disorganised and try to carry everything in my arms without folding them or putting them in bags. There is a table lamp, flex, clothes and I am trailing them all but I’m not worried. I know I’m still ok to catch the train. I go down the drive and all the old people are watching me but I think they do not care less as they do not offer to help. Still not worried though. P9 35 XX:XX NS

I was in America, with a member of my staff, to visit a colleague who is the handyman at work. He and his wife had moved there to start a business, café or restaurant. It was a very run down place that needed a lot of work. He was very happy as he would be very busy and was telling me he quit work and would not be back P9 9 02:16 NS
I dreamt I was in a very high room probably about 9 meters and on all walls there were bookcases up to the ceilings, I was in awe of all the beautiful books, the height of the room and the bookcases looked so solid and high and I decided this is where I want to stay P10 2 07:25 NS

I wished them well and got in the car to drive to Kennedy Airport, I was using the sat nav and it was dark, but I was pleased the handyman had left and was happy as it gave me some opportunities back at work too. P9 9 XX:XX NS

My Mum sat on the table and I asked her to look after the youngest granddaughter as the adults were just sitting around talking, my Auntie then said I've come to go again you can say goodbye to me and I went out of the door and there was a long corridor like in a hotel and I waved her goodbye, she seemed happy, she walked away smiling and waving. P9 9 XX:XX NS

I feel like I am warmer than I usually am; usually I am chilly and prone to temperature changes, or changes in my activity-level (being still: cold, moving: warm), but I seem to be more stable, and this morning even quite warm - even without breaking a sweat. P11 16 06:00 AS

I wanted to give my Dad Aur, because he has had it before and I think he would do good on another one - though my family knows nothing about/haven't been too open to homeopathy. I approached him about it, and he was open for taking another dose - I don't know if it was to please me or because he genuinely wanted to take it, but I was happy all the same. *** I was talking to my family (?) and there was suddenly a puppy there - looking like the puppies our dog had many years back, but not quite; and then I saw that there was a labrador mother (?) and many puppies. I was excited and wanted to play with them, and cuddle with them, and make sure they had everything they needed. P11 31 08:00 RS

About water, or rather with water involved. A dream after a day of stress, mainly financial but fuelled dreadful melancholy and furious temper again, felt very sad and frustrated all day. Angry with myself for being disgruntled and angry and upsetting my daughter over this. We get on and both have a good day but it could have been better since we bickered on and off. So went to bed exhausted. My dream was of water, which to me is always sign of emotion for me. Myself and a young woman at the beach, has taken us a while to get there but we are there loving the fresh air and freedom. We are sitting very high up on a wall, and we don’t know if we can hear it first or see it. But a huge tsunami of water is coming. It’s energy is overwhelming. I say come on we Gotta go, she won’t budge. I pursuade her to come with me, and run. As we come up the beach I have noticed a thin old looking man who has been watching us but secretly from behind. Not joining in but being there, he is familiar. But he’s fallen asleep. He hadn’t bothered us but I wanted to help him. He wouldn’t wake up. So I picked him up and slung him over my shoulders like a sack of potatoes. We ran, as fast as we could. We always had the threat of the water behind us but I weaved us through the back streets that were familiar but seemed to be taking us back in time but always uphill, and always sort of behind the scenes. We came across a fun fair, which was deserted, but then realised it was because we were inside the structures. There was water but only rainwater that had collected. The water from the tsunami was nearer, deafening. We jumped clambered, ran climbed and all the time through familiar yet back stage. We got to an circle of escalators and ran backwards up them when the doors opened at the top we had reached the end. The tsunami had hit and we could see people running, there was a small white dog and I was reaching for it trying to rescue it, but I just couldn’t reach it. The people ran over it, there was blood, it didn’t look real. I was more sad for the dog than any of the people. We had passed so many who hadn’t listened to the warnings. After a time of exhaustion from the panic escape, we starting going back to see what had happened. People were back at the funfair but we’re looking at us weirdly, where had we come from. Telling us we weren’t allowed to join in the fun, we didn’t want to we were just passing. When we got back to the beach, we found people had chained and locked themselves to railings, and we’re still there living normal lives but chained down. There was music
playing. We were sitting at a beach bar. I wanted to dance, so started to tap my feet, by this time I was chained too, and limited in my ability. I seemed to be content to be semi dancing, but knew I could really dance. Then this fella came over he was unchained!! And started to rock n roll with a short skirt on in front of me, he wanted to dance and took my hand. I stepped off the beach bar stool to dance, bit nervous but collapsed to the ground. My body danced and my feet but my legs just didn't work anymore. I was exhausted. After all the panic, escape, rescuing going back in time and finally finding some kind of normal I couldn't go on and was in a state of collapse.

Woken up feeling well rested, calm, very busy with 2 part dreams however. P4 2 07:40 NS

Don't want to go to work. Can't be bothered, don't care. Have a thought that I could email the students and cancel the lecture. Don't feel well prepared for the lesson, worried about this but but can't face/be bothered doing the preparation. In fact, when I get there the lesson goes very well - I had prepared it well after all. P1 13 07:30 OS

Some apartment again, and not much space...and a room is free but my friend from bg is now going in there with her man, and there is more space now. I go with her in the room and she shows me a white skirt and a top, with roses on them, very beautiful and gentle but it is too big for me and she says her mum will make me one...it is not just an outfit...it is special...later I am doing the white wash...very conscious to be all whites( which I am anyway) but it feels special! P14 35 03:00 NS

Sleep all night. P1 33 07:00 RS

Sleep on sofa. Better for sleep P1 6 14:30 RS

The kitten wakes up and gets out of bed. It has a drink and looks much more alert. Relief!! P1 32 22:00 NS

Time to leave my sister and go back home. Happy to do this. Sister says she feels as though we've reconnected. P1 5 10:00 RS

Images of waves sweeping in and sweeping out, during meditation P1 0 16:30 NS

Everything is good. Friend to stay, having a lovely time! P1 40 09:00 RS

Walking by sea, air eels much better, head clearer P4 24 07:00 OS

Back at home, early night, after a lovely romantic classic movie wine and dog, daughter happy. P4 28 XX:XX NS

**Forceful, sure, brave and strong**

*Feeling stronger and not restricting myself, sure within myself, and also standing up for myself, indifference. Not accepting situations, sense of justice and appropriateness. A feeling of power and standing up for oneself - courageous, I was not bothered, could be domineering, bit forceful.*

Dream! Essence about time passing very fast. Of me Rushing about. On my favourite beach, running at high speed, flying across ground virtually, like I have an engine in me. Zooming around the beach, every now and then I kick up the sand and love the whirligigs that erupt up and make strange shapes. Very fast+++ in Dream speedily meet up with woman from college class, fellow student, who is also speeding along freely, we both having a hilarious time! Also dream of taking out a male urine Catheter, which is connected to this almighty water pipe, I go through the whole speech pre procedure and take it out!! This follows by seeing a friend also on the beach but dressed in a trouser suit, realising he doesn't want to be
doing shirt stuffy work but hang in the water and at the beach, so he does. I last see him kneeling in the water allowing it to rise up over his head, and recede back down with the tide, and then again up and over and down. That's a good game but I speed of to dance and fly and run across the sand. Tide is out. I'm on dry sand P4 7 07:12 NS

I noticed I have NOT been chewing my skin around my thumb nails, this has been a habit on and off for years and realise that the skin has healed and there has been no chewing, had not noticed this stopping P9 28 11:00 OS

Two guys quarreling over me, though subtly; when I was cuddling with one of them, the other burnt my leg with a cigarette-bud(??) - and in my squirming to get away the guy who burnt me ended up having his clothes ignited. When I was struggling to get away, the two guys bumped into each other - and they were both in flames, and came after me. Even though I made an effort to get away from them, it was not in a panicking way, but more of a sensible intention of escaping the flames. P11 30 07:30 NS

Desiring recognition for the things I have done - wanted my name on the FB photo that I had taken P8 28 15:00 NS

Desiring spontaneonity and don’t want to commit to arrangements - don't want to book anything P8 30 07:00 NS

Desire to open doors and windows P8 29 08:10 OS

Maura is reuniting with someone from her past. This is a surprise organised by Q. She seems amazed and delighted but her and the friend don’t embrace. They stand apart until C, my brother, comes and brings them both together into an emotional hug with him. P1 12 04:00 RS

Have a general excited buzz about my body P2 1 XX:XX NS

Felt brave and caught the wasp in a glass and let it out of the room - generally I look for shoes to kill P8 32 07:45 NS

Intolerant to any contradiction, what I say is right and please don’t argue about it - forceful P8 53 19:30 NS

Not restricting myself - feeling free from the restrictions - doing what I want to do P8 32 20:05 NS

Still feeling attractive! P1 2 09:00 RS

Feeling attractive. P1 1 15:00 RS

Feeling very positive about everything: myself, the course, the other students. Able to let things go with Nici. Suddenly the knot of my paranoia and conflict about the business card design dissolves. The sentence that I need to say to her comes into my head. I say it and everything is fine between us. P1 1 10:30 RS

Meet colleague on campus and talked to him about homeopathy and whether he'd like to be my patient. He agreed! P1 13 11:30 RS

Stubborn feeling- wanted to camp despite storm and felt better for being outside despite howling noises from wind in the trees. Lay in wind blown tent really happy. P9 29 21:00 NS
Thinking of the film ‘All is Lost’ as I wake up. Things looming out of the fog - a liner, a tiny boat, boat being hit, sinking. Huge immovable force, looming above me. Helpless in the face of it. I’m nothing. It doesn’t even see me. A tiny speck, molecule, nothing. P1 18 07:15 RS

I had to force myself out of bed, I feel very ill, P10 22 10:30 NS

I feel almost at ease enough to speak my mind in class; share my thoughts/opinions out loud, which I never do. Whether I think it’s a good thought or an okay question, no matter - I never voice stuff out loud (apart from very rare occasions). Today I felt like I was almost at ease enough to do just that - share my thoughts on the case analysis out loud. Not quite confident enough, but almost, which was in a way a bit frustrating. Less timid; but not quite brave enough. P11 29 14:00 AS

Out of frustration and a nagging feeling that have been with me all weekend since my boss cornered me, I sent a text to my boss and the controller in the firm asking to have a meeting with them - referring to the talk that my boss had with me on the previous Wednesday. I sent the text the moment my plane landed in Oslo, to make sure that I would not wimper out on it. A bit nervous about it, but a lot less than I would have imagined. P11 32 14:00 NS

River Avon in Bath is flowing backwards. I’m with old friend and she watches as I show her my new exciting game and get her to join in - flinging myself into the river and being swept down to the weir. I have to hold my nerve at the weir because it’s very dangerous, but if you’re daring enough you will be flung out the other side. Fun and dangerous! P1 1 06:00 OS

Working no headache, just getting on with it. Big poo in am, maybe headache was that too. I have a massive 72 hr work week and cannot afford to be moody so snap out of it. P4 37 XX:XX NS

During meditation I imagine someone comes into the room, a stranger, they see us all sitting in a circle meditating. I ask them what they see. They say they see a green leaf in the middle of the room, it is large and it is shaped like a dragon. Strong and powerful. Dragons and fly and they breath fire. P13 1 XX:XX NS

Clear, feeling honest, making decisions, dealing with old left behind financial problems P14 6 00:00 NS

Feeling empowered and in peace, talking to my friend about the dream, beginning to understand to lose control and to find the source, feeling realistic about my strenghts...believing in my self from a deep place...feeling relieved to have had this experience to lose control P14 4 10:00 NS

On way home, I drive past an accident. I have evidently just missed it (not a large jam before it). I am very calm. I would normally be panicky. I wasn’t. This is more time to be alone. I am detached from the situation. I would normally worry for the people involved which would make me feel panicky but I am not bothered about the people or the situation. I am not feeling their pain or acting out the accident in my mind as I normally do. P3 3 18:40 NS

Of laughing a lot with Stuart Maconie (the 6 Music radio DJ) P1 4 03:25 OS

Busy energy all day. Noticed by colleagues. Cleaned, scrubbed, threw out, sorted out, ordered, tidied cupboards and drug room that may have not been touched for years! No change when had a coffee, that is no energy burst and definitely be energy wilt. P4 7 08:00 NS

I spoke out loud in the group as if it was the most natural thing in the world for me. It didn’t even occur to me that I had, before after the lecture went on, and then I was a bit amazed - almost taken aback. And, a
A fellow student in the group was the next person to speak out - we are the two most quiet ones in the group when it comes to participating verbally in the lectures. P11 30 11:35 AS

A very violent dream that I cannot remember much of I wrote 'murder, school, horsebox, playing, Michael Aspel, tax on crisps' woke up, upset, heart racing. P9 01 01:00 NS

After not getting stressed with the school run, things worked out ok not late, then went on to a friends for birthday cake and chat with a group, feeling good about myself, appearance and abilities. P2 39 00:00 RS

On the ocean. Sometimes on a big ship/liner, and sometimes surfing the waves on my body or a surfboard. Danger because there are massive cliff-like waves with sheer sides suddenly appearing in the sea and the liner will fall off the cliff of the wave. Very exciting because I'm surfing the same waves. I have to be daring and hold my nerve. I'm with P and we are encouraging each other. Exhilarating and scary. Huge ocean. Deep blue. Same sensation as first dream after taking remedy - swimming down the Avon. P1 9 XX:XX RS

Not scared of the pain, actually enjoying it P14 11 13:00 NS

More patience with L. Able to joke with her that she never remembers my voice. Feels more real with her and less resentful of looking after her. P1 11 14:00 NS

Feeling very patient with friends and family as they witter on in their own particular madneses. Don't feel pulled into their worlds as much. Happy to just listen and accept what they have to say. Less concerned that they're not asking about my life. P1 2 17:30 RS

Feeling very positive about myself P2 35 10:48 RS

Precognition; Told my friend a couple of times to cancel her child’s class and it was inturn cancelled by their teacher P8 33 18:00 NS

Prioritizing well; pacing day to day events and more organised P8 40 10:00 NS

I was cleaning my house, relaxed letting a child struggle to sit by itself, rather than do it for him. My own youngest child is having to re-learn to walk after breaking her leg age 2. Cleaning my house feels like I am rejuvenating myself clearing out the old, old relationship, putting up with things I didn’t want or like, making changes to bring about fresh energy, abundance & life. P2 11 XX:XX ns

I arrive home, and am extremely righteous with my Ex partner who has been in my house looking after the children all weekend. I am angry he has to be in my house, and try to explain how his uncooperitiveness towards me is not acceptable when dealing with the children. He tries to tell me what’s wrong with me, I won’t get into a fight and make him leave. (While away he would not speak with me about the children or discourse things, I felt scared and out of control of the children and worried he would do something dangerous and risk their safety) P2 30 00:00 RS

My aunt had a laparoscopic surgery yesterday and my mum who was out of town with my father called and asked us to visit in the hospital (sometimes it is like we are kind of an extension of herself and she naturally assumes that we will do things on her behalf and share her views of what it means to be there for everyone in need, which used to infuriate me and I would either do it while boiling with anger or react and not do it even if it was something I would like to do for myself, which naturally left me angry). It was 20.00 and I was still at the office exhausted from a very intense day with an hour’s drive to get home, gave my aunt a call to check up on her and see if she needed anything, all was well so I went home. When my mum
called and was clearly disappointed, I very calmly explained to her that my aunt was well taken care of and indeed it would have been nice to go and just keep her some company for a while but my need to take care of me was greater than that. She was free to exhaust herself while taking care of others but that was not my way of doing things and would set my own terms in my relationships with family and friends. It was not the first time we had this conversation but it was always intense and emotional with me feeling frustrated and misunderstood and my mum disappointed, this time it was different, I did not feel detached but was very composed, centered, no anger or guilt. There were no labels, no uncaring, insensitive person or disappointing daughter, it was just me being me (very much like not “good” or “bad” people, just people in Day 3). P7 21 XX:XX NS

Noticed have a difficult relationship with my house. I feel its all old & tatty I cannot go back into my old pattern, things have to change. P2 4 09:32 NS

Whilst meditating I felt myself suddenly grow very tall, I sat up straight and I felt rigid and strong, it felt like I was very high up looking down and I was swaying with the sound of wind in my ears P10 1 00:05 NS

Screamed at my daughter for a short time (one sentence) and then out of breath and then calmed down P8 34 07:20 NS

In a long avenue in Bulgaria...there is one bar on either side...one is with grudgy nice happy people ans there other with very ahiny dressed up all about the look people..I decide to move the bars so there are diagonally on each other on one end of the street...they are open with no walls so now they all look at each other...thats better I think and I am pleased...

then I am sat with a very old friend..I was in love with him when I was 12 and have not seen him for atleast 10 years. we are having a nice clean time, talking and having a nice time as if we are telling someone about it at the same time ans he begins to change the story and makes it look wrong and sexual...I am a little upset he is doing this P14 24 03:00 NS

Feeling physically sick from watching it and thinking about it P14 3 20:00 RS

Opinionated, loquacious, forceful > draw back away from whom talking to, helps keep a perceptive of how forceful I must seem, have to stay with awareness I am in a proving!! > deep breath >cool air > outside P4 3 07:12 AS

Feeling so much steadier emotionally! No panic or grief. Feeling normal. Able to cope. Not overwhelmed. Feeling continues all day and evening. P1 32 12:00 RS

Feeling steady, hopeful, not stressed. P1 33 08:00 RS

Before the weekend my boss "cornered me" and told me that she would like me to take on some of the tasks that she doesn't know who else to give to: preparing lunch, and making sure the cafeteria-area looks clean and nice. I tried to express that I prefer to stick to my main tasks of accounting, but she was not very easy to speak to - she likes to have her way and quickly retaliates if she experiences resistance. So, I sat down to look at my contract this morning: with suggestions to changes, and with my terms for staying in the position at the firm. I feel like I should get paid more for doing the stuff nobody else wants to do, and also be clear that although I want to be flexible - I will not succumb to all my boss' "demands" just because I am timid and don't dare to speak against her. This is slightly out the normal-zone for me; I might be tough/brave enogh to ask to maybe discuss it a bit further, but picking my contract to pieces with the aim of having a meeting where I "voice my terms - and maybe even go as far as saying okay, then I'm not right for this firm and vice versa", is pretty drastic for me, I might have thought about it - and maybe even
looked at the contract - but actually being in a mindset to carry this through is new and exciting, and I feel like I am in a justified and strong position to do so. P11 28 12:00 AS

Throwing things to my partner P14 44 XX:XX NS

I dreamt that my partner and I were travelling by plane, but that we weren’t supposed to do so, having no passports. Still, we managed to get through the customs and meet my father, my aunt and my uncle; I knew the police was searching for us, but I didn’t feel worried at all, everything was easy, flowing, I was in a perfect mood P5 53 04:45 NS

Colleague from work in a house like Hawkwood, I was trying to get something organised P6 23 02:00 RS

Trying to speak my mind - being able to represent myself P8 25 10:30 NS

I met his wife but realised he was lying to me as I knew his wife was Japanese and this lady was not, when I spoke to my staff member about it she said she knew and I did not believe her, thought she was lying too. P9 9 XX:XX NS

I sawed off my hands and wrists, and a couple of fingers (index fingers?) - and there were more people doing it too(?). Uncomfortable - but in a fascinating way. We had to be careful putting them together again, let them get attached so that they could grow back together properly - and carefully fold the skin back in place so that it wouldn’t loosen from everything underneath. Eventually I asked my grandfather for advice (he was an acknowledged plastic surgeon) - he thought that everything looked good, that I had done a good job with it. *** It was my brother’s birthday, I gave him a table that I had gotten from my mum and dad and wanted to get rid of, and some baskets/basket-making-kit, that I know would have suited his girlfriend a lot better. (My brother and his girlfriend broke up two days ago - after 6 years together.) This took place in our family’s house, where my Mum had rearranged the kitchen somewhat so that there was so much room - it was wonderful! The huge "corner fridge" taking up so much space with all the food that just rots in there uneaten (a source of frustration to me) was removed, and my Mum said she doesn’t eat that much anyway. *** From years back; secondary school?; hanging out with one friendly girl, and one very stuck up and shallow one who only ignored me - just like it felt like a lot of the time in secondary school. My principal at the current school and I were sneaky and jumped ahead in the lunch queue, after I had walked a while right behind two study-friends from university. P11 27 06:50 NS

I helped out even though I was on a day off, but that evening there was still smoking and disrespect going on in all areas and I asked to see the manager, she walked past me and said I had to make an appointment but I did not know how. P9 16 XX:XX NS

Made a gianduja tart for my boyfriend’s godmother (excellent cook and hostess). Usually I am very particular about following instructions to the letter, and if things don’t turn out the way they should I get frustrated disappointed and many times I don’t even present whatever I have made but this time I just went along with my boyfriend (who is exactly the opposite: just get it done) It didn’t feel natural to me but wasn’t as hard either to get over all the things that were not as they should have been (not even close!) and to just take the tart and go and enjoy our visit. P7 16 XX:XX NS

I wrote a written complaint to my boss - as a response to what I experience as unprofessional and unpleasant leadership-skills and treatment of employees. Basically, I criticised her leadership-style; especially the way decisions are made and how employees are addressed/spoken to, and at the same time withdrawing my confirmation about coming to the Christmas party. And, I withdrew from the lunch arrangement at my work place, which is part of the way she prefers to "dictate". I was quite upset with the
way I was treated by her yesterday, and also happy with the way I am handling it - and responding to it rather than hiding away from it; though it is unpleasant. P11 41 08:00 RS

We went down some dark wet corridors to a room and I asked him to tell me clearly what the issue was, it seemed we had had a client who had taken the work camera away and was holding it to ransom for some reason but I still could not understand why. And told him so, he stormed off. P9 5 XX:XX NS

There was a big steel barge and we were painting it and tricking someone into the way we wanted it done against the design or will- very vague P9 22 03:00 NS

I was working in a new job as an assistant manager and it was a restaurant, which seemed to be in a huge concrete type warehouse building. I did not feel welcome as I was disapproving of the hygiene standards and the fact that the customers were smoking and there did not seem any concern for me as a new member of staff. My live-in rooms were just a section of the warehouse screened off at the end and I asked that at least the area outside my room was non-smoking so that I did not have to breathe it in whilst I was off duty P9 16 05:30 NS

Some children were being naughty and I was trying to work and live in a tiny room- so tiny my sofa was on the landing where the children passed. I was giving lectures P9 22 05:00 NS

He had not noticed, but an old colleague of mine was there who had done child psychology and she started analysing me. I went up to him and said I may call you S occasionally but do not worry about it. I suggested we went home as I was a distance from home and needed to get a train and we needed our bikes out of the shed. I got mine and rode off P9 6 XX:XX NS

I then decided to get my nail file back and retrieved it from the girl like it was a small victory. Somehow in the middle of the shop there was a car, an old banger, which I got into and drove out of the shop. The shop had nothing to sell and was very dark. P9 8 XX:XX NS

We carried it from the office down to the car on the way we came across a ‘free Wednesday ’ sale where there was a big hall with lots of items being given away. There were shirts and rugby world cup socks and I suggested my daughter could get things for Christmas presents, she turned her nose up and said her partner would not wear them, but she would look for anything that may be useful for their wedding P9 8 XX:XX NS

When I got back to work there was a church service going on and everyone was complaining that they had not been able to get in the previous day and I knew this was because the handyman had left but I did not tell them what I knew as I was going to offer them some extra rooms and charge them more as they had been asking for this. P9 9 XX:XX NS

Because we apparently were close to the water, I rolled out into the water where there were floating sharks just under the surface. I was almost a bit apprehensive, but because I was really sure that they were dead I was not scared. When I swam/waded towards the shore there were so many dead fishes everywhere - floating upside down in the surface. I was disturbed by it: worried, concerned, and though they were a bit disgusting so I tried to avoid touching them too much, but also concerned that them rotting might produce disease. On my way back again, by land, I tried to get some photos on my phone of all the dead fishes - I don’t know if it was to show someone out of concern, or if it was to reveal whatever was going on seemingly unnoticed.

Awoke from a dream. Looking after a couple in an outdoors nursing home, but they are middle aged, they are living apart in place. It is a park or a woods, with seats and areas of their choice but outside. They are
both intellectuals, but he’s worse than she in so far as isolating himself, she. Sociable but hurt somehow, she smokes, watches everyone but doesn’t mix much. Then flips to an inside place as if from a previous time, much younger, young adults 20 somethings. Place is a mess, all out doing something fab, it’s a student type place, one bloke there telling us of how they came to get him. About extraterrestrials or something evil, not sure, but lad is saying get ready they coming for you all. He shows me there footprints, he knows he’s about to go, or be taken. I’m back with these older people, and tell them of something coming and there are ways to help ourselves and save ourselves. The young lad showed me what I needed. I brought back supplies of stuff, and showed masses of people what to do. Managed to convince everyone who got on with getting ready for whatever these things were. I got the older man ready who was still insisting on being apart and ruffled and selfish I thought to not help his slightly infirm and crippled wife, as it happened. I felt burdened but got on with it. She didn’t seem bothered but I got her ready. Then was seemingly taking so long for myself, I didn’t notice everyone just filing out of now an enclosed outside!!to like an airport corridor, where I could see mysterious tall dark figures with flowing gowns coming towards the outside building! I was saying why are you all just going towards them? Why aren’t you using your tools and things I’d been given to stop them take you away. I was shocked, upset and this sent me into realising I wasn’t ready and I couldn’t organise myself in time either. The old woman looked at me and got up and walked out!! Despite being in a panic and upset I knew I’d try and use the things given to me, if only....I woke up!! Went to Glastonbury yesterday too, just occurred to me may have picked up some strange energies from there for sure! P4 14 07:12 NS

Guys who were very smart and doing front office development left the company, I somehow managed to get that role, then they come back in a month or so and were very surprised that I was doing that. They had a chat out of office while we were eating and they asked me what books you studied or you know that they took you on that role, I was not able to answer, was chewing something and said let me finish chewing and I will tell you. P12 8 XXXX NS

Chest feeling almost back to symptom free P1 33 21:00 RS

Chest feels normal, even when walking uphill! P1 16 12:39 RS

No chest symptoms! P1 32 07:30 RS

Speak to my sister who’s still in intense pain. Hurts to speak, to breath. I tell her to take Bryonia (30c). P1 33 13:30 NS

Spoke to sister who’s feeling MUCH better. Lung has reinflated and pain lessened enormously. P1 35 11:00 NS

Indifferent and withdrawal
Detached, aloof, spaced out, leading to being misunderstood. Nothing mattered, nothing was making me angry or upset. Unable to communicate. Isolated, closed off, quite, can be happy and calm in isolated place or feel lonely and insignificant.

Feel absent, not with it, not bothered, distant from others, but not unfriendly, just present but absent. P4 3 09:55 NS

Not present P3 2 XXXX NS

Want to run away. Want to get away. Don’t want to be here. I don’t want to be in the company of anyone. I am finding people’s energy too close to me. I need a bigger personal space around me. People are
encroaching into my space. I don’t want to talk to anyone. Everyone’s conversation seems trivial and pointless. P3 2 XX:XX NS

Went for walk on my own. Needed space. Wanted to be on my own. P3 2 13:45 NS

Want to crumple up into ground. Want to get low on floor. In a ball would be good but I can’t. I am aware that I am in class. It would be inappropriate. I feel embarrassed and don’t want anyone to notice how I am looking and wouldn’t want anyone looking at me on the floor. P3 2 XX:XX NS

I know I’ve dreamt every night for the last 3 nights but I can’t remember them shortly after opening eyes but I do remember that they were all dreams of chaotic situations which I was watching rather than being part of. It feels like I’m very detached from it, I’m just watching, emotionless, detached, rigid. P10 7 08:00 NS

I have suddenly realised listening to the others in the class talking about sexual themes I have suddenly realised that I have had no interest in sex this month. It’s the detached thing. P10 31 16:00 NS

I take children to visit their dad, who wants to take to visit a tree on his field, I take them over its after school pick up so I ask if he has food there are hungry its lunch time? He realises it’s not a question and finds some food, I have the little one with me who is not wanted on the walk but asks to go in him caravan with the others and I insist she does as there is no reason not too. I don’t want to go in so say I will take a little walk while they eat and return for the little one. I am feeling in a detached emotional state, just seeing things very clearly and logically. I find myself off walking and take a fantastic walk through some fields 2 dear jump out in front of me and we look at each other a while, I feel amazing and so surprised this is all on my door step I can do this lots more, take my eldest, I am feeling so happy and connected to nature, in my flow. P2 35 10:48 RS

Emotions feel numb, annoyed but unable to express it. Blank feeling. Hardness. P13 26 XX:XX NS

Being excluded from and turned against by my group. I’m arguing and fighting with them. They don’t invite me to events. I’m lonely. I want to get in but I can’t invite myself. I can’t just barge in and say I’m here. Some children could just go in and join them, I can’t. I have to wait to be invited. That’s how it works. It’s the law (like the liner, the law doesn’t make exceptions for individuals, it ploughs through). I know this in my heart. Observing them. Outside looking in. They’re all having a great time together. I’m excluded. A very young, child-like feeling - about 5-9 years old. P1 19 XX:XX RS

Woke up quite detached and sad at the same time, just wanted to be alone, felt my partner was annoyed with me, but don’t know if it’s true or if it’s an imagination; felt rejected at that point P5 5 07:45 NS

It didn’t bother me - indifference P8 5 16.00 NS

Indifferent - not bothered - no grocery at home, no cooking done, no cleaning or daily chores P8 21 11:20 NS

Woke up from that dream being surprised, but at the same time, I felt quite indifferent; I had a laugh, because I knew that educator from the school for the blind when I was a teenager, he was very funny, but I never felt anything but friendship for him P5 19 06:15 NS

Indifferent after argument with my husband; would normally feel guilt P8 54 11:00 NS

Indifferent and lethargic did not want to write this diary and could not seem to get around to it this has lasted 5 days since, but have been very busy on a course and catching up with family P9 12 17:30 NS
My partner came to do something in the bathroom, he saw me sitting on the floor, but didn’t do or say anything; I felt ignored, forsaken, treated like rubbish, insignificant P5 24 10:15 NS

Get home and feel really isolated, lonely P9 14 20:00 NS

I was with my dad and my partner, I started to feel strange and didn’t know why, I suddenly realised that, because my dad was here, I didn’t feel allowed to be as affectionate and loving towards my partner as usual P5 39 13:15 NS

Feel ungrounded, cannot feel feet when walking. Am walking on air actually, without happy feeling! Huge space between head and feet, cannot feel feet in fact. This was intense and a flash sensation. P4 3 09:20 NS

Felt misunderstood; my partner felt criticised and blamed when I was only trying to explain a few things to him P5 5 14:30 NS

Was supposed to go camping with my brother and his girlfriend; I didn’t want to wait for them or travel with them, so I decided to fly on my own with my big camping rucksack - I managed to fly for a while, but felt very frustrated/silly/embarrassed/agitated when I suddenly couldn’t manage to soar from the ground when doing the leap/jump that usually makes me able to fly. Feel free, excited, reaching my potential when flying - and adventurous with the camping gear with me on my back. But when I can’t fly the frustration and irritation brings me into a gloomy mood, and when I’m suddenly at the campsite and my brother and his girlfriend is in the tent with me, but don’t do anything, I don’t say anything; I keep to myself. (RS: because of the way that I have kept to myself, not able to reach out to my family - not even my brother, who I haven’t really had any issues with, but who is part of the family and thereby some of my grievances...) P11 3 06:00 RS

I dreamt that I was in a homeopathic clinic; the homeopath was telling about a case of a young woman who, when she was a teenager, threw a baby (her little sister) through the window while her mother was driving; I later realised that woman was a dear friend of mine; it was such a shock for me that I never wanted to be in the same room as her again P5 51 04:30 NS

Picking up the mood at work with everyone being ill and wishing I am somewhere fullfilling my purpose P14 24 15:00 NS

It was a similar "inside-environment" as the dream inside the shopping centre - though it was not the same place, and the word that comes to mind is more of a hospital hallway, though: it was in a wildlife national park, with wild animals (it may be that it is similar to a dream from the pre-porving, but I am not sure). There were wildlife everywhere; my brother was there, I think, and our parents were somewhere around too but had left us to fend for ourselves at that time (no specific feelings about that, positive nor negative, we were simply on our own); There were wildlife trying to close in on me: lions, and some others I cannot remember, I tried to outsmart them but it wasn’t easy, and I was bitten in my arm and almost taken by them. (Don’t remember anything else) P11 22 06:50 AS

My partner and I were sat together in the living-room, and our cat was jumping on my back whatever I tried to do, (get a drink, turn around in order to understand what was going on), I felt stuck; he seemed like mad and uncontrollable, but not malicious; strangely, I didn’t feel that worried about it, quite indifferent, actually P5 17 06:00 NS

It was my dads birthday last night (he would have been 64) but I didn’t even think much about it...or feel sad. I was quiet but not my usual (for 19 years) sad!!! 13 09 00 NS
A thought occurred to me; that it is as if my body is catching up with all the rest that it hasn’t managed to get for a long time - as if I have been unaware of not getting the rest I need because of all the mental stress. And now that my mind is quieting/stressing down, and I am managing to allow my emotional state to work through all the tough stuff in a more soothing and gentle way than before, rather than bottle it all up; it’s as if my body can finally be allowed to function - both in terms of being up for all the physical activity I enjoy, but also when it comes to relaxing/sleeping/recharging the energy storages. P11 15 23:00

Had a call from my supervisor who was annoyed and felt I was relying too much on her for filling in the diary, I felt like I was told off, like a little 5-year-old girl who’s done wrong and is waiting for a punishment; I felt like crying, but couldn’t; on the other hand, the adult part of me felt it was unfair, and I wanted to defend myself; the end of the conversation, fortunately, was much warmer and I felt much lighter, like there was a resolution to a festering problem P5 19 20:45

I noticed at school all day and now that I really don’t want to engage with the other students much, I want to keep myself to myself and I don’t want to hug the way I usually do. I’m happy I’m staying offsite this time and can’t wait to get back to my room to be alone. P10 30 17:30

I was in a fine restaurant awaiting friends, it was all v trendy and we drank and snacked while ordering main meals, my friend arrived with her new very involved mouth brace. After a while I went into the back room on my own for a while, I was still and peacefull, watching something didn’t want to interact but have my own timeless space. When I came back to the table everyone had eaten everthing, I said didn’t you save anything for me, there was no reply. The waiter asked me if I had seen oneof the guest watches, I said no feeling a little annoyed that he might be implying it was me, then rememberd ahh the healing watch, and was concerned and began to rack my brain to try and think of anything as the watch had been part of the conversation in at the table of belonged to one of the guests, it was very special. Then I noticed large plant and was compelled to take a acutting, I didn’t ask, but just did it and felt bad afterwards or a little awkward. At one point a said to one of the waiters or guest ‘I am doing a proving’ quite indignatly as if this excused by behaviour P2 20 05:02

Sorrento Italian Restaurant for a meal with homeopathy pals: errors with the order. We couldn’t communicate but neither could the waiters. Waiters made mistake with what was brought to the table. We made errors in looking at the receipt. Couldn’t work out what we were paying. P3 2 19:15

