



Proving: Goosegrass (Galium Aparine)

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By Misha Norland & The School of Homeopathy.



Introduction

Foreword by Misha Norland

Whenever we undertake a proving the question 'why do this substance?' arises. In the case of Galium Aparine the answer is obvious. It invades our space! – specifically, the 'space' of herbaceous borders, hedgerows and woodland paths. It survives by overwhelming an area. It sticks tenaciously onto other plants for support and it sticks to the passing traffic of humans and beasts for its seed distribution. When we acquired our first dog, then our garden became overrun and occupied by Cleavers.

The growth seems frail, yet when we grasp it, it clings to and cuts us, leaving the softer skin on backs of hands and arms lightly cut and wounded. Often a rash develops upon the site and lingers for some days. Yet cleavers are satisfying to weed out (provided gloves and long sleeves are worn) because it adheres to itself. While pulling at a piece, it will often pick up neighbouring stems and they too tug loose. But Cleavers' root system is fibrous and strong. Unless the ground is loosened by trowel the

roots stay firm and growth starts up again. And it is rampant, climbing and clinging easily up to a couple of metres. As I write this in January, we still find mats of withered stems and viable seeds on shrubs and bushes. In summary, it invades and cannot be eliminated.

Therefore, it seemed fair to speculate that the predominant miasm addressed by Cleavers would be cancer. Within this context, it interested me to observe the effect of Glyphosate weedkiller overspray upon hedgerow Cleavers. This is because it seemed to be electively sensitive to this substance. While other plants withstand these dilutions (of wind-born overspray) Cleavers' leaves become twisted and much growth shrivels. However, those seeds that have formed prior to spraying, go on to germinate the following year bearing twisted yet viable growth. In other words, next year's crop survives but in a mutated form. This ability to be effected by a noxious agent, to survive, yet to pass on the trait to future generations seemed similar to the Hahnemannian definition of a miasm. Given this observation plus the habit of Cleavers seemed reason enough to initiate a proving.

Introduction by Peter Fraser

Synonyms: Clivers, Barweed. Hedgeheriff. Hayriff. Eriffe. Grip Grass. Hayruff. Catchweed. Scratweed. Mutton Chops. Robin-run-in-the-Grass. Love-man. Tongbledes. Goosebill. Everlasting Friendship.

Cleavers is an abundant hedgerow weed throughout Europe and North America, springing up luxuriantly about fields and waste places

It is of the natural order Rubiaceae, to which the Madder (*Rubia tinctoria*) and our common wild plants, the Clivers, the Bedstraws and Sweet Woodruff belong. The most economically important species of the family is *Coffea Arabica*. The valuable drug quinine is furnished by several species of *Cinchona*.

Ipecacuanha is the powdered root of another member of this order, growing in the forests of Brazil. Many species growing in tropical climates are moreover noted for the beauty and fragrance of their flowers.

The British representatives are of a different character, being all herbaceous plants, with slender, angular stems, bearing leaves arranged in whorls, or rosettes and small flowers. From the star-like arrangement of their leaves, all these British species have been assigned to the tribe Stellatae.

The angles of its quadrangular stalks and leaves are covered with little hooked bristles, which attach themselves to passing objects, and by which it fastens itself in a ladder-like manner to adjacent shrubs, so as to push its way upwards through the dense vegetation of the hedgerows into daylight, its rough, weak stems then struggling over and through all the other wayside plants, often forming matted masses.

The narrow, lance-shaped leaves - about inch long and 1/4 inch broad - are arranged 1/2 in rosettes or whorls, six or eight together, and are rough all over, both margins and surface, the prickles pointing backwards. The flowers, two or three together, spring from the axils of the leaves and are small and star-like, either white or greenish-white. They are followed by little globular seed-vessels, about 1/8 inch in diameter, covered with hooked bristles and readily adhering, like the leaves, to whatever they touch. By clinging to the coat of any animal that touches them, the dispersal of the seeds is ensured.

Most of the plant's popular names are connected with the clinging nature of the herb. Some of its local names are of very old origin, being derived from the Anglo-Saxon 'hedge rife,' meaning a tax gatherer or robber, from its habit of plucking the sheep as they pass near a hedge.

The old Greeks gave it the name Philanthropon, from its habit of clinging, and Loveman is merely an Anglicized version of this.

Clite, Click, Clith-eren, Clithers are no doubt various forms of Cleavers. Its frequent name, Goosegrass, is a reference to the fact that geese are extremely fond of the herb. It is often collected for the purpose of giving it to poultry. Horses, cows and sheep will also eat it with relish.

The specific name of the plant, aparine, also refers to this habit, being derived from the Greek aparo (to seize). The genus name Galium is derived from gala, the Greek word for milk. Greek shepherds used the stems to strain milk, the stalks are still used thus in Sweden. The galiums, especially Our Lady's Bedstraw (*Galium verum*, so named because it was said to have lined Christ's manger) have the quality of curdling milk and have been used as a vegetable rennet. They also, like Madder, have roots that produce a red dye, which gave cheeses such as those from Gloucestershire their rich orange colour. Birds that eat them have their bones tinged slightly red.

The seeds of Cleavers form one of the best substitutes for coffee; they require simply to be dried and slightly roasted over a fire, and so prepared, have much the flavour of coffee. They have been so used in Sweden. The whole plant gives a decoction equal to tea and it is usually in such a form that it is used herbally.

The principle phytochemicals are citric acid (hence its popular use in scurvy), rubichloric acid, galitanic acid, iridoids and coumarins.

In old Herbals it is extolled for its powers, and it is still employed in country districts, both in England and elsewhere, as a purifier of the blood, the tops being used as an ingredient in rural 'spring drinks.'

Modern herbalists consider it may be given to advantage in scurvy, scrofula, psoriasis and skin diseases and eruptions generally. As it is a rather powerful diuretic, care should be taken that it is not given where a tendency to diabetes is manifested. Its use, however, is recommended in dropsical complaints, as it operates with considerable power upon the urinary secretion and the urinary organs. It is given in obstructions of these organs, acting as a solvent of stone in the bladder.

The infusion, drunk as a tea, has a most soothing effect in cases of insomnia, and induces quiet, restful sleep.

Cleavers was also used as an ointment for scalds and burns in the fourteenth century, under the name of Heyryt, Cosgres, Clive and Tongebledes (Tonguebleed), the latter doubtless from its roughness due to the in-curved hooks all over the plant. It is interesting that the most notable homeopathic use of *Galium aparine* has been in cancer of the tongue.

A wash made from Cleavers is said to be useful for sunburn and freckles.

The herb has a special curative reputation with reference to cancerous growths and allied tumours, an ointment being made from the leaves and stems wherewith to dress the ulcerated parts.

It has been used for colds, swellings, etc., and has been of service in some bleedings, as well as in diarrhoea. Cleavers tea is still a rural remedy for colds in the head.

The crushed herb is applied in France as a poultice to sores and blisters.

Gerard writes of Cleavers as a marvellous remedy for the bites of snakes, spiders and all venomous creatures, and quoting Pliny, says: 'A pottage made of Cleavers, a little mutton and oatmeal is good to cause lankness and keepe from fatnesse.'

Culpepper recommends Cleavers for earache.

It is a soothing herb used in bladder and kidney problems. Cleavers has been shown to reduce stones and fibrocystic tissue. It can also be used for enuresis in children, benign prostatic hypertrophy and eczema.

In TCM Cleavers clears Wet Heat, drains Wetness, regulates Qi Stagnation and is used for swollen glands, tonsillitis, tumors, cysts, cystitis, eczema, psoriasis.

Homeopathically it has not had a previous proving but has been used occasionally on herbal and clinical indications.

Boericke says:

Galium acts on the urinary organs, is a diuretic and of use in dropsies, gravel and calculi.

Dysuria and cystitis.

Has power of suspending or modifying cancerous action.

Has clinical confirmation of its use in cancerous ulcers and nodulated tumors of the tongue.

Inveterate skin affections and scurvy.

Favors healthy granulations on ulcerated surfaces.

And Clarke has:

Clinical

Bladder, irritability of. - Calculus. - Cancer. - Gravel. - Psoriasis. - Ulcers.

Characteristics

Gallium has had no proving, but it is a popular remedy for cancer given internally and used externally; and also for scrofulous swellings and ulcers.

It is further used as a diuretic and as a solvent for gravel and stone.

It has cured a case of nodulated tumour of the tongue diagnosed to be cancer (see Hale); and a case of psoriasis of the hand (left) has been reported cured.

Miasmatically it is clearly of the Cancer Miasm. Its primary clinical use has been in cancerous affections and the provers' dreams of cancer and of imposed responsibility quickly confirmed this.

The following rubrics have been used:

MOUTH - CANCER - Tongue

BLADDER - URGING to urinate - constant

URINE - SEDIMENT - sand - gravel

SKIN - ERUPTIONS - psoriasis

SKIN - ULCERS SKIN -

ULCERS - cancerous

GENERALS - CANCEROUS affections

GENERALS - DROPSY - internal dropsy

Breasts - CANCER, breast

Breasts - CRACKS, nipples

Breasts - ULCERATION, of - ulceration, nipples

Diseases - SCURVY, scorbutus

Mind - MISTAKES, general - calculating, in

Mind - MISTAKES, general - writing, in
Mind - OPTIMISTIC - weakness, in spite of the

In Re-exploring Our Magnificent Plants Desai gives detailed information about the Family Rubiaceae.
Main remedies: Coffea, China, Ipecacuhana.

Irritation and excitement of the nervous system.

Congestion of the head and lungs due to irritation of the brain or bronchi.