I tried to justify my action by talking to her instead of apologising - I felt discomforted as the actions were alien to me and I feared I was losing control P9 20 XX:XX

I was in a big building down in the reception area but it opened up so that the floors above were visible through glass walls and I noticed my ex partner giving a lecture. I did not know what to do so decided to leave P9 17 05:00

I want to sit in the Pub on my own but want it to look as though I am waiting for someone so I am glad I have two drinks. I want to do some paperwork there, counting or assessing something P9 32 XX:XX

Went for a walk and wanted to be on my own but someone else came with me. Didn’t want company but wasn’t bothered about them being there. In a house. Very old friend appeared. He was behaving as though we saw each other every day, as if we still lived together. He was an old flatmate. I was confused and
looking at him. I didn’t understand why. Couldn’t be bothered to work out why. Felt indifferent. P3 7 07:00 NS

Just stair in the nothing for a long time, I used to do this when I was a teenager P14 36 13:00 OS

Confused/disorientated
Fragmented, disorientated, disorganised, Confusion
Confused/disorientated, bewildered

Stuck in the USSR. I want to travel back to the west but I can’t leave. I’m watched all the time by unseen people. Something about a nursing home. Feeling adrift. Always thinking about home in the west and how to get there. P1 16 06:30 R$

My cat was in the garden with 4 others who looked identical to him, they were playing together beautifully I wondered if it was his offspring. P2 6 07:12 NS

At the restaurant we order 6 starters to share, but the waitress kept getting confused. We finally got it sorted and then she came back over and asked if we wanted our main dish with our starters. It seemed things kept going wrong or getting confused. P13 1 20.XX NS

Yawning. Very tired. Can hardly keep my eyes open. I feel embarrassed and don’t want anyone to notice how tired I am. I don’t want to stand out and look different to anyone else or behave in a different manner. I am confused. Am I me or is this the proving? I don’t know who I am. Symptom continued for 2 weeks but was particularly intense for 3 days. P3 2 10:00 NS

Just been out for dinner with the class, seem a bit unattached I’m very happy in my own self but kind of judgmental of others in a very quiet way, just absorbing things gliding through, as though not connecting on an emotional level. We seemed to get our order & bill a little confused I don’t feel like interacting in my usual way. P2 1 03:36 NS

At Dinner in the restaurant, I felt very withdrawn, in my own bubble, while also having an keen sense of all that was going on around me. We made the waiter confused with the order, none of us could deal with sorting out the money at the end. P2 0 03:00 NS

People commented on me being quiet. I am feeling I want to be alone. On my own. Just want to be outside. Once outside > wandering. Don’t want to stay still. Want to walk down to look at sheep and pigs. Want to engage with them but once there, want to walk back. Have no place of comfort. I am feeling sad, isolated, alone. I want company but when I find it, I don’t want it. I am feeling depressed. Low. I would cry if I had the energy. I am tired. Lost. I don’t know where I want to be. I know where I am but I don’t want to be here. I need to wander and find a place to settle but I can’t find peace anywhere. P3 2 XX-XX NS

Was totally confused (had cotton wool in my brain) and it took me a while to join the day, I had to call someone in France and totally messed up the times (France is an hour ahead and I thought it was an hour behind us) P5 4 08:00 NS

Looking for Diane Reay an old colleague. Find out that she went to Germany and died in the death camps. I’m looking in all the official records to see which camps she was in and which gas chamber she died in. I don’t know why she went to Germany. It’s a puzzle. Did she go to fight the Nazis? P1 1 06:00 NS
I'm very out of it, disorientated, everything exploded into nothingness. P4 1 13:12 NS

Felt quite dizzy when I got up from a chair, as if the floor was an escalator without steps, only lasted 2 or 3 minutes P5 7 18:30 NS

I started to feel dizzy, the flor was spinning beneath my feet, I thought I’d have to sit down, but it didn’t last long, I was back to normal quickly P5 32 18:45 RS

My daughter pointed out to me that I said 2 things last night that were very unusual for me she said I’d doubted myself I said homeopathy doesn’t work I’m wasting my time and I said my family had probably had a good time at the party because I wasn’t there. I never talk like that. P10 4 12:30 NS

I and friend of mine were going back to some place and instead of driving cars we were running using our legs and arms on motorway and then we arrived yo some small house and my friend changed the cloth and put some cabbage leafs instead of bra as a top P12 10 XX:XX NS

Wolves or dogs. A pack. Round a fire. I’m talking to/being with the dogs. Can’t remember why but it was clear in the dream. Feeling that they might go wild at any moment. Edgy feeling. Safe/not safe. Unsure. P1 9 05:00 RS

At the same time I was entertaining some children and needed them to keep away P9 20 XX:XX NS

I let my head fall backwards, my mouth was wide open and I the sensation was as if my whole body is spiralling higher up into the sky, yet at the same time falling down, great height yet falling. P4 1 08:09 NS

The ranting continued: And if I am not who I think I am then who am I really. Am I really a good person or am I just trying to maintain my relationships? And what does good and bad really mean. And those people at the office who I thought were "good", on our side and then went and got an injunction behind our backs to freeze the company’s assets and turned "bad", perhaps they are not good or bad they are just people, people looking out for themselves in a way that maybe I wouldn’t. But then again how sure can I be of that? What if I had children to feed? Maybe I would still not do it but maybe I would. And how am I supposed to relate to them now? It is as if I have been relating without any boundaries (with the "good") or not at all (with the "bad"). Black and white are easy but what am I supposed to with the 50,000 shades of grey? I felt bewildered, as if all the "constants" were no longer there; felt sort of lost but at the same time not collapsing. P7 3 XX:XX NS

I met someone who asked me whether it was true that I had written an email to an educator I used to know in France to ask him to marry me. I felt totally confused, for I never wrote such an email, it’s as if I wasn’t inside my body, I was floating around. I also felt ashamed and didn’t know how to react; it felt like I was on trial, I was speechless. This was happening outside in the woods, everything felt cold around me, as if I had entered a fridge, the air was too crisp to breathe. Everything became warmer and more relaxed when someone I knew came and said this was total invention. P5 19 06:15 NS

I felt confused and sleepy, didn’t know why on Earth I was all wet P5 34 05:30 OS

I started to feel a bit confused and drowsy, as if a seizure was about to come, but it didn’t; this didn’t last at all, I took a deep breath and was back to normal P5 32 18:45 RS

Read two emails and answered the wrong one- confused P9 32 09:33 NS
Confused still cannot find a USB stick despite looking where I left it and eventually found it 09:45 RS

I went to urinate, and felt disgusted with my genitals when wiping myself, it happened again afterward, I guess it’s to do with last night’s conversation P5 24 15:30 NS

Woke up from this dream with a tight chest and restricted breathing, feeling a bit disoriented; I took a few deep breaths and went back to sleep quite quickly P5 20 04:45 NS

I went to have a bath, and suddenly, my legs couldn’t carry me anymore; I had to sit on the bathroom floor, I felt very faint, my breath was very short and I felt ever so hot, as if in a tropical forest. Note: my partner told me, a few hours later, that he had felt the same (faintness and short breath) approximately at that time P5 24 10:00 NS

When I should have been hungry I felt faintly nauseous, better for eating P6 3 19:00 NS

Woke up from the dream feeling very strange and confused, because it’s so unlike him in real life to demand things P5 32 07:30 NS

Felt foggy, said I wanted to go for a walk, and when my partner and I went out, I didn’t know why we were leaving the house P5 4 13:00 NS

Woke with intense fizzing, alive, surprising, as if it didn’t belong to me, something to do with fire, sensation on the end of my tongue. Went off as I woke up, without any residual feeling. P1 7 01:35 NS

Fuzzing sensation on tongue, less intense than before, further back on middle of tongue. Woke up with sensation at same time as dream P18 01:00 NS

Feeling very giddy, giggly and fuzzy, the feeling of mild numbness is in my mouth, I’m interacting in an intimate way, P2 2 03:00 NS

Inability to sing P8 9 22:00 NS

Mix of dreams: an after school club I help out at; doing up a room for our friends for one of their birthday’s; another friend did some sewing but I had to unpick it P6 15 02:00 RS

I feel lightheaded & happy, giddy with a sense of fun, its all ok P2 1 02:23 NS

I decided whilst out in my father’s car I would go and pick something up from a shop. I had tried to get this item twice yesterday but things kept going wrong and I was unable to get it. But... then I thought it would be fun to have the car cleaned inside and out as a sort of gift/joke for my dad. So I went to do that, but on the way to the car handwash I suddenly realised if I do that I will miss the shop again as they are only open until 3pm. However I felt the car clean was the better of the two options so continued on my journey. But when I arrived the car wash was closed! So I messed up both, no car wash and no shop collection! P13 3 10:48 NS

I dreamt that my partner wanted to take the money I’ve been awarded for my studies in order to use it for himself (new computer, new camera...) I felt trapped, tried to explain to him I had to provide evidence
regarding what I was using the money for, but he didn’t believe me and insisted he WANTED that money. Note: I've been awarded money from a French foundation which helps young people to pursue their vocation in life; I will pay for years 3 and 4 with that money P\textsuperscript{5} 32 07:30 NS

I was talking to a friend and to my partner, and I suddenly had a seizure; I think this was provoked because we were woken up at 09:30, it’s more likely to occur when I don’t wake up naturally P\textsuperscript{5} 44 10:00 RS

Smoking at lunch time??? It’s been 7 years maybe more?? P\textsuperscript{14} 42 XXXX NS

Correlations of symptoms from my daughter, who told me of her exhausting high energy Dream, involving high speed, journeys, having fun, the night before, and also of being very busy this day. P\textsuperscript{4} 7 10:00 NS

Needed the toilet urgently but seemed to be able to see my way in the dark although in a new hotel room P\textsuperscript{9} 4 05:00 OS

Similar dream to several weeks ago (-20 days) - about a house that is sprawling with many rooms. I was wandering about the rooms stressing about the fact that some of the rooms don’t get used very much and start to smell musty and damp. P\textsuperscript{6} 42 02:00 RS

Spaced out, woolly P\textsuperscript{8} 19 16:10 NS

I use a mooncup during my period; this evening, when I put it back into myself after a wash, it felt like I had been violated in a sexual way, the cup was an enemy, this lasted for 5-10 minutes, I felt taken aback by my reaction P\textsuperscript{5} 9 21:15 NS

A "what if" episode when walking home from work: The idea/thought popped into my head, “what if my shoe laces were suddenly loose and I tripped in them - and fell onto the pavement?” with a slightly uneasy feeling and tangible sensation of what that would be like/feel like. (Less intense than these episodes usually are?) P\textsuperscript{11} 11 16:25 RS

I dreamt that I had kept in touch with my demised friend’s mother, and that she still wanted me to spy on those gypsies, I was just going into a pub for a drink, and suddenly, the people who were with me said: “Oh, the group has gone”. When I asked what they looked like, I realised that it was the gypsies; my friend’s mother flew into a rage when I told her what had happened; I couldn’t breathe at all, my chest was compressed, I couldn’t scream, and felt terribly cold in my whole body, as if I was thrown in the Arctic Ocean; I felt her grabbing my chest and neck, and that I was spinning around a room before she threw me back on the floor P\textsuperscript{5} 20 06:15 NS

My sister and I were going on holiday together - it was a good bargain and for 10 days, when we got to the port there was not a boat for some days and we had to share bedrooms and wardrobes with strangers - I was walking around semi dressed and the boat was not going- felt the holiday was a swindle as clearly half of the 10 days were going to be in the port P\textsuperscript{9} 18 15:00 NS

Was trying to cross roads and nearly getting run over when dropping things, there were some very strange words appearing in the air- did not even recognise the language ‘slocdesq’ P\textsuperscript{9} 24 05:30 NS

I knew this was just a coincidence and so thought nothing of it but then several of his friends surrounded me and would not let me leave until he came downstairs, he did not acknowledge me at all and walked
past me but as he turned around the corner away from me she held my hand but kept on walking away, like he did not want anyone to notice but wanted to give me a silent message.

I went looking for him and came to a room I believed to be a staff room, there was a nurse sitting there and she looked sad. I said he’s left hasn’t he? And she said yes. I did not know what to do and went outside, I was looking at the state of the bungalow it was all wet rotten and mouldy.

I was working in a prison type building and was showing men to their lockers one was broken and the part of the key needed to be pulled out of it, in it were mushrooms and pots. I go to the reception with a colleague of mine and expect my friend, she walks in with a perm and looks like the queen.

He has black skin and afro hair style and big lips but is not african almost like he is burnt - like he has boot polish on. He says it is because he is just back from holiday. Him and his wife ask me how I am but regretfully they have to leave as a car is waiting.

Arriving with a car to some place and my cousin is there...she is pregnant....I look at her big tummy and touch it around and think aloud maybe I will catch it...it looks like a small city neighbourhood, with buildings but still play areas and green( never seen it before) and we go into a deserted building up the elevator to hide and smoke( her and I used to hide a lot of naughty things we did when we were young) and an ex boyfriend is there...I saw him recently actually...there is no other feeling but that of his sexual attraction to me...he pulls me to sit on his lap, I am ok there but then I remember my partner and feel guilty about it. I shy away...we have to go...baby is coming...we have to get back in the elevator but I have so much stuff...I try to collect my things...I have my partners jacket and jumper?! and my things...I carry it all and things keep falling off...we get to it at the end....contractions begin and now we are in some apartment...but it is a very old friend who I have not seen for over ten years and he is giving birth...I cuddle his head and tell him how amazing he and his partner are( as I saw them on facebook) and it is all very freindly and kind and then I ask him why is he giving birth but not his parnter and he says she had an operation and she cant have hildren, so he does it for them...and now she is on a holiday as she is a little sad she couldnt do it.

A friend’s mother had died and I was comforting her, I did not recognise her and she was a pretty blonde girl a bit like a TV actress. The following week I went back to see her at her sisters house and a another friend of mine, a male, came in to see us too, I spoke to him bit did not really look up at him, it wasn’t until the friend said ‘wow, that’s amazing’ that I looked up and saw he had hair (he has alopecia in real life) he was tossing his head around really pleased with his shoulder length locks.

Was at work but in the previous low bungalow with one room, my Duty Manager came in but would not look me in the eye, but was saying lots of problems to me by his tone of voice, I tried to placate him but realised as I could not understand what he was saying I had to ask him for a translation.

The next day I was on a day off but because I lived on site I came to see there was a lot of alterations being made the tables were all being moved and there was going to be new smoking rules, I had not realised there was a downstairs and this was where the Capoeira was going to be (This is a sport that happens at my real workplace) so I thought ‘this is their other work-out place, they will vouch for me with the Manager when they come as they know me.

Moan to anyone and everyone about the proving. Wouldn’t usually carry on like this to just anyone (save it for close friends). Also laugh and joke with the group as usual. But this felt as though I was swinging from one state to another.
Focus, energy and action
Highly Productive, getting lots done. Vitality increased, massive creative fix-it energy, busy, achieved many things. Feeling motivated, with good brain power. Meeting deadlines, creating order. Feeling social, focused, energetic. No need to sleep, cannot sleep, or disturbed sleep.

Aware of having a headache all night, occipital edge behind both ears, feels like a bolt passing through, same as in meditation. P4 2 09:50 NS

Woke with astounding new energy, despite a broken sleep. Hopped out of bed into clothes got to work early. P4 7 06:05 NS

Felt wide awake, and with a good energetic level, when getting up, even though I didn’t sleep well. Normally, after such a restless night, I would have felt less refreshed and quite drained/tired. P11 3 05:30 AS

See both clocks as saying 06:37 so get up and rush around P9 31 05:37 NS

I am noticing when I get agitated by things and get a desire for addicted substance, cigarette, choc or treat I am just noticing it then only a very short while and they thoughts subside. The intensity is much less. P2 3 02:24 NS

Extra half day at work, teaching new staff. Volunteered for this. Because of huge energy last week, of organising and ‘seeing’ what’s needed for staff. Great day. Better arvo cuddling dog and reading! P4 2 06 XX:XX NS

Better concentration and more organised in doing the case work assignment P8 5 19:00 NS

Heavy-short-breath-ish; as if I don’t breathe deep enough on the subconscious level, so I have to make a conscious effort to breathe deep enough. With a feeling of pressure/something taking up space in my stomach region, blocking the way the breath usually expands/distends the stomach. P11 1 17:00 RS

I really can’t be bothered to do anything today, the focus and determination seems to have left me. I did get some work done but I did have to force myself to move. P10 2 09:30 OS

I was in a pickup truck with someone who works in our company, in the branch office in Patras (not particular relationship with him good or bad) and we reached a big iron gate with a chain and padlock. I was wondering how we were going to get through but he said “don’t worry” and just drove through breaking the chain. We were on a dirt road and big rusty storage spaces (not just in some places, the entire structures were this orangey rusty color) were on the sides. No one was around, it was very quiet, deserted. The sun was shining and as the bright sun shine fell on the rusty surfaces I thought the contrast of the deserted, decaying (no sense of filth or rotting or dark just of the effect the passing of time had on the metal structure, old) structures with the brightness and vividness of the sunshine as well as the orange in the rust would make very nice photos. P7 3 XX:XX NS

I called my cousin from last nights dream and she said she had a very bad night sleep and packed her children and left her husband called her again in few days and they were back together and all is well...P14 17 10:00 OS
Concentration better; took more notes in class than usual P8 33 14:00 NS

A very strong déjà-vu, when sitting on the bed undoing some of my crocheting, while my friend is looking for a travel itinerary on her computer, especially the colours of the walls (pink) and the lighting in the room (warm but dim) felt very familiar to me. P11 3 22:54 OS

I was in my friends big shiny landrover, she asked me to drive I had to reverse it, I was having trouble to reach the pedals and was not incontrol, as I reversed it out of its space there was parked cars behind that I knew I was too near too or felt I was but couldn’t see clearly so was unsure. I hit something there was loud smashing sounds, expected to have caused a big gash. When I got out there was a tressle table with lots of old glass ware on , that had made the noise, the landrover was untouched. An old lady on the stall was shocked put milked the situation, for more sympathy. The night befor this dream we had picked up the landrover from a friends dad who had done some repairs on it, the vehical has had lots done to it, this uncle looks dubious, & dodgy, we meet in a pub at 9pm to exchange cash for a scrap of paper outlining his work, quite a lot of money was asked, we get into the vehical and I won’t start, he has left in a flash and nowhere to be seen. The friend of this uncle comes from a similar background to me, I recongnise my interest in the contrast between dodgy chancer style of working to clear dependable honest. The friend with the car, has been a great friend and I've conciously recognised her as honest trusworthy and dependable to do the right thing. P2 13 00:14 NS

Dosed off on the sofa in the middle of the day; I was in deep sleep - could not hear phones ringing or the door bell. I woke up fresh and the headache had gone. P8 36 14:00 NS

Dream - Dog trying to escape from the open main door and I'm trying to catch him P8 5 04:35 RS

Feel more energetic after 2 glasses of red wine P1 6 20:00 RS

Have sense since proving that the energy of the Rx is still in the room. > going outside into cool. Come inside and Sx return. Thought of the energy of Rx in the room is making me feel anxious about going into the room or being in the room (this continued to the next month and became phobic) P3 2 XX:XX NS

Loads of great energy, got a lot done creatively. >>>outside or door flung open of house. Love being outside walking briskly. P4 3 XX:XX AS

It’s as if the last couple of days have been "the quiet before the storm", with the ease/calmness I have experienced; while today I have felt alert, as if a tangible experience of hyper-stimulation of my being, not just mind but mind and body and jellowy-lump combined. Still I feel like I have good energy, and am not drained from the efforts, but my mind is more busy than the last couple of days. P11 7 20:00 AS

I started to do housework and felt very energetic, as if I was on a stimulant; I did quite a lot whereas I usually hate doing housework and get tired very quickly P5 35 08:30 NS

I felt absolutely delighted because my efforts weren't vain in applying for a grant in France, I was chosen among 20 people to get the money and pay for my studies P5 5 10:00 OS

Apparently I have more energy than I thought. We slept at 7 in the morning, woke up 12, cleaned up most of the stuff from the dinner and dancing party of 55 guests, got some rest, visited some friends, went to a charity dance, slept at 1 in the morning. P7 38 XX:XX NS
Excited because my sister in law sold her house (in the dream) P6 02:00 RS

We had to get a plan ready and start laying people off and suspending others. Even though we don’t really have any other choice right now it is still very hard for me to put that nail in the coffin. It still feels wrong and unfair and all the pain and grief and tears started coming up but because we were at the office and really needed to get this done if we wanted to have a chance with the new partnership i focused on the task at hand and kind of suspended emotional response. P7 43 XX:XX NS

We had a meeting with our new partner and he started bringing up several legal issues that would arise from our future cooperation and how it was a lot of trouble for small gain and how we needed to figure out how to minimize the risk. It did sound for a moment as if he was about to back out. Normally I would collapse as basically everything is hanging on this cooperation but I just observed myself being very focused on the practicalities of the matter and suggesting different ways to go about them. At the end we came up with a solution with my brother and he agreed to consider it and look for other alternatives as well. P7 49 XX:XX NS

Still in the same mode. Also more independent and in charge. Somehow I ended up having to make plans for a night out and gather everyone. Usually, I have no particular opinion as far as the place is concerned and just tag along so now that I was stuck with the planning and coordinating in the beginning I was quite upset; thoughts about how I didn’t have the energy or the will to do it as I had enough things at the office to take care of, filled my head. Once I moved the focus from what everyone else might want to do and where to go and how to best accommodate everyone, to where I thought it would be nice to go everything became much simpler. My partner decided he had something better to do and did not join even though we rarely get to go out with friends, which would normally have ruined my evening but today I decided I really needed to have some fun with friends and enjoy myself and I was not going to let anything get in the way and was going to take care of this another day. We had a great time out. P7 36 XX:XX NS

Woke up from that dream laughing, because it seemed so absurd, especially that word, “hip-lally”. I still felt light in my body and mind, but less of a helium balloon. I felt a bit tired, but much more energetic than the previous days P5 05:45 NS

The “get things done” mode continued. Got up feeling vital, went to the office, made a list of all the things that needed to be dealt with, had a meeting with my brother, insisted about looking into them straight away (usually I hold a more supporting role, he sets the pace and sometimes end up just hanging around until he is free so we can do whatever we need to do) as I had things of my own to do and wanted to leave (usually it is work first and ends up taking over our lives but not today). I went home, had a quick bite and went to a beauty care exhibition even though time was really tight (usually when there is not ample time I just don’t do whatever it is i want to do), bought a few things I needed in no time (extremely unusual), returned home, changed and went to my dance lesson. I usually spend more time thinking about things I have to do and less on actually doing them and consequently have a much much slower pace. At the end of the day I was feeling more vital even though I had been running non-stop all day. P7 18 XX:XX NS

Woke up feeling more vital, feeling like myself again. P7 08:00 NS

Got up and felt very energised, on top of the world; did some housework, then my energy suddenly dropped down, I felt terribly tired, like I needed to go back to bed; then I had a chat with my mother and I felt very energised again, like lifted up, then it balanced for the rest of the day P5 08:05 AS
Very relaxed, focused, extremely still in a grounded and stable way, with a blank and still/quiet mind that made it easy to stay in a meditative state and keep completely still. Empty - but clear-headed. P11 1 00:07 NS

Everything seems more slow than usual; usually I'm working at a high-speed tempo with an alert but busy and high-wired mind; today my mind is focused, but relaxed, and more slow - but in a calm and comfortable way. P11 6 13:00 AS

Feeling positive, focussed, relaxed, optimistic. Continues for rest of day. P1 34 08:00 RS

Still feeling positive, focussed, relaxed, optimistic. P1 34 14:50 RS

Still feeling positive, focussed, relaxed, optimistic. P1 36 13:00 RS

Energy feels much better today. Got down to mental work easily and was focussed P1 7 09:00 RS

Feeling full of energy, focused & determined P10 4 09:00 OS

After class instead of my usual reading a nice book or meditating I watched all the homework videos and a video on cancer as I still felt focused and determined P10 2 19:00 OS

I write my proving diary for the first time in 4 days! Feel focussed and able to concentrate on it. P1 32 09:00 RS

I feel unusually calm and focused about the work I need to be getting on with rather than my usual overwhelmed by everything feeling P10 2 08:30 OS

Energy returns as soon as I get home. Am able to focus on mental (light) and practical housework type tasks. P1 17 17:00 RS

A bit difficult to focus on tasks and get them done. P1 33 12:00 RS

Manage to do and finish focussed work with colleague (write journal proposal). > thinking together P1 33 16:30 RS

More able focus on intellectual work tasks e.g. analysis of homeopathy case, and get something done. > thinking/talking with other people P1 33 12:00 RS

I had a talk with my Mum after work and after a run, I laid my heart out to her, have tried to do so a couple of times in the last four years since she had her first stroke and our close relationship was suddenly non-existent, which I know has been sad and hard for both of us to deal with. I think this time it will not just be "one of those talks that don't lead to anything after all", because I am quite decided on not just pretending everything is alright anymore (after the very hard, difficult, emotional summer), and because she is really working hard with herself after the stroke she had in July - she is now getting the follow-up she should have gotten four years ago, and I think it is a good time for our, in my opinion slightly-broken-and-in-a-crisis-family, to work through some issues, babysteps. I cannot do it all in one go; my Dad feels a bit left out because I invited only my Mum, it has been mostly my Dad I have seen more of the two, because things have been awkward with my Mum; but my Dad has needed so much support the last year
with his cancer, which he is now finished treatment with successfully, but he is not being a support himself - and I cannot continue my "giving-support-and-pretending-everything-is-okay-with-me"-thing. I have talked to my Mum, and I will talk to my Dad, and when I see him, also my brother, but in a pace that isn't to draining (I don't want to end up as the same emotional wreck again as I was during the summer, even though I miss being close to my family). (So: in a place where I have the capacity to work on difficult emotions and realtionships, after having been incapable - and been unable do do anything but avoid them - as soon as I knew my Dad was done with his treatment and my Mum had the follow-up she needed. Then I had room for my own first real heart-break from the beginning of July to surface, which felt like it would really have suffocated me, if it hadn't been for me finally seeing my homeopath (as I am not good at sharing with my friends, and couldn't manage to relate to my family at that point) and get to air it out and talk about my depression. P11 5 18:00 AS

I have now also had a kind of "heart to heart" with my brother too, being open about everything going on with our parents, and with each other - as I have initiated with my Mum and Dad recently too. P11 35 18:00 RS

It was time to put away summer clothes and bring down winter clothes but rearranging the closet always felt like a huge task and i had managed to avoid it so far. With the whole dripping thing and half my stuff already out i just decided it was time to do it. Still felt huge nevertheless, i just got started and then little by little i am getting it done. Again the tendency was to get it done and not get it done perfectly. P7 19 XX:XX NS

Felt good to be back in my body, outside, feeling muscles work. P1 36 08:00 RS

Feeling again I have made a great day, choose to organise play dates for kids with nice people, arranged a dinner with someone else and again cooked dinner made cakes and had other kids over, feeling calm pleasant and present with the kids. P2 39 07:12 RS

Noticed absence of hot flushes today. A day of and spent a great deal of it running around outside and in car doing shopping n mum taxi service. >>>outside >>>fresh air. P4 6 XX:XX OS

Very impatient to cause change. P2 4 01:00 NS

Feeling a little impatient and agitated, taking a day being gentle with my skedule. P2 32 09:07 RS

Inability to focus P8 19 16:15 NS

Trying to get my hair done and no matter how I try I see lack of hair on my head, looks awful. Hair does not cover head and you can see through patches of bold scalp. P12 36 XX:XX NS

Laugh at self as realise the noise irritation is the wind in the ensuite moving the bath panel and making it squeak like the floorboards! P9 14 07:00 NS

Many thoughts but abstract, unable to focus and actually sort them out and put them down. Tried studying but unable to focus. (Not very unusual but the intensity and duration are quite unusual) P7 4 11:00 NS

Doing tax accounts and feeling "I'm back on top of things, I can do this" P2 4 11:16 NS
Thinking about orange on and off for the last few days. P1 17 10:00 RS

When I woke up I had a deep, vibrant orange in my mind. P1 6 04:00 NS

Lying flat on my back in bed: palpitations, can feel my heart beating strongly and forcefully, so that I can feel my body move/pulse into the mattress. Feel like my body is in a state of stress, though my mind is at ease and not worried. (Have had it since 2010 to some degree - and it used to worry me, because it was during a time when I was unwell. Don’t have it much anymore, but now and then, and usually in connection with a stressor of some kind - and it’s not worrying, just something I observe and take as a sign to stress less.) P11 12 07:00 RS

Palpitations - pretty strong, can feel the palpitations echoing through my chest, from my heart; strong thumps, making me aware of my breathing, kind of unnerving, and I feel like it will be tiring in the long run. P11 7 15:00 RS

Palpitations. Though surprisingly calm considering everything going on with regard to my workplace. P11 43 20:00 RS

Seemed to get a great deal sorted out today, took a day off from work, refusing to work through poor pay actually and to sort out clinic space instead. So productive. P4 32 XX:XX NS

Woke up and couldn’t get back to sleep until gone 5. My mind was racing with all the things I need to do and I felt completely overwehlmed. P10 22 02:38 NS

Continuation of the above: I still have enough energy to unpack, hand in some work, update my proving diary, and also meet up for a social gathering later this evening - after 9 hours of travel. This is a higher energy-level than I usually operate at, and I find it refreshing. Normally I would feel in a rush to get the unpacking out of the way, because it’s something that needs to be done anyway, and it will churn around in my head if I don’t do it; this time it was no effort, and I still felt like I had energy left for the rest of the evening. P11 4 16:00 AS

Saw myself doing repetitive mouth movements like pouting in train window reflection P9 1 02:01 NS

Felt better as recovering from acute condition accelerated. Feel more energy, less inflammation and more sense of well being P12 1 16:XX CS

I have also noticed throughout the proving my eyes/sight has been a lot worse especially in the mornings, my vision seems to clear up late morning. P10 46 11:20 NS

My sense of smell is so keen that I could smell the breath of the osteopath as he gave me some treatment. It wasn’t unpleasant, it smelled of him but I have never noticed this before. P2 12 04:48 RS

Feeling very positive, sociable, less shy than I usually am at Hawkwood with 4th years. Feeling more myself, uninhibited, playful P1 0 21:00 RS

Feeling very sociable > company P1 33 19:00 RS

Not too worried about speaking to people; usually I am really self-aware in groups of people; I’ve got my guard up and am really contained, not opening up and relaxing, even if I want to. Today I was effortlessly
talking to others, not stressed or constantly having a voice in my head analysing what I am saying - how people respond to me - and how I might be perceived in the situation; which usually drains me quite a lot, and keeps me on the alert/tensed up. P11 29 12:00 AS

I've been told that I was putting my right hand up to my nose and mouth while talking about something either funny or quite intense; I never used to do that before. Also, I started to realise I was doing many more things with my left hand whereas I'm right-handed P5 43 18:00 NS

Yoga: More strained and muscles tired easily; usually I get worn out from the effort of the poses, but today it was more intense/more present - as if my body was more closely wired to my head than usual. P11 7 18:00 AS

We went to my partner's parents, and I only felt stressed and emotional by the end of the afternoon; usually, I feel stressed as soon as we get in the house P5 34 08:30 NS

Time moving quickly, yet what I had achieved was so little, it felt like. Yet, not really. I was/am amazed at how much I squeeze into a day, and yet feel I achieve very little. P4 6 14:55 NS

Time passes too quickly at home; but normal outside of home P8 44 14:00 NS

Time passes too quickly P8 18 15:00 NS

Triangles, thinking a lot about triangles...and how when two become close the third one is pushed further...the children around me keep fighting when they are 3 together and makes me think about triangles P14 14 16:00 NS

Unable to do multitask and have to focus on one subject at a time P8 54 19:00 NS

Unable to express my thoughts – marked P8 20 13:15 IOS

Even though I set the washing machine I still do not register that I am up an hour earlier than I need to be until I come to leave the house P9 31 06:10 NS

I was on holiday and using a sun lounger with metal legs they were all covered with calcium build-up (scale) and I was going to treat it by dipping the lounger in a vat of acid type fluid P9 20 05:00 NS

I go for a bus and in the road I drop something an stop to pick it up, I am nearly run over, I get on the bus and start to do some knitting, I am making a shopping bag, someone sits down next to me a bodges the needles making me drop stitches this happens several times. Feeling of dream is frustrated, but also inspires me to maybe knit something! P9 13 XX:XX NS

I am on holiday, here where I am (Mallorca) and cycling on a hire bike, I realised it was getting dark and decided to invent disposable bike lights. They would look like normal lights but be full of chemicals and when you shake them they last for four hours for emergencies if you forget your lights. I thought I was very clever P9 6 04:00 NS

The builders moving the furniture were able to give me a set of plans and when I opened the book they were the history of the site in video as though filmed from the top of a bus, I watched this closely and told the builders where to put everything P9 16 XX:XX NS
When I go back to the table where I put my stuff I realise I am hogging a table that is huge and need to move it as there are now a lot more people around P9 32 XX:XX NS

Woke up wet...the duvet was wet P14 43 XX:XX NS

Less sense of unease as I wake. I'm eager to see how the kitten is. Relieved to see him eat a bit and drink. P1 32 07:00 NS

Woke up at 2:30 and couldn't get back to sleep until nearly 5am. My mind is very productive, I managed to write an article I've been meaning to write for some time P10 20 02:35 OS

Woke up at 2:45 and couldn't get back to sleep until bearly 5am. But that time awake was very productive I wrote something in my head that I've been trying to write for 8 months. P10 21 02:45 OS

Just after I heard “160 recipes” in my head, I woke up, no particular atmosphere or emotions P5 2 03:30 NS

Went for a pee. Not so usual to go twice in the night. P1 1 05:30 OS

Went for a pee. Not so usual to go twice in the night. P1 8 04:01 RS

noticed I have not needed a wee in the night either Day 1 or Day 2 despite drinking before bed. P3 2 XX:XX NS

Still feeling excited, but 'edge' has gone off it. P1 25 09:00 NS

Suddenly decide that we should get another cat (old cat died in the summer). Start looking at cat rescue websites. Find 2 black kittens that I like the look of. I email the Cats Protection league about them. Get very excited about this. P1 20 08:45 NS

Energy good in the morning. Wanted to be out in the fresh air. Went for a long walk P1 15 08:30 RS

Energy much better today. P1 14 07:00 RS

Feel like I've got more energy, especially in the morning. P1 35 11:00 RS

Physical energy feels good. P1 12 12:00 RS

Woke up and got out of bed easily and with energy. P1 12 07:30 RS

I felt a bit better today. My throat & head have finally stopped hurting. I had a bit more energy and spent most of the day trying to do my homework. P10 24 18:00 NS

Feel a bit more 'alive' than usual. Looser. As if I have urge to stool, but not strong enough to actually do that. P1 5 11:00 Ns

Feeling more energetic when I wake and all through the morning. P1 22 08:00 RS
Went for a run for 35 minutes. Had to walk some of the way, but it felt good. P1 08:00 RS

Excited about getting on the train P14 12 10:00 RS

I've been moaning and groaning in my sleep P14 27 03:00 IOS

Energy levels better, more interactive/feeling of improvement on the introverted and tired feeling previously described P7 3 14:00 NS

Dreams usual. P7 2 XX:XX NS

Good concentration - started doing assignment P8 41 09:00 NS

Better for getting out and about P9 6 12:30 NS

**Sadness, depressed and down**


Cried in the arms of a colleague at work; something I don’t do. I have let the people at work know, in a more “factual/informative” way, about grievances in my personal life during the summer - but not at all revealing my emotions, or crying, in front of any of them. That I only do in solitude. When crying in my colleague’s embrace at work I felt relief, security, comfort. (AS: because of the opening up in a very unusual way for me, as I don’t even open up that much/make myself vulnerable/share things on a very deep level with close friends even) P11 3 03:00 AS

A friend calls. I cry and cannot stop. Great outpouring of tears. Deep grief. About my mum, my brothers, the kitten (who I’m afraid will die). Feel > afterwards, although very drained. P1 31 14:00 NS

Grumpy, especially with R. Want to be left alone. Sinking feeling from head to stomach. Sinking feeling in my mind. As though things are not right with me and not right in my world. Want to cry but not weepy. P1 10 07:00 RS

I cry when Debs asks me how I am. P1 29 11:30 NS

R calls to say he’s on his way home. I tell him about the kitten and cry a lot. P1 31 20:40 NS

Feel like I want to cry whilst percussing P10 018:44 NS

Feeling I really want to cry, then several people in the room start to cry P10 018:30 NS

We were in a huge shopping mall, I associate the building with a big Colosseum-like building but with the greek sleek offwhite construction. It was so huge that at a point we took a bus to get to where we were going. Who I was with is a bit vague. But at some point during the bus ride I was with some friends of mine. When we came to our destination, it was at a friend of a friend’s place - which I relate to a place where this same friend of a friend has a fun festival-event every summer. I have never managed to go to this festival. Everyone were crying because of my friend; I am not sure why, but they were all crying over her. And when they were all finished crying, it was ‘my turn’ to cry. The tears poured from my eyes in constant streams - and they were of a whitish colour, as if a high-concentration salt-solution, or a washed-white colour as if having rinsed a paintbrush with white paint in the water. One of my friends was eyeing
me with some concern and wonder, because of the intensity and the character of my crying. It was a weird, but at the same time liberating, experience - the crying and flow of tears in the company of my friends; but without anyone actually addressing it. Before I woke up we were getting something to eat. I don’t eat bread, and there was only bread there; I didn’t mind, because I didn’t feel like there was a need to make any fuss. **The atmosphere/sensations in the dream are kind of familiar to me, though I cannot put my finger on what it is - the atmosphere/mood/energy in the air is kind of anticipatory, at the verge of something, but at a standstill too; this kind of tense but relaxed feel, A change of some sort is to occur - an event? a mood? don’t know if positive or negative - but at the moment it is at a standstill, and could "break out at any minute".**  

During meditation I think I hear someone crying, they are crying, it makes me think of tears. **Crying, sobbing, wanting to scream...silent screams**  

Both cry **P4 24 23:00 NS**  

I stayed on the top of the stairs for 20 minutes (08:10), totally depressed, as if I was sinking into a pit of hopelessness, my head was drawn downwards; I had a cold feeling (like ice in my whole body), and tightness in the brain, as if two hands were drawing my head down **P5 16 07:45 NS**  

Knitted blankets. Aunt Theresa is taking them all. Watching as she takes them. I want one but I can’t just dive in to take one. And then I’m too late and they’ve all gone. **Disappointment.**  

All day I felt irritable, like I had lots to do and every bit of conversation in the office, weather directed at me or not, was irritating me, distracting me, it made my feel prickly inside. A sort of privilege irritation. I just wanted to be on my own, in silence, doing my work, no interruptions, no conversation.  