Irritation and inflammation of the eyes.

Extreme sensitivity to noise, touch, odour, etc.

Sleeplessness due to excitable state.

Coffea produces marked excitement - pulse, hypertension, heartbeat.

China, etc. produce capillary weakness and relaxation of cardiac muscle. Leading to irregular heart beats, profuse haemorrhages, and dropsy verging on the collapsed state.

Nervous diarrhoea, nausea, vomiting, etc. Profuse discharges, weak digestion and distension of abdomen.

Severe inflammation of affected parts leading to either collapse or gangrene.

Intermittently spiking fevers and general periodicity.

< exertion, < long travelling, < overexcitement, < discharges.

Low vitality. Extreme exhaustion, debility, prostration, insomnia.

Easy exhilaration and excitement leading to exalted fancies, making verses, everything looks beautiful.

Easily angered with desire to vex and hurt others.

Complete apathy, dislike for everything, beside oneself, inconsolable.

Irritation, excitement and oversensitivity soon followed by debility, exhaustion of vital powers. Eventually leading to a totally collapsed state.

Though there is so much of timidity, cowardice, want of self confidence they tend to cover it up by either being haughty, jealous, malicious, or calling oneself unfortunate, being contemptuous, hurting or vexing others or by rejecting consolation and sympathy.

Probably fear of being pitied explains the amount of false egotism required by these remedies to cover up their weak, exhausted, cowardly side.

The basic vitality of the very self, physically and mentally, is weak and prone to insults of various sorts and therefore reacts violently to the slightest external stimulus. It reacts intermittently, or in short paroxysms, because the feeble and tired self cannot afford to be continuously agitated. Even this intermittent reaction leads to eventual exhaustion and enfeeblement.

Some Observations of the Proving

The key sensation of the remedy would seem to be one of being overwhelmed. This would be in keeping with the signature of the substance as a fast growing weed that soon overwhelms the area in which it grows and with the clinical evidence of its efficacy in treating cancers, which would place it in a cancerous miasm. The sensation of being overwhelmed was found clearly in the mental and emotional pictures, in dreams, particularly of overwhelming responsibility, and in the way that physical symptoms became cumulatively overwhelming.

This was often externalised as a feeling of being harassed or plagued both internally by the symptoms and externally, although it could be a less specific reaction of irritability. It could be even more generalized in a feeling of suspicion, of being followed or that people are calling your name and talking about you and in feelings of being alone and vulnerable.

There was a sense of anxiety, particularly an anxiety that something was about to happen. Part of this anxiety was found in visions of death and violence.

One reaction to this state is to struggle against it which was expressed as fighting with the remedy.

Another reaction was one of clearing out, of making some space.

The remedy is a sexual one and the power of sexuality and love could become overwhelming.

Another important area was an unusual degree of confusion and forgetfulness. This was physically expressed as clumsiness but was most noticeable as a confusion of size or direction and especially of distance. There could be a polarity in clarity and alertness.

Some of the other areas which appeared in the proving were the importance of water. Given the nature of the plant a sense of hairiness might be expected.

There was a sense of calm, even lethargy or tiredness, but also a restlessness and agitation. Symptoms and mood were often changeable, unstable or contradictory.

The most important physical symptom would seem to be one of pricking. This ranged from itchiness through pinpricks to sharp needle like pains. The pricking was similar to insect bites and bees and wasps were found in the dreams.

The itchiness was often accompanied by numbness, particularly in the face where several provers also experienced a dragging down feeling.

Sciatica was found in the proving and eruptions tended to be herpetic.

There were disturbances of appetite and often a feeling of fullness.

Pharmacy

A sample of a tincture of Galium aparine was obtained from the Helios Homeopathic Pharmacy. It was run up into the 30th potency by the proving class in the Korsakovian manner. It is available from Helios at www.helios.co.uk but will be found at most good homeopathic pharmacies.

Time and dates

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

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

Day XX indicates the symptom was transcribed from a video recording of one of the group discussions about the effects of the remedy. This might be because the prover did not submit a diary or did not include this symptom in their written diary. They did not know what the substance was at the time of the recording.

Provers

| Prover | Sex | Dose | Potency |
|--------|--------|------|---------|
| 01P | Female | 1 | 30c |
| 02P | Female | 1 | 30c |
| 03P | Female | 1 | 30c |
| 04P | Female | 1 | 30c |
| 05P | Female | 1 | 30c |
| 06P | Female | 1 | 30c |
| 07P | Male | 1 | 30c |
| 08P | Female | 1 | 30c |
| 09P | Female | 1 | 30c |
| 10P | Female | 1 | 30c |
| 11P | Male | 1 | 30c |
| 12P | Female | 1 | 30c |
| 13P | Female | 1 | 30c |

Classification of symptoms

NS A new symptom never before experienced.

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

RS A recent symptom experienced within the last year.