**Doubting my studies of homeopathy**  

The chaos and mess in my son’s bedroom and generally in the house has been getting me down for the last few weeks. Today I literally emptied my sons bedroom getting rid of 4 black bin bags of rubbish, moved the furniture around and put it all back. Very productive! **P10 32 09:30 RS**  

Have a ‘heart to heart’ with my granddaughters regarding my grief and have a long cry, one of them falls asleep on my lap and I feel very cleansed by sharing my love with them and telling them they will always be loved and are welcome in the family. They both sleep for 3 hours in the morning- totally unheard of!  

**Found out that a couple of employees (including a cousin of mine) were sort of running their own business within our business. I was a bit angry but mostly disappointed. I don’t know how I will be with my cousin from now on but there was no “bad” people and “cutting all ties” or anything of the sort.**  

Very nearly started crying as was abroad when got the news my grandaughter was ill, imagined all sorts of really bad scenarios, very agitated and upset, could not settle to read or do anything as was then travelling home-feeling lasted about 2hours had to talk myself ‘down’.  

Crying whilst typing up all the diary this morning when I got to the responsibilities bits early on day 14.
Felt very emotional out on a bike ride, the beauty of the day made me cry P9 16 13:30 NS

Get emotional at Christmas Carols being played in Sainsbury's have a small cry as I leave lasts 15 mins P9 50 16:00 ROS

Not sure if I should put this in the diary; during the afternoon’s lecture I realise what I am feeling is a grief and the physical pain in the chest and the lecture allows me access to something I did not realise I felt. Grief for two children I lost- one termination and one ectopic pregnancy. The lecture is about sentience and lucidity and it comes to me that I have two granddaughters after I myself lost two daughters (a medium told me they were both girls and that they were with my mother, a different medium told my daughter - she knew nothing about the losses I had or what the medium had told me- that she would be given a baby that her grandmother had ready for her, when the time was right). The grief is overwhelming and I cry a lot on and off for the next 36 hours. P9 30 15:00 IOS

My granddaughter gets her head stuck between two cupboards in the kitchen and I pull her out, hurting her, but acted instinctively, I leave without saying sorry, playing it over in my head. P9 31 17:45 NS

I had a cry into a pillow and wanted to disappear into it. I felt more helpless than usual, felt drawn down into a bottomless pit. Later, I had another cry, but this time with my partner's support, felt better for a hug P5 17 09:00 RS

We are talking about one of the students cases in class and I turn to look at her next to me and I feel the physical pain in the chest and the emotions she is discussing that her and Bill are discussing and I start crying, and complete emotional overtaking of me - I cry and stay emotional for the whole afternoon, can still feel the grief in my chest the next morning. During the lunch break I have a real sob- this is similar to the last two Sundays at the same time. I feel that it will pass within an hour or so as it has each of the previous weeks, but it is more intense. P9 30 13:00 RS

We were out for a nice evening, and met a friend of ours without his wife; he told us she was in a bad mood and that they were about to divorce. My stomach instantly sank and felt heavy like lead; this later lead to an intense conversation between my partner and I about our relationship and how neither of us are sure whether we want to have a family together and make it last, or whether we wouldn’t, I felt extremely sad and down, as if I had gone into a hole; cried for a while (maybe 10 minutes) P5 8 21:30 NS

I heard about a friend’s daughter who had an abortion; this made me feel very sad and cold; I felt empty inside, as if life had been pumped out of me; I got better when the conversation changed, but it stayed at the back of my mind. I really can’t stand hearing, reading about or thinking of abortion and/or miscarriages P5 22 19:30 RS

Woke up and found I was alone in bed; from then on I woke up every hour, then at 6, couldn’t go back to sleep so I read; I felt sad, forsaken and betrayed P5 15 03:30 NS

When I got up, my partner already had his breakfast and wanted to go back to work quickly. This made me feel sad and annoyed, for I had the impression his research goes first, and not me P5 16 07:45 NS

Felt very sad and depressed about a family situation that happened 3 years ago. My dad went back with my stepmother, and I still can’t digest that because many bad things happened between the 3 of us P5 17 09:00 RS
I suddenly got a low, feeling, I was working in my studio on some jewellery work, and the kids are away with their dad, I didn’t really feel happy seeing them go out with him, but was ok until later. P2 12 07:12 RS

Noticed I feel low, not inspired at all, nothing much to give. P2 12 00:00 RS

Started to gnaw and eat the skin around my thumbnail on the right hand; I do it when I’m slightly stressed, I did feel stressed, but couldn’t find why, and it seemed a bit out of proportion P5 3 10:00 OS

Feeling frustrated, my partner is not listening to me, he has some money and wants to buy a new kitchen and I tell him how ridiculous this is, we must travel and enjoy freedom not buy kitchens... P14 5 04:00 RS

Grumpy day, nothing goes right, frustration, depression P13 20 XX XX NS

Subdued mood, melancholy and tearful.

Hair seems longer and thicker. Which in complete contrast to last year it was falling out! But this normal for me in reaction to grief. P4 17 XX XX OS

Emotional thinking about it

Feeling helpless watching the child at work with impetigo and antibiotics and wonder when would the time come for this nonsense to stop and people stop poisoning themselves... P14 24 15:00 NS

I dreamt I was helpless and scared of my partner, I was crying, he tried to help me by gently saying: “You’re afraid because you think you’re in the same situation as when you were 5-6 years old, but you’re not.” Then I felt better. P5 8 03:15 NS

I’m feeling so low now and just want to hide away, away from the world. I’ve been like this in the past and my squid remedy resolves it. I feel I want to emigrate to a long lost island or go back in time to a world without technology. I feel I’m not cut out for these times and sometimes just want to go back to source energy. I’d want to experience the state I was in after my near death experience, a state of peace and tranquility. P10 43 17:15 RS

I had a very low energy day after feeling so ill yesterday. I spent most of the day watching films when I actually hate watching TV, I couldn’t motivate myself to do anything P10 23 18:00 NS

Melancholy is a word about me that keeps popping up last few days, not sure if it’s cos I’m tired or real. Don’t like it though P4 23 15:00 NS

Wondered why I was feeling so low then remembered my period was due, felt like crying for no particular reason when on my own P6 12 15:00 RS
Loss of confidence crying because cannot do homework P9 23 15:00 NS

Really f**ked off about feeling unwell, having no energy, pains in chest. Feel like I’ll never be able to get back to previous fitness. I hate this proving. P1 26 08:55 NS

I want him and then I delusion myself that he is not there for me, or that I am not wanted and I feel
I woke up feeling completely rejected by the whole world, but especially by my partner, it didn’t last long, but it was very intense, for no apparent reason P5 52 10:00 NS

Feeling like I am relaxing to let old griefs and traumas reveal themselves and the emotions expressed. Becoming more present with the children and their fathers impact, having to address my fears. P2 40 04:48 RS

In some big apartment...having a party...I am the host with my partner...it’s our party but I am doing all the cooking and when people first come it’s only drinks, and food is not till 6...he is a bit critical about it (it was the opposite when we actually had a party in summer at home) I am sweaty and dirty, I have my pyjama top on...they are lots of people...Bulgarian and British...one can feel the separation, I don’t know most of them...My partner's ex partner is there...we all dance kan kan style...two guys...old good friends of mine and my partner’s ex is feeling upset and sad, and so he is looking after her, I am not jealous but I am very sad and miss him looking after me, I can’t seem to see her face, I try to see her but it can not see her face. Later I am outside and there is an airport outside my building where I grew up. P14 31 XX:XX NS

Feeling really sad P14 36 XX:XX NS

I still feel sad about miscarriage and abortion; I want to cry, but cannot; I would feel horrible if either happened to me; there’s a heavy, sinking feeling in my stomach P5 23 10:30 NS

Driving have to concentrate weather bad and very tired. Sad, remorseful, exhausted, still offended. Confused. P4 24 16:00 OS

I felt very sad and left alone because my partner went to Plymouth to let me and my dad have two days together and chat in French; I have qat feeling usually when he leaves, but not to that extent P5 40 XX:XX NS

Seemed very real: I did not want to drive my cousin back home to her town (about an hour away). My brother and his now ex-girlfriend were sitting together at the dinner table, it was sad/nostalgic and a bit melancholic/gloomy. I tried to hang out with the guy who broke my heart in July, as just friends, it was sad: I miss him, but I don’t want to be pushy or involve myself when he doesn’t want me to. (After having played the game we enjoyed playing when we started dating, with the guy I have been seeing a bit recently?) *** First in the dream: I was in my family’s house: Surrounded by water/the sea; some walls covered by something similar to the protective plastic shields they use at building sites when there are no windows - I thought "they will have to do something about this soon". Very nostalgic, and quite sad, mood. P11 40 06:50 NS

Continuation of the above: I gave some of the spare cash to a beggar on my way home from the train, which is something I have actually thought about quite a lot the last couple of months to do - but for some reason I have always made excuses for myself and rushed past. Felt a kind of happy sadness when having given him my small contribution, but it was a good experience, and one that goes along with the inspiration I gathered the day before the proving - to try the karmic principles of planting karmic seeds, with a book I am reading as a guide/inspiration. P11 4 15:00 AS

Got up feeling very sluggish and depressed, didn’t really want to get up and tackle the day; also felt we’re going nowhere in the relationship, which might be a delusion (or maybe just temporary), it lasted for an
hour, then felt much better for having a bath (I always feel much better in water) P5 7 09:00 NS

Lots of tears dripping down face. Eyes watering continuously. Stopped late afternoon P3 2 XX:XX NS

So sad... I have to make myself cry to stop shouting P14 43 XX:XX NS

Tears. Became tearful then tears stopped suddenly P3 1 XX:XX NS

I dreamt that I had made friends with a young woman who suffered from leucaemia; her mother asked us to go and spy on gypsies because they had stolen something from her; my new friend died before we found the gypsies, I felt ever so sad, it was all gloom and cold around me, as if I was in a big uninhabited house P5 20 04:45 NS

We walked further around away from the crowds of people who were grabbing at everything and came to a table with crockery on it and she said they could get some for the wedding. I thought this was odd as the venue should provide it but she said they had told her she had to bring her own. She started crying being very upset that none of the plates matched in large enough quantities. I was upset for her but said stupid things like, they are pretty though. P9 8 XX:XX NS

I then wanted to start my business straight away in this country (Spain) and understood that I would have a lot of problems with red tape, the feeling of the dream was determined P9 NS

In class Bill Rumble picks up Ignatia state in me. I feel weepy, sad P1 30 15:00 OS

Disappointed that the rosacea is back. P1 39 17:00 RS

Hair at the front of my head (all around the forehead) is looking even thinner. P1 34 08:00 NS

Notice that my hair at the front of my head (all around the forehead) has become very thin. P1 27 07:20 NS

Feeling guilty that we missed rememberance day... like we did something very wrong and terrible... awful feeling, stays for days P14 24 10:00 NS

I don’t like my smell, my clothes smell moldy, old and not fresh. As is house, car. P2 7 XX:XX NS

**Forgetful and lack of concentration**

Loss of concentration and memory, distracted, tiredness, brain dead, lack of concentration. Feeling misunderstood like dementia and Alzheimer’s. Unable to perform simple tasks, closing off, foggy and forgetful - memory fading. Forgot spellings/vocabulary, lost track of conversations, muddled.

I can only remember metal. Lots of shiny, silver-coloured metal. P9 28 04:16 NS

Cannot remember the dream but felt anxious and felt the dream slippery P9 30 04:00 NS

All I can remember is baldness - mans head P9 2 05:30 NS

All I can remember is a baby crawling away from me, bald, in a babygrow P9 1 06:30 NS
Mum’s funeral and inquest. 2 stained glass pieces I made are now in St Lawrences church and Feltham Court building. I didn’t know about this. Puzzled as I didn’t even remember making these identical pieces. Brothers and sisters are there in both places and the priest in the church. I'm dressed in academic gown and mortar board. I’m lonely. I’m thinking of contacting an old boyfriend for sex. Then woke up. And went for a pee. P1 7 01:35 RS

Helping son with his revision notes and drawing pictures to help him recall facts. Finding it easier to convey words by drawing than writing. Words are not coming easily. P3 6 10.45 NS

I am having difficulties with my technology, things are not working I find it hard to concentrate & focus P2 27 08:38 RS

I am having technical problems with phones computors, things won’t work or get stuck. P2 21 All day RS

Concentration difficult while studying and reading P8 11 10:00 NS

A dusty book on the floor...dusty floor old book, with very hard pages ans a string in between them to hold them together...I am sat on the ground...is it a street but more like a desert and looking at it...i cant catch the rest of the dream P14 22 04:00 NS

Everything is flowing; forgetting somethings and unconsciously remembering the other things P8 46 10:00 NS

General state that lasted for a week: forgetful, absent-minded (went to dancing lesson without dancing shoes, went to work without my laptop, got out of the shower and couldn’t remember whether i had washed properly, started to go get a glass of water ended up back on the couch with an empty glass), wandering around "aimlessly". "Just leave me alone" feel I can’t handle it any more, it is too much, I don’t want to live like this, I don’t think that I can, I don’t have the stamina, I don’t have the will, I feel lost, can’t find my center, hopeless, falling apart (not unusual in the current situation but significantly more intense and longer lasting) felt like giving up, quitting, surrendering, collapsing. Feel exhausted and exhaust myself further, sleeping really late, not eating very well, staying at the office later than i had to for no reason. (Again not very unusual but the intensity is much higher) P7 7 XX:XX NS

I went for a shower and gathered my clothes together so as not to have to go back to room and disturb roommate. Forgot my boots. Went back to room. Went downstairs. Forgot my boots so went back upstairs again. Went to car. Realised I had left the car key in my room. Went back to my room to get the car key and then back to the car. Put my tights in the car. Went inside and realised my tights were outside in the car. Went back outside to get my tights from the car and left my bottle of water in the car. Had to go back outside and get my water. Muddled. Confusion. Accepting of being confused. Not unsettling. Indifferent. P3 2 07:15 NS

Forgetful of names, and a bit of a messing up with words; difficult to say what I want (or even write it now) P11 3 18:00 NS

I keep losing my phone, it’s laughable as it keep happening. P2 26 XX:XX RS

Put trousers on the wrong way around! I can’t remember the last time i did that! Made me feel like more things were going wrong! Had to laugh. P13 3 01:12 NS
To hide things and not be able to find them!! So annoying! I remembered where I had used my iPad last but had completely forgotten that I hid it from my daughter to avoid her going on it, etc etc etc. So couldn't find it all weekend, but because we were busy with vaulting and competition and other things, mint was in the back of my mind. The moment of "no use of iPad" had gone, but I failed to stop hiding it, because being busy. So tonight, panicked! Had looked everywhere for 2 nights lamely and tonight, searched everywhere. Resorted to being suspicious of people in house, and ready to blame others because I could not find it anywhere. Realised I was running out of hiding spots! Or I was very good!!. Anyway with help located the iPad. Felt very bad and guilty and accusations, feel naughty ashamed!! But also laughing at my crazy hiding habit that has to stop!! And now with find an iPhone app there's no point doing that anyway now!! In moment of panic, no hot flushes…but P4 17 20:30 OS

I drive 20mins to another town to look for one, find some chemist beakers I like to go to pay and find I still have not picked up my wallet! P13 214 XX NS

I went to antique emporium to find a pestle and mortar, found one but discovered I forgot my wallet, very unusual for me. P13 2 11.XX NS

Left the keys in the door (on the outside), had to be reminded of things I'd been told the day before P6 5 15.00 NS

Don't remember the days and the dates P8 43 17.00 NS

Forgetting names P8 44 17.00 NS

Loss of memory, forgot that appointment was cancelled P8 29 16.00 NS

Loss of memory, forgot the appointment with the supervisor for a follow up patient P8 29 15.00 NS

Loss of memory; locked myself out of the house and forgot to take the keys with me P8 5 15:55 NS

People coming from the past; 4 people from my school years have sent me a friend request on FB. I don't remember them but we have quite a few common friends. Someone I never spoke to in school but fancied him when I was 14, also sent me friend request. That's very unusual P8 49 10:15 NS

I went out for a meal with my brother and dad, kept changing my mind about where to take them. Indecision. P13 1 20.XX NS

Not sure P2 1 04:06 NS

Jumble of dreams all mixed up, went from my mind as soon as I sat up P6 31 02.00 RS

Attention span short. Having to work much harder to engage. P3 2 XX.XX NS

Can't concentrate P3 2 XX.XX NS

Difficulty Concentrating during conversation P8 20 13:05 NS

Marked loss of vocabulary P8 19 15.00 IOS
Dream, cannot remember wholly just essence of jumping, and moving around, on a journey with friends, high energy, this time on horseback. P4 8 3:30 OS

Soo forgetful P14 42 XX:XX NS

Kept mixing up my words  P10 3 13:00 NS

I am doing my studies, and things are seeming muddled, I look up references and they don’t exist on the page? I feel like I’m in a cloud, as if its controlling my access to the outside world in a way that directs me to only that which I most need. Find myself on the page of my constitutional remedy? P2 5 08:52 NS

Can’t get words out. Muddled speech P3 2 09:30 NS

Long conversation with a friend during which: Verbal slip-ups, the words were not coming out exactly as I meant them, I knew what I wanted to say but the word just did not come out then it took some focus to bring the word back to mind and then mouth. P7 3 20:00 NS

My driving home is atrocious, I cannot brake, corner or change gear properly. I stall on entering a petrol station, VERY unusual for me P9 30 17:30 NS

I can’t remember much about these dreams - the detail, or whether they’re separate dreams or all part of the same one. Out with friend. Pigs or cows and time on the telephone? All makes sense in the dream but can’t put the pieces together when awake. P1 8 01:00 RS

I keep struggling to remember my dreams the moment I wake up - even though I am conscious of dreaming quite a lot. Remember a part about a new wall in a city (could have been on a Greek Island); I was watching it with my Dad from a distance; and when we went close to explore it, for me to show it to my Dad, I showed him where it was getting cracks and crumbling down on itself. P11 7 06:50 NS

I went to my daughter’s workplace to collect a high chair for my step mother, I had to keep asking her who it was for as I kept forgetting. She said it was second hand and not very clean when she got it. I looked at it and it was a disgusting old fashioned orange thing. P9 8 05:19 NS

He then got a bit daft and was looking to do something nihilistic and there were others that helped him bring a F1 car into the living room. Someone gave me a candle lighter and it was lit and it turned into a blow torch. My male friend took this and started melting all the plastic bits on the car engine, there were quite a few. I said be careful of the fuel ‘S’, and everyone gasped as I had called him the name of my ex husband P9 6 XX:XX NS

I bring in lots of stuff and put it on a quiet table in a back room. I go back to the bar and order the coke and a Doom Bar, only for the group who were with the man I did not know to say they were leaving now. I suddenly realise two of them are a couple, who are friends of mine and although the male does not look at all as he normally does I speak to him P9 32 XX:XX NS

I felt I took my family to wrong restaurant to eat, the food was very average, I feel I made the wrong choice. P13 1 21:XX NS

I went around town looking for a pestle and mortar no joy. Feels like fruitless activity. Not getting anywhere. Being blocked, made the wrong decision. P13 2 12 XX NS
DJ and me buying paint for the crates I found in town on Sunday (in reality I found some wooden crates on the road and carried them home). Mind - don’t remember this at all. Weird. So surprise that I don’t remember. Amazed at what the mind does. P1 12 04:00 RS

Nothing to report P1 44 XX:XX NS

Nothing to report P1 45 XX:XX NS

**Exhausted, Tired and struggling**

Slowing down, severe lack of energy, lagging, needed rest, struggling to finish everything. Extreme exhaustion and heaviness and requiring more sleep than usual. On the passive plane, slow and static. Constipated. Dispassionate. Frustrated, inadequate, failure, less efficient, no energy, overwhelmed, sighing, struggling, unsupported, weakness.

I have just had a session of osteopathy and after the session the osteopath seemed to linger, then 20 mins later I had a phone call with someone and again there was a linger, at the end of the conversation. P2 12 08:24 NS

Pain in right knee, struggling to walk up the stairs, it’s a dull ache pain P10 34 11:45 NS

Ache in the joint, feels like it needs stretching but I can’t stretch it in the right way. Took a while to get comfortable enough for sleep. Not done much exercise so don’t know why it hurts so much. P6 3820.00 RS

Headache, moving from right temporal to right occipital. With dullness in mind, tired+++ P4 2 12:16 NS

My bones in my left ankle ache’s uncomfortable I am sitting resting. P2 8 00:28 ns

Joints all over body ache a little bit: knees, hips, hands, back P1 19 22:00 NS

Photophobia worse in right eye - aggravated by lamp light P8 19 06:05 IOS

Light reflected from LCD of the camera aggravated P816 19:35 AS

Aggravated by light P8 5 04:40 RS

Not feeling as positive as before. Would like to be left alone to sleep. P1 8 17:00 RS

Analysing the dream, recognise so much of my life as it is and as it was. Being by the ocean with daughter with husband in back ground. Always a wall of emotion confronting me, that I have to deal with. Me rescuing everyone, and always finding a way, and being successful at this. Up to a point. The state of collapse at the end is me now. I feel like I am struggling, that there is no joy, which makes me sad. I don’t feel confident or able to do what makes me dance. I recognise that this dream is about how sad I feel at being here. How sad I feel for my daughter and with whom I have a different relationship with as a result of all the recent past. Also, that sometimes we cannot find our way with each other, and, that taking control like I have has led us through to a barren, wasted joyless place. Alone. My perception ,is not hers. I feel affected by the weather right now. I really absolutely hate wet, cold weather. It reminds me of my own sad childhood, wanting to be free when it rained. I didn’t want to bring up my child in this weather but
here we are. I came for so many reasons, to keep my marriage going and our family together, rescuing them. For my parents to help them, but they never call. They made it so difficult to ignore there struggles, and the age difficulties, when I called them from My old home. I felt so guilty. But I’m here and at first they pushed me away and made me feel dreadfully guilty, for imposing. So I moved to where it would be good for me. Now I know they appreciate me, but I feel I have to always go there, but worse that I am stuck and I shall not be able to leave until they aren’t here anymore. Which is dreadful not only to imagine I’m placing life on hold for this but that I’m almost keeping a secret from them. More important than this, my daughter. She and I. I realise I am putting my own self in front of her. This is not the proving but it’s how I feel. P4 46 07:30 OS

My eyes are very blurred despite wearing my glasses. My daughter is a blurred mass in the doorway when usually my eyes aren’t that bad. P10 22 13:15 NS

Burning in eyes lids P12 2 20:XX RS

Burning P8 5 06:15 RS

Stubborn, feels constipated, not my usual expulsion, would normally make me moody for the day, so uneasy at not going properly. P4 34 06:00 OS

Constipation- lasted until 09:30 next day P9 8 19:15 NS

Vision of corners like windows. Abstract structures of lines. How I would imagine the structure of a crystal P3 1 XX:XX NS

Crying, exhausted, have to go to work, not waking daughter if she doesn’t want to go to school, good. I have to go though. Very pissed of about that, about lots of things. P4 25 07:15 NS

Intense headache that comes on suddenly. Approximately 1 hour after eating mackerel on toast. Across the top of the head, from ear to ear. Feels deep inside. Heavy sensation in head. Want to close my eyes. With extreme tiredness, felt in the muscles and stomach P1 18 15:19 NS

Can’t be bothered to fill in prover diary! But also have a realisation how important it is to be diligent about it. Appreciate Melissa pushing me (gently) on this. P1 13 16:00 NS

Writing diary to distract attention from feeling anxious, realise all this day till now about time, speed, rising anger and emotions, now feeling exhausted, got to work in 3 hours! P4 7 03:05 NS

Feel like I’m cast adrift and my stomach feels tight like a clenched fist. (Note: have had stomach problems since this morning, but don’t know if it has to do with emotions or if it’s just physical, because I had chips and icecream yesterday evening, and I can’t digest junk food at all) P5 17 16:00 NS

Still cannot get any technology to work feel very despairing as though I will be a failure if I do not get my work into college on time! P9 52 20:30 NS

Loud noises made me worse; kids were arguing and I closed my ears as I felt that was too draining for me P8 35 20:00 NS

Husband was advising me about how to talk to people about nutrition. I felt demeaned by him and felt
like a failure. I felt as if I am lacking enough knowledge in the subject. I did not like him contradicting me. 
P8 52 11:00 NS

Frustrated P9 7 11:58 NS

Feel inadequate, want to solve children's issues very sorry I cannot P9 16:00 NS

Start thinking about the homework from the SOH – had not read the question until earlier in the evening - feel inadequate again and insensitive as though I do not operate on all the levels and am tearful as I feel a failure P9 14 03:11 NS

Tried to study but was impossible, mind scattered couldn't put a single word down (not very unusual state but the intensity was very unusual), sat there watching the hours go by realising that I am not going to make it in time, which however didn't bring about any emotion whatsoever (usually by this time I am panicking and working as fast as possible to try and make the deadline but not this time). I was just sitting there completely apathetic, no stress, no panic, no nothing (i4, u5). Slept really late, around 3:00. P7 6 XX:XX NS

Feel like I'm going to collapse and fall over from a great height, but slowly falling, repeat of statue or structure falling. P4 1 06:57 NS

Had been feeling a little bit off past couple of days like I was going through the motions but was not really there. As I was transferring the diary paper notes to the computer the “suspended” emotional responses started surfacing. I allowed the feelings of exhaustion, frustration, pain, grief, the sense of injustice to come up and allowed for the response. It was much shorter and less intense than other times, my head cleared and felt reconnected but I realised that all that is still there and started wondering whether it would ever really go away or whether I will be carrying this weight around and dive in with every trigger all my life. P7 56 XX:XX NS

Back at work, pensive on way in always pissed off about very low wage and promised of unmaterialised wage rise. Still feel sensitive to bugs and dirt. Manager and I discuss wage and a meeting. P4 27 XX:XX NS

Felt attacked and treated like I was doing something wrong by not getting my partner a drink of water as soon as he asked me to; he finally got it himself, but I felt it was because he was annoyed with me for not getting it quick enough; just felt inadequate P5 7 08:30 NS

My partner and I had a disagreement, I felt very down and attacked, not able to do simple things in my own home (still being aware we share it); I might be premenstrual or it might be the remedy P5 6 18:15 IOS

I was having a shower and suddenly, I was afraid my dad was going to come in and watch me naked; that didn't last long, but I felt like curling up and hiding, I bent double and then got upright again P5 42 08:00 NS

I am now feeling weak and waiting to heat up and sweat it out...my chest hurt...some other friends from teenagerhood come in...they are covered with mud...they have been somewhere and moan about it...they sit on the side on an already dirty sofa...we are all at the table...then someone goes to hold something...to help someone but for this he has to come out of his machine...he is in a machine that supports him underneath...like a saucer...he is very kind and sympathetic...he really wants to help...but his friend say to
him to move away or he will die if he drops out of it again, this was his last time to come out of it, and he is not well...but he is so devoted...not so much philanthropic as suicidal...he shouts that what is life for if not to help others...he has to help...
Feeling ‘fluey’. A bit tired all over my body. P1 26 14:00 RS

Formed!! Never normally. As a child often constipated, I think this led me to have piles later in life and severely in pregnancy nothing unusual there. But then became always loose and regular as soon as I got up. So this not going was like a return to childhood but then formed!! And incidentally not empty so not happy with that P4 35 06:00 NS

Feeling weak, a bit freezing at extremities for rest of the evening P12 46 18:10 RS

Very tired all day. Wanted to go back to bed after breakfast. Started to clear at 16.30. > meal. Need hot drinks. > fresh cool air. < sitting P3 2 XX:XX NS

Finding it very hard to finish things. Feel like I’m working hard but not getting anywhere. P1 10 12:00 RS

Slight dull head ache, from tension and not enough rest, gradually wore off through the day P621 11:00 RS

Intense because I am exhausted when reading, not unusual for me at this time however normally. Mentioned because in direct contrast to yesterday’s high energy. P4 8 12:30 OS

Completely knackered when we returned from the walk. Didn’t want to do anything physical or mental. Lay on sofa with tv on and snoozed for 2 hours! P1 15 14:00 RS

Less efficient P8 20 14:10 NS

Less efficient P8 21 12:10 NS

Very sensitive to all instant lightning P14 17 18:00 IOS

Lower back pain. Feels hot. < movement. < sitting. > being still. < standing. > deep pressure from making fists with hands at base of spine. Pain radiating to hips and down legs. Hurts to walk. Immobilising. Cannot bend over (still continues but not as intensely, 8 weeks on, with intermittent relapses when I am unable to walk unless holding onto furniture or walls.) P3 9 01:00 RS

I keep messing up words, almost studdering a bit; it’s hard to formulate the sentences. P117 08:30 RS

Sensitive to mould, am sleeping in mums bedroom which has some black mould. I am very sensitive to this. My breathing becomes asthmatic, tight in chest and throat. I feel like I cannot breath because the mould spores will come in to me. Gets tighter, can feel a wheeze. Have to have ventolin. (Visiting mum n dad no other sleeping arrangement) P4 23 23:00 OS

This morning I am feeling very still and have not much motivation for movement. I want to go back to bed. P2 13 03:50 NS

Cried but only a few tears - not enough energy - usually I cry easily and lot more P8 27 11:55 RS
No energy to get angry - daughter lied to me but I wasn’t angry but I usually would be P8 19 08:25 NS

Dragging myself around and putting in a lot of effort to carry on with daily chores P8 29 11:15 NS

Drop of energy after outburst P8 27 00:00 NS

I drive to antique emporium for the 3rd time that day, each time something has stopped me getting what i want. This time I arrive at 5.20 to discover it closed at 5pm. Today has been a day of not be able to complete what I want because of forgetting things, going wrong or being late. I feel slightly out of sorts. I have travelled around a lot but not got anything done. I am usually organised, efficient and harmonious, but this has been a day against the flow, with blocks and disappointments. P13 2 02:24 NS

Had got up and had a bath, then when I came back to get dressed in the bedroom and found my partner was still sleeping, I suddenly felt overwhelmed with all the things we have to do today, felt like I wanted to sit down (felt like a big weight), I felt helpless and alone; this didn’t last very long (maybe 10 minutes), then I started doing things in the house and felt better P5 12 10:00 NS

Pain in my hips and my bum bones on going up the stairs, went off for couple of days P14 17 15:00 NS

Struggling to walk up the stairs with me left knee. It’s the ACL pain. The knee feels weak. P10 38 11:30 RS

Have a massive strong coffee out to dispel headache which I know it will. It does. Then I’m upset cos so affected by too much coffee. Makes me tearful. Very imbalanced. So pissed off. Thinking all sorts of miserable thoughts, feel utterly useless. In the end give in to it ands plodded in front of a comedy movie…which I don’t laugh at!!! A totally unproductive day, which annoys the begeezers out of me. Laughing at a comedy is productive even, but being bland and anaemia with no verve is not me, so grrrr! P4 36 23:00 N

Difficult to go noticed this a few times over the month. Always resolve naturally. But very unusual for me. Regular as clockwork, when first up and completely empty. But a few times not. P4 29 08:00 NS

I catch myself sighing a lot…it is not something I have even done so continously...continues every day P14 8 09:00 NS