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

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

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

Materia Medica

Mind Themes of Galium Aparine

Overwhelmed

On waking there was a sense of terrible sinking just below my heart, overwhelmed by just having too much to do, thinking and rationalising it I realised this is not a delusion, I have a fantastic amount to

do, started far too many things this last couple of weeks and now need to complete them - cleaning out and decorating the house, not completed homework assignments yet. I feel completely bowled over and am aware that I shouldn't have booked up the weekend but now feel obliged as the children very much want to go. Terrible pressure and anxiety, my head is on 'fast spin'. 01P 23 XX:XX NS

Feeling overwrought - faster and faster thoughts about how much I have left to do, the ticking continues against time. This is not an unfamiliar state but an edge here, a bit like excitement but unpleasant, feeling edgy. 01P 26 XX:XX NS

A feeling of great nervousness and incapacity. It is all too much. 03P 15 XX:XX OS

I'm feeling like I'm really struggling to get anything done, everything is really hard. 08P 05 XX:XX NS

As I was getting up I thought that children were so demanding. 08P 18 XX:XX NS

Feeling of being overwhelmed and weighed down, mostly by moral obligation throughout the proving. 09P 00 XX:XX NS

All day felt overwhelmed by homework. Everything is overwhelming; not just the homework, but my work and my project, which is so close yet so far away. 09P 03 XX:XX NS

Terribly tired. Feeling of being overwhelmed again. I can't get down to doing anything. I must complete something tomorrow and come out of this gloom. 09P 04 XX:XX NS

A day off work which I desperately needed to do some homework. Completely unable to concentrate. Kept wandering around the house, could not get on with anything at all. Everything is overwhelming. 09P 34 XX:XX NS

Feeling very tearful and het up. Things are really getting to me, what with the pain in my body not letting up and the emotional turmoil that I am in with my ex and the boys. I feel that everything that I do is causing me pain. 12P 13 XX:XX NS

It seems that all the symptoms that I have experienced in the last year or so has come back but stronger and all together, this makes me feel that I can not cope, that I will never feel well again. It makes me feel sad, I feel like I have aged, I feel old. 12P 13 XX:XX NS

I am really finding it so hard to get up and face the world today. I feel so low in spirit and every thing seems to overwhelm me in my life. 12P 27 XX:XX IOS

Growing feeling of pressure building up during the day; feeling that too much was demanded from us. 13P 03 XX:XX NS

Feeling overwhelmed by the demands of the course and the emotions linked to anew relationship. Is it worth it feeling? 13P 04 XX:XX NS

Would like to be on my own out and about. Feeling oppressed by my surroundings, my obligations, duties as a mother, as an adult. 13P 17 XX:XX NS

Harassed

On switching off the light last night, I couldn't get to sleep because a mosquito buzzed round my face in the dark. Every time I dozed off, it came back to harass me. 02P 07 22.30 NS

There was human shit on the back doorstep of my workplace this morning. I had to step over it to get in the door. I called the Environmental Health Dept and the street cleaners came almost immediately. But in the meantime, I was very concerned about one of the practitioners who always comes in the back door – I thought she might not see the shit. And not long after, she came in the front door! She had a strong feeling she wasn't to use the back door. She said I had psychic powers. 03P 26 09.00 NS

Kept getting lots of phone calls and it felt like I was being plagued by them. 08P 05 XX:XX NS

Woke up early by neighbour slamming doors and couldn't sleep again. Since a little before the proving I find them a major nuisance. Tossed around in bed angry and frustrated. 11P 09 XX:XX NS

Feeling boxed in by relationship, oppressed. 13P 15 XX:XX NS

Irritability

Feeling very different today - annoyed by children. I hate the noise and I have no patience. I want to be on my own, able to do my studying. There are too many demands on me. I feel tired and cross. 02P 06 XX:XX NS

Feel calmer and less bad-tempered today with the end of my period. I realise that it really has been unusual to feel so "bolshy", especially during a period. 02P 19 XX:XX NS

Hearing seems more acute. Irritated by small repetitive noises. Train did not have a seat - I got determined to do something about it. 03P 04 XX:XX NS

Needing time alone and irritable and tired. 04P 09 XX:XX NS

Followed

When I am walking down the street I do not like people walking behind me I have to look behind me and check out who they are. Two people in the street have done the same thing to me, they did not like me behind them and one of them crossed the road and another stopped and let me pass. When I mentioned this to my husband he said that the same thing has happened to him. 06P 03 XX:XX NS

Still had the feeling of someone behind me, very close. This morning it's almost a physical sensation behind my head and back. I keep wanting to look around even though I know there is no-one there. 08P 15 XX:XX NS

Calling

I passed a bus shelter with two middle-aged women in it, chatting; I heard my name distinctly, but when I looked at them, they were engrossed in conversation with each other. 03P 05 09.00 NS