When moving my head after sitting still for the meditation, there was a kind of resistance in the movement that made it slow, as if a lot of friction in the movement, so I experienced it as a steady, focused, slow movement with a resistance in it that made the effort a kind of grinding force against the direction of movement. P11 1 00:12 NS

Slow P8 17 08:00 NS

Driving the car slower than normal P8 17 15:15 NS

Slowness and tiredness P8 3 18:10 NS

Yoga: I struggled more with keeping my mind focused, but at the same time it was very alert to the movements and the working muscles - on the alert, but hard to stay focused in one place at a time. My mind felt sensitive to stimuli - as if wanting to catch everything going on, and at the same time stay with the physical poses. It felt like hard work. P11 7 18:00 AS
I've been struggling with my homework again for days. I feel completely brain dead and have really had enough of this proving. I feel like I've been ill for 2 months and my family have suffered with me being angry. I feel angry at the school that we still had just as much homework this month and I feel like throwing it all in. Giving up. I feel fed up with everything, and I'm sick of having my head in books non-stop. I just want to give up! P10 49 16:00 NS

Getting things ready for work and struggling to do it all. Tring to get a Korean baby to the right place. Couldn't get up in the lift with the buggy and couldn't get up the stairs. P6 24 02:00 RS

Not sure what to put this under- there have been several obstacles in the way of continuing this diary technically since day 17, have had to keep notes everywhere- USB sticks, emails, and notes have all failed for the last week in some manner! P9 25 18:00 NS

Technology – macrep stops working, tablet has broken, cannot get a brand new printer to work this week P9 45 09:00 ROS

Still felt like this on Sunday and Monday P1 8 16:00 RS

Time slowed down during meditation. Went on for about 15 minutes but felt like 45 to me. P1 0 16:30 OS

Didn’t realize the time! Have to leap out of bed and run down to breakfast P1 1 09:00 NS

Time felt as though it was going very slowly I seemed to cycle to the station double fast time P9 20 10:00 NS

Struggled to fall asleep. Could easily relax, but even though I was sleepy and tired after a day of headache, I kept stirring restlessly and waking up many times during the night (when I had finally managed to fall asleep, after a couple of hours). I used to struggle like this regularly, but it is now quite a while since the last time. P11 22:00 RS

Took time to fall asleep - my mind and body seemed high-wired, even though it wasn’t in the sense of being tense or stressed; just in a kind of hyper-aware state where it was harder to relax into the bed and calm down completely. P11 7 23:00 RS

Leg muscles feel like they are twitching as though I have just finished exercising P9 14 03:20 NS

Twitch on upper right eyelid. Self conscious of it. Don’t want anyone noticing it. Trying to ignore it myself but it won’t go away. P3 2 10:30 NS

Feeling of this dream was I was unable to comfort my daughter or help her, helpless. P9 NS

A situation occurred where I felt like I work my arse off to help serve the greater good for what? I really felt like resigning from a volunteer role that I do because a person failed to do what we had agreed they would do. I was about to send my usual uncontrolled f--- you email but I stopped and decided to wait until I had calmed down and could do it in an unemotional and controlled state. I feel unsupported, unappreciated and feel I waste my time trying to help others all the time. I wish I could just put myself first for a change. P10 30 18:00 RS
During the meditation felt the need to sit back and rest neck on back of chair, unsupported need for support. P9 1 00:08 NS

Whilst going around some ladies asked for some more so I took some to them, I was worried again that there was not enough and then a lady stood up and it was the chair woman and there were some grumbles, I realised the lady was my stepmother. Then the ladies who had asked for more told me they had been told off for being greedy and not wanting to sit with the others, overall feeling was of not being able to cope with looking after everyone P9 9 XX:XX NS

With one magician, he wants to use his magic on me, I feel a strong force pushing me down, all the way underground, I could see the layer of the earth...very strong...I am complete lost out of control...some blackness begins to creap on me (like in the matrix) and one word shouting in the dream...ALUMINIUM...the earth is not crumbly...it is rather smooth...and suddenly I find my strenght...I push up...I seim out...the trick is to keep connection...and to NOT SPLIT...I hear myself with these words...and I feel strong force in me pulling myself out, and pushing back to the magician...there is other people around.......later my mum on the train...I met her on the street but she will be going back home...I wish she stayed longer...but I have to leave her as I am late for somewhere...but her train is late...and it is all getting confused...so I stay, I tell the ticket man we will miss the next connection but he says it is not their responsibility...this train needs to go back to take some coal...I am upset but unusually I'm not angry with him at all, so we are back on the train, a nandbag but it is not my mums, lots of gypsies singing on bulgarian, about the mountains, but we are not speaking out so they don't know we know where they are from...i am feeling sad, they are orphans, like the boy on the bus I met when I was 8 years old...that feeling about being an orphan...P14 4 04:00 NS

Want to be warm and cosy - lie under duvet in bed and snooze for 45 minutes. Still feeling tired when I wake. Have to go out to dinner. P1 51 03:36 RS

Knees feeling weak everyday from here on. P1 16 16:00 NS

My body, and especially my arns, feel weak - almost a bit like jelly, without much strength in them, as if they could not bare to carry much weight if I tried, or as if having carried a lot of weight and just been free of it. P11 7 16:45 NS

My knee still feels weak. I needed to climb up onto something then jump off again and it was really hard on my knee. There was an extreme sense of weakness. P10 44 03:20 RS

Yawning so much, I cannot stop yawning. I remembered I had been yawning a ridiculous amount before taking remedy too. I am so sleepy, going to collapse if not in bed now!! P4 1 09:50 NS

Yawning, ridiculous amounts after a meeting. Colleague commented it was a huge continuous yawn which was unusual for me! Had been inside a hot stuffy room, having a hot flush thinking about this!! P4 5 16.00 ROS

Yawning a lot and very loudly, for 1 hour P9 34 23:00 NS

Right wrist. Everyday from now I notice that the wrist is feeling weak and I struggle to even get milk top off bottle. P1 12 12:00 NS

Struggling to walk up the stairs with me left knee. It's the ACL pain. The knee feels weak. P10 40 11:15 RS
Struggling to wake up (even with the extra hour in bed!). Better when I do get up P1 9 07:30 RS

I’ve noticed throughout the proving I have often felt ill at weekends so it’s periodic P10 46 11:15 NS

Want to go for a run. Frustrated because of energy so low P1 9 09:00 RS

Feel ill again flu like symptoms, as in cold, lack of energy, hurts to breath in, I want to take the last remedy my homeopath gave me, I can’t concentrate and just want to curl up and be left alone. P10 36 17:45 RS

Still don’t want to fill in the diary. Stronger feeling than before and actually don’t write anything except this. P1 14 12:00 NS

feel like the power of the remedy is ebbing. P1 33 21:00 RS

Feeling really fed up with this headache P10 3 20:30 NS

I had been awake and reading for a while, and when I wanted to go back to sleep, I had a seizure; it was very effective to send me off to sleep for an hour P5 27 07:00 OS

We had to get up early, I got up and went to have a bath, but had a seizure; my partner had to take me out of the tub and wait for me to come back. P5 34 05:30 OS

Even though exhausted I still can’t relax and sleep (not unusual but not this hyped up) P7 5 02:00 NS

**Angry, violent**

Sudden, violence, blood, threat, desire to kill, intensive, explosive temper, screaming loudly, blaming, violent destructive dreams, impatient, insulted, feelings of betrayal.

Anger decreased P8 24 19:10 NS

I sob, so sad...I dont know what s got in me...why I am so angry P14 43 XX:XX NS

I am so angry all the time P14 38 XX:XX NS

I am so angry, I swear and shout, I am out of control...P14 43 XX:XX NS

So angry all day, smoking, fuming, and soon as my period came. i felt it coming and i felt so calm... P14 44 XXXX NS

I was myself as a witch...old witch...I realised if i am to be a homeopath i need to know all my sides...little one at home is bringing the witch out of me...the bad one...P14 38 XX:XX NS

Hate this proving! I’m so fucked off, angry. Feeling a bit weepy - I’ll never be well again. But laugh as I’m telling symptoms.P1 27 08:00 NS

feel weepy and a bit angry when I arrive in class. But then immediately feel > for being there. Able to engage with and enjoy the class. P1 29 10:30 RS
Angry that I’m feeling so weak and tired most of the time. Pissed off with this remedy. Will I ever recover from it? P1 18 18:00 NS

A situation occurred again where I felt totally unsupported and unappreciated. I’m angry with myself that I put everyone else’s needs before mine. I wish I could just say no and stand up for what I want. P10 35 09:15 RS

Angry and irritable to be at work, toxic environment, inside, sick people, many issues make me angry, irritable with laziness, incorrect attitudes, too many drugs, it’s all wrong!! P4 3 10:48 AS

Getting together romantically with Richard/Mark (and sometimes morphs into R!) who still lives in squat in Cedars Road after all these years. Intensely romantic, erotic relationship. I want to commit to him and am falling in love. But having to convince him that I’m true. Then... I’m shopping in Hackney but when it’s time to go home can’t figure out what bus to get and keep getting on the wrong one. I’m given false information by the bus drivers. Eventually get very angry because I was lost but they wouldn’t give me the right info (but kind of an impotent anger - no one was interested). Much angrier in my head than I expressed. (Familiar feeling in my waking life). End up at a tube station quite far away. trying to work out how to use the ticket machine. Puzzled and frustrated. Woke up. P1 7 07:00 RS

Angry and despairing about chest and energy. Feeling as though I want to cry but I don’t. P1 26 17:00 NS

I have returned from a night & day away from home & children, where my ex has looked after them in my house, as his is not suitable. ‘I seem to be so strong in myself & not bending to others will so much my ex-partner & father to children is really feeling it & got defensive & attacking. He is expecting a thank you for having his own children in my house for 1 night, I would usually be so grateful and apologetic for myself - I no longer am partnership to our alliance that I take blame & responsibility over his needs to be free. Sorry ‘chump’ fool I am worthy too. Angry excited to see it so clearly & able to act, cause change. P2 6 03:36 AS

Get out of bed and mood is no better for getting up. Can’t get going physically. Have to really push myself. I don’t want to go to Hawkwood. Think about just staying at home. Angry that I have to go. I take my time getting out of the house. Am half an hour late for class. Don’t care. P1 29 08:00 NS

Very angry at RN’ over drugging patients, by giving flu jab to ill oldies, angry irritabile and exasperated, but ready to take it all on. Am very clear in discussion with GP and manage to prevent a few vaccines!! Deal with prescriptions after discussions with other GP’, feel like no stone left unturned. Angry for where as an RN we have a responsibility to use our brains and yet some do not, and cannot think outside the box of rules! Rather Bombastic and domineering in attitude. Manager laughing with me, realises I’m being a Guinea pig (had warned her of the uncertain proving effects) but all good, very diplomatic and simply getting things done, changed and moving!!! P4 3 08:24 AS

Angry+++ Daughter not at place I thought we’d arranged to meet. I could not get hold of her and had 3 mobile phones on me!!! None worked even with free wifi. Exasperated. Disorganised (I put that in from next night , right now I don’t see this as my fault) P4 6 15:00 NS

Angry verbally again at daughter on phone. Point is we are late for an appointment. And I am furious because I feel I have let an osteopath down by not being able to attend, and cannot reach him!!! Anxious it will cost me, the more I try to resolve it the angrier I get because I cannot. P4 6 15:30 NS
Calming down from anger able to see that we neither had arranged a proper meeting point. My own disorganisation in fact. Reticent to admit this to myself; still ‘doing stuff that has to be done in house, on day of, not relaxing easily angered inside!! P4 6 16:00 AS

Anger+++ lost my temper stupendously, couldn’t find a view!!! Or a park, hadn’t eaten the salad, was still shaking albeit inside. That stopped and my temper exploded. After doing a 20point turn along a narrow lane, I found a view and ate the salad quickly. P4 6 14:50 NS

Angry, cannot contact daughter, going to be late for an appointment, drive home. Angry crazy woman driving in country +++ P4 6 15:10 NS

I was out with the children in a café we were all very relaxed have some lunch, the waitress remarked my children were very well behaved (they were all over the floor with toys but she was being sincere) Then I read a message on my phone and feel like I’ve been slack in not getting an emial to the hospital concerning my daughter. I get annoyed and lose my patients with the children, feels like PMT but it has a more instant very extreme change in mood, i am calm one minuet then instantly not nice, i observe myself and know i’m being horrid. P2 21 04:48 OS

I was doing some singing, and I felt ever so annoyed with my two friends because they chatted for absolutely ages before we started to sing. I also struggled to get into it, even after we started; it got better towards the end P5 53 18:00 NS 

Loquacious with my partner. Chatting excitedly about the weekend. Feel as though I’m talking non-stop. Don’t want him to interrupt me when I’m in the flow of a story. Got annoyed when he did. P1 1 19:00 NS

We took our cat to a cattery for two days; I felt horrible, as if I was betraying him; I had a sinking feeling in my stomach, and also like a tightening rope, representing the bond between me and the cat P5 20 17:00 NS

Ex friend of mine approached me on the street (we communicate less often these days after he was fancy my partner in the past) and asked me when are we going to be friends as before; I said probably when you say I am sorry for what happened (wanted him to apologise). He really did not want to do as for him it is humiliation of his proud. And the he said if we back how it was I have a fear that your wife would get syphilis. Felt really mad hearing that. P12 2 XX:XX NS

Dream. Strange 2 bodies lying side by side in separate beds in hospital beds. Look like old beds with rickety and poor portable curtains and shabby sheets. Poor surroundings. Both bodies are dead, both of them there heads are lying in great pools of phlegm and secretions. Revolting. The previous day At work I became aware of a great deal of people being very very sick and phlegm you. Which I was reacting too by washing my hands frequently and feeling particularly revolted by being at work. Stuck inside and surrounded by so much illness. Felt hugely angry that all these patients had had the flu jab, and then / now bombarded with antibiotics. Have felt disgusted, uncompassionate and almost in fear of being infected from all the germs. I cannot bear sick/snot/vomit/phlegm/even blood!! My nursing days have been over for many many years!! But this was noticeably more conscious of being surrounded by illness P4 21XX:XX NS

Mood changing. Feeling a bit grumpy, disgruntled. Critical of R.P1 9 18:00 RS
I feel like a rabied dog...I was complaining to my friend on Bulgarian and actually shouted out these words to her.

Constantly having to fight my case at home.

Angry at self for doing the bingeing, feel weak.

Absolutely knackered. Lovely Saturday for mum's birthday ruined today with angry and sad. Emotional wreck. Daughter and I both upset and angry still busy with stuff for next week now. Finally get to sit down with a glass of wine and tv. But unable for us to get on. Arguing, angry, sudden flash temper again. Finally settle after an hour.

Pissed off with feeling ill. Back to feeling that I'll never be well again.

The cat was crying, I felt very annoyed, like grabbing him for the noise to stop; it only lasted 5-10 minutes.

Felt slightly annoyed because I got up to do things in the house and my partner asked me to wake him up quite late in the morning.

Just woke up and couldn't go back to sleep, felt annoyed because I had already been awake for an hour and a half earlier, went back to sleep from 07:15 till 08:45.

Repeating music in head (ear worm) annoyed.

My partner and I were in the French metro, trying to come back from my grandma to the friend who was accommodating us; I felt very angry because he couldn't find his way around, and also helpless because I couldn't explain to him where to go; we finally got a taxi because I was getting so fed up.

Decide I do not want to go back to work on Tuesday after 2 weeks off this is VERY unusual for me, feel grumpy.

Felt demeaned and belittled; I know what I am saying and if people don't listen to me and look for other advice, I feel insulted.

I'm getting offended and feel insulted if things don't go my way.

My partner said he saw a woman dragging her dog along the pavement, so he told her the dog might need the toilet. When he said that to me, I felt threatened, as if I had been the woman on the street told by a complete stranger what to do with my dog; I got quite angry, like “how dare you tell me what to do with my own dog?”; I was also afraid to think what his motives might be; then I realised what was happening, and I explained it to my partner.

We were talking about supervision and insurances, Misha said I'd need more legal protection than anyone else because I'm more vulnerable. I didn't agree, felt quite angry, violent and confrontational; felt like jumping at him and bite or hit him, but it lasted only 5 or 10 minutes; this violent anger didn't come back.
Got very angry with what the lecturer was saying. I felt he was reducing all we had been taught in the past to nothing. rubbish, I felt like shouting at him, like walking away, after 10 minutes of teaching, though, I understood his views, told him how I felt, and felt much more peaceful afterwards P5 31 XX:XX 10:00 P

Felt very impatient and angry about clearing the situation with the School about repertorising my cases and made a phone call. I felt like rushing in and telling what I had to say, should it not please people; I wanted a resolution; on the other hand, didn't want to fall out with anyone; after that phone call, this angry feeling had totally gone and I was much more pacified P5 8 10:30 NS P

Felt irritable, angry, wanted to be alone P5 4 13:30 NS P

I need to hit something, hit the wall P14 43 XX:XX NS P

Furious P14 43 XX:XX NS P

I can’t picture the future, now without the course I can’t see into the future …to imagine things…and the relationship…it is so crazy and difficult at the moment...can’t see in the future and that makes me very sad and angry, very scared…I need to see the future..I had a tarot card meeting and that fell…I need to learn to live without imagining the future, but it is really hard…i am a daydreamer…have been all my life…and now P14 45 XX:XX NS P

Driving to college I cried for some of the way about my dog's health, it appears it may have been caused by a situation I experienced 2 years ago and I was thinking about that experience which keeps having subtle repercussions and I felt extremely angry and had the desire and vision and intention to take a hammer to the persons head who caused that situation. I felt full of hate and rage. P10 28 07:30 NS P

I have a dream about killing someone with a pen, using it to stab them in the throat. A shape spike in the neck. I have no feeling about it. P13 4 06 XX NS P

Fuming again, losing my temper, P14 XX:XX NS P

I had another experience of losing my temper with the children or at myself and dealing with the children. It was similar to in the café yesterday. We had a very peaceful Saturday easy & calm no rushing out to school or anything. I did some house jobs, I played with the children we did some ball games, girly hair stuff. Then i realised something i had let go a few days ago had bothered me and i got very angry. Its not something i feel is necessary unusual, but the difference i feel is that i can see it happen very clearly and why its happening. The thing was that i had bought something i wanted to try to help my youngest to walk, but it wasn't right so i planned to return it to the shop, and not wast money. My older daughter 4 year old, wanted to assemble all the attachments and i said no becuase they would not come off again and i would not be able to return it. Later in the day i saw they had been put on, and today as i tried to box it up and get it ready i realised my mis-managing it,i had let the situation go how i did not want it too. i should have put it away in the beginning. There is an unusual theme of being so at peace in one minuet, then firey and ‘violent’ the next. P2 22 09:21 RS P

Anger levels reduced by exercise P6 55 09:00 RS P

Awake for about 2 hours in the night, angry about the previous argument and going over things in my mind P6 54 02:00 RS P
Very angry, sudden, threaten to hit out. Feel offended and very hurt, extremely sensitive. P4 24 14:00 OS

I can’t sleep and I’m extremely frightened by the government deciding to conduct airstrikes on Syria. I realise that I have spent far too much time following this subject and need to remove myself from this dark energy and go back to the light. I have stopped meditating and spent that time watching and reading the news and Facebook instead for some bizaar reason. I feel very angry and irritated and I just want this all to end now. I don’t like feeling like this and being angry at the flick of a switch. I want to delete myself from Facebook and remove myself from the civilised world but some of my most treasured and oldest friends from other countries are on FB and it’s the easiest way to keep in touch. I feel powerless, there’s so much I want to do and can’t seem to do it. Whether that is my homework, my future career, things with my children and relationship, Syria, how I spend my days, there is a complete and utter feeling of powerless. P10 46 02:00 NS

Sudden outburst of rage whilst driving. Screamed at the top of my voice at the man driving in front of me (for very slight reason) so long and hard that it hurt my throat. It felt safe (because all the windows were up and he had no idea I was screaming at him) and sooo good. A release. P1 29 17:30 NS

Speaking my mind - don’t want to do things that I don’t want to - able to say NO P8 31 18:00 NS

Teeth clenching P9 5 05:30 NS

I lost my temper with my son, which is something I never do. After he had left the room I screamed extremely loud to let out my frustration. I can’t remember ever feeling so angry over something so silly, which I usually brush aside. I felt angry and quite down and depressed for the rest of the day. P10 39 12:45 NS

I was managing a golf course and the Manager called me to his office to discuss something. When I was in the office the telephone rang and it was for me, it was my ex husband , he said he wanted some money and was taking me back to court for maintenance, I was upset and angry P9 8 02:14 NS

There was a group of us in one room at desks and on sofas, it was a dark and low room. There was something about getting something finished. There were taps left running and a very tattooed man having his hair done, he had long hair and a top knot and we were cutting his longer parts, shaving parts, I could see close up his scalp in places and revealing more tattoos, I was staring at the nape of his neck, it was a mess and felt like we were violating him. P9 27 05:00 NS

Horrific dream where I found out my eldest daughter had given my ex a bed and board and he had been living in their loft conversion for a long time. I got very violent and angry, grabbed him by his hair, was swearing a huge amount and also really was horrible to my daughter. There was then a bundle of money on the floor and his abandoned bag and every one realised he had left the money for my daughter and run off. They all felt sorry for him. I woke feeling very betrayed but also shocked at the vivid anger and violence from me. P9 51 05:27 NS

I can remember someone being strapped very tightly around the head in preparation for being killed, there was a green, turban like material and the man who was dressed in pale linen was struggling and had his hands tied behind his back, violent feeling P9 NS

I was working in a shop but on a day off, I went in to visit my staff and noticed that one of the girls was using my nail file from my desk. I was angry and possessive of it, but most of all I was concerned that other
things were removed from my desk. There were workmen there ripping out all the tills and drawers and they poured the contents of my drawers out onto the floor, I sorted out all the important things and threw away a lot of stuff I did not need - this was cathartic P9 8 04:00 NS

Members of my family and I were living in a bungalow that consisted of one main room, my mum had died and we were arranging for the hearing with the coroner, when we were told only one member of my family could go to put forward my mum’s case? the person that told us this said it was Amy, my daughter who would go. I was really angry and shouted and cursed her as I thought she should have told us that before P9 5 04:00 NS

I went and got my quilt of the bed for him but it was wringing wet so put it over the back of the sofa to dry, my sister's friend took it off of there and I kept trying to put it back. I then wondered if he was angling to stay with my sister for the night and tried to trick him by asking him tricky questions to see if him and my sister were having an affair - very angry feelings P9 5 XX-XX NS

Unsettled at work. Took a while to get into being there, felt aggrieved and restless at being there. Very angry as usual on wage. All staff same, seems like a lot of unrest around me. P4 25 XX-XX OS

I witnessed something, which made me very angry with the government. I felt upset for about 3 hours after, feeling of oppression on my chest which usually would be relieved by crying; I was unable to cry P5 47 13:45 NS

The manager’s name was ‘Geraldine’ and she seemed difficult to get hold of she did not want to talk to me and avoided eye contact. It turned out that the principal of the school owned the place and I was told to tell him all that needed doing P9 16 XX-XX NS

The next day I was back at work and the staff were sitting around and the staff said the Manager ‘Geraldine’ was the salt of the earth and I said she does not seem to like me and they agreed that she did not. She came in in Capoeira clothes and I asked how can I make an appointment and she gave me a yellow packet of sweets on with her email address and details on the packet – it was yellow. Then she went down the stairs to do Capoeira - overall feeling was angry at being sidelined P9 16 XX-XX NS

About water, or rather with water involved. A dream after a day of stress, mainly financial but fuelled dreadful melancholy and furious temper again, felt very sad and frustrated all day. Angry with myself for being disgruntled and angry and upsetting my daughter over this. We get on and both have a good day but it could have been better since we bickered on and off. So went to bed exhausted. My dream was of water which to me is always a sign of emotion for me. Myself and a young woman at the beach, has taken us a while to get there but we are there loving the fresh air and freedom. We are sitting very high up on a wall, and we don’t know if we can hear it first or see it. But a huge tsunami of water is coming. It’s energy is overwhelming. I say come on we Gotta go, she won’t budge. I persuade her to come with me, and run. As we come up the beach I have noticed a thin old looking man who has been watching us but secretly from behind. Not joining in but being there, he is familiar. But he’s fallen asleep. He hadn’t bothered us but I wanted to help him. He wouldn’t wake up. So I picked him up and slung him over my shoulders like a sack of potatoes. We ran, as fast as we could. We always had the threat of the water behind us but I weaved us through the back streets that were familiar but seemed to be taking us back in time but always uphill, and always sort of behind the scenes. We came across a fun fair, which was deserted, but then realised it was because we were inside the structures. There was water but only rainwater that had collected. The water from the tsunami was nearer, deafening. We jumped clambered, ran climbed and all the time through familiar yet back stage. We got to an circle of escalators and ran backwards up them.
when the doors opened at the top we had reached the end. The tsunami had hit and we could see people running, there was a small white dog and I was reaching for it trying to rescue it, but I just couldn’t reach it. The people ran over it, there was blood, it didn’t look real. I was more sad for the dog than any of the people. We had passed so many who hadn’t listened to the warnings. After a time of exhaustion from the panic escape, we starting going back to see what had happened. People were back at the funfair but we’re looking at us weirdly, where had we come from. Telling us we weren’t allowed to join in the fun, we didn’t want to we were just passing. When we got back to the beach, we found people had chained and locked themselves to railings, and we’re still there living normal lives but chained down. There was music playing. We were sitting at a beach bar. I wanted to dance, so started to tap my feet, by this time I was chained too, and limited in my ability. I seemed to be content to be semi dancing, but knew I could really dance. Then this fella came over he was unchained!! And started to rock n roll with a short skirt on in front of me, he wanted to dance and took my hand. I stepped of the beach bar stool to dance, but nervous but collapsed to the ground. My body danced and my feet but my legs just didn’t work anymore. I was exhausted. After all the panic, escape, rescuing going back in time and finally finding some kind of normal I couldn’t go on and was in a state of collapse. P4 46 07:15 ROS

I had to get up and ask him what were his plans for the day, I felt angry with both of us, felt like smashing my head or any other part of my body into a wall P5 24 09:00 RS

Argument with my boss at work, left me feeling very angry P6 53 11:00 RS

Felt extremely angry again by something small, it’s like an expolosion which is gone again within minutes P10 41 14:30 NS

Had a better day and got my homework finished but I still feel angry that we had just as much homework this month. I feel I’ve put myself through a lot this month and feel like I’ve been ill all month which I am totally sick of. I feel that it was too much to give and wouldn’t go through it again. P10 50 18:00 NS

**War, shot, dead**

Gunshot type pain, sudden intense, war, police, death, Sensation of being shot in the calf, Sensation of being shot in the head, Imagining my brother dead, Imagining family members dead, suicidal despair, evil.

Headache moving onto top of head left side pressing travelling down left side of neck. Headaches seem to travel in circles anti-clockwise from right eye to head to left eye to head down neck across back to right eye, with different pain intensities. Always crushing pressing, boring, exploding, bursting sensations. P4 6 09:00 AS

Trying to get on a ferry that either going to or coming from Ireland. I think I am tryign to stow away on a lorry. As I climb up on deck I KNOW that the ship will sink and I’ll die. I’m frightened but quickly become resigned to my death. Feeling is ‘if this is the end of my life then so be it’. Fear but also relief at thought of death. P1 21 07:00 RS

Our dying dog was in my grandmother’s house (who lived next door to us). In my opinion, and feeling, it was too sick to be kept alive rather than mercifully put to sleep. I needed to find my Mum and Dad and tell them, so that they too could realise how much suffering our dog was going through, and how it was time for us to take it to the vet/allow it to be comfortable in the last moments. Because it was clearly in pain. ***I got associations with our dog, who had to be put to sleep at the end of this summer due to a tumour in her bowels - that we didn’t discover before it was too late. I was the one who took care of her the most***
when I was home, and I got the feeling that some of the neglect for our dog - that I have been frustrated about - was also present in the dream, when I was desperately looking for my parents to make them see how much pain the dog was in. (RS because of the frustration for the neglect of our dog, that I have experienced a lot, though not in dreams) P11 12 06:30 RS

Me, H and others living in abandoned buildings near a railway station. We’re growing things. An understated apocolyptic feeling because everyone else living in the area is leaving. Each day we notice that there’s fewer and fewer people getting the commuter trains in the morning. Grief. Sharp grief for things I haven’t done with my life. Also jealousy of the other women, whose makeup (especially deep red lipstick) is perfectly applied, even when they wake up. One of them falls in a concrete pit and she’s dead. I feel their suspicion. Do they think I did it? Do I think I did it? P1 17 06:00 RS

Sensation of having metal bolts through my temples, crushing, feel extremely hot

Slight metallic headache about to come. but doesn’t brake throught fully P14 6 11:00 OS

Was woken up by a pain like a gunshot on the outside of my right thigh; lasted less than 5 minutes P5 40 3:30 NS

Awoke with pain in left calf. Intense. Felt like I had been shot. Radiating pain. Better for rubbing. Immobilised for 20 minutes. Felt like screaming from the pain. Sudden. Didn’t want to wake roommate. I feel embarrassed and don’t want her to see me in pain. I don’t want to disturb her. I can deal with this on my own. P3 2 02.45 NS

Went inside tesco, immediately inside had a gunshot head pain, intense, dense thick feeling in head, right temporal, a sudden dark thud. P4 1 12.00 NS

Right temple. Pain. Boring, metallic, pinching, spreading to right eyebrow and eye P3 1 XX:XX NS

I dreamt that policemen rushed into our house and wanted to talk to my partner; they mistook him with someone who had a very similar name and had found things that the army and the government wanted to hide from the general public; the policemen were shouting and barking; one of them fired his gun to the ceiling, just to intimidate us; I felt terrified and panicked, wanted to scream but couldn’t; felt paralysed, felt hot, sweating, had butterflies in my stomach P5 10 04:30 NS

Dreamt of a robbery P6 5 02:00 RS

I was following a cousin of mine as she was going down the basement (not one I had seen before), she went into a room and she got out and I went in to see what she had done, I saw someone against a pole with an axe on his head, heard footsteps but there was no other way out so i went up the stairs and passed by her father (has been dead for more than 15 years and have never seen him before in my dreams) said hi and went off to find her as he would soon enough discover the dead man with the axe on his head and assume it was me. When i got to her she was in a bit of a state and i told her that she had to tell him what she had done, she started crying and said she couldn’t but then i told her that keeping stuff like that inside is what might have caused her current condition (she has been struggling with aplastic anaemia for about 7years, she is a person who has extreme mental control and deals with everything in that way even her illness both the physical aspect (she sort of wills herself to get better) as well as the emotional one) and then she said she would do it and we went off to somewhere. P7 30 sat 14/11 XX:XX NS
I was with Janet Snowdon and her son (does she have one?) she was teaching him to do venesection on herself. Sitting facing me, with him kneeling on ground performing cutting into vein to insert a very large canulae. Abnormally large, almost archaic. Would have been hideously painful. But she was strong, stoic and calm. Tourniquet in place, he cut in and found the vein. (There is a part in venapuncture when one searches for the vein it is - I feel - very painful and uncomfortable. Subsequently I do not take bloods at work makes me feel sick and cringe I feel for the poor patient. But in the dream I was looking upon quite placidly and horrifyingly interested.) He obviously mislaid the vein and went into an artery. Her arm south of the tourniquet blew up into a large extremity. Then, a dusky earthen coloured blood oozed yet pumped out slowly. Everything went slow motion. We all watched from afar. Like a silent horror. (I woke unafraid but repulsed because it amazes me I just cannot take pathology) the feeling behind the dream is the emotion of strength guidance and calm from Janet. Kneeling to learn from her 'son'. And our collective disaffected detached horror, also the colour and quality of the blood was strange and significant.