I heard my name being called, in my head, just before I turned out the light. 03P 05 23.45 NS

I distinctly heard a female, Scottish voice call my name, but could see no one I knew. 03P 25 13.00 NS

I was awakened by what I thought was a knock on my door. (like high heels) I got up and checked, but no one was there. 03P 44 XX:XX NS

Vulnerable

I feel very alone in my pain. Putting on a front for others because I don't want their sympathy. Music helps. I just feel like listening to music all day. 03P 17 12.00 OS

I feel better for the company of a close friend and better from warmth. I feel like I have a great wound in my chest – a wound of emotional pain, not physical. It is gaping, wide open and I am totally vulnerable. 03P 17 21.00 NS

Feeling weepy at lunchtime. 04P 08 13.00 NS

Feeling like I want to stay inside. 04P 18 XX:XX NS

When I woke up I felt sad and cried all day. 04P 22 XX:XX NS

I was feeling like I was struggling to make myself heard, like people weren't taking notice, weren't listening, which was ridiculous. 08P 30 XX:XX NS

I feel that in the last week that I have become more and more insular and non communicative and all I want to do is to retreat into my shell away from life. 12P 22 XX:XX NS

I woke up after a very restless night, very cold and disturbed sleep. I missed my partner a lot, this is unusual for me I normally like being away on my own for a few days. I missed his warmth. 12P 30 XX:XX NS

Anxiety

Awoke with a sort of anxiety in stomach. Felt it and watched the anxiety move into my heart and into a place in my throat. Weird sensation like a constriction/radiation out, of waves of unattached fear. Left me feeling breathless and edgy, mildly irritated by it, it is related to 'things to do' but an acknowledgement that it is 'Over the top'. 01P 47 XX:XX NS

Woke in a state of anxiety; felt overwhelmed by the tasks ahead. 09P 11 XX:XX NS

Woke with a level of anxiety, not like me. Feeling of being overwhelmed is still there. I feel much more tired than usual. 09P 12 XX:XX NS

Something is going to happen

I was driving very close to the edge of the road - hedge - and the cars on the other side of the road were driving very close to me. I felt in danger, excitement and I felt on the edge. 06P 03 XX:XX NS

I was thinking about the proving again, and images came into my head, what might happen, maybe this remedy would bring awful things. I imagined someone getting into the house and raping me, what would I do. Or maybe I would have wild sex with the milkman or window cleaner. But I didn't want this to happen. 08P 07 XX:XX NS

I have a sick feeling, like something is going to happen. It's like a nervousness you get before something important, but I don't know what it is. 08P 35 XX:XX NS

Constant feeling that at any moment I would get cramp in my legs. Continues all day; feeling of imminent disaster. 09P 16 XX:XX NS

Violence and Death

I thought the swinging clothes pulley was like the corpse of a hanged man swinging. I was frightened by the thought. 03P 04 21.00 NS

Out of the very relaxed space I had a brief, sudden image of a car crash, 2 cars collided, one white and one red, a still image like a snapshot with no associated noise. 01P 01 16.30 NS

My head was heavy, my neck was heavy. I was very aware of sounds in the garden, particularly the birds. It was as if I was outside. Everything was very still. There was a wavy feeling between my hands, like a ball of energy which was contained by the shape of my hands and would move with them. Into this stillness came a sudden vision of flashing blue lights; a police car with blue and yellow check. There had been an accident as a car turned right. I felt no emotion, no shock or compassion. The vision left. The image was like a photographic transparency which was clicked into a projector and then clicked out again; it clicked into the right side of my head and clicked out of the left side. The stillness returned. 09P 01 16.00 NS

Fighting the Remedy

The feeling that there is a conflict between my real self and the proving remedy, like there is a battle going on, between my essence and the new essence, and I have to fight to keep my real self there, to be aware and in control. I need to keep control, keep a hold on my actions. 08P 04 XX:XX NS

Clearing out

For the first time ever, I forgot my wallet. I left it at home in a different bag. So the person I am asking to leave will have to buy me lunch. Felt horrible after asking X to leave the band. Even though she knows and I know that the present combination doesn't gel. Even though she said she didn't like one of the other band member's playing. I hated hurting her, but I also knew it had to be done, for all our sakes. My musical creativity has been stifled by the disjunction; it is freed now. I have never done anything this difficult before. It feels like a rite of passage. 03P 23 13.00 NS

Thought, 'I am starting my life over again.' An immense feeling of renewal, while playing a musical instrument. 03P 24 XX:XX NS

Spent the morning arranging the house and my homeopathy notes, something I was procrastinating for ages. Later in the day had to put everything in place, go to supermarket, do the laundry; so unlike me. 11P 05 XX:XX NS

My house is consistently clean and organised no dishes in sink, no books lying around. It's unusual. 11P 17 XX:XX NS