Vertigo and dizzy

Headache continues after wake up extending to the back and more on the left side. Moving head aggravates pain at the back of the head. Was gone after 30 minutes. P12 6 06:00 RS

I felt light-headed along with the sickness and claustrophobia P5 17 16:00 NS

I was working in my partner's office, and I suddenly felt absolutely claustrophobic, as if the room was getting narrower around me; I was lacking air; I felt sick, tried to be sick, but nothing came out P5 17 16:00 NS

Left ear has something loose in it, I can feel and hear it rattling around, lasts 4 days (so far) only when I bend over P9 49 17:00 NS

Light headed, moved too quickly P9 3 12:30 NS

My daughter developed a headache. Symptoms are as follows: Piercing through temples. Feeling dizzy. Swaying. Nauseous. Tearful. 'I don't feel well.' Sx started when I returned home. Continued for 3 days. NS P3 3 22.00 NS

Sense of whole body vertigo, I do not want to look up I may go dizzy but if I follow the motion of the vertigo it feel like my head is expanding and exploding slowly, or rather getting larger somehow. P4 33 08:30 NS

Pondering over months proving symptoms so far. Dizziness, vertigo oh yes, that occurred in yesterday's shower too. Suddenly looking up, nearly crashed into shower door. Otherwise, headaches and fish, joint pains, fireworks temper, colour red, masses of never ending energy. Fighting spirit at work, high achieving, getting things done. Finalising and sorting things out. Structuring and sorting out at work. Anger and irritability then swings into happy to be home and relax. A lot of exhaustion also. Swings in energy levels. Salads! Lots of lettuce too, couple of days lettuce for breakfast!! Didn't think this too odd at time. My daughter has voiced she's glad my days as a drug tester are over! I've asked her to say it in a different way for when at school!! I have taken on massive workloads this month and felt super powerful and able to do loads of work. This is reflected on me taking on loads next month too, but M conscious of periods of
exhaustion, so will be looking at this this month. Able to see what is me now and have the distinct feeling of whatever this is rolling through me in a circular fashion. In and out of my energy fields, gaining momentum whilst coming in, being quite disruptive to my normal rhythm but also then feeling it go away. This has been easier to watch as the month has gone by. Judging from wearing red, it is still around! P4 30 08:15 NS

I am lying on bed on right side, nearly asleep again. Deeply relaxed. Sensation of being a very very tall building, or structure/statue. Central girder up my back and through my neck. I am the building, I am the metal girder. I am swaying, my head hangs unstable, slightly leaning as ito topple over. P4 3 07:45 NS

Sudden nausea. Think I am going to be sick. Trying hard not to be sick. Feeling dizzy and nauseous. The room is moving when my eyes are open or shut. It’s hard to take my mind away from the overpowering sensation of nausea. Symptom continued for 2 weeks becoming less strong during that time. The first 3 days were the worst. P3 1 XX:XX NS

Tinnitus in left ear when getting water outside in the stream in the grounds. Didn’t last for more than a couple of seconds, accompanied by a cotton-like-muffled-ness, affecting the hearing, which is normal for me when I sometimes get these tinnitus-moments, and the sound itself is of a distant but clear high-pitched sound (as when having been to a concert with really loud music and no earplugs, and the ears are ringing afterwards). P11 31 10:55 RS

Muzzy feeling in head, Pressure at vertex, P1 6 12:00 RS

Muzzy feeling in head, Pressure at vertex, (has lasted from morning) P1 6 17:00 RS

Increasing vertigo. Went from a creeping circular vertigo. Creeping means insidious development in a kind of circular fashion. Like a spinning top seemed to affect my whole sense of body and chest. Then became more centralised in head and intensified as a result with vertigo affecting my turning head and even moving eyes. viếting thinking and speaking. Felt like I HAD to lie down to feel safe. I was able to have a laugh with it. Daughter thought I was having a stroke!! The effect of the vertigo made me be calm and centred, mainly because i was unable to do anything quickly. In complete contrast to the day really. i said to my daughter it felt like I was caught in a whirlpool where everything around me was going really fast, and then that would change to everything around me being extremely slow. She said 'you are in a trance, like Phosphorous!!' P4 32 20:00 NS

Swaying, transient, while standing. Settled once aware of it. P4 2 16:30 NS

Swaying, when eyes closed with sensation of light headedness, complete opposite of last few days where head has been almost constantly heavy and in pain. P4 3 02:24 AS

Swaying a bit, sitting in my chair in front of the laptop, having a coffee. It's more of a slight unsteadiness, at head-level, and I don’t feel like my balance is affected - it is a sensation of my head floating a bit out of tune with the surroundings, followed by (an accompanying?) slight pressure on the inside of my skull. P11 4 16:15 RS

Tingling and twitching in head P12 7 XX:XX RS
Light inner pressure/tingling just within the surface of the skull P11 1 00:07 OS

Tingle pressure on temples P2 0 00:23 NS

Trembly, very shakes, realised with all the running around I hadn't eaten since 11am (which isn't that long ago!) felt like I was Hypoglycaemic. In Tesco shopping, and had to get out (something about tesco!!!) grabbed a salad, but couldn't decide between all the while very shaky and trembly inside my body, my stomach, my hands. Took a great deal of energy to stop my hands from shaking at the check out. P4 6 14:30 NS

Floaty. Ungrounded P3 1 XX:XX NS

A bit unsteady/swaying feeling when walking up the stairs - accompanied by a kind of air-headedness, with an empty, but not uncomfortable, feeling in my head - no stress, just still. P11 1 00:41 RS

Extreme vertigo when bending over and coming up first day of menses. The whole room is spinning. I see stars and I have to hold on to the wall so as not to fall over. This was very extreme and unpleasant. I had it when I first began having periods at 11 and was eventually prescribed the pill at 16 to resolve it. The vertigo lasted about 6 hours. P10 6 11:00 OS

Mental state hasn’t changed, even doing the diary is difficult; still feel a bit dizzy as if I can’t quite keep my balance P7 5 15:00 NS

Extreme vertigo first day of menses P10 34 10:30 OS

Slightly unsteady as I was walking, ground seemed to be moving, sense of disconnectedness. Better for rest. P6 2 11:00 NS

Slightly unsteady as I was walking, ground seemed to be moving, sense of disconnectedness. Better for rest. P6 3 13:00 NS

Getting up for work I felt dreamy, disconnected, as if it all wasn’t really happening around me. Better for eating. P6 4 07:00 NS

Disconnected feeling as I was walking around, better for food. P6 13 10:00 RS

Extreme vertigo whilst washing dishes. A hot wave came over me and had to hold on to the sink until it had passed. I’m swaying and floating P10 10 09:45 OS

Vertigo after bending over, I’m swaying like a tree, the sensation is floating the opposite of rigid P10 16 09:15 OS

Whistling in the left ear for few seconds and then gone P12 1 22:41 NS

Stood up and almost fell down again feeling wobbly on my feet P10 0 18:45 NS

Energy very low. Feeling completely wiped out and a bit woozy, not with it. Just want to lie down and not do anything. P1 5 15:00 RS
Left college, felt woozy, spaced out, ungrounded, was driving but couldn’t feel pedals of car. Was still a structure but swaying. P4 1 10.48 NS

Feeling dizzy whilst standing just before the class starts. P1 6 09:00 RS

**Red and blood**
**Colour Red. Desire for red desire. Blood as a symbol of suffering. People wanting to wear red clothes or buy red ornaments. Seeing blood and a fascination with seeing gore. Enjoyment of red sunsets.**

A man, my partner giving birth. I am helping to deliver the baby, very difficult birth. Great pain. Baby’s stuck. Lots of blood, bright red, very clinical, very bloody, very traumatic, somehow metallic. Baby is stuck, blood oozing from baby. Many people helping. He is enormous and stuck between furniture we are playing music to calm them down. Man calms, he pushes the baby out. P4 3 07.40 NS

My sister coughed up more blood this morning. Doctor came and diagnosed pulmonary embolism! She’s in hospital now. I think the Bryonia caused her to cough up the blood - and thank god! How long would the pulled muscle diagnosis have gone on, without the blood signalling something potentially lethal. But still, my thoughts are that she might die. I can’t bear the thought of her dying. P1 3 5 19:30 NS

Discharge again, ten days before my period P14 6 08.00 OS

Dream: he was crying bloody tears and I licked them from his eyes to help him feel better. I awoke with taste of blood in mouth. P4 46 XX:XX ROS

I looked at our dog and saw blood on his left leg. I was curious. I was looking at him from the other side of the room with an indifferent curiosity. I could see the inside his leg. I was inquisitive. Was that blood I saw? I would usually become panicky at the sight of blood. Instead, I was mildly interested. Mildly interested in what the inside of a leg looks like. Questioning myself ... is that what the inside of a leg really looks like? There was no ‘Wow!’ and instead a simple indifferent curiosity. A definite disinterest and coldness in thoughts about the dog. Not concerned whether he had injured himself. P3 9 22:09 NS

Heat flushes in face with red flushing. <<emotion <<being inside <<being busy <<warm >> outside fresh air. Horrible feeling way too intense. Sudden. With sweat around sides of nose and cheeks. P4 5 XX:XX AS

Redness of face no sweat

Hot flushes on face only with bright red colouring, sporadic times. Spent day outside at Horse riding arena so easy to get cooler. Not many occurring. Mainly when overexcited or, easily angered, which not today.

I got my period a bit late, but as my cycle is quite irregular it is not unusual for me. P11 39 10:00 RS

Period is late P14 43 XX:XX NS
Back to normal levels of flow and pain, back to usual red, clotted flow. P6 44 12.00 RS

Back to normal levels of flow and pain, normal ‘day 2’, whereas last month day 2 was very light. P6 45 12.00 RS

Notice that my rosacea (that disappeared during the proving) on nostril is back. Small red spots on left nostril. P1 38 17:00 RS
Small red, itchy spots: one of right side of chest (near 1st rib) and two on neck. P1 7 10:00 OS

The skin on the lower part of my face has been rough and a bit red and dry for a couple of weeks, as it sometimes is during winter time - accompanied by sore dryness on my eyelids and at the sides of my nose-wings - and accompanied by a slight itch under my chin/chin bones. P11 38 07:00 RS

The skin on my lower face, jaw and upper front of the neck is rough - a bit red - dry - as if irritated. I get this in the wintertime with the interchanging cold/warm air, and wearing scarves. P11 12 06:45 RS

Nose bleed for two mornings P14 2 NS

Blood in bed in the evening, very unusual P14 24 22:00 NS

Meditation-Image of neon style rusty ladder in front of me. Felt as if my body was lifted as though a handle was on the base of my spine, so torso was horizontal. Sitting very solid in my seat my body is totally still, my head turns left slowly and purposefully, then right as if i were surveying the view. I am without emotion. Felt I had large wings that slowly rose and lowered. My head fell to my chest as I looked down to my body, without emotion. Visions of red blood, feathers. Whole body feels as though floating up, saliva mouth. Feeling of being pulled up by the head, a column of light. Head & shoulders lifting. A band around my head of energy that wants to lift my head. P2 0 00:03 NS

Delusion left leg is bleeding. I could see inside it. Blood and bone. Delusion that I had removed the skin. Detached. Indifferent. I am an observer. I am not repulsed by the sight and amazed that I am feeling no pain. P3 3 NS

Coughing up bright red streaks of blood P10 28 19:45 RS

Coughing up bright red streaks of blood P10 29 08:15 RS

Coughing up dark red streaks of blood (old blood) P10 29 17:10 RS

Coughing up dark red streaks of blood (old blood) P10 30 07:30 RS

Very red blood P14 14 09:00 OS

Blood on waking up P14 16 08:00 OS

Blood on clearing P14 29 16:00 NS

A hard piece of bloody, left side P14 36 09:00 NS

Blood on clearing the nose P14 25 08:00 RS

Blood in my nose on waking up P14 7 09:00 IOS

I notice that the small red patch at corner of left eye has disappeared since proving started. (I've had this red patch for about 2 years) P1 14 07:30 CS
Also noticed wearing red again. I don’t wear red! Even brought some boots in red, that pre proving had said a definite no to red! Ha! P4 29 10:30 NS

I was having a period that was a thick grainy red/black colour the consistency of thick soup. Lots was flowing out lava like. There were no feelings, just observing. P2 10 XX.XX ns

2nd part of Dream. An animal or human lies on the side don’t really see rest of body. I shaved all hair of but knocked too close and created a small wound. It bleeds, oozing bright red blood, which won’t stop. I’m very separated from this happening, not really bothered either way, make very blasé effort to stop it. It’s life blood oozing away, crushed blood somehow but I’m separated from the experience and although precious, and a tragic loss I am disconnected from it. P4 2 08:09 NS

My period is even thinner and lighter than it sometimes is. P11 39 10:00 AS

I definitely have a thinner menses this month: usually I don’t need to rush to wear a tampon before having brushed my teeth when having gone to the toilet in the morning – but this morning it was actually running down my legs, so I was almost alarmed before realising that it is “just my menses” and not bleeding from anything else. P11 40 06:30 NS

Black/brown discharge P1 9 10:00 RS

My period came and it is not as painful as usual P14 14 09:00 NS

**Sex, sexuality, libido**

Dream, I have an affair and I don’t care what happens or what my wife thinks P13 15 XX.XX NS

At Hawkwood in queue in dining hall. A young man who’s on the course and who I quite fancy (this isn’t someone from real life) shouts from the back of the queue to the man standing behind me: ‘You could get her phone number if you play your cards right’. I’m SO ashamed and humiliated. Exposed. As if he’s telling everyone how desperate I am and that I’ll have sex with anyone. I’m furious and shout back at him ‘Wanker!’ and ‘Twat!’: Now I’ve exposed him because everyone in the group agrees with me that he shouldn’t have done that. Now he is humiliated and ashamed and slinks off. Mortified. Nowhere to be seen, hiding. I think he goes home. I’m sorry for him. I’m ashamed that I called him names in front of everyone. P1 17 07:30 RS

My sister comments that I look very attractive P1 3 16:00 NS

Me and B (old boyfriend). Very sexual feelings towards one another. Not actually touching but intensely sexual nevertheless. Pleasurable, delicious, warm, feeling desired, desiring. P1 23 07:10 RS

Aware that I have had the thought ‘what if I had an affair’ over the last few days. Dispassionate. I don’t actually want to. And yet I think of it. Not having any clear reasons for wanting an affair. But not wanting to think about the consequences. P1 20 12:30 NS

Talking with friend about thoughts of having an affair. This is when I realise the thoughts have popping into my head for the last couple of days. She says I’m talking very dispassionately about it. That’s how I feel. P1 26 09:40 NS
Dream of disturbing sexual dream with an unable and unattractive passive male. I was revolted by entire act. P4 46 XX:XX ROS

I dreamt that my dad had come from France to visit me; he did very unusual things, such as suggesting we’d go from our home to my homeopath’s by bike whereas it’s too far. Then we cycled anyway, and at some point, he decided to stop in a totally unknown place (like a clearing), and started to unassemble my white cane; it meant that I couldn’t go anywhere and deprived me of my independence. I started to feel cold in my whole body and very unsure of what to do. My stomach felt very heavy, with a sinking feeling. Then, for an unknown reason, he said we had to undress in order to sleep. Once I was undressed, he started touching and squeezing my breasts, I immediately tried to push him away; I felt betrayed and totally panicked in the dream. I wanted to scream, but couldn’t. P5 12 07:05 NS

Erotic, intense dream about M. Then.. Holiday camp, on holiday with big group of people. H and K are there. P18 07:30 RS

In bed with an older woman. There’s something maternal about her. Intense sexual feelings but not touching. I want to take it further but I’m afraid to. Curiosity. Fear of becoming a lesbian i.e. a new identity, collapse of the old one, death of old identity. P1 21 07:00 RS

My partner and I talked about our intimacy just before going to sleep, because things aren’t going so well; I deeply hurt him saying that part of me wasn’t attracted to him; I felt horrible, as the worst woman ever. P5 24 02:00 NS

My partner and I were being intimate and afterwards, I felt a hairy ball on my feet and discovered our cat was in bed with us; felt very strange and disgusted, thought he was spying on us. P5 2 05:20 NS

Dreamt about a friend struggling to breast feed, then about young men with older women. P6 16 02:00 RS

Unclear jumble of dreams, one image was of being attracted to someone from work. P6 33 02:00 RS

My wife wakes and tells me she had a horrible and troubling dream, she is a young girl and it is about being molested in a lift by an old friend of the family. It feels very real. The lift is going down and she is being attached in the lift with this man. Gets gets to the bottom, the lift doors open and both families are there, hers and his, and she shouts out and tells them all what happened. She has to shout it. She must speak the truth. Only speaking the truth and outing it will make it better. P13 4 08:09 NS

I have a dream about rape, someone is going to be raped and a group of people are discussing it. It revolved around penetration. It is a very matter of fact discussion. No emotion. P13 4 06.XX NS

Dream - romantic dream with someone not connected was very unusual. P8 50 04:00 NS

I was in a bedroom with a large glass window and getting dressed- three men went passed the window and saw me in my underwear- they did not seem surprised and I did not seem to mind, they were in a golf buggy. P9 26 05:16 NS

I am in a pub trying to order a drink when a stranger comes up behind me and acts very familiar, I do not know who he is but politely offer him a drink, he says coke- I ask the barman what real ale he has as it is so
busy I cannot see – the bar is like a window in the wall. The barman says ‘Doom Bar’ and laughs at me condescendingly as if I would not want that and he walks off. P9 32 04:00 NS

The manager started kissing me and went to kiss my legs and then I realised they were not smooth but hairy in patches and I still laughed and thought it was funny, felt like a femme fatale!! P9 4 XX:XX NS

The manager was escorting me to the assistant’s bedroom and we got very amorous and ended up on the bed, people were walking by and looking in, so we got up to draw the curtains and they were all ripped, I thought it was funny and did not mind people seeing. I said at least now the manager has seen the state of the curtains he will do something about them P9 4 XX:XX NS

Back in the room I went to the toilet with the door open and people could see me from the landing I shut the door. When I went back all the school was gone and a cheeky young soldier grinned at me and apologised P9 22 XX:XX NS

He came up to me kissed and cuddled me like a boyfriend would, I was pleased but thought he would fancy the other girls. People said to me ‘bet he looks strange to you with hair’ and I said ‘no he had long hair at college’. P9 6 XXXX NS

**Sharp, piercing and prickly**

The resistance of movement is now in my upper back as well, with momentary stinglike ache in the right side just underneath/in the lower part of my right shoulder blade. P11 1 00:34 NS

Headache on temples, slight feeling of bolts through top of head, affecting eyes that feel heavy and squeezed. P4 33 07:00 NS

Ache in the joint, feels like it’s been over-used (it hasn’t), all evening and through the night, though it didn’t keep me awake. Glowing hot in the joint. P6 32 20:00 RS

Ache in the joint, glowing in the joint. Worse at rest, better for occupation. P6 34 22:00 RS

Ache in the joint, glowing in the joint. Worse at rest. Linked to menstruation P6 44 14:00 RS

Ache in the joint, glowing in the joint. Worse at rest. Linked to pre-menstruation P6 40 22:30 RS

Ache in the joint, glowing in the joint. Worse at rest. Linked to pre-menstruation P6 41 22:30 RS

Ache in the joint, glowing in the joint. Worse at rest. Linked to pre-menstruation P6 42 23:00 RS

Ache in the joint, glowing in the joint. Worse at rest. Linked to pre-menstruation P6 43 22:30 RS

Ache in the joint, glowing in the joint. Worse at rest. Starting to ease now that period has started. P6 45 10:00 RS

Slight ear ache P11 3 08:15 RS

Tingling feeling hands with blue discolouration P10 0 18:40 NS
b）burning in feet, more left one. stopped after few seconds P12 21 16:36 NS

difficult to swallow saliva, makes ears pop, spreading pain to ears getting worse in day, scratchy hard to speak P4 10 XX:XX NS

sticking and scratching in throat, difficult to talk: P4 9 18:00 NS

Scratchy throat, difficult to talk loudly probable cause from shouting but also from throat ‘cold’, use throat lozenges to be able to talk and pain relief. Surprise meet up with best friend from Catalunya, wonderful talking all arvo, very cold outside, only feel it when breathing. > outside generally P4 11 XX:XX OS

Sudden pain at bottom of sternum through to back. Dull, momentary, winding. Lasted a second then went. P1 24 08:10 NS

left kidney area back pain like been kicked P9 4 12:50 NS

left fifth digit 1st metacarpal joint lateral edge. Very very sharp pain. Feels stiff and sharp pain to move << touch. Lasts half an hour. Gone just a bit achey on movement > holding >warmth P4 40 20:00 NS

same as last night - glowing ache in my hip in bed, came and went quickly P6 30 00:00 RS

pain and heaviness - felt congested P8 39 06:00 NS

gouty pain in elbows - started in the evening and lasted for a few hours P8 34 17:00 NS

gouty pain in elbows - started in the evening and lasted for a few hours P8 35 18:00 NS

gouty pain in the 4th and 5th finger of right hand - lasted for a few hours in the evening P8 34 18:00 NS

gouty pain in the 4th and 5th finger of right hand - lasted for a few hours in the evening P8 35 18:00 NS

Scratchy painful feels blocked with phlegm, difficult to talk and swallow without feeling pressure in ears. Feels like a lot of phlegm always building in throat. Pale green/white copious. Wake up in night need to suck on lozengers to free up throat <night > better with water >better sitting up can clear stuff. P4 13 XX:XX A05

headache extending to back of head. Right-sided P3 1 XX:XX NS

I felt like hurting my genitals with a sharp instrument because it was itching so unbearably, and also to punish myself for hurting my partner’s feelings. Note: I’ve had bad thrush even before the proving started, but the feeling that came with it is totally unusual. P5 55 11:30 NS

itching between shoulder blades P9 6 19:00 NS

itchy throat and neck during sleep on and off four hours P9 1 00:30 NS

tension in head/face after colleague criticised my solution. Tension pain was accompanied with kind of itching sensation and a bit of stitching/nervous pain. Lasted whole day P12 18 09:XX RS
Out walking the dog my thumb started to itch, it felt like I must have rubbed it against a thistle, stinging nettle or something with fine spikes. The right thumb itches like it has lots of small spikes caught in the side of it. Rubbing brings relief but as soon as I stop it comes right back. P13 5 13:12 NS

Left instep of foot itchy, been bitten by something P9 5 06:59 NS

Bitten on inside left ankle, almost mirror image of right ankle bite, itching, woke me up P9 10 07:41 RS

Itching internally eustation tubes P9 1 00:02 NS

My throat itches slightly, with a dry cough now and then. P11 17 12:00 RS

Skin lightly itching: head, back, tops of arms. > scratching. Carries on and off throughout the day P1 10:30 RS

Skin lightly itching: head, back, tops of arms. > scratching. Carries on and off throughout the day P1 08:30 RS

Skin lightly itching: head, back, tops of arms. > scratching. Carries on and off throughout the day P1 11 12:00 RS

Skin lightly itching: head, back, tops of arms. > scratching. Carries on and off throughout the day P1 13 16:00 RS

I had a very vivid dream that I had head lice. I was combing my hair and these little black spider looking creatures were coming out on the comb. When I woke up my head was very itchy especially in the area where I had combed out most of the lice in my dream. P10 47 05:30 NS

Itching of the nose. P12 17 11:30 NS

Incredibly itchy legs, > scratching hard. Am making my legs sore by the amount of scratching but I am indifferent to what I am doing to them by scratching. P3 3 21:43 NS

Itchy scalp in odd parts of head, sides and top and widows peak area. P4 23 08:00 OS

Right ankle itching like crazy where bitten, amel by scratching P9 10 12:30 RS

Right eye itchy P9 4 10:00 RS

Itchiness on external vulva, hot and prickly, like thrush, sudden, lasted 1 hour soothed with coconut oil P9 1 20:00 NS

Itching in middle of forehead just on hair line P9 6 13:30 NS

Feeling itchy on the inside P14 6 10:00 OS

Lower backache came on suddenly. Hurts to sit. > heat. > movement. < standing. < being still. Pain extending into legs. Pain radiating from the bottom of my spine P3 3 RS
Neck to shoulder pain radiating on right hand side P9 1 01:52 NS

Numb sensation on the left side of the tongue coming and going during the day P7 55 XX:XX NS

Slightly numb, and tingling, in the toes on my right foot (the middle three toes have been numb since 2007(?)) P11 5 05:38 RS

The middle toe on my right foot is tingling a bit; one of the numb ones, as if some sensation is returning/on the increase. P11 10 10:00 RS

The tingling has moved to the right side of the face, with a kind of numbness, also on the inside of my skull. P11 1 00:12 OS

Tingling left side of face, below jaw-bone, slightly numb. P11 1 00:07 OS

Slight pressure in my right temple: As if a cotton pad was being pressed against my temple, so gentle but at the same time pressure. Moved in towards my right ear, and had a kind of numbness to it too. P11 1 00:23 RS

Numbness/"off" feeling in right foot, up towards below the knee. As if separated from the rest of the body, something going on in the leg that is cut off from the rest of my body. (Altered symptom because I had the following entry in the pre-proving diary. OS: My right leg felt a bit weird/"off" during the night, as if there was something going on with it that is completely separated from the rest of me/my body, kind of difficult to move it, have to concentrate more than normal, and am very aware of the weight of it.) P11 1 04:31 AS

Pain in the middle of the back extending to the left kidney P1 2 1 19:56 RS

Dull pain around left kidney P12 4 XX:XX RS

I got used to it, the same pain as all through the proving...I used to feel pain in my liver, but this one lasts and it is so present. P14 25 20:00 NS

Dull pain around left kidney, sensation like a ball P12 44 13:07 RS

Dull pain in left kidney, sleeping on left side aggravates P12 1 23:55 RS

The pain is coming now... P14 14 12:00 OS

Pain P14 15 19:00 OS

Extreme pain in my left knee whilst walking around town. It was like an inflammation of nerves because it then went to my lower back, spread up my spine into my neck. The more I walked the worse it got. I was irritated by the pain because I thought I had got over the ACL and really want to take a remedy to stop this now. I don’t know if its the proving but I’ve had enough. My husband says ACL tears take 12 months and I shouldn’t be too hard on myself and have too high expectations. P10 43 11:15 RS

Pain in left knee, I tore my ACL in May and I’ve been standing up for a while and it just feels like the ACL pain P10 36 12:15 RS
Sharp pain in right ovary for 2 days  P10 51 13:00 NS

Pain in left kidneyP10 34 12:05 NS

Pain around lips as if I touched them or rubbed them  P12 7 18:30 RS

Pain in lips on left side while going on the train P12 11 08:00 RS

Pain P14 24 21:00 NS

Period pains, ten days before due P14 34 14:00 NS

Waking with a headache, occipital strain mainly left but over eyes, head in a vice P4 36 XX:XX OS

Pain running over top of head from just above one ear to just above the other ear during succussing P9 1 NS

Right temporal, right eye, dull but boring ache, with extreme tiredness, yawning +++ P4 2 12:05 NS

I have on and off an aching feeling in my thumbs, I think is onset of arthrits, as my mother has the same although its far more developed also has had 2 new hips from painful arthritis. It seems to be food related with me and if I eat white flour things i will feel it. Today i realised i have had quite bad ache in my thumbs for a week or so  P2 44 09:07 RS

Not unusual for me to feel pain in my throat on the first day of my period, not usually as bad as this though - I didn’t feel like drinking water, hot water made it feel better P6 13 14:00 RS

Pain right side P9 1 00:34 NS

Sharp pain right nostril P9 1 00:35 NS

Felt discomfort in lower bowels-pains gripping P9 1 10:15 NS

Stubbing pain in the left ovary coming and going through the day (usually I get some slight disturbance around ovulation but never pain of this sort and intensity) P7 14 XX:XX NS

After lots of walking, slight hip pain (recurring issue). As if the hip joint is glowing. P6 24 20:00 RS

Dull ache in my hip in bed, came and went quickly. Glowing heat in the joint. P6 29 00:00 RS

Have been up an hour hadn’t felt anything. Writing diary and as soon as think about it or press left breast pain back. Has moved to underneath nipple from beside on lateral edge. Not as intense still tingling. Sensation of heat at lateral side. Unpleasant and worrying. Work today. P4 42 07:15 NS

Pain, front right, new situation lasted less than a minute P9 12 09:00 NS
Tuning in to connect with group. First headache since 2 weeks ago. Over left eye. Direct, sharp, yet blunt. Moving across to third eye. >holding forehead with palm of hand. Fleeting pain. <thinking more of it. P4 29 07:00 NS

Felt as though I had been kicked in stomach pain under ribs in centre P9 1 03:02 NS

Pain, boring, intense. right temporal towards occipital, reaching to right orbit P4 2 22:45 NS

Crushing pain, at vertex and with sore neck. P4 3 06:10 OS

Woke up and felt a pain on the right side of my tongue, as if I had bitten it in my sleep P5 2 05:20 NS

Pain lower right quadrant, near appendix, sharp, painful to walk lasted 2minutes P9 10 16:00 NS

Right knee feels dislocated, sudden pain lasted 3steps P9 5 14:00 OS

Right knee feels dislocated extreme pain, could not walk for a few steps P9 1 03:22 RS

Pain in right side kidney area like I have been kicked P9 4 09:30 RS

Pulsating Pain on the vertex P8 5 06:15 RS

Neck to right shoulder pain P9 5 12:28 OS

Left foot, big toe knuckle joint exceptionally painful, cannot walk properly, have not had this for at least 12 years, lasted all day then gone next morning P9 35 09:00 OS

Pain by spinal column right side, upper chest region, affecting shoulder too P9 2 10:30 NS

Pain in right lower quadrant same as previous day, whilst pushing pushchair, not as bad though, lasted 2mins P9 11 11:30 RS

I felt a sharp burning pain, but this time in my right knee; this didn’t last long, but getting up was hard P5 40 13:30 NS

I felt that sharp burning pain in my left knee, as usual inside the patella; I couldn’t walk very well for a few minutes, then the pain disappeared P5 37 16.00 NS

I was awake, I felt a burning pain in my left knee, above the patella, but much less stabbing and more bearable than before; it didn’t last long at all P5 54 03:00 NS

My left knee was painful again, like a burning spike was shoved in it; walking was very uncomfortable; it didn’t last long P5 32 19:00 NS

We were playing pool, and I felt that sharp burning pain in my left knee, as usual inside the patella; I couldn’t walk very well or bend forward to reach the balls with the cue for a few minutes, then the pain disappeared P5 36 13:00 NS
Pain in hip when I walk fast (notice it when I take the dog for a walk first thing). Sharp, niggling pain towards outside of hip. Goes off after walking for a few minutes and doesn’t come back P1 42 07:30 NS

Same pain in hip when I walk (notice it when I take the dog for a walk first thing). Sharp, niggling pain towards outside of hip. Goes off after walking for a few minutes. Doesn’t reappear for rest of the day. P1 43 08:10 NS

A very slight, but still painful and unnerving, ear-ache-like sensation in right ear; at the beginning of the inner ear; especially when I swallow or, when there is pressure coming outwards (as when popping the ears or when there is pressure changes in an aircraft) P11 13 10:00 RS

When inside my flat and taking off my shows, I have the same painful sensation in my left heal; I didn’t have it with shoes on. P11 6 16:30 OS

Pinching pain...but not sharp, yet strong pain, and comesand goes...continues for 4 days P14 11 13:00 OS

Pinching pain in toes...comes very sudden...like niddles going in and out P14 26 20:00 NS

Continuous pain in my right hand, comes and goes and pulsates and is very deep in my bones P14 21 09:00 NS

I get sharp pain in the right side of my jaw where it meets my neck. P13 1 06:43 NS

I get sharp pain in the left side of my jaw where it meets my neck. P13 1 06:00 NS

Cutting pains in my throat..and in my slivitci P14 42 XX:XX NS

Liver is in pain P14 44 XX:XX NS

Pain in my lower back with the ovulation P14 24 13:00 NS

Sharp cutting pain on waking up, continues for 2 days P14 12 09:00 RS

Cutting pain P14 35 09:00 RS

I get a head pain, left temple, sharp stabbing pain. P13 1 10.04 NS

Strong pain in the left temple, sharp, stabbing headache. It only lasted a few seconds, but very intense. P13 1 22 XX NS

When I got up, felt a sprain-like pain in my left arm, just above the elbow joint; it’s only present when I’m extending and bending my arm completely; if I leave it at a right angle, it’s painless; it seems to be lasting P5 15 XX:XX 07:30 NS

I felt a stabbing pain above my right buttock while walking; it forced me to walk in a strange way, as if I was lame, because putting my right leg forward to make a step was unbearable P5 44 15:00 NS
I felt a stabbing pain above my right buttock while walking; it forced me to walk in a strange way, as if I was lame, because putting my right leg forward to make a step was unbearable; it lasted about 5 minutes P5 48 13:30 NS

I felt a stabbing pain above my right buttock while walking; it forced me to walk in a strange way, as if I was lame, because putting my right leg forward to make a step was unbearable; it lasted about 5 minutes P5 47 21:15 NS

I felt that sharp pain in my left knee again, like a hot spike being sunk into the kneecap bone P5 25 22:30 NS

I felt this pain in my left knee again, as if a spike was sunk in; walking was very uncomfortable, it lasted 10 minutes, then suddenly disappeared P5 28 18:30 NS

I felt this pain in my left knee again, as if a spike was sunk inside; walking was very uncomfortable; it lasted at least 10 minutes, then faded away P5 28 14:45 NS

I felt this sharp pain in my left knee, but this time under the patella, it extended to the top of my foot; for more than an hour, it came and went in waves, it stopped when I got up at 07:45 P5 42 06:30 NS

I suddenly felt a sharp pain, as if from a spike, in my left knee, right on the left part of the kneecap, and also in my left ankle; it didn’t last long, but I couldn’t ignore it P5 25 06:15 NS

Sharp pain that prevented me from bending my left knee properly, it came and went in waves throughout the afternoon P5 42 14:30 NS

The sharp burning pain in my left knee made walking very difficult, I felt I was lame; had to touch my knee, but it didn’t help P5 29 18:30 NS

Sting-like, almost bursting pain, not a severe pain but the sensation is still quite intense, coming in wavelike pulses, moving from behind my left breast through to under my left shoulderblade. (OS: I have had this experience before, at different locations in my body, at a regular basis for a while; but I don’t remember when was the last time) P11 18 11:24 OS

Stinging, prikly pains P13 22 XX:XX NS

Stitching pain in head in one spot for few seconds, sensation like a tension pain P12 50 15:20 RS

Stitching pain in throat P12 28 08:30 RS

Painful scratchy throat with constant hawking and clearing small amounts phlegm. Slightly better by evening. House full of screaming laughing rampaging teenage girls! Manage to kick out frequently to have silence and concentrate on essay. Cannot shout, don’t want to anyway, have to kick them out instead! All ok by evening of to see James Bond, Daniel Craig actually😄 P4 12 XX:XX AOS

Scratchy pain in throat <<<talking >>> inside in warmth spreading up to ears that feel pressured out P4 10 20:45 NS

Tension in head with prickling and twitching sensations P12 12 18:XX RS
Pricking in throat either side of adams apple, lasts all day P9 32 10:00 NS

Itching right arm, >cold water and cold air, irritated because woke me up. P4 3 02:45 ROS

Itching right forearm, but nothing there, ? Agg from heat flush. > Cold water and blow cold air on it P4 3 01:46 ROS

Feeling like something stuck in the throat come and goes during whole day P12 42 XX:XX NS

Feeling like something stuck in the throat come and goes during whole day P12 45 XX:XX NS

Feeling like something stuck in the throat come and goes during whole day P12 47 XX:XX NS

Was woken with a very sharp stinging sensation in left breast, felt rather like a mastitis sensation. << touch> holding and warmth. Anxious about this P4 42 XX:XX NS

Woken with sharp stinging sensation in left breast still same place not as intense same modalities cannot lie on that side. Sit up to help drain it is what I feel I should do. Feels better wearing a bra(that's a first!!) P4 42 06:00 NS

A momentarily stinging and pirecing pain as if just below and to the left of my heart, closer to the surface of my body, but still a bit deep, as if just inside the ribcage. P11 5 11:00 OS

In the same rythm as my pulse: stinglike pains/sensations in the area below, and slightly to the left of, my left breast - as well as in the upper parts of my left breast tissue. P11 5 13:58 OS

A tearing/gripping sensations around ovaries, accompanying the lower back ache - also slight, and vague. P11 2 23:30 RS

Tingling in the throat so I cannot stop coughing P12 20 18:25 NS

Tingling in the throat while I was sleeping so I wanted to cough P12 16 07:XX NS

Tingly right hand. Ring finger. Pins and needles. Numbness P3 1 XX:XX NS

Leaned down to pick up dog lead and felt 'twinge' in back, left side. Became more and more sore over next hour. P1 1 8 08 .20 OS

Turned to pick take coat off and felt 'twinge' in lower back. A soft pulling sensation. Back sore afterwards. < standing up. > lying down (but I'm teaching so can't). Pain goes off after an hour. > performing in lecture theatre P1 20 08:45 OS

I have had an itchy sensation of the glands below my jaw on the upper part of my neck; it is as if the skin on the surface of my glands is itching, but I feel like the glands themselves are affected. I had the same thing on day 31 too - especially in the afternoon-part of the classes. P11 30 15:00 RS

Needle like pain in right hip that lasted about 20 mins. Then went and didn't return. P1 36 16:25 NS
Insomnia and sleep

Insomnia, sleep, tired, awake.

Woke up from a nap feeling completely dopy; my sleep was agitated, and I could hear cats crying in my head. I could still feel the bond in my stomach between me and the cat; it felt as if I was tightening a rope, right at the pit of the stomach; it was painful, but I felt better for eating dinner.

Had my usual first night of being unable to sleep last night. Wide awake until 2am.

Had the best night sleep I've had in a very long time. Usually when I'm away from home the first night I hardly sleep at all and at home I'm usually awake between 2 - 4 but I slept from 7 to 7:30 without any movement at all.

Went to see Spectre the new Bond film and was extremely bored and disappointed. Fell asleep and couldn't be bothered to wake up and follow the film as it was so tedious!

Woke up at 00:05 and couldn't get back to sleep until gone 05:35 but had to get up; alarm went off at 06:30 so I had only an hours sleep. My mind was very busy and productive with all the things I'm working on.

cannot get back to sleep for thinking of dream

having a job to get to sleep again, anxiety about recording dreams resulting in poor quality of sleep

wake from sleep due to bad eating earlier, probably, have a repeating music phrase in head

Woke up at 5:00, as I felt I needed more sleep, tried to sleep again without success, the knots returned.

Sleep very badly, lying still but awake

Cannot get back to sleep for thinking and stay awake for around 2 hours

Cannot go to sleep although tired for about 1 hour

Cannot sleep

So over tired I could not sleep for 3 hours - got 3 hours sleep!

Awake again too early

Cannot get to sleep - may be too much caffeine – feels like 04:00 before I get to sleep but cannot see a clock as staying at my daughters

Reflexology appointment fell into deep sleep in seconds.
Tired/drained from work, but not in the same "exhausted" way as usual; more as if my capacity and mental energy is slightly depleted, but I'm still clear-headed and not dazed. P11 8 14:00 AS

Wake up at night P14 22 03:00 IOS

Woke up, then stayed awake for an hour, and woke up at 09:30 P5 44 07:45 NS

Woke up, and then couldn’t go back to sleep until 06:15 P5 12 04:45 OS

So exhausted in half hour before I go to bed that I almost feel too tired to undress. Asleep as soon as head hits the pillow. P1 34 22:00 NS

I'm so exhausted in the evening I can't really think properly. Feel like I'm keeping upright through will alone. Tired in the very centre of my being. P1 27 18:00 RS

Really struggling to wake up because exhausted from the dreams. > when I did leap out of bed. P1 7 07:35 RS

Felt very sleepy, a bit exhausted, but more sleepy than drained - usually during the school weekends I am pretty drained at the end of the day, but this weekend I was simply sleepy, and comfortably energised/more at ease than usual through the day. P11 2 22:30 AS

At clinic. Exhausted. I want to go home. Feeling guilty about leaving the dog and the kittens all day. Feel guilty about leaving the clinic early. Rushed. Too much to do. Can’t seem to fit it all in. P1 28 14:00 RS

Exhausted P4 24 XX:XX OS

Exhausted. No energy for mental or physical work. > slightly better for being in fresh air, but then get tired. P1 48 11:00 RS

Exhausted. No energy for mental or physical work. > slightly better for being in fresh air, but then get tired. P1 50 10:00 RS

Exhausted after lunch. P1 29 14:00 RS

Exhausted after lunch. Want to lie down but have a lot to do. P1 50 03:36 RS

Exhausted had to lie on the floor when I got in - no energy P9 17 19:00 NS

Felt exhausted could not get out of bed P9 1 07:30 NS

Feel exhausted, as if I haven’t slept. Feel like I’m having to push through tiredness. Got to keep going. I mustn’t stop because if I do I'll lie down and go to sleep. P1 8 10:00 RS

Completely exhausted and sleepy. Lie down under blanket on the sofa and fall asleep for 1 hour. This feels like a necessity rather than a chosen treat. Still tired when I woke. P1 19 15:40 RS

Exhausted. No energy for mental or physical work. Want to sleep in the afternoon. P1 49 10:00 RS
Exhausted. Lie down and go to sleep for 45 minutes. > when I wake, feel refreshed P1 26 15:00 RS

Exhausted and sleepy. P16 14:30 RS

Exhaustion accompanied by difficult breathing P8 29 08:50 NS

Sitting with my family I was happy to listen and not talk, felt disconnected, tired, would rather have been stretched out on the sofa at home. P6 8 12:00 NS

Went to bed at 10.15pm felt exhausted with vertigo. Thought lying down would be better. But seemed to just lie as still as a cloud. I felt I had disappeared into my pillow but if I applied thought I felt heavy and like a rock. After a long time 3/4hr realised I’d been lying stock still. No thoughts. Eyes open. No fear. Just being. Very calm. Wanted to sleep because I felt I would dream loads tonight which may explain this process more. P4 32 22:45 NS

Cannot get up feel exhausted P9 3 08:00 RS

Generalised pain, fuzzy feeling, lasted half an hour but quality of sleep was not good P9 10 06:09 NS

Woke up feeling hot - kicked the bedclothes off P8 5 04:40 RS

General feeling all day: Still in introverted mood feeling tired. Effort to stay focused and not space out and eventually fall asleep. Quite unusual and hardly if ever in this intensity. P7 3 XX:XX NS

Did not want to do any studying, rudderless P9 23 11:00 NS

Woke up completely tired and unrefreshed (we went to sleep at 01:30); I felt worthless and inadequate, because I felt I was betraying my partner with what had been said the night before; this lasted for a few hours, then we did other things, so I felt better P5 9 07:00 OS

Tired most of the day, despite normal night’s sleep. Worse approaching meal times when hungry P6 31 8:00 RS

Taxi that I booked did not show up it was dark and I was very tired got upset and was so tired P9 11 00:45 NS

Still tired and sleepy P7 4 09:00 NS

General feeling all day: Tired. Sleepy. Same feeling of keeping to myself, I am there with the group but kind of like behind a “curtain”; i can see and hear them but it’s like i am not really a part of what is going on, just observing from behind the curtain and without even focusing on what is going on; went on all through the day, introverted, not feeling like talking or focusing on what they were saying, which is extremely unusual especially during school weekends. I don’t mind being around them as long as i can stay behind my curtain. P7 2 XX:XX NS

Tired after arriving on holiday, could’ve happily gone to bed at 8. On holiday and starting to relax P6 10 20:00 RS
Tired, not enough sleep due to the impact of the clocks changing and mind buzzing about going on holiday P6 10 10:00 RS

Very tired, feeling heavy on my feet, dragging down, wanted to lie down, struggle to do usual jobs round the house. P6 2 16:00 RS

Tired despite having slept ok, went to bed and slept for an hour after lunch, felt exhausted after eating lunch P6 11 13:00 RS

Very tired, dragging down tiredness, eyes wanted to close while watching tv, went to bed at 9pm (unusual for me) P6 4 20:00 RS

Woke up and couldn’t go to sleep again, so got up in the end, although still feeling tired P5 13 05:15 NS

Very tired, could sleep and sleep P6 1 05:00 RS

Felt absolutely tired, I sat down on the stairs and couldn’t move, I started to nod off, as if I had taken a sleeping pill; I just had to go to bed and fell asleep straight away P5 10 20:15 NS

Felt absolutely tired, I sat down on the stairs and couldn’t move, I started to nod off, as if I had taken a sleeping pill; I just had to go to bed and fell asleep straight away P5 12 20:30 NS

Woke up still feeling tired, but not tired enough to go back to sleep P5 17 06:00 NS

Woke up still feeling tired, but not tired enough to go back to sleep; my partner got up before me, so I was alone in bed; felt disappointed and sad, because that already happened the 2 or 3 previous mornings P5 16 05:15 NS

Extreme tiredness, peaked at 11am, better for food and then exercise P6 32 11:00 RS

Still tired but not as much as previously, but a quieter day today P6 9 20:00 RS

Felt very tired P9 23 18:00 NS

Managed to keep going all day at work but exhausted, worn down, by evening, bed at 9:30 P6 6 20:00 RS

I had just come back exhausted from a difficult, tensed day at the office to discover that after heavy rain, water had started dripping in my closet. By the time I found out it had already formed a pool on the floor and half my clothes were soaked. I just plummeted. It was more than I could handle. Soon I just looked at it, decided I wasn’t going to do anything about it at 10 o’clock at night, called for help and actually just let my mum (she lives next door) mop the floor and take the soaked clothes out (usually i want to be in control as far as my space/things are concerned and also i am quite particular about how things should be done). I just went off to eat something and go to bed. P7 15 XX:XX NS

Extreme tiredness P8 36 06:00 NS

Extreme tiredness, by just moving the stuff from one room to another as we are getting the house painted. P8 35 11:00 NS
Felt sleepy in the class; dozed for a couple of minutes P8 31 15:00 NS

After the seizure, I was exhausted, but instead of going to bed, I was provocative to my partner, reminding him of something that went wrong when we were in France; I then felt horrible, thought he'd never forgive me and reject me forever P5 54 21:30 NS

Went to the bathroom for a drink, and felt like sleeping on the cold tiled floor for a second, then went back to bed P5 2  03:00 NS

Had a seizure on the bus, when I felt myself slipping away from reality, I got back to consciousness very sleepy; I've had 3 more like that throughout the day P5 26 14:05 RS

General whole body heat with perspiration felt on face, wake me up, feeling irritable with it. P4 8 XX:XX OS

Slept very well, not waking up once P4 33 XX:XX NS

Half-awake I realised that I was in a position where, lying on my stomach, my right hand was softly gripping my right ear (or at least positioned just next to/around it), and my elbow pointing out from my body - as if "talking in a phone" - and I immediately related it to when I was borne. My mother has told me that I was gripping my ear as if talking in the phone, and wouldn't let go, so she got a pretty bad tear... P11 5 03:00 OS

Wake me up, kick of covers. Gradually cooler, no sweat. Feel ok about this, just ‘watching’.

I wake up wet in the middle of the night... I am so hot at night, it is burning, goes on for days before(around) my period P14 14 04:00 OS

Woke up having had 3 seizures in my sleep; I felt tired and not refreshed P5 26 10:15 RS

Lack of vigour P8 21 11:30 NS

Waking up with lions in my head, continues for 3 nights P14 27 09:00 NS

We heard a piece of music which seemed too noisy and fast for me, I was overtired and had a seizure in the car P5 54 21:00 OS

Need fresh air, to wake me up P4 3 12:45 NS

Woke up still feeling I need more sleep but couldn't sleep again P7 4 07:00 NS

Very tired, making me nonchalant, laid back attitude when teenagers loud and brash, I would normally react, but am very calm. P4 2 22:35 NS

Expected to feel more lively having had plenty of sleep, eyes felt tired, head felt heavy. P6 5 16:00 RS

Postponing everything to next day P8 12 11:19 NS

Fall asleep on the train on the way into work for 10-15mins, NEVER do this P9 32 07:30 RS
I was sat up in my sleep P14 35 04:00 NS

Rescue remedy Gotta go to work, always sleep badly before work and despite having to get up early, irritating, sleep tea works well!! P4 19 01:00 ROS

Slept in the car - being able to switch off P8 29 19:00 NS

Very sleepy when trying to study. Fall asleep for one hour. Struggle to wake up, but then feel refreshed once awake P1 22 15:00 RS

Very sleepy. Can't concentrate. P1 35 15:00 RS

Very sleepy. Can't concentrate. Doze on sofa for hour and a half. Lovely! P1 38 14:30 RS

Very sleepy. Can't concentrate. Lie on the sofa for a couple of hours and doze. Feels great. Hard to wake up but feel better for it. P1 37 14:30 RS

Headache. Top of head descending to either side and forehead. > for going back to bed and sleeping P1 4 07:30 Os

Very sleepy P14 28 09:00 RS

Very sleepy and tired, sweet daytime sleep P14 12 11:00 RS

I slept in, has never happened to me at School P14 2 09:15 NS

Feeling a bit weepy when I wake up. Haven't slept well. Very tired but can't back to sleep for an hour. Worrying about homework, my case analysis, other work commitments, the kittens. P1 29 06:00 NS

I felt tired and foggy, was giggly for nothing, had to catch a train but didn't really care about getting it or not; I usually find journeys stressful, so it was unusual P5 3 18:50 NS

Energy a bit better today. Didn’t feel as tired during afternoon. P1 23 15:00 RS

Suddenly energy slumps and overwhelming desire to lie down on floor - which I do for 15 minutes. > for this, but not for long. Back to feeling tired as soon as I try to do any 'intellectual' work. P1 12 15:00 RS

Feeling tired already. Want to go back to bed but have lots to do. P1 51 10:00 RS

Tired when I wake up. Hard to wake up properly. > coffee, showering P1 26 08:15 RS

Tired. Want to stop working and lie down P1 11 15:00 RS

Very hard to wake up. Feeling very tired all morning. P1 20 07:00 RS

Feel very tired as I wake up. Can’t get moving. Don’t want to go to Hawkwood. Dawdle getting ready and out of the house. Don’t care if I'm late. I am. P1 30 07:00 NS

I am so tired... as if I have landed home again and i could just stay home forever P14 28 09:00 RS
Great tiredness came onto me, I felt like I had to go back to bed; I fell asleep straight away and woke up an hour later, feeling refreshed P5 13 12:00 NS

I felt tired all throughout the day, but couldn’t go to sleep; usually, I can get a bit of rest if I lie down somewhere; this lead to another seizure in the evening P5 34 17:00 NS

Extremely tired, with heavy eyes, just want to sleep. P4 2 13:00 NS

Energy slumps and I feel very tired. Snooze on the sofa while watching a film. > for sleep at first but quickly feel tired and sleepy again. P1 8 15:00 RS

Very sleepy as I’m driving. Tiredness stays with me when I arrive and all through evening. > alcohol, company, food P1 25 15:00 RS

Felt a bit “off” in my head - tense, and tired at the same time. As if strained, in my entire skull, and down towards my neck; as if struggling to carry my head effortlessly, as opposed to when one isn’t even aware that the weight of the head is actually carried by the neck. P11 8 18:30 RS

Suddenly fell asleep while watching TV. Slept for 15 mins then woke up. Tired. P1 20 21:00 RS

Very sudden slump in energy. But couldn’t/wouldn’t ‘give in’. Mustn’t give up. Did physical tasks to work through the tiredness. NB this is the opposite of what I felt this morning. P1 13 14:00 RS

A drained “everybody-wants-a-piece-of-me-feeling”; can’t manage to stretch myself far enough to relate to everyone - am feeling like when Christmas comes, I will escape the family-dinners to not have to relate to them all - use up my energy - and have to defend homeopathy around the dinner table. The thought is tiring, and draining. P11 5 22:00 RS

Moan to R about the proving. Really pissed off that I’m constantly tired, can’t think about entering Bath half marathon. Stuck with the tiredness. Disappointed that I’m never going to get better. That I won’t be able to run around and be productive. P1 19 08:45 NS

Tired when I wake up < movement, food P1 34 07:00 RS

Extreme tiredness that comes on suddenly. Want to lie down and sleep but am driving and have to go to supermarket then walk dog. < fresh air, walking in open. P1 21 15:00 RS

Feeling of extreme tiredness hasn’t lifted all afternoon. I go out for dinner and energy feels > for company and alcohol. P1 18 17:30 RS

Low energy at end of class. Want to sleep. But ‘pushing through tiredness’ to do mental and physical work. P1 6 11:00 RS

Very sudden slump in energy. But couldn’t/wouldn’t ‘give in’. Mustn’t give up. Did physical tasks to work through the tiredness. P1 13 14:00 RS

Very very sleepy, heavy eyes especially right eye, completely dopey!! P4 3 09:40 NS

Waking up later than usual P8 23 08:30 RS

Slept in! First day of holidays, got woken up by dog, very cheesed of about this, have things to do but wanted to go back to sleep. P4 8 08:30 NS
Cold, chilling and freezing
Low temperature, chilly, ice, snow.

4th and 5th fingers chilliness while sitting still, in the right hand P8 14 20:45 NS

Chills down my spine. P11 S 05:38 RS

Icy cold right foot. P11 1 00:07 OS

It feels cold and dry P14 6 11:00 OS

Feeling chilly, cold hands, feet. P11 1 00:12 RS

Feeling cold in house. R says it’s like a hot house but I’m just right. P1 18 17:00 OS

I’ve noticed that I feel cold in the house when no one else does. I want the heating on. As the sun goes down. P1 17 18:00 OS

Notice that I’ve warmed up. Haven’t felt cold for the last couple of days (since day 20) P1 22 17:00 RS

Lower part of the leg, feet and top part feels cold P12 5 11:00 NS

Feeling cold in extremities P12 42 17:20 RS

Feeling cold in lower limbs P12 23 11:00 RS

Felt cold iron rods under my fingers and heard the number 160 in my head; there was a cold dark atmosphere, but no emotions P5 2 04:30 NS

Pressing pain on both temples. Tingly. Cold. P3 2 XX:XX NS

Feel like head being opened and pulled apart. A cold sensation. Chilling. P3 1 00:25 NS

Freezing cold top of the head. I am wrapped up in duvet warm as toast, but my head is freezing. So have to hold head, by placing hand on top. Heat from my hand heats up my head and soothes me. Stops me crying too!! Start writing diary. Crying. Noticed yesterday I had the breathing I have now. Sort of deep breathes but difficult to breathe in fully, chugging breathes, like a steam train. Choo choo choo. Also noticed my daughter has had a dream last night and the light is on in her room. She didn’t come in to me, which is what she would do normally, or something else. Point is she also had a disturbed night. I know I’m upsetting her. And that’s not acceptable. I don’t know if this is the proving anymore, it feels like lots of my own shite caught up in a maelstrom. But would like to think it’s over and to try and get some clarity back. The feelings for me in the dreams where, content and freedom, panic, rescue, run, escape, memories, watching fear, sadness and alarm, alone, caught, rhythm, dance, trapped, collapse. P4 46 08:00 ROS

Water feels cold in stomach, almost not able to keep it there >>sitting up drinking cooling peppermint tea cold too P4 7 03:45 NS

Cold everywhere, particularly extremeties, neck and shoulders. Worse for cold air. P6 3 14:00 NS

Cold extremeties and cold neck and shoulders. Better for movement. Better for eating. Worse for cold air. P6 2 14:00 NS
Cold everywhere, particularly in my upper back, worse for cold air, better for eating. P6 5 16:00 RS

Cold in my upper back, also slightly sweaty, worse for slightest exposure to cold air P6 7 16:00 RS

Really cold when going to bed, chill in upper body specifically, cold weather and gradually felt colder as the evening wore on. Unable to warm up under the bed clothes P6 16 22:00 RS

Cold in the depth of my back, Raynauds on my fingers from slight cold. Worse for cold air, worse for any sort of breeze. P6 4 16:00 RS

Cold in the depth of my back, Raynauds on my fingers from slight cold breeze. Better for eating. P6 6 16:00 RS

Palms of hands icy cold P8 1 00:10 NS

But my skin is cool to touch. My throat was radiating heat before the heat arose, like my thyroid is going crazy.

I can’t sleep and I feel ill. I’m clammy, the skin feels cold but I feel hot inside. It alternates between feeling hot and cold. P1 22 03:00 NS

I can’t sleep and I feel ill. I’m clammy, the skin feels cold but I feel hot inside. It alternates between feeling hot and cold. P10 45 23:00 RS

Felt cold although sat next to radiator all others hot in room P9 13 11:15 NS

A cold, chilly pain that sends shooting icy sparks up my spine to the back of my head, The pain makes me want to tense my head and shrug my shoulders up.

Less chilly than usual - very chilly normally P8 17 17:30 NS

>>> outside fresh cold air P4 3 08:28 AS

Every time I close my eyes I see a vision of rooflines in a city, skyscrapers and a sunset. Dark silhouette against a beautiful sky. It makes me feel cold. Airy. Distant. Floating above and detached. P3 3 23:00 NS

Talking to friends and getting cold shakes from being too emotional...but calm at the sametime P14 12 16:00 RS

I’ve been in a cold sweat all day P10 34 14:30 NS

I woke up in a cold sweat, even my pjs are wet. This occurs when I have a chest infection caused by the Non-Tub micro bacteria. P10 33 08:15 RS

I am thinking that I might have been less chilly the last week or so than I am usually. I am not sure, but the thought entered my mind that I am always so changeable with the least temperature change; sweaty and too warm when it’s hot, and freezing and cold if not moving when it’s cold - but that I have been more stable and less changeable lately. P11 24 17:00 AS

Vitality better. I started going down with a cold (not very unusual) on Sunday evening instead of "fighting" it, I just thought ‘ok do whatever it is you need to do and be gone as I have things I want to do’, had some orange juice and stayed in bed in the morning. Throat was worse than usual and fever went a bit higher,
congestion in the nose and heavy feeling in the head worse but by the evening I already started feeling better (usually it takes longer, 3-4 days with lighter symptoms) P7 39 XX:XX NS

I feel cold, skin is warm but I feel cold inside P10 22 10:45 OS

I’m extremely cold and don’t feel like doing anything but I’m going to force myself to sort out the toy store under the stairs because that chaos has been irritating me for ages too. P10 33 09:30 RS

Not as chilly, P11 6 16:30 AS

Quite chilly. P11 46 11:00 RS

**Colds, flu, sneezing**

*Sneezing, congestion in nose, mucousy cough runny/watery discharge*

Achy P14 25 19:00 IOS

Sinusitis striking after acute with green discharges P12 2 09:00 RS

Blocked, sinuses felt blocked P8 39 08:00 NS

Burning in the nose while I was sleeping P12 12 06:XX NS

My partner and I had an argument; I had a big cry, and even after I finished crying, the bridge of my nose was burning, as if my discharge was acrid; blowing my nose slightly helped, but it was still burning P5 20 12:30 NS

Extremely dry, croaky, difficult to hawk up dry feeling around soft pharynx. Feels like a patch of burnt dry and scabby stuff. >slightly with water. Has woken me up along with knee pain, very restless. Empty coughing which makes throat sore > warm drink of chamomile. P4 19 12:20 ROS

Bland, clear coryza. P1 23 08:00 RS

Was suddenly very aware that my airways were completely clear, open and free, Air was moving in and out so effortlessly that it is as if I normally have strained breathing, which I don’t (as far as I know, except for uphill). It was almost as if I would get more air than I need if I was to put any real effort into breathing. P11 21 06:50 AS

Snots, clear and a lot P14 25 09:00 NS

Nose running right side, feels like a cold. P4 10 07:00 NS

Up and about, only a bit of congestion in the nose remaining. P7 40 XX:XX NS

Continuous sneezing P8 43 16:30 NS

> sitting up to clear. Have a cough, dry constant tickle. >sleep sitting up sucking on lozengers again to clear and relieve pain P4 14 XX:XX AOS
Feeling better, more localised to soft pharynx as opposed to vocal chords now. Out walking in fresh air on Quantocks all morning, so fabulous, have a dry cough lozenges! P4 13 XX:XX AOS

Blocked, hard pieces P14 32 08:00 NS

No cold symptoms after the sore throat, just a dull, pressing catarrhal head ache, better for fresh air P6 14 18:00 RS

I woke up feeling ill, like the beginnings of a cold. My throat was raw and I felt hot inside but very cold to touch. It felt like there was thick mucus in my sinuses but it wasn’t coming out of my nose. This is very much like the insidences at the beginning. At the weekend I was with someone who had a rotten cold so I don’t know if this is real or proving. Time will tell. P10 44 01:30 NS

Coughed up small amount of phlegm when I laughed. P1 6 20:15 RS

Right nostril, blocked, mucous membranes feel swollen yet very dry and sore, >sitting bolt upright >water seems to hydrate tissues and causes coryza. P4 8 XX:XX NS

Mucousy cough when I lie down- irritating, lasts about half an hour P9 32 23:15 ROS

Mucousy cough, makes me retch when lying down P9 34 23:59 RS

Mucousy cough intermittent for whole day P9 33 09:00 RS

My chest hurts when I breathe in and I have a very productive cough with green and bloody mucus. I feel like I have a chest infection. I’ll take large amounts of vitamin C. P10 33 09:30 RS

Blood-streaked mucus in my throat, was aware when brushing my teeth. P11 40 07:00 NS

I woke up still feeling like I did in the night but apart from the sinus full of mucus feeling the rest has gone by midday. P10 45 08:30 NS

Right nostril has coryza think its all coming from there, throat dry and sore on waking need to clear and hawk up green white stuff, not so much now P4 14 07:00 AOS

Feeling of fighting of a cold, slight soreness and dryness in throat, feels claggy, with sniffing in right nostril, of clear coryza. P4 8 14:00 NS

Tension pain in face extending to sinuses P12 41 08:00 RS

Tension pain in sinuses extending to the lips P12 12 XX:XX RS

Sinus pain on both sides P12 3 08:XX RS

Sinus pain extending to forehead. Sometimes extending to the back of the head. Headache pain continued for 8 hours P12 5 07:00 RS

Pain in sinuses, blocked nose, yellowish discharges P12 46 18:10 RS
Deep dull pain around sinuses while I was sleeping P12 16 07:XX RS

Pain on the right eyebrow because of congestion; did not take anything to make it better; seemed less intense than normal P8 40 08:00 NS

Tension pain around sinuses more on the left side extending to pain around lips which sometimes short stitching pain P12 13 07:40 RS

Runny nose after eating which only lasted 10 minutes P10 4 19:00 NS

Left nostril running clear liquid P9 1 02:28 AS

Runny and watery discharge P8 42 10:00 NS

Feel sniffly with clear running nose, like I am at the end of a cold last 1 day P9 49 12:30 ROS

Smelly and loose, as at the end of a cold (which I've not had). Yellow-ish. Cleared quickly. Could relate to fresh air day before. P6 4 10:00 RS

Sneezing. Have to blow nose. Mostly clear, thin mucus with some yellow, thicker bits in. Mucus at back of throat, swallowing it. P1 24 07:45 RS

Frequent sneezing P10 46 11:10 NS

Frequent sneezing P10 47 12:50 NS

Sneezed once P9 12 10:05 NS

Sneezed twice P9 13 09:51 NS

Sneezed twice P9 13 10:13 NS

Sneezed twice P9 13 15:12 NS

Sneezed once P9 11:30 RS

Sneezed twice P9 16 10:59 RS

Cough tickly. Mucous clod stuck in throat. Tenacious mucous clod. P3 1 XX:XX NS

Tickly cough P9 7 11:58 NS

Felt as though my nose was going to run, tingly, I had been bunged up with cold all day P9 1 00:07 AS

It is not altered in the characteristics of the symptom, but in the duration; I have had taerful eye before; the eye producing more waterworks than usual, so that my eye waters and a tear escapes it now and then. I have noticed it many times lately, as compared to now and then (once a month? every three months??) usually. I think that it is mostly/only outdoors, especially if the air is very fresh and crisp. P11 26 13:00 AS
Cough up yellow mucus P10 13 19:30 OS
Cough up yellow mucus P10 14 07:45 OS
Yellow discharged after getting flue/cold P12 43 08:20 RS
Yellow-y coryza after a walk outdoors, cleared quickly P6 23 18:00 RS
Very painful, scratchy and dry, with watery eyes, and right running nostril P4 10 08:30 NS
I feel quite ill with a cold, it has finally arrived properly during the day too. P10 46 08:30 RS
Coryza, bland, from both nostrils P11 51 09:00 NS

**Lumps, bumps**

**Bulge, lump, spot, bite, jelly, squidgy**

An almost ache in my throat - a lump sensation in the back of my throat/when swallowing; a cotton-like sensation, as of a layer of cotton being pressed towards the sides of my throat, below the jaw. P11 15 08:00, RS

The jelly-lump in my abdomen/solar plexus area is still there, and today I was consious of it actually being “activated” or “turned on” when I have this apprehension towards speaking out loud, or in any way placing myself in other people’s attention. I have not been aware of this “activation” of it before; but in a way it made sense to me, though I can’t explain it; to me it is kind of a physical manifestation of the mental/emotional apprehension and stress/anxiety that I have, and so when I was having the urge to say something out loud in the group - and I felt my jelly-lump kind of being energised - it made sense for it to do so... Though I have not noticed this connection before, and I think it has to do with the experience that I had of the jelly-lump being worked on by me in the state that I am. It is as if expressing some frustration over not voicing/sharing my thoughts which would usually feed into the jelly-lump and stay there - but which is now actually more interactive with the jelly lump, more of a process than locking stuff up. P11 29 14:00 AS

Lumps start to appear along jaw line, itchy P9 1 04:50 NS

Bitten on right arm itching P9 7 16:13 NS

Bitten on inside right ankle P9 9 11:47 NS

A “bobble-sensation”, as of a lump of jelly, just behind my sternum and heart - and it felt like the lump was going to hicchough. (Altered because: it doesn’t usually feel like it’s going to hicchough; it is present as a heavy straining lump, that feels like it is a bit in the way of my breathing, taking up some of the space where there would otherwise be more space when inhaling.) P11 2 14:30 AS

Coldsore, (with a head I squized it) P14 32 08:00 NS

Two growths are growing between my legs and reach down to my knees. One is thin and lined with knobbly growths and blisters. The other is much thicker: pink and covered in skin - looks a bit more like a
penis. I’m embarrassed and in denial. I find it very difficult to talk about them although they’re so obvious that other people notice them. I fob them off and say I will go to the doctor some time to see about them. Want people to stop mentioning them. P1 16 06:30 RS

Had sensation of a bulge in left temple, as if you’re rolling a sleeve up; it then went to my right temple, then stopped altogether P5 1 19:30 NS

Itchy spots, have to scratch them to stop itching...I had them in my teenagerhood and have been returning in the past year and now slightly different P14 16 10:00 AS

Further spots similar to day 16 on nose and left cheek, slightly itchy- last 3 days P9 19 19:00 NS

I noticed two spots on the upper part of my left buttock; they were itching as from tic or mosquito stings, but my partner later checked and saw no tic there, just redness, they lasted for more than a week, gradually going down in size and itching less and less P5 47 17:30 NS

Coldsore, itchy P14 34 09:00 NS

Bite on left foot instep, really itching, scratching made worse P9 6 04:00 RS

Bite on arm itching needed to get up and put something on it P9 9 03:09 RS

The yellowy lump in my chest is taking up a lot of space today, so that it is harder to catch a full breath - as if not enough space for the air in my lungs, because the lump is protruding into the lungs' normal space. P11 7 07:45 AS

Bowels filled up with air, accompanied by a light (floaty?) sensation in the solar plexus-area (behind lower part of sternum, just above abdominal cavity), where I usually have a more of a jelly-lump-sensation, so my previous sensation was alleviated. The jelly-lump usually feels like it is constricting my breathing, and is therefore a bit straining, the more floaty sensation feels like it relieves the heaviness/strain somewhat. P11 1 00:07 OS

After yoga: Feels as if I’m breathing around the jelly-like lump, as if my body is now tackling it from all around it, trying to get a sense of it, and work its way through it. P11 7 19:30 AS

Lump on my left side is still there and feels a little more solid, same size. It feels uncomfortable if I move it or press it, but doesnot hurt on its own. P2 12 02:52 RS

I found a "squidgy"soft moving bulge on my left side, as I raised my arms it showed, by my ribs about where my bra would be. I feels as though its in-between my ribs. P2 1 08:57 NS

A painful "lump" under the right side of my left heal, painful to step on, as if stepping on a pole protruding through my heal - or a continuation of my leg-bone through the sole of my foot, or about to go through. P11 6 07:22 OS

I can feel a sensation in my abdomen that is triggered by me not speaking out in class; I am holding back my own contributions to that group discussion - as I usually do - and I do think that this "constraint", with not "letting it out" (which I remember from as early as primary school, where I sat there knowing some answers or thinking I had a good question to ask without voicing it). It is as if this mental barrier of holding
back is also running through the rest of my system, and mostly bottling up in the area of the jelly-lump in my lower chest/abdomen. I think it always has, but now that the jelly-lump is "being worked on" and in a way partly being allowed to get free of its barriers, I am more aware of it. Before I saw the jelly lump as a white lump of jelly, with a clear bluish white consistency like soap bubbles - now I see it as consisting of the same matter, but "activated"; it is glowing slightly, with a red-orange-ish glow that is neither warm nor cold, it is just continuously glowing slightly and activated. P11 29 15:00 AS

The lump on my right index finger is still there, though I have not been aware of it lately. I noticed it again when I became aware of fidgeting with it. P11 28 21:00 RS

The lump on my right index finger is barely noticeable compared to last night. I can feel it when running my finger over it, but I am not inclined to fidget with it as I was yesterday. P11 29 14:30 AS

A tiny skin-lump on my right index finger, on the most proximal part of the phalange. It is the size of a tiny bead, and I noticed it when I started picking on it - it is not painful, it is just there. (Tiny wart?? If so - an OS) P11 17 19:00 NS

I awoke very peaceful & quiet showered, lump still on my left side the same. Very happy in my own space, kind of like I've taken a drug. A mild mushroom, warm glow. I did dream but for once not able to remember it P2 2 09:00 NS

Feeling nauseous as lump of sick in throat P3 2 XX:XX NS

Pimple just above the left corner or my mouth. P11 2 07:30 RS

Puffy underneath P1 8 XX:XX RS

I notice that I haven't had rosacea on left side of nose since proving started. (I've had this small area of rosacea for about 2 years more or less constantly) P1 14 07:30 CS

Spots appearing on left hand side of nose - four bright red, no heads almnost like blisters - remain for 4 days P9 16 16:00 NS

Spots on tongue, feels swollen- granddaughters have hand foot and mouth so this may be the virus coming out in me. Tongue and mouth remain swollen and sore for 6 days P9 32 17:00 NS

I can feel a zit coming up on my chin (right side). Tender to touch. P1 33 21:00 OS

Zit getting bigger and more tender to touch. P1 35 15:00 OS

Spots!!! P14 27 XX:XX IOS

Food/Taste/Appetite

Metal taste, loss of appetite, eating lettuce, nausea, sick, thirst, thirsty, spices, hungry, starving, saliva, queasy.