I was able to discuss my work with the tutor I often have difficulties with and cleared the air. It feels so good to be able speak up for my self. 12P 02 XX:XX NS

Feeling like I have to clarify everything so my mind can become clear. I want to sort things out in my life, put things in order. 12P 05 XX:XX NS

Sex and Affairs

My ability to express in certain contexts was being restricted resulting in making contact with a man of whom I have had great admiration for over the past 2/3 years. 01P 00 XX:XX NS

I feel a bit outside of my body today, nervous about seeing my closest male friend, and about the step we are likely to be taking. 03P 06 XX:XX NS

An event has occurred that resonates with something that happened to me when I was 19; dragging up dark memories and feelings of being bereft, alone, as if I'll be alone forever. I feel wounded, raw, in great pain. Lacerating pain. It's an old pain, an old, old pain. I feel as if the Universe were saying, 'Here – this is what you're missing. Remember? Have you experienced it fully once more? Fine, now let's take it away from you again. Feel the pain?' I burst into tears – uncontrollable sobs. I nearly tore up the card my friend had left for me the previous morning, I felt so angry about his selfishness. 03P 08 XX:XX NS

I suddenly felt enormously angry about this whole thing with my friend. I thought he was being horribly selfish, and a hypocrite. I pounded the pavement on my walk to work, pounding out my anger. Then left him a phone message warning him that I was angry. Have to get it off my chest. Cold is on my chest. 03P 13 08.30 NS

I feel as if the whole experience with my friend is bringing about a transformation - a deeper understanding of love and its expression. A healing of the experience I had when I was 19. This is between me and my friend. 03P 20 XX:XX NS

My friend came to collect me for lunch. Slight hesitancy and awkwardness, but so good to see him. At lunch, I was almost euphoric again; very flirtatious. As if to say, 'eat your heart out!' Not nice of me, really. 03P 27 13.00 NS

Feel exhausted again this morning, and flat. Realised it was because of my friend; kissing him goodbye was so hard because I just didn't want to stop. The look on his face; I realised he really is in love with me, and in pain. I wasn't helping yesterday. 03P 28 XX:XX NS

Feeling strong about my male friend, that I'm not ready to give this up, will have to be told to do so. All is fair in love and war. 03P 41 XX:XX NS

Intense sexuality, do not feel married. 06P 01 XX:XX NS

I could feel my genitals all day, I felt sexual. Bubbling dread and excitement in stomach. Thought about a possible sexual encounter. 06P 02 XX:XX NS

I feel pursued hunted – sexually and I am hunting. The image I had is of me as a monkey in search of new fresh genes for the gene pool of my species and I am looking for an encounter with a lone male, I am in a clearing in the woods. 06P 03 XX:XX NS

I feel compelled to have sex with my husband I need to have to. I am obsessed with a man I know who has shown me some interest. He has come in the shop and we had a hug which felt very passionate. I felt like I was in love with him. I have phoned my proving supervisor, but I cannot talk to him because he knows this person so I feel trapped, I have no help or support. I am in contact with a friend who is trying to support me through this. I have talked to College and told them that I cannot

have my present supervisor as I do not feel comfortable talking to him. They are trying to find me someone else. I have written this man a letter telling about how I am in a proving and how I think we are being pushed into a space by the proving that we would not otherwise go into. I feel overwhelmed and excited by the feeling of passion between us but that I have lost some of the boundaries and inhibitions I would ordinarily have. I have to write him a letter because if I see him I feel like I would just have to pounce on him. I do not trust myself in his presence. I feel cornered as if I am driven towards only one conclusion. Whilst having sex with my husband I thought he was going to die when he climaxed as he was twitching like he was in a death throw. 06P 04 XX:XX NS

I have dropped off the letter scared and petrified. I have tried on three or four different sets of underwear, just in case. At 5.00pm we have a telephone conversation where he talks about his balls hanging from a tree which is something my husband had said I had done to him a couple days ago. An hour after the telephone conversation I stopped proving the remedy. I felt as if I had taken someone else's skin off and put my own back on. This man is very hairy and I am usually really disgusted by hairy men but whilst proving the remedy I felt intrigued by his hairiness. During the proving I felt an inner groundedness yet at the same time a compulsion to move things forward to the end to find a conclusion. 06P 05 XX:XX NS

Confusion

Receding clearness in my head - I felt "fuzzy" as if I was going backwards through a tunnel - followed by a pressing pain on the top and both sides. I was afraid that I would not be able to drive home. This continued all evening. 02P 01 XX:XX NS

As I typed up my proving symptoms, I kept misspelling words. I also was totally overwhelmed by a feeling of exhaustion and started nodding off sitting at the keyboard. 03P 08 18.00 NS

I am making silly mistakes at work. I answered the phone with the name of the wrong centre (I work in two) and put hole punches on the wrong side of some paper. 03P 18 XX:XX NS

When a tutor spoke in a lecture I drifted off, I felt confused like I had missed something. 06P 02 XX:XX NS