Increased appetite P14 15 09:00 RS
Aversion to spices; prefer to eat milder food  P8 30 10:00 NS

Had been waiting all night to plant 4 runner beans, wanted to watch them grow. In 4 neatly perfect square small beds, each bean in lower right corner, all very precise. Felt about needing food, and watching something grow.  P4 2 08:09 NS

I have decided to take a break of coffee for a while, to see how this affects my shoulder and general creaky acheyness, and to bring back my regular appetite patterns. P2 32 08:38 NS

Burn throat with microwaved food right down in side my oesophagus P9 32 15:39 NS

I am on a transporter, going across re the the great canal, a huge canyon. Out side there are huge stone walls, the canyon walls, stretching up endlessly with every shelf covered in red sand. Inside the transporter is like a cross between a large train and a cheap plastic motel bar. Everything is made to last, it is utilitarian, shining. A very un-human place to hang out for a journey that is going to last weeks. There are not even enough seats for everyone. People are lying on the floor, or standing in small huddles. Those new to the transporter look refreshed, alive, well made up. Those that have been travelling a few days look tiered, dishevelled, smelly and hungry. There is a buffet, but no one is staffing it, there is food but no one knows how long it has been there. No one dares to eat it for fear of food poisoning. I have been on the transport for a few weeks, I feel slightly unsafe, everyone is on edge, this is not a safe way to travel. There are guards that are very unfriendly and that stop you moving around. I have a pack of processed pre-sliced cheese, like the stuff you put on burgers. Plastic cheese, I eat a slice a day to keep me going. P13 2 00:03 NS

There has been a cat theme in this proving, so I thought I should mention I have bought my cat a big stock of food, I’ve been meaning to for a while find a cheaper supply and found the new large store was doing a special deal and so have come back with about 2 months supply of this favourite yummy food & treats. P2 21 12:00 NS

Craving coffee (still craving coffee 8 weeks on) P3 5 NS

Cough after eating which only lasted 30 minutes P10 5 19:00 OS

Craved something sweet for half an hour, walked into several different stores and then came out with nothing. Then it went away. P9 12 13:00 NS

Desire for wine (continues for over a month) P14 1 01:50 OS

Desire for vinegar P14 15 14:00 IOS

Desire for chillies and spicy foods P14 15 12.00 OS

Desire to smoke P14 1 03:20 OS

Desire to smoke P14 5 20:00 RS

Loss of desire to smoke, I’m at a friends with other girlfriends, we are drinking and chatting and would normally be keen to smoke, but don’t have these cravings now. I do still smoke though? P2 12 04:48 NS

Desire meat and chips P14 2 19:00 OS
Desire for fresh air, to exercise, going for a cycle P1 4 12:00 RS

Desire cigarettes P2 4 01:03 RS

Desire for fresh air P14 24 16:00 NS

Desire cigarette. Have half a roll up and it tastes disgusting! Feel dizzy. Hate the way my breath and fingers smell afterwards. Ughh! P1 0 21:30 RS

Desire mackerel for lunch every day since day 16 P1 18 14:00 NS

Desire warm drinks: herbal teas P1 6 17:00 RS

Dry lips (continued for a week) and salivation P3 3 14:15 NS

Lips very dry on inside, despite sensation of increased saliva, lips felt dry and dusty on inside of them. P4 1 12:57 NS

Eating lettuce on a regular basis - never normally eat it in this quantity P8 34 09:00 NS

Feeling like a bit of extra salivation. Not sure for how long as I fell asleep. P12 1 22:55 NS

Saliva produced ++ P9 1 00:05 NS

Starving by 10 despite having had usual breakfast, better after a biscuit P6 1 10:00 NS

Starving by 10 despite having had usual breakfast, better for a snack. P6 2 10:00 NS

I feel really hungry and binge eat lots of unsuitable food P9 1 18:50 RS

Feeling a little sick P2 1 10:00 RS

Feels like I have burned my tongue and as though ulcers are starting to form on front of lower gum and where tongue is attached to floor of mouth P9 1 21:30 NS

I am in an apartment and I am not feeling very well, the neighbour comes (some over friendly man) and tells me he has a cure... he makes a mixture of chilli and lemon and I dip some fish in and put it on the pan, when it is ready we both realise I could’ve put it in the over with the marinate, but we pour it over still... he is very keen forme to like him... and he says he has some raki...a very strong alcohol (200 precent??) and he could rub that on me (my mum used to do this when I was a child and ill)... my partner appears and then a friend of ours... she is constantly singing and reciting poetry... she is very positive. P14 29 04:00 NS

I am with this really nice and well spoken people (they have something royal) and I am telling him how I am back from seeing my partner and it turns out he is the Son OF a KIng (somewhere in Egypt!) and its really nice in this place ans my friend is checking it all out and speaks about their house but he is being very common about it and thinking only about the money... I am really liking the peaceful atmosphere about them... so I have to go, I have to get to the school but I am baby sitting before that... I meet the mum and
Desire fish! Have realised when looking in freezer for tonight’s supper, that it is full of fish! And, that we have eaten fish pie 4 times this month. I/we do eat fish, me especially. But not always so much since its expensive. Thinking of beginning of proving, and realised that fish has played a big part of diet this month!! There’s loads left too!! P4 29 07:15 NS

Lots of gurgling and noises from stomach as though taken a probiotic P9 1 00:01 NS

Rumbling and gurgling in lower gut, noise, but no pain. Seems my daughter, her daughter and her husband have a stomach bug since found out. But nothing happened with me I thought it was just returning from the holiday adjustment P9 11 15:00 NS

Slight dull head ache for most of the day (dehydration as not enough fluids day before) that got worse as the evening came P6 16 17:00 RS

Whilst cleaning my teeth I was heaving and trying hard not to be sick. P10 22 10:30 NS

The only part I remember clearly enough to record: One of our lecturers at the school was going to distribute bread to us from a box he had with him. He had brought the bread I make for myself (seeds, no grains or flour), so that when it was my turn to get bread, he dug into the pile of bread-slices and handed me my bread with a kind of cheeky and playful grin. It was a humourous moment. (RS: I had the feeling of this part with the bread being related to the previous dream, with the part of us having bread, and me not eating bread.) P11 19 06:45 RS

Binge on three chocolate bars as have not eaten properly- became suddenly hungry P9 33 16:00 RS

Altered appetite, not so hungry. Can eat something then loose interest. No meat yuk! Want salads herbs cool foods. P4 6 03:36 AS

No appetite P9 3 11:45 RS
No appetite, not even for chocolate that is on my desk..... P9 2 13:00 RS

No appetite, no thirst P9 1 20:15 RS

Meditation following remedy, of a growing metal structure, great wide metal girders up back, extremely high, great heavy thick metal girders from ear to ear. I am an enormous statue. Then a massive metal sharp point structure came out of third eye and projected forward, strong hard metallic, heavy, part of the building now. Very direct. My feet had connected to the earth, deep ballooned out, a wide base. I am a statue or structure but something's wrong. P4 1:00:00 NS

Metalic taste in mouth P10 0 18:26 NS

Metalic taste in mouth P10 1 00:08 NS

Tongue feels metallic P10 3 14:00 NS

Some kind of metallic taste in the mouth P12 5 11:00 NS

Metalic, jaw pulled in P14 1 00:23 OS

Severe Nausea and heaving whilst percussing the remedy P10 0 18:44 NS

Nausea must keep swallowing, with bloated abdomen, feels tender to touch. No food <thought of eating P4 3 06:45 AS

Mild nausea. Better for eating P1 5 15:00 NS

Nausea P10 0 18:28 NS

A couple of spells of nausea throughout the day, and I think I had the same yesterday, an uneasiness, slightly sick sensation in stomach. P11 4 17:00 OS

Nausea overwhelming, with anxiety (because I hate being sick!) with extreme thirst, dry lips, excess saliva. P4 3 01:45 AS

Woke up with mild nausea but with great thirst. P4 3 02:45 NS

Thick dense metallic nausea, like taken too much acid, I'm on a bad trip sensation, all fragmented, can taste metal. P4 1 13:26 NS

Heavy intense nausea, deep in stomach, with increased saliva in mouth P4 1 12:43 NS

Nausea, better with swallowing. P4 2 22:30 NS

No breakfast! Ginger tea only. I hate being sick (this is the worst symptom for me to have at any time) P4 3 07:00 NS

Nausea for about 2 minutes P9 11 12:30 NS
No appetite P9 1 12:30 NS

No appetite P9 33 12:30 RS

Drinking less water - don't want to be tied to a set arrangement - used to drink water as a routine but realised that for past 3 weeks I don't to drink as part of my routine. P8 46 10:25 NS

No thirst P9 1 12:45 NS

Not as hungry/craving for food as I usually am. P11 6 16:30 AS

Not really hungry all day, whereas days of primary effect eating loads! P4 3 XX:XX AS

Not thirsty at all; did not drink even a single glass of water P8 48 09:00 NS

Huge pieces of ham. How do people have such big pieces - I don't understand. Puzzled. Lots of questions in my mind. What? How can it be? But then, it's so ordinary to have such pieces of ham.... apparently. Feeling of not understanding persists when I wake up. Don't understand the dream. P1 8 04:01 RS

Low intestine pain, followed by diarrhoea P96 08:12 NS

Lower abdomen pain followed by diarrhoea P9 6 10:47 RS

Feels queasy < walking. Goes after 20 minutes P1 18 15:35 NS

Hung over. Feeling queasy. > for eating buttery toast and coffee P1 4 07:30 RS

I had a glass of wine again this evening, together with my host for the night, and it seemed to slightly relieve the headache a bit. P11 4 21:30 AS

Rumbling in abdomen. Sense of movement. Felt gasey. P3 1 00:00 NS

I have had rumbling noises in my stomach, lasting for a couple of days; usually my stomach and bowels are nice and quiet, but for a couple of days they are rumbling and making squeaky noises. I don't see it as directly linked to being hungry, it is a bit random. P11 14 11:00 RS

My stomach is rumbling from the jarring of the car P14 3 08:00 NS

Tummy is rumbling and diarrhia P14 5 10:00 RS

Increased saliva P10 0 18:41 NS

Increased saliva P10 1 00:06 NS

During meditation I have a sense of saliva building up in my mouth. P13 1 XXXX NS

Looking for apples - there's a snake hanging from the tree. Guarding the apples? I am the one who's going to try and get back the apples. Scared and I back off. P1 12 04:00 RS
Feeling bloated, soft, bluebery. P1 8 16:00 RS

Smell of fish and chips at train station, very clear, no where nearby selling them P9 1 00:52 RS

Very acute sense of smell, something distinctive, earthy could not quite name it P9 1 00:05 NS

Cold, metallic taste in mouth (lasted for 10 days) P3 1 XX:XX NS

Slight taste of synthetic aspirin in back of nose, through. P2 1 12:09 NS

Thirsty and salivating P3 2 11:15 NS

Thirsty, wanted to drink warm water P8 1 04:05 NS

I’m drinking a lot more than usual, I’m thirsty P10 22 13:35 NS

Very thirsty for water P10 3 16:00 NS

Feeling of being thirsty P12 1 23:XX RS

During meditation I feel thirsty. P13 1 XX:XX NS

Thirst P9 9 03:09 NS

I was in an allotment with an former colleague and she was unlocking a fridge with some tomatoes she was growing, she was very proud of them, but she does not eat fruit or vegetables. I looked around me and there were tables of pork pies all different shapes and sizes, the ones that were sliced had loads of jelly and they made me want them as I love the jelly. P9 52 04:30 NS

Then there was a plastic shoulder bag with food in to and I pulled out bags of croissant and bread that I expected to be crushed and they weren’t I was surprised and happy P9 4 XX:XX NS

When I went back in it seems there was some defrosted mince to cook and whilst my children were watching the rugby -Mum and the babies were no longer there- I started cooking I then looked around and there was a whole hall of WI women waiting to be fed, I really felt the pressure but seemed to have enough for everyone. There were some side rooms where ladies were eating too. P9 9 XX:XX NS

I wondered how they could leave them outdoors the same as the garden produce but no one seemed to be concerned. I came to the conclusion it must be the gelatine that was stopping the meat going off. P9 52 XX:XX NS

I was at home, I had just got back from holiday, my door knocked and it was my daughter’s, their partners, their babies, my Mum and my Auntie. (Mum and Auntie are both deceased in life) they wanted to come and watch the rugby with me and I invited them in, happy to see them but worried I had nothing to eat. I could get mince out of the freezer and make a big chilli or just mince, but it would not be safe to defrost it. P9 9 05:30 NS

Dream seemed to carry on from previous but an England Rugby player came into the bedroom and said we needed to get the food delivered as everything was in the street and it was for charity, we went out
into a tiny narrow victorian street where it was in shade although the day was sunny. I noticed the pork pie was on the ground and all the jelly had melted out of it. I said we needed to put it in a fridge P9 4 06:00 NS

Want to eat lettuce P8 6 18:00 NS

During meditation I start to note that I have had lots of thoughts come and go all about water: saliva, crying, thirst, drinking etc. P13 1 XX:XX NS

I have been drinking more cold water than is normal for me (I think I did so in the pre-poving too). Usually I prefer tap water that is cold, but not ice-cold, now I enjoy the water that has been in the refrigerator and become nice and chilled. P11 16 15:00 AS

Excessive watery salivation - all day P8 2 07:30 NS

Excessive watery salivation - all day P8 3 07:15 NS

Salivation Excessive watery P8 1 00:25 NS

During meditation I imagine drinking the whole bowl of proving water. P13 1 XX:XX NS

Watery discharge again P14 42 XX:XX NS

Word ‘olefactory’ came in to my head P9 1 00:05 NS

Excess salivation. So much saliva that I am feeling the saliva wetting the outer edges of my lips. Symptom continued for 2 weeks but was intense for a week. P3 1 XX:XX NS

Desire alcohol. Drink too much with brother-in-law! P1 3 20:00 RS

Suddenly feeling hot and sweaty, my stomach is rumbling, I need to go to the toilet, I have a feeling that I will go in my pants P14 2 18:10 NA

Better for food and coffee P8 3 20:05 NS

Anxious, scared and afraid
Desperate, despair, nervous, scared, worried, agitated, distressed/terrified, fear, panic.

I managed to jam my finger - and without thinking I immediately took a dose of Arn 30C! Was, in retrospect, afraid that it would interfere with the proving, but, being an acute thing, and us as a group affecting each other and doing the proving more or less together, I guess it will not be a problem. P11 4 22:45 NS

Profoundly affected by the movie we watched... (but the movie was horrible anyway) P14 3 18:00 OS

Tension lips around, more left corner riding on the train aggravates P12 35 18:30 RS

I was alone in the house, which made me afraid my partner would suddenly come back home, and threaten to hit me, shout or just be abusive to me P5 24 21:30 NS
Feeling that something horrible will happen following my feeling of guilt. P14 24 10:00 NS

Wake with sense of anxiety, not ok, uncalm. Things not right. Rushed. Not nearly enough time (even though I have the next 3 days clear). Unease within myself. P1 31 07:00 NS

Background anxiety is there all the time. Felt in my chest, heart and lungs. Sensation of pressure. Of space being taken up in that area. > in company  P1 30 07:00 NS

Can’t remember as much detail of this dream, but it felt intense and unusual (although also tied up with the residue of the day - we went to see Ghostbusters at the cinema in the afternoon). Me and R have just moved into a house. The roof is leaking (our roof at home is actually leaking) and water is coming through the ceiling. Then there is a lot of poltergeist activity, with ghosts appearing, objects moving through the air and people being able to move objects through the air through telekinesis. All very creepy. Not frightened, but uncomfortable and disturbed. Feeling the anxiety about the ceiling in my stomach when I wake. As though things are not right with the world because of this leak; catastrophic. It will never be fixed. Nothing’s right, everything’s wrong. P1 9 XX:XX RS

Some social anxiety/stress with the group when going out for a meal, and after coming back; but not nearly as much as a month ago. And, at the restaurant I was calm, at ease, and felt relaxedly part of the group - effortlessly. Usually (at least during the last couple of years?) I experience tension both mentally and physically when in social settings, with some perspiration/clammyness, and apprehension - not at ease, and very self-conscious about how others see me. P11 2 20:00 AS

Anxiety. Anxious about not being well and back to normal i.e. able to go running and hiking. P1 NS

Anxiety which I can’t explain as I was quite looking forward to the proving. P10 0 18:35 NS

Sensations of anxiety, unease, located in the chest and heart getting worse. Feeling panicky inside. As if there is something wrong in my world. Things aren’t right. I can’t make them right. E.g. I can’t do my homework. Swing between worrying about everything and not caring. P1 30 12:00 NS

Woke up feeling anxious. Sensation in chest and stomach. Butterflies. Worried about seeing first patient today. P1 24 07:00 OS

Getting a bit anxious with the period. feeling tired, feeling not very present. General feeling in the last week: things are getting a bit more real. the excitement is over. sadness- healthy emotion. getting more grounded, quiet, into myself. P14 11 12:00 OS

End of school disco. 6th form. Mobile phone footage of me off my head and dancing. I feel humiliated, exposed, ashamed as everyone watches the footage. Then, change of scene... Tony Soprano comes (can’t remember why) and I have to go somewhere with him. Maybe I escort him to the lifts in the school? And show him the way out? He’s very friendly to me - this is very good after all the shame. He hugs me goodbye and as he does I notice blood on his shirt. More and more blood and we can’t see where it’s coming from on his body. Take off his shirt and look. PANIC rising. Blood seeping out of what looks like bullet holes from his back and side, but as soon as I touch the skin the hole disappears and yet he’s still bleeding profusely. PANIC! He will bleed to death!!! I’ve got to sort it out. No one else around. I’m responsible. But the task is beyond me. I get a duvet cover and try to wrap him up very tightly to stop the bleeding. Blood seeps through the material. I wake. I’m feeling very anxious as I wake up and don’t know why - I can’t
remember the dream. It’s only as I begin to write ‘End of school disco’ that it comes back bit by bit. Very strange experience. P1 13 03:25 RS

Start to feel anxious/excited as soon as I get up. Feelings in stomach, butterflies. Everything focussed on stomach. Don’t want to eat. Desire coffee but butterflies and anxiety < coffee P1 27 07:15 NS

Anxious (that symptoms will stay) and fed up that this keeps happening. That I can’t rely on my energy. That all the physical symptoms come and go. P1 17 17:00 RS

I cried more easily than I have been. Outburst of tears; felt anxious because of house being un organised - Felt ok after the outlet - wanted to be alone - didn’t want to restrict myself - I had more energy after rying. P8 38 17:00 ROS

Anxious as I wake up. Dream of gangsters breaking into a house. With Tony Soprano (not sure if it’s him)? Cabaret. H with a false name being rumbled by the tax man. Lots of other details that I can’t remember. P1 18 06:10 RS

B as a doctor. Working too hard. Can’t stop. I can’t get home and my scooter has run out of petrol. Quite anxious but not frantic. P1 12 04:00 RS

Trying to learn all the Lac remedies. Not anxious; trying to think of the names of the remedies. Lac C and Lac H came up P1 6 04:00 NS

Have got the kittens home. Excited and anxious. Too excited. Butterflies in stomach, pressure in chest. Worried about the dog killing them. Will they be ok? Will I be able to keep them safe. They’re running amok! P1 26 20:00 NS

My friend who is about to marry in reality and I both with wedding dresses...taking pictures but it is not that festive or anything, I feel anxious on waking up P14 43 XX:XX NS

I was very anxious at meeting new people at an event. My partner reassured me, which I usually respond to. I pushed him away, I just felt angry P5 46 09:30 NS

A continuation of the work-related boldness from day 28: It is as if I am getting an apiffany about having to say what I really mean, and express in an honest, clear and open way to my boss what can work for me in my job. I don’t like the way in which she demands things without there being a true dialogue, and the way she is micro-controlling everything to meet her personal preferences rather than everyone having a say in matters that actually do affect everyone. If she doesn’t like what I have to say, then I will resign and find another place that is working better in terms of the management of things and the leader’s style/skills. I feel a bit scared by the concept of “demanding” this kind of talk, because it is out of my comfort-zone, but at the same time I feel like I have to in order to rid myself of a stressor in my everyday life. If I am not at ease with how things are, I need to try do something about it if I can, at worst I still have three months to find a new job. P11 31 12:45 AS

A fellow student commented that I hadn’t been crouching at all during the weekend so far; usually I am crocheting during lectures if there isn’t anything particular that I want to write in my notes, and in the evenings when we are sitting and chatting. Usually the crocheting is solely an enjoyment and part of me relaxing and having a calm and nice time, either with friends or while watching telly; but at the school weekends it kind of occured to me that it might have been more to do with distracting myself from the
social awkwardness/anxiety I experience with being with people I don’t fully know - and that the crochet can act as an activity to quiet/distract from that a bit. Not doing so much of it this weekend seems to be connected to me being more at ease and comfortable within me, without all the mental stress about how I am connecting to/getting on with everyone else - and adapting to the setting/people around me. P11 30 20:00 AS

Feeling a physical pain in my chest. and anxiety coming from my heart... anticipating, I know it is the right thing to do (leaving school)... but I feel anxious... it is so big and so not me. to be so honnest and calm with myself, it almost makes me think it is not real and I am making all this up, I worrying will wake up in a few days and think I have made a big mistake. but deep down I know, I feel that this is the way to go and most of all I am worried someone or something will stop me, everyone is offering help and I am feeling like I look like I am sabotaging my own life, but I know it is meant to be this way and I feel it is for the best... P14 26 XX.XX NS

Feeling very desparate P14 35 19:00 NS

I was just about to fall asleep (we had gone to bed late), when I felt as if a very little being was crawling inside my womb to try and get out; I was holding my legs together in order to make sure that wouldn’t happen. I felt very distressed, it was hard to breathe normally; I was really terrified about having a miscarriage or an abortion; I felt horrible, as if I was killing a human being P5 23 02:00 NS

Erratic, anxious. Drove off to find somewhere to park (up!? ) to eat food. Needed fresh air and a view, an open space. Found it up near hawk wood college.....P4 6 14:45 NS

Having a benign cyst cut out of my left breast. Only local anaesthetic but I’m surprised that I don’t feel any pain at all as I watch surgeon cut it out. Visceral. Seeing flesh and muscle. Fear at first and then mainly curiosity. Later on at a bus stop going home after op. The dressing from the op is at the back of left knee (in the dream this makes sense), but is very irritating because it keeps coming off. P1 22 (sat 7th) 07:00 RS

In the room probably bedroom were catching yellow snake. Overall feeling a bit fear and tension P12 14n XX.XX NS

Anxiety at seeing curtain look like a falling/leaning building, need to move it. Feel fearful of space and time. All happens in a big rush, after a pee all calm. So passes quickly. P4 3 10:48 NS

Felt I was afraid to go to bed; didn’t want to have bad dreams about abuse again P5 12 19:30 NS

We were talking about a case where there’s jealousy between a woman and her mother-in-law. I suddenly felt very cold and afraid, as I sometimes am, that my partner’s mother would suddenly start to hate me for unknown reasons; the coldness was new, and a similar story might have triggered the frightened feeling, but not the coldness P5 2 17:50 OS

Woke up agitated could not get back to sleep for hour and half 5 04:50 NS

A bit anxious P9 12 10:48 NS

Anxiety over granddaughter and the fact that my son or daughter will have to take time off over it and wonder why I cannot be superwoman and help in every situation realise that this is what caused the binge eating earlier on P9 14 02:51 NS
Anxiety thought I was lost, for about 10 minutes P9 4 18:30 NS

Anxious and eat christmas cake for breakfast, feel bingey and disappointed with myself for doing this. Don’t usually eat breakfast at this time yet alone cake! P9 31 06:30 NS

Missed train as forgot I had not bought a ticket, was at Gatwick and my friend had already gone through. Got tearful again and panicky as had to get home and so get my connection in London. Hopped on a train I did not have a ticket for and stayed anxious about journey for following hour and a half until I was on final train to home- I was not worried about not having a ticket but not making my connections, seemed very matter-of-fact about the ticket and thought ‘I’ll just tell the truth if they stop me’ P9 10 22:15 NS

Apprehensive not going to arrive on time, got lost several times due to diversions, stubborn feeling as did not stop to check P9 11 20:00 NS

Dreamt that I was being chased. Trying to escape by climbing over fences, panicking P6 45 02:00 RS

My partner said he’d leave the house for a few days, as we weren’t getting on, this made me so angry and panicky that I banged my head against a wall and smashed a shower caddie in the sink, breaking glass all over the sink and the floor P5 24 19:30 OS

Woke up from that dream feeling panicky, I was kicking and tossing around, I didn’t quite know what was going on, it took me 2-3 minutes to realise I was in bed and everything was alright, my partner gave me a reassuring hug, which made me feel much better, I went back to sleep for a while after that P5 20 06:15 NS

We were listening to a song in which Luxemburg was mentionned, and I suddenly started to feel a bit scared, as if something bad was about to happen; I said to my partner Luxemburg made me think of a friend of my parents who used to be my godfather when I was a child; this man got very strange as time went; he didn’t contact me much, and when he did, I always had the impression he was on drugs or something, I hadn’t thought of him or felt threatened for a while by the possibility he could come and find me in England P5 36 10:00 RS

Tremors in hands feel shaky- lasts a couple of hours P9 32 09:15 NS

Feel shaky and tearful when I get to work- struggle to talk to colleagues P9 32 09:00 RS

Stubborn feeling do not want to ring any of the people I need to catch up with today as I have been away, want to get out in the fresh air, ‘run away’, seems a certain amount of anxiety P9 16 12:24 NS

Tense all day - lots to do in the day and worried about my daughter and my mother, trying to think of every possible outcome, not able to enjoy the day or be ‘in the moment’ P6 50 10:00 RS

We wanted to buy a new house (from someone we know), I was worried I didn’t really like it as the kitchen was too small and the garden was smaller than we have now, but my husband was very keen and wanted to go ahead P6 13 02:00 RS
Working with some colleagues to design a bomb. It wasn’t very good and we had to present it to other people. I was worried about the presentation but my bit was ok except I made an inappropriate comment that nobody laughed at. P6 17 02:00 RS

Not copious! Dramatic change in menses - much less than half the flow and about half the pain. Worried about lasting for a long journey without stopping (nearly 3 hours) but no need to worry at all. P6 14 12:00 CS

Still feel horrible about being late to clinic this morning, like I’m going to be disliked and disregarded P5 29 12:00 NS

Felt totally worried and confused with what had happened, woke up but didn’t know whether I had been sleeping or had a seizure; I went back to sleep a few minutes later P5 6 04:00 NS

I woke up from the dream frozen in horror; I needed the toilet, but couldn’t even bring myself together and go, for fear of what I’d find P5 51 04:30 NS

I dreamt that my brother told me a story about my godfather, who had joined a group of gangsters and was up to bad things; he was coming to get me; this man’s been ever so strange for a very long time in real life; woke from the dream feeling scared and disgusted, which lasted 10 minutes P5 7 08:15 NS

Have been a bit more gloomy, as if experiencing a "down" of some sort, with my mood being less cheerful than the last couple of weeks - more like it was before the proving - and me feeling some of the awkwardness and social tension/anxiety that I have always had. The same for the last couple of days, but especially aware of it today. But, it is a positive experience to feel that the gloom/awkwardness is not as bad as it used to even though I am not happy about feeling it "returning". it is good to feel like it is still much less effort to be social with people at work and be relaxed in social settings in general - more comfortable in my own skin, though slightly more awkward again. P11 25 19:00 RS

Long day anxious to get home. Because didn’t have books at school, spent evening in bed reading up on days remedies. Had noticed some knee sharp pains in day and right shoulder and upper back pain. Fleeting only. Maybe felt distant with it, and slightly disconnected to group. P4 29 XX:XX NS

More acting, less worrying and thinking continues. Started thinking I won’t make the deadline for my assignment, then just started doing it. Thoughts returned a few times but continued working and finally made the deadline. P7 34 XX:XX NS

was going through operation on sinuses, first they tried to figure out some size they needed for further operation and said that if weird size then it would partially help, I was thinking if I could pay for any custom size. Anyway at the end size was exact as they had in stock. Overall feeling of being nervous, scared, worried P12 25 XX:XX NS

Feeling a bit shaky & nervous, worried about the bulge (cancer) P2 1 09:05 NS

Nightmare, A friend tries to paralyse me with a strange wand from the future P13 14 XX:XX NS
Dreamt I was at Ikea - didn’t enjoy it P6 7 02:00 RS

Pounding headache, with anxiety >sitting up >>>light on P4 7 09:36 NS
I woke up kicking and moving around; I was about to fall out of bed, I felt panicky, shivering and cold, although this sensation didn’t last, since my partner was holding me, giving me reassurance, stayed awake until 5. Note: at that age, I was in a boarding school for the blind and as we were all very young, I shared a room with a girl and a boy, who was molesting us and trying to do sexual things, can still be panicked by this memory. P5 8 03:15 NS

I woke up from that dream feeling very panicky and disgusted, wondering what on Earth was going on; I didn’t know who to trust anymore, this lasted for a few minutes, then I went back to sleep for an hour P5 12 07:05 NS

I was awake but still in bed; I heard my partner getting up and running a bath; I knew he was still hurt about our conversation, and I started to panic at the idea that he could just leave without saying a word to me; it was unbearable. Then I became angry, which isn’t my usual response P5 24 09:00 NS

When I woke up, the feeling of panic hadn’t gone, and my partner had to reassure me saying there were no policemen around; I kept saying: “Nasty men!”, this only lasted a few minutes, then I got back to sleep P5 10 04:30 NS

During falling asleep woke up suddenly in the kind of panic state that something bad might happen P12 2 XX:XX NS

Very worried about kitten. Will it die? Feeling desperate. I think I’ll have to take it to the vet in the morning - but I’m not even sure it will make it through the night. I continue giving it various remedies. Panic P1 31 19:00 NS

Re the dream: shame, humiliation, exposure. Then panic, fear, helplessness, despair P1 13 03:25 RS

I can’t find Ruby my dog. Looking for her and getting panicky when she walks in. I see that she has had her tail cut off. I’m very worried and upset. We think she’s been stolen and abused by ’villains’ (bad people who would use her for horrible cruel things). I get her to lie down to check for other injuries. Her vagina is like a pouch and teh villains have stuffed it full of strange things like sunglasses, plastic knives and forks and stuff they have stolen. I know who they are. I am full of murderous hatred and want to kill them. I imagine going to their house and setting fire to it by stuffing something burning through the letterbox. Even though I know there’s a chance I could kill innocent people I still want to do it. P1 4 03:25 OS

Tension and rigid / clenching feeling P10 0 18:38 NS

Call my sister to see how she is. She’s less scared of dying but no change in the pain. I’m really worried about her - this pain doesn’t sound muscular. P1 32 10:00 NS

Little ants crawling on my arms, as if they pull my skin, i had this as a child... P14 44 XX:XX NS

I dreamt that my partner and I were living in a shared house, with one room each; suddenly, one of the men living there said to me. “Laura, your partner has to leave because my brother wants to come and live here.” I was totally befuddled, and suddenly felt great despair, for we were going to be separated P5 47 06:15 NS

Then I met two actresses dressed as nurses, they were in their 60’s at least and I physically grabbed them and said they could come and work for me, they weren’t too old to be sexy(?), this seemed suddenly
important. The feeling of the dream was very stressed and pressured, felt I was not handling anything well P9 5 XX:XX NS

I was cooking some steaks and thought if I open the gate and leave two steaks in the yard then open the cupboard door the dog would eat the steaks and then run away. I realised I had not heard the dog bark. When I opened the door there was nothing coming out. The feeling was as though I had got rid of some evil. But I was still scared. P9 29 XX:XX NS

One child was from work and she has a huge amount of african type hair and I picked her up by her hair to try to keep her safe. I was frightened then that she would tell as I felt guilty P9 20 XX:XX NS

I was then walking down the same road and there was some waste land to my left and an animal caught the corner of my eye and it leapt out at me and latched onto my jumper right in the centre of my chest, with it's teeth. It did not hurt me but I looked at it and asked a passer by what it was, she said it is a wildcat, one of only two in the country. it went back into the undergrowth and I followed to take a picture but could not get one. I felt no one would believe me if I did not get a picture and wondered why I was the one to see and feel it. Overall feeling was that no-one would believe me, I was not credible. P9 10 XX:XX NS

Dream an awful dream that leaves me with a traumatic feeling- cannot remember the details but someone was wrapping my granddaughter up in cling film around her head- woke up very upset P9 47 05:00 NS

I was in a supermarket where they were all self service tills and sitting next to each one is an assistant, I was paying for my goods when I put my note in, my finger caught the pile of notes in the machine and they spilled all over the floor, the assistant and I picked them up and I said I expect you will have to cash up and balance the tills to check I have not stolen anything? she said yes, but you can take the keys to my room and wait in there. P9 4 02:00 NS

I was in a house that looked like a helter skelter staying with some friends and they brought a dark black dog around and I was very scared by this dog but felt hateful towards it. I was supposed to look after it but I shut it into a fridge like cupboard in the yard . I realised after a couple of days I had not heard from it and was scared I may have killed it. P9 29 03:00 NS

Dream, I went to bed freaked out from watching a stupid scary joke on fb. I get very affected by scary things. I cannot watch them as I feel I am there and it's happening to me. So this shook me to the core, literally stops me in my tracks, breathing etc. It was a paranormal ghostly thing, so stupid. Makes me very angry that people play these jokes on others because I feel the pain of those people affected, I know how scared I get. Anyway, so home from work, bit tired, stressed about iPad, found that , laughed about it. Kizzy in bed, saw this stupid thing, and had to stay up to calm down. Didn't go to bed because I would of thought about it. So stayed up until chamomile tea and rescue remedy sleep took affect. Dream was I was outside in a surreal wooded area. Usually my dreams are outside in wood or nature or water. I come up alongside my father sleeping on the ground. He is barely clothed and in present old state, he seems peaceful but vulnerable. I become aware of something moving or a presence next to him. The wood has become more surreal a kind of deep green and purple vibrancy about it. Then an enormous snake comes in to sight curled up but retracted into attack pose towards me. The energy around the snake is vibrant and resonating fiercely distorting the purple and green. It all happens really fast, before I can truly grasp what happens. The snake is looking at me and lunges full length at my face. I think I step back but it perhaps lands at my feet...I wake up. Scared, very scared and hot P4 18 07:12 NS
Unusual as in horrific dream, otherwise always dream. Daughter in a boat, that the stern is hanging low into the water. In very deep ocean clear white water, not worried about that. But shape beneath white wash. I warn her stay away from edge, there are sharks there ‘we’ are seeing what they really feed on, what attracts them and how they function in the wild. Stay back keep away I say to her. I am pushing her away. Suddenly a great white appears and chomps the entire end of the boat where she was. She is not there, because I have pushed her back but in her place was a dog that had been strapped to the underside of the boat to attract the shark. I awoke breathing fast heavily and full of grief, sadness fear and anger. While writing this. I realise this is about the proving, and the emotional mess we are in. Crying a lot, and have to go to work again. This isn't good. I can't stop crying. I couldn't go back to sleep. I couldn't leave my feet over edge of bed, in case of a shark!! It all felt much worse lying on left side. Worried about my involvement with daughter. Who commented on the amount unusual amount we are arguing and fighting. Which we never do normally. More in last year but far far more in last month. P4 25 04:00 OS

I forgot my keys! After having been to work and then had plans during the rest of the day/evening, I was surprised to find that I did not have my keys in my purse. I could not imagine that I had left them at work. Instead of being really frustrated and stressed about it I felt a tiny worried feeling, but nothing in comparison to what I would have expected. I went next door to my brother's building, borrowed the spare key, and when I came to the door to my flat I found it open and the keys hanging in their place inside. So, I hadn’t remembered to lock my door at all. Usually I would feel uneasy about my flat being unlocked for the entire day, but now I just feel humoured by it - and think it’s kind of amusing that I was really that forgetful this morning. P11 21 21:00 NS

Speak to sister who reports that pain lessened a lot immediately after the Bryonia. But she coughed up mucus with dark blood in it later in the evening. She sounds better but breathing sounds laboured. She has called doctor. I'm very worried! P1 34 11:25 NS

One of the kittens isn't well. I worry about it more and more as the day goes on as it doesn't improve despite 'well indicated' remedies. P1 31 07:30 NS

Worried about my sister (who broke her leg 5 weeks ago) who calls to say she's in intense pain down side, arms and across chest. Doctors have said it's muscular. She's very frightened that it's something worse. I tell her to take Aconite (she only has 30c). P13 1 16:00 NS

Anxiety, pressure, feeling as though all the space in my chest was taken up. Sighing P1 30 12:00 NS

Anxious with sadness and heat rising from recounting the fear of the dream. I just can’t do scary!! I’m so sensitive to stuff like this. Very happy to stay at home today. I have to breathe deeply now to settle tight chest. P4 18 10:48 NS

Sore, soreness and tender

General soreness aching P9 4 14:15 RS
Woken up with a headache over left eye and forehead. I want to hold and press left eye, move and stretch neck and jaw to try and release headache. Feels bruised and squashed. P4 6 XX XX AS

Left eyeball aching. Feels like it's about to bulge out P3 1 00:30 NS
My breasts have not just felt tender for the last couple of days, but also as if they were bigger/fuller than usual. P11 37 09:00 AS

Able to run ok. Stopped running and walked for 5 minutes because it felt quite hard to run all the time - chest felt a bit sore, breathless. P1 36 08:30 RS

Centre of back of neck a sore bruise spot I used to get a lot when younger has returned. P2 2 XX:XX RS

Bruise feeling hard to lift my arm limited movement, hard to take a jumper off. P2 2 03:30 OS

Both ache, I cannot keep them open, they feel bruised. P4 3 06:15 NS

Burning sensation on the back of my thigh, right. P14 26 18:00 NS

Daughter burnt her finger on a glue gun at school. Burn > putting finger on metal. It had to be metal. Plastic didn't help. Plastic pen hurt more to write with than a metal pen. P3 4 11:20 NS

Sensation of burning of toes, could not differentiate whether it was icy cold or extremely hot. More like on the skin. P12 3 23:20 NS

Burning sensation on my bum. P14 27 18:00 NS

The back of my leg (right) is burning...but when I touch it it is not (goes on and off for 5 days). P14 13 11:00 IOS

Had a terrible cramp inside my right calf, as if someone or something was biting there; came very suddenly, only lasted one minute. P5 5 04:00 OS

Cramp behind the left calf. P8 4 06:13 NS

Left calf muscle cramping. P9 4 15:30 NS

Tendonitis on top of right foot, feels a bit cramp like. P9 5 18:03 ROS

Right ear deaf for a moment - first some momentarily tinnitus in the form of the noise a TV makes when there’s no signal, then a moment or two with deafness, accompanied by my muscles in that side of the neck, head, face and shoulders tensing up slightly as if to ease away the deafness (like when pinching oneself to numb a pain in another place, except the deafness thing isn’t painful). P11 1 00:12 RS

My chest hurts when I breathe in, I have a sometimes dry and sometimes productive cough. P10 22 03:00 OS

Feel my tongue’s swollen on the right side, gives me a funny feeling of unevenness. P5 2 10:30 NS

Feel sore - both. P9 3 22:15 NS
Felt like I had been kicked in left back kidney region-bruised and stiff P9 2 09:30 NS

As if I've taken medication...funny feeling in my throat P14 1 00:21 OS

My throat hurts on waking up...continues for ten days... P14 37 09:00 ROS

To be noted no hot flushes yesterday, and none tonight despite irritability, have felt slight overall warmth but feel this is from heating on and stuffiness rather than intense heat rush. However knee pain and throat pain intense instead. P4 19 12:30 NS

Right knee, boring, expanding pain pressurising outwards, knee felt blown apart, very intense. > holding and cool place in bed P4 302:45 NS

Reflexologist told me my kidneys, liver, stomach and lungs had flagged up - potentially a detox situation(?) P9 25 15:50 NS

Flatus + no control P9 1 01:10 NS

Dryness, throat very sore, feel like I have concretions in throat, drink water+++. With blocked right nostril. P4 7 08:09 NS

Whole day pain in the face increased, some kind of sore pain P12 7 XX:XX RS

Piles swollen, painless large. P4 35 08:28 OS

One of the lymph nodes on the right side of my neck, under the chin where the head meets the neck/jaw on the right side; a little sensitive, as it usually is when I feel a cold coming on. It is more of an awareness of its presence than anything else, as if it wants to catch my attention. P11 1 00:29 AS

Sensitive to loud noises; Children were fighting and screaming at each other. Normally I try to pacify them. But I just closed my door and shut my ears. P8 45 19:00 NS

Notice that the skin on heals of both feet is cracked. P1 36 08:00 NS

Extremely sore skin around vagina like boils as if the menses is acidic and burning the skin P10 34 19:30 NS

Mouth really sore as though lower gum is ulcerated but it is not. Lasts 5 more days from today P9 2 12:00 RS

Right corner of mouth cracked and sore. Quite normal for me during the colder parts of the year. P11 8 07:00 RS

As if a sore throat coming on, a feeling of having a cold-ish, but only in the area of the epiglottis - so at the back of the mouth, at the opening of the throat. P11 1 00:17 RS

Slightly sore sensation in my throat. P11 5 05:38 RS
Still have the sore throat with swollen feeling tonsils and my voice box is very sore now from the scrapping feeling P10 48 00:00 NS

Woke up with a sore throat that feels like laryngitis but it was gone within 15 mins. The glands are swollen, voice box feels like sand is scrapping it, difficulty swallowing. P10 8 07:15 NS

Woke up with a sore throat that feels like laryngitis but it was gone within 15 mins. The glands are swollen, voice box feels like sand is scrapping it, difficulty swallowing. P10 9 07:25 NS

Woke up with a sore throat that feels like laryngitis but it was gone within 15 mins. The glands are swollen, voice box feels like sand is scrapping it, difficulty swallowing. P10 11 07:45 NS

Sore thigh, (as if I have been exercising) P14 XX:XX NS

Sore bum cheeks P14 33 XX:XX NS

Slight soreness at top of throat P1 26 13:00 RS

Woke up late after feeling so ill most of the night and had a sore throat in the larynx P10 22 09:30 NS

Woke up with a sore throat in the larynx P10 20 07:30 NS

Woke up with a sore throat in the larynx again P10 21 08:15 NS

Sore sciatica on sitting P9 4 16:15 RS

Feeling of pain and tightness in the chest, sore and achy lasts two days P9 30 13:00 NS

My throat feels like it is being squeezed or strangled. The tonsils feel very swollen and the voice box feels like it is being scrapped everytime I swallow. My voice is hoarse. P10 46 08:30 RS

A thought as I woke up, "today my grief is in my throat". Then I coughed and it came out! Felt nothing but thought it odd. It was phlegm like before, but a sense of grief having risen from chest to be in my throat. No pain or scratching now. It feels dry and like a small area of a burn or blister that is healing. P4 17 18:00 NS

Twisted my right ankle while going down the street P12 19 22:XX NS

Umbilicus is red raw, very sore and feels like infected, better for olive oil P9 13 19:30 ROS

Umbilicus is red raw, very sore and feels like infected, better for olive oil- sudden pricking in that region P9 29 11:30 RS

Umbilicus is red raw, very sore and feels like infected, better for olive oil- suddenly felt P9 26 11:41 RS

On going to bed, have this uncomfortable feeling in my legs… P14 27 22:00 IOS

Upper left teeth sensitive, a sensation of being bare; being vulnerable to potential infliction of e.g. being scratched. P11 1 00:07 NS
Swollen P1 9 10:00 RS

Breasts feeling a bit more swollen P1 10 08:00 RS

Painful bruise feeling, difficult to move above my head P2 1 02:52 OS

**Stiff, stiffness, solid and tense**

Ache in both knees. Comes and goes. < moving about the house > walking at my usual pace outside P1 10 12:00 OS

Ache in both knees. Comes and goes. < moving about the house > walking at my usual pace outside P1 11 12:00 RS

Right knee aching around the knee cap/front of the knee P1 15 16:30 RS

A slight ache in my lower back, as if from having my period (I am on day four in my period, only bled for three days, scanty) P11 2 23:30 RS

Dull aching in left shoulder, extending down left side of back. > being at home in warm P1 17 16:00 NS

Dull ache in the chest, alternating dry and productive cough P10 22 10:30 OS

Aching bones, in various part of my body P2 9 10:48 RS

Both shoulders aching. P1 19 22:00 NS

My back hurts it feels broken, lumbar area. Transient. P4 3 6:15 NS

Clenching hands, rigid and solid feeling in hands P10 0 18:43 NS

Clenching legs, rigid and solid feeling in legs P10 0 18:42 NS

Woke up with stiffness in upper back, shoulders, neck - with cracking noises when trying to loosen up with movement. Movement felt better, but the stiffness didn’t go away. R rigidity, as if rock-like constructions grinding against each other like pebbles in the waves at the waterfront when I move. P11 2 07:30 RS

My shoulder-blades were stiff, making me move them a lot, with cracking sensations in the bone-structure in my upper back. P11 6 19:00 RS

My joints keep kracking - with every movement almost, if I stretch, it cracks. If my hip moves out of a certain position, it cracks. Someone at work even commented on it: wow, some cracking going on there! It is normal for me for there to be cracking, especially in knees, jaw and hip, but have been really aware of it today (and the following couple of days too) P11 23 15:00 RS

Stiff shoulder/neck/upper back; stiffness, with the feeling (and sound) of crunching when moving the shoulder and neck. As if the joints were brittle, and my skeletal framework from the upper back upwards was a bit dry, and slightly immobile - especially from my neck up to my skull. P11 3 07:30 RS
Fleeting feeling of being throttled up under jaw and around adams apple P9 2 09:00 NS

Busy day at work, lots of driving in heavy traffic. Better for movement. Felt like my neck was an iron rod. Clicking on movement. P6 20 18:00 RS

Intense tension around forehead while talking to the other person P12 14 14:XX NS

Jaw...stiff P14 27 XX:XX IOS

Restrictive, want to keep knee still with slight massage to ease stiffness, want to put chin on chest and swallow warm water to slightly move throat. Too much movement knee hurts, too much coughing and swallowing throat hurts. Use observing P4 19 12:35 ROS

Far improved, can wak better, aware of sensation that knee may collapse and I can fall forward. So walking slowly and deliberately. Gets better throughout day. Stiff and hard <pressure or bending. P4 21 XX:XX ROS

Left knee, awoke with very tight banded pain across coronary ligament of L knee. Painful at rest, painful uncomfortable to walk on. Lower leg on left feels shorter, twisted, lame and very heavy… Feels twisted and not mine. I want to keep moving it but cannot walk properly on it. P4 19 12:15 ROS

left knee aching when standing and walking, >better after walking short way. Feels stiff and tight. P4 18 17:00 ROS

Left knee, aching, difficult to walk at first <first movement >after walking, but very stiff and walking with a limp. Feel lame and with a heavy feeling in left lower leg P4 18 20:00 ROS

Left knee coronary ligament, twisted, stiff. Very heavy lower leg cannot walk properly lame. >rubbing or massage. Exhausting being on it walking all day. Feels compressed and twisted. Once during evening felt better after rest but uickly <mvt and got << more mvt P4 19 XX:XX ROS

Left knee coronary ligament pain not as painful. Took and Arnica 30 during the night. Later took a Ruta 30 in the morning. During day less painful restriction, still lame pain more to the medial edge. Very tired as a result of limping a day. P4 20 XX:XX ROS

Pain around left kidney, feels a bit like tension pain P12 48 06:30 RS

Pain around lips more kind of tension pain on the upper left side P12 34 16:50 RS

Physically very tense driving a long way in rain and dark P9 11 19:00 NS

Slight Stiffness left calf - walking made it better P8 4 06:15 NS

Lower lumbar region stiff and sore, feel like bending over to stretch P9 7 08:37 OS

Realise that I feel like I have been working out and my shoulders and tops of my arms feel as though an iron bar is pinning me to the bed across my upper arms. I am stiff and restricted. P9 14 03:11 NS

Neck and shoulder stiffness P9 2 10:00 RS
Left hand kidney area felt like I had been kicked- stiff and sore lasted about 1 hour  
P9 24 08:45 RS

Stiff felt swollen and not able to move it easily, rubbing helped  P9 1 01:15 NS

After yoga: The middle part of my right shoulder blade feels over-strained/stretched - not exactly painful, but uncomfortable and stiff.  P11 20 19:30 RS

Very dry, swollen, sore right side more, feels virtually blocked, thirsty +++ >water +++ seems to soothe tissues and creates a need to hawk up that which has been dried against throat. >sitting bolt upright P4  8 XX:XX OS

Tender breasts, lasting four days. I sometimes have tender breasts when my period is approaching.  P11 33 15:00 RS

Muscles in thighs tight when sitting P9 20 11:00 NS

My head is feeling as if it is tight on the inside of my skull, from mental strain a whole day at work in front of a computer. P11 8 15:30 RS

Pain across bottom of ribcage, across sternum. Feels like a bone pain. In a line across the front of chest. Tight, pressing. Definite. < walking. Still there when I rest P1 26 08:55 OS

No symptoms except when walking uphill and then only slight. Tightness, asthmatic feeling, sensations around sternum, inside P1 15 12:00 RS

Twinge at various points of the morning, eg while going downstairs, generally when changing direction. Could be related to long walk the day before. P6 4 07:00 RS

A strange vibration, a fast pulsation in my sternum...comes and goes in the next hour P14  29 14:00 NS

Tension around lips while being on the train P12 33 18:39 RS

Tension around mouth and lips lasted for four hours P12 39 18:20 RS

Arms and legs feel really tense P10 0 18:37 NS

**Irritable, irritated and restless**

Conscious of new moon today feeling irritable, and am noticing people around me also seem a little irritable. Spent time alone and in meditation feel calm within myself. P4 29 XX:XX NS

Irritable on way in again. Always about money, so uncreative which is tedious. All week have had massive desire to throw it all in and do art wherever and whenever possible. But I know this is because of not enjoying the uncreative and unchallenging environment at work. Feel very resentful at being kept almost on poverty line by bosses. All including manager unsettled. All new carers left, besides those in training with me! Phew! Because of money issues...crap pay that is. We are all ridiculously loyal to the residents. Feel like a passive anarchist!! Very disempowered. P4 28 XX:XX NS

Still finding it hard to get anything finished, but a bit better than yesterday. P1 12 13:00 RS
Restless and irritated lasted for about 1 1/2 hours P9 03:23 NS

Sound of alarm irritates – noise P8 05:55 NS

Wailing of a baby irritating me P8 17:25 NS

Felt irritated and light made it worse P8 19:05:55 IOS

Hear noises outside room in hotel, think someone is out there, maybe sleep walking (?) am not scared just irritated, cannot be bothered to get up and check P9 14:03:25 NS

Irritated by my baby granddaughters, wanted a break from them, felt I could not cope this was contrary because when my daughter then came home early I did not want to leave them or hand over responsibility early P9 17:11:00 NS

Waiting in line to board the plane, a lot of fuss in a big group over oversized luggage, became irritable, started getting a headache, wanted to be on my own in a quiet place P7 18:00 NS

Irritable because bored P9 6:12:12 NS

Feeling my skirt on the back of my leg. My skirt is irritating me, the way it touches the back of my legs as I walk. Conscious of it. I have never noticed my skirt before. I have to keep feeling it and wondering what is touching the back of my legs. P3 XXXX NS

Restless could not sleep, watched a late movie stayed awake until 03:00 am P9 22:00 NS

Restless want to get out and move waiting for friend to wake up P9 7:11:58 NS

Restless wanted to get out for walk on own P9 6:12:12 NS

Had been trying for two hours to practice and see how a Mac computer would work for me with the speech software, and I felt very frustrated and annoyed, actually betrayed because I couldn’t understand why it wasn’t as easy as my actual computer. I also felt I was thick because I didn’t understand; it was like trying to open a door without a key; felt I wanted to smash all the computers in the university room; I’ve never been great at technology, and I can feel quite easily frustrated when I don’t understand something. I don’t usually think I’m thick if things don’t go my way, I felt betrayed, because I had the hope that maybe a repertory programme could work with a Mac instead of a PC P5 21:16:00 NS

Irritable and easily angry (on way to work) ready to tackle issues that need dealing with. A day I feel I shall take no prisoners!!! P4 3:07:26 NS

Angry energy, feel irritated, cannot settle, daughter and I both feel affected go on to have terrible argument, so early! >>> fresh air, get outside for walk P4 9:07:45 OS

Feel very subdued and calm but at the same time I feel irritated when I disagree with something that’s been said P10 3:10:00 NS
Felt quite stressed today and felt totally overwhelmed by the amount of work I need to do, housework, home educating my children, homeopathy homework and setting up a business. It’s very rare that I feel stressed but this piece of homework is really irritating me. P10 26 17:00 RS

Irritated, frustrated that I can’t be active as I want to be. And as active as I was 2 weeks ago. I want my energy back! P1 11 12:00 RS

Had a day of being really confused and frustrated by my homework. I don’t know if it’s the proving chaos thing but my mind feels chaotic and I feel quite irritated by it because I just want to get it done and out of the way. P10 25 18:50 NS

Angry, irritated at trivial statement P10 0 18:29 NS

Feel irritated listening to someone who I think has no idea what he’s talking about P10 3 08:45 NS

Felt extremely irritated that I was woken at 6:30 by a friend sending me a message P10 3 06:30 NS

Agree both feeling unsettled and irritated, make a plan to eat and go outside for walk. Very funny, walk, needed to ground and laugh out loud. P4 9 08:30 NS

All day head woke with it, miserable I know this wil go on and it's affecting my mood. Makes me heavy listless, irritable on a day of when I wanted to get college work done and then chill out. Feel distracted and constantly looking for a way to feel better. Mood became heavy and miserable, feel shunned by daughter who’s having a wonderful time having me around but not being around. I wish I could just relax but headache getting worse. P4 36 XX-XX OS

Girls all out skating. Need time to calm down and be at home. Still irritated with delusion no time to indulge in anything other than 'chores'. So force myself to sit on sofa, surrounded with books, mags, to on, everything!! Stay there all evening. P4 6 17:00 AS

Woken from very restless sleep with painful knee and dry throat, irritable from restless sleep P4 19 12:25 ROS

Alarm woke me up just going into another dream, restless night many hot flushes, itching skin, headaches, pain in knee and head, intense nausea P4 3 06:05 NS

Restless, woken with hot flush with headache, bolt through head again. All symptoms at once. Sat up on side of bed. Saw my curtain looked crooked, looked like a falling building, felt sick looking at that had to straighten it. P4 3 01:40 NS

Restless, overtired, mind going around with same thought ,cannot remember now. Unable to stay in one position for long because ankles and feet need to rub together. Ankles need to stretch and crack them. Same with fingers and wrists. Looking and feeling for cold places in bed with ankles and wrists. Took rescue remedy sleep, stood up and changed 'energy' in myself with movement of standing often helps. P4 22 02:30 OS

Restlessness. Keep needing to move and can't sit or stand still. I am not feeling physically uncomfortable. I just have the need to move. P3 1 XX-XX NS
Slept all night until this time. I always wake for a pee. Awoke from a dream. P4 33 06:35 NS

Got really irritated when someone was making nose while I was trying to work on computer P12 2 09:30 NS

**Heavy, pressure and pressing**

Pain, Heaviness on the vertex; Coffee aggravated it P8 7 16:20 NS

Pain, Heaviness on the vertex; light and sound aggravated P8 36 06:00 NS

My stomach suddenly sank, felt very heavy, and I felt a bit sick and disgusted, my friend was nastily told off on the phone by her husband for coming home too late. I felt angry and helpless, I wanted to do something for her, but don’t know if she’d want help anyway P5 7 18:50 NS

Pinging headache. Pressing. P3 2 XX:XX NS

Did not sleep very well, woke up with the headache (it is extremely rare that a headache continues the next day), which got worse and worse (pressure in the temples was increasing, started feeling nauseous). I felt a bit better sitting still in a quiet place but when I couldn’t sleep I took some paracetamol; didn’t know what else to do in the middle of the night). P7 8 XX:XX NS

Due to painting work at home, I have not been getting enough rest and sleep and thus developed a bad headache. Head felt very heavy. P8 36 13:30 NS

I had a dull headache that felt like a strap around my temples and the back of my head, it lasted all evening, till I went to bed; it was worse for noise P5 38 18:00 NS

Headache gradually came on during the later part of the day, dull, pressing, better for fresh air P6 15 18:00 RS

Head feels very heavy, feels super wobbly. P4 1 06:43 NS

Out walking in town. Foggy & damp. After an hour chest starts to feel heavy and weak. > being at home in warm P1 17 16:00 RS

Heavy, tight, pains in one place and then another. Slight vice-like sensation. Effort to walk uphill although I’m still waking fast (can’t slow down). Feel like symptoms from a couple of years ago. P1 11 12.00 RS

Feels heavy, tight, with fluey feeling in the centre P1 51 09:30 RS

Right occipital ridge, dense heavy pressing boring pain all at once! P4 3 09:15 NS

Heavy thick head, still feel on a very bad dense acid trip. Fuzzy head. Two bolts through head pains on both sides of head like Frankenstein, a thick forehead too. With nausea, an empty sick nausea. P4 1 09:36 NS

Heaviness in chest. Feels like it’s harder to breathing, more laboured, a bit asthmatickly (but it’s actually very easy to take big deep breaths). < walking P1 46 08:24 RS
Heaviness in chest with a 'fluey' feeling in centre of chest and stomach. P1 47 21:00 RS

Heaviness on chest. Pains around sternum P1 26 14:00 RS

Heavy sensation in centre of chest. P1 3 17:00 RS

I feel heavy and weak. Tired and everything feels like an effort. > at home in warm P1 17 16:00 RS

Headache on temples, slight feeling of a bolt between two sides, going straight through, affecting eyes that feel squeezed and heavy P4 33 07:00 NS

Heavy eyes, cannot keep them open, struggle to do so, especially right eye almost like narcolepsy P4 1 12:28 NS

Realise the feeling across the shoulders and being pinned down may be to do with carrying all the weight of responsibility on myself(?) P9 14 03:15 NS

Chest feels heavy; sensation at centre of chest, not hard and focussed, more dissipated. Pressure, tight P1 6 12:00 RS

A heaviness in my body, as if sinking into the bed, as when ending the yoga-classes with the 'dead-man's-pose' and sinking into the mat, but I was not doing anything intentionally, my body was just heavy on its own, in a relaxing way, with the still mind. P11 1 04:31 OS

I was reading aloud to my partner, and suddenly, my mind went blank; I felt as if I was falling into a big cold hole; I felt very heavy, drawn to the bottom by cold air, I was panicky and didn't know what was happening; it was like a seizure, but I was still conscious, I got reassurance from my partner, which made me feel much better; I fell asleep 1 or 2 minutes later P5 19 23:00 NS

A kind of lazy and dragging feeling in my body and mind after the days work/yoga/café with friends; comfortably relaxed, at the same time as not being bothered to do much; so a bit heavy, as if my body was an anchor forcing my to take things slow after a moderately active day - with a calm mind, and an overall relaxed sensation. P11 15 20:00 AS

Have a notion of a headache again - in my skull - I have slept heavy and deep, and I had some red wine last night, though I don't really feel like a couple of glasses should justify having this headache. P11 31 08:30 RS

Sleep heavy and deep P8 25 06:30 NS

Felt heavy in the body and eyes P8 29 18:55 NS

Heaviness and pressure increased. Sometimes a focussed but light pain on left side, then moving to right. I'm more aware of it when resting, but I want to rest. P1 7 21:00 RS

Less heaviness and pressure. < when walking outside uphill. Breathing ordinarily it feels as if I'm breathing through a piece of lace/muslin, asthmatic feeling P1 7 12:00 RS
The headache feels like a belladonna-like congestion headache, with a hot bursting head with pressure-pain. It is not overwhelming, but quite intense, painful and tiring. P11 31 18:00 AS

Sharp pain under kneecap. Nothing makes it better. Lasts for about an hour, then goes P1 45 04:48 NS

Pressing pain left tonsil P10 0 18:33 NS

Pressing pain top of head, feels like something is pushing down on my head P10 0 18:25 NS

Pressing pain left kidney P10 0 18:39 NS

Pressing pain above left eye P10 0 18:27 NS

Pressing pain in head is better for laying down and dark P10 3 20:30 NS

Pressing pain top of head P10 3 09:30 NS

Head, pain along forehead, dull ache, P10 22 13:10 NS

Same pains moving from occipital to behind ears on right side, dense, dull pressing. With tiredness+++ doodles are of a light body with energy circulating around it, like a mushroom cloud, universal etheric energy lines. Quite an intense drawing, bit out of it really!! P4 3 00:00 NS

Headache crushing virtually all day whilst outside and rushing around. At one point around noon, wondered if I needed a strong pain killer, but didn't want to do this. >>>outside >>>fresh air . P4 6 XX:XX OS

Pain in the chest more pressing, like over sensitive happened when I was on the team meeting call P12 32 17:XX RS

Got woken up by a very sharp pinching pain on the right side of my right ankle, don't know if it was because of the springs of the bed, or if something else caused it; it was very sudden and painful, but didn't last P5 26 04:30 NS

Pain in my right nipple, as if it was pinched very hard, comes and goes in waves; have to hold it for relief P5 2 20:45 OS

I was lying in bed reading, and I suddenly started to feel a pressing pain above my right buttock (I can't really say whether it's the hip or the sciatic nerve), felt like something hot was pinching my muscle. I had to change positions regularly, it lasted 10-15 minutes and got better as I got up; it just faded away P5 10 10:00 NS

I felt a pain in my left nipple, as if it was pinched very hard, it comes and goes in waves, have to hold it for relief P5 41 12:30 OS

Pain in my left nipple, as if it was pinched very hard, comes and goes in waves, have to hold it for relief P5 2 16:05 OS
Pain in my left nipple, as if it was pinched very hard; comes and goes in waves; have to rub it for relief P5 54 14:00 OS

Pressing pain on the right eyebrow P8 19 06:07 IOS

As above. Focussed pain, as if a thumb is pressing hard on chest, internally. This sensation moves around, right to left, back again, sometimes centre. Stays like this all evening. P1 8 16:00 RS

My heart feels huge in the my chest. Pressing feelings all over chest, top, left, right, bottom. Lasts for the rest of the day. P1 31 15:00 OS

Feeling as if something is pressing outside my head coming around temples P12 8 15:30 NS

Worried about collecting the cats. Feeling pressured. Hurried. Have got too much on and now I've got to go and bring 2 kittens home. P1 26 17:00 NS

Just had first consultation with first patient, plus, Cats Protection league have called to say we can have the 2 black kittens! Feeling high as a kite! Excited, as if I've drunk lots of coffee. Distracted. Want to phone friends and tell them all about it. Have lots of energy. Feel pressured. Can't stop thinking about the patient and about the kittens. P1 24 14:00 NS

The sensations around chest and heart have been with me all day and carry on into the evening. Anxiety, pressure, feeling as though all the space in my chest was taken up. Sighing a lot P1 31 14:00 NS

Feels worse than yesterday. Pressure more intense. Breathing feels laboured going uphill. Weight on chest. P1 9 09:00 RS

Feeling compression in abdomen. P3 2 10:20 NS

Chest feels like it has been pushed. A strong, gentle, even pressure applied to my whole chest. P3 1 XX:XX NS

Slept with a headache (pressure in the temples, heavy feeling in the forehead and eyes) and woke with it but much lighter. Was having breakfast with my mother, aunt and sister but the noise and the people started to annoy me, after a while headache started coming back, wanted to be alone in quiet. Felt tired, desire to sleep, got dizzy as i stood up. (Usually i find this sort of family gatherings especially combined with nice food (breakfast is my favourite meal of the day), all the being cared for, very comforting both physically and emotionally, especially when i am having a hard time, which was definitely the case; so this response was very unusual for me) P7 5 10.00 NS

Woke up with light headache (light pain in the temples and heavy feeling in the rest of the head but more above the eyes in the forehead), which got worse through the day. Everything at the office felt too much and impossible to deal with, a single phone call felt like i had to climb Everest (happens to me sometimes but extremely rarely if ever in this intensity). The headache continued even after my dancing lesson (usually i feel better with dancing); went to bed with the headache. P7 7 XXXX NS

Pressure to perform P8 3 16:00 NS
The headache from this morning is more intense. It is more of a pressure, and it is in really slow pulses - almost without a break, so almost continuous. Kind of bursting. The whole head/skull. P11 31 16:00 A5

Pulsing sensation in whole head with heat, during meditation P1 0 16:30 NS

Pulsation in my stomach, strong, as if something threatening to burst - or forcefully struggling to work its way through. In the area inbetween my belly button and the bottom of my sternum. P11 7 18:00 RS

Head feels pushed in and over to the right P3 1 00:17 NS

Sense of being pushed from the right. A big bubble. Dark bubble. Struggle to stay upright P3 1 XX:XX NS

Gurgling has stopped but feeling pushed to ground. The force is centreing on my abdomen. Strong, even, gentle but forceful pressure P3 2 XX:XX NS

Hard to stay upright. Sensation of being pushed to the left P3 1 XX:XX NS

Sense of being pushed down into ground. Sense of a hand over my head. Fingers pushing on my temples. Blackness. Compression P3 2 XX:XX NS

A bit queasy; stomach felt uncomfortably full - almost a bit sick. Vague feeling; with the same heavy, tense head + upper back - the neck as if struggling to carry the head. And my ear felt slightly blocked/muffled, as if my hearing was a bit compromised. P11 8 19:10 RS

Slight headache, vague, not very strong, but can feel it. In the evening, after going out for a meal, more of a frontal, and slightly heavier, as a cap over the top of my head and from temple-to-temple. P11 2 07:30 RS

Pressure on top of head descending down back of head to neck P1 11 17:00 RS

My stomach felt very heavy, as if there was a stone right in the pit; it got better when my partner and I went for a walk, but came back as soon as we entered the house P5 24 11:00 RS

From lower back all around body to top of thighs including buttocks feels heavy, weighted down. Feel this when walking outside. Feels laboured in that region. Aching in right hip. As if I am a creature with a huge arse and it takes a lot of energy to move that heavy part of it's body around. I’m feeling a bit f***ed off about this new sensation. Also curious. > sitting down and being at home P1 20 03:36 NS

**Heat, hot, flushes and sweat**

Feeling warm P8 28 14:15 NS

Look I don’t sweat! When I run yes, when I was super fit, not much, when unfit, when I run. But lately slightest running around or exertion, I feel heat. But these hot flushes that bring on sweat. I can now smell sweat, but it’s a sour, cold sweat smell. Like a toxic cold sweat smell, slightly cheesy.!!! Seriously I don’t ever have to sit and sniff my armpits to check if I smell or describe the type of smell!!! Weird and quite horrible. P4 17 21:00 NS
Heat flushes, with emotion, with all symptoms coming at once in a rush. Great energy all day, but equally do not want to be there. Was motivated to do what is needed to move on and leave, but have to work, frustrating. P4 3 XX:XX AS

Heat flush in face only very infrequent, cannot work out when because so infrequent. P4 13 XX:XX AOS

Heat flush transient over whole body, like a firework going off somewhere! In fact that is the feeling of all the energy like fireworks, either big explosion of heat and energy or masses of energy and vibrancy in colour which makes me run around achieving loads in my days!! Love that, but not the headaches and physical heat flushes. Ah yes coffee doesn’t affect me. I do not get a coffee low, because energy high and constant anyway. P4 6 08:45 AS

Heat flushes from chest to face P4 4 XX:XX AS

Sweating on arms, face around lips and cheeks and nose, chest. Feels like a radiator inside, must put up hair, back of neck so uncomfortable. But my skin is cool to touch. My throat was radiating heat before the heat arose, like my thyroid is going crazy. P4 17 20:55 OS

Heat awareness in whole body from wrapped in covers, sitting up no clothes on in freezing room, still am, 1 hour later. P4 7 03:42 AS

Hot flushes, more intense because back at work and stuck inside a stuffy building, running up and down stairs all day. Definitely come on when think about them, in times of high emotion, when angry or stressed, or even an excessive laugh. Feel like I have to be a subdued lady to avoid any high emotion, so that’s not going to happen!!! Grab anything to hand and flap at face madly. Could stay with face in freezer or next to a fan if I had one. >breathe deeply, stay calm, hold hands out to side, keep neck up. Realise sweating in folds more now, and on face around nose and lips. P4 17 XX:XX OS

Sensation of having metal bolts through my temples, crushing, feel extremely hot P4 1 08:24 NS

Hot flushes, sudden radiating heat start in a do spread up to chest and out over all body. Very intense. Happened first night but thought it a one of flush, now happening all night and intense, have to be related to proving. Wake me up, kick of covers. Gradually cooler, no sweat. Feel ok about this, just ‘watching’. P4 3 XX:XX NS

Heat flashes, very transient this day. Able to do a treatment in the evening. So despite flushes and throat not feeling unwell. P4 12 XX:XX OS

Heat flush in whole body intense at night sporadic P4 14 XX:XX OS

Hot flushes on face only with bright red colouring, sporadic times. Spent day outside at Horse riding arena so easy to get cooler. Not many occurring. Mainly when overexcited or, easily angered, which not today. P4 15 XX:XX OS

Hot flushes. Sometimes I can think of them and then they come. Intense, all over spreading heat with sweat, on chest or around nose and lips. Burns like a furnace for 30 seconds, then dies down. Strip of quickly if possible, or stand outside whatever the weather whatever the hour! So quite funny, bit inconvenient, slightly embarrassing. P4 16 XX:XX OS
Hot flushes at odd times very infrequent, noticed after an intense emotion, happy or angry or sad doesn’t matter what. Felt just in face radiating heat. But when they come intense. P4 11 XX:XX OS

Heat radiating from thyroid, like a hot flush but distinctly flash just in area of thyroid P4 39 18:00 NS

Heat coming from top of head, felt heat! Just from the crown. Extraordinary sensation, since hadn’t had a hot shower or a hat or any possible source of reason to explain the heat coming from my crown. Given the comment from daughter about ‘stroke’, the dream of oozing blood the heat from my crown and a headache with dizziness, feel unsure and slightly uneasy regarding my brain!! P4 3 3 07:45 Ns

Heat, from face outwards at work, intense, especially when angry, only when in high emotion, face red, no sweat, feel hot spread down arms too. All day. P4 3 XX:XX AS

Hot flush thinking of heat <<< P4 5 16:15 ROS

Feel hot and feverish, lasts about 1 hour P9 33 09:30 RS

Hot flush lasted 1 minute P9 4 12:30 OS

Hot flush lasted 1 minute P9 9 17:00 OS

Hot flush lasted 1 minute P9 9 18:00 OS

Hot flush lasted 1 minute P9 9 19:35 OS

Hot flush lasted 2 minutes P9 4 12:00 OS

Hot flush lasted 2 minutes due to carbohydrates though P9 8 19:30 OS

Hot flush lasted 30 seconds P9 5 11:22 OS

Hot flush lasted five minutes P9 3 22:00 OS

Hot flush lasted one hour, felt feverish P9 1 10:30 OS

Hot flush lasting about 30 seconds P9 6 09:51 OS

Hot flush, felt unbearably hot P9 1 01:50 OS

Hot flush following diarrhoea P9 6 11:00 RS

A concomittant to the headache: In addition to the hot congestion of the head, I have really warm air coming out of my nostrils - as if the air has been warmed by an oven inside my lungs - really hot sensation in my nostrils when the warm air flows out of them. P11 31 19:45 AS

Only if I think of it, breast pain, then feels like a bruise. But since proving no menses at all. Hot flushes. Thyroid area hot flushes, no bleeding, breast pain. And gaining weight. Ugh. Roll on the end. I feel like I’ve aged!!! P4 43 XX:XX NS