Muddled/confused mind. Mind felt as if floating around - normally I am clear thinking, ordered and alert. 07P 02 09:00 NS

Forgetfulness and confusion about arrangements for ringing my proving supervisor (again!). Once more, I got it wrong. 07P 10 19.00 NS

Was feeling a bit slow, couldn't understand when another group member was talking about her proving supervisor and I thought it was her clinical supervisor. She put me right and then straight away I made the same mistake. 08P 01 XX:XX NS

It's like there's something fuzzy in my head blocking my thoughts, so there's no clarity. 08P 06 XX:XX NS

I keep making mistakes in typing, mainly that I'm typing the wrong letters and not leaving gaps between words. 08P 15 XX:XX NS

Listening to the lecturer speak felt like all my focus was on sound - each sound was acute - but I could

not focus on the meaning of what was being said and could not follow the line of reasoning of the lecture at all. It felt like being disconnected from meaning. 10P 02 XX:XX NS

Seem to be making many errors in typing - letters reversed, or wrong letter. 10P 15 XX:XX NS

Went on a walk and really got lost. Didn't know where I was going, went through the forest and it started to be dark, was a bit scared but didn't care. Felt free, happy to exercise my freedom. Feeling that I can stretch my nerves as if they were muscles: I can expand into the world; there is space for me. 11P 02 XX:XX NS

Make mistakes in speaking, confusing words. Sometimes forget what I wanted to write. But occasionally can also be very focused and articulate. 11P 31 XX:XX NS

Forgetfulness

Went to fetch books from the bookcase in the study but could not see them, searched elsewhere in the house but could not find them. I returned to the bookcase which is two standard books deep so I pulled the front books away to look behind, still they were not there. I searched the house again in all the usual places but still no books, went back to the bookcase and there they were, right in front of me, I cannot understand how I missed seeing them before. 05P 15 XX:XX NS

Forgetful. I usually have a very good memory. 07P 01 XX:XX NS

Forgetful. Forgot to take glass of water to bed (for second night running). (Very unusual for me to forget this). 07P 03 23:30 NS

Keep losing things, can't find what I'm looking for. 08P 21 XX:XX NS

Clumsiness

I am very clumsy today; my pen flew out of my hand, and I skidded in the hall in my stocking feet. 03P 03 XX:XX NS

Feeling very clumsy lacking in co-ordination and dropping things. 04P 15 XX:XX NS

Distortion

I felt much taller when I walked into the kitchen, as if I were towering over people. 03P 01 17.30 NS
Distances seem much longer, objects seem farther away. 03P 01 21.30 NS

Suddenly got the sensation that I was going in the wrong direction, I wondered if I'd taken a wrong turn, I didn't know where I was although it is a route I've travelled often. 08P 04 XX:XX NS

I am starting to feel that with this substance time is a feature:- blurring of time, or achieving an impossible amount within a short time, or my sense of the passage of time is no longer accurate, reliable. Yes, I have been using the alarm clock on the mobile a great deal this month because I lose track of time. I cannot gauge the passage of time - either I feel it is tomorrow when a week has flown by, or within 10 minutes I have achieved what would normally take an hour. 10P 37 XX:XX NS

Was crossing a busy street, couldn't decide how fast the cars were driving and couldn't decide whether to cross or not. Was caught in indecision, one step into the road like a rabbit in the headlight, it was weird and quite dangerous. Later rode my scooter and had to avoid the motorway,

felt I won't be able to gauge the speed and distance properly. 11P 17 XX:XX NS

Sensation of dwarfishness in shower and standing in front of the mirror: surprised I could see my reflection in the mirror, thought I was too small. 13P 02 XX:XX NS

Alertness

Mentally alert on going to bed, happy feeling, warm and tired. Making big decisions in my life. Feeling very certain. 04P 05 XX:XX NS

Feeling cheerful all day and singing to myself - excellent! Feeling sharp and alert wishing I always felt like this. Feeling that this is how life should be. Still feeling hot under the skin. I look in the mirror and feel pretty. 04P 06 XX:XX NS

Itching, sporadically all day, head in particular. The itching is keeping me connected to it to stay alert and observe myself. 05P 18 XX:XX NS

Feeling really well. Lightness, calm and clarity of thought. Fuzziness of the past few days completely cleared away. A general feeling of well-being. 10P 01 16.30 NS

Water

I noticed that I was avoiding water to drink although I still had my high level of thirst, and frequently a dry throat, particularly first thing in the morning. I was also reluctant to have a shower, or wash, as the idea of getting wet was repugnant. 01P 00 XX:XX NS

Fear of getting into the water and fears about a lack of water (dryness) through out the proving 03P 00 XX:XX NS

Hairiness

Stroking my bristly legs all afternoon. (Hairs on my legs are getting long and I want to pick at them, they are spiky and make me feel hairy. Reported 3 days before proving) 06P 02 XX:XX NS

Calm

At work today, people noticed that I seemed more relaxed than usual; 'soft' is the word one of my friends used to describe it. 03P 05 XX:XX NS

A feeling of calm, not having to be anywhere. The problem is love. The solution is love. I spent the day sorting out my things, getting rid of the last of the boxes from moving, and then walking by the water, watching dogs swimming to fetch sticks. It was a perfect autumn day, clear and bright. I bought myself lunch at the museum and then wrote to my friend, the feelings just poured out of me. Softness, tears, calm. 03P 14 XX:XX NS

Feeling of stillness, but very sensitive to sounds. I was very aware of great stillness, within and without, all around; also of the clock ticking (I had to look around to see where it was), and of a buzzard calling outside. 07P 01 16:20 NS

I had a feeling as if I had no cares, no responsibilities - no 'load' at all to carry - i.e. just light and floating easily - a lovely feeling. 07P 01 XX:XX NS

Remedy feels nice. Later in the afternoon felt content, almost omnipotent. Felt that problems can

come and go; whatever happens is OK - I am not afraid. 11P 01 16.00 NS

Lying in bed, immense sense of stillness, floating on the bed, no weight but at the same time feeling supported, enveloped. 13P 01 XX:XX NS

Lethargy

I woke feeling very heavy and lethargic. It took an enormous effort to get out of bed. I felt like staying in bed all day. 03P 18 07.30 NS

Getting tired, exhausted, sleepy and light headed. Need space to be alone. 04P 02 17.30 NS

Felt an inner groundedness like my insides are heavy. 06P 02 XX:XX NS

Restlessness and Agitation

Feeling slightly agitated and working until 1.00 am. Have a lot of energy. 04P 01 XX:XX NS

Waking and feeling very agitated. The heart beats fast, tearful but can't cry but want to. It feels like a pressure cooker inside me. Feeling unworthy and manic. 04P 18 XX:XX NS

Mind very vivid and intense, very active - hyperactive. 04P 21 XX:XX NS

Wakefulness; very awake feeling at night. Left party at 12.30 a.m. really only as I 'thought it was time to go' as there was school tomorrow - I felt otherwise that I could have stayed on much longer. When I got home at 1 a.m. I still felt very awake and listened to (lively) music for 1 hour. 07P 02 XX:XX NS

Changeable and Contradictory Symptoms

I never knew how I was going to feel from one day to the next, it all seemed so up and down. 02P 00 XX:XX NS

Still cheerful despite feeling rotten. 04P 13 XX:XX NS

I don't and can't cry even when feeling very upset. 04P 19 XX:XX NS

I am experiencing energy and a sense of being really awake in the mornings. Physically feeling well. But, I have this feeling of despair about school and study. Feeling that I have not understood anything of last months assignments and I had misread and misunderstand everything and so my work was irrelevant. I am feeling incapable and that I have wasted my time. Feeling that I have no future. What is strange is that at the same time as feeling this despair I feel very well. 10P 03 XX:XX NS

I still feeling generally very well. I have a great deal of energy, despite being very busy in work. Feeling of being well and energetic together with feeling despair. 10P 06 XX:XX NS

Mood swaying again, up and down. 13P 17 XX:XX NS

Other Mind Symptoms

One of my students brought a leafy cabbage to class and put it on one of the desks. Absurd! 03P 13 XX:XX NS

I felt as if the top left side of my brain were uncovered, as if there were no barrier between that part of me and the energy from the sky, from the Universe. 03P 18 09.30 NS

There was a light tapping on the door in the middle of the music lesson. I was worried in case it was a neighbour complaining. When I opened the door, there was a lovely woman who asked if I was playing. I said I was giving a lesson and there were 3 of us and she said how much she loved the music! And just wanted to tell me. I asked her name; it was the same as mine. We were both amazed. 03P 26 20.00 NS

The obsession with the Matrix is increasing since all I want to do is watch it. Since I have never really been obsessed with films or bands not even as a teenager this is weird. Even my husband is obsessed and wants to watch it. He even bought the film music and listens to it all the time. It is weird and sad really! 04P 00 XX:XX NS

Decided to try for another baby. Waking up hearing music in my head which was Frank Sinatra's New York New York. 04P 06 XX:XX NS

My thinking seemed to become really focused around patterns or coincidences with numbers - today's date, class number, etc. 10P 01 XX:XX NS

Noticed that I am, and have been during the proving period, much more verbal than usual. Usually I would spend time thinking and pondering before replying or speaking, now I seem to be doing a great deal of talking without the usual momentary reflection weighing whether I should speak at all. 10P 33 XX:XX NS

Great desire to dye my hair copper red. Considering what changes might happen after a lifetime of being blonde to suddenly be a red head. Never before considered dying my hair at all, let alone to changing colour. 10P 43 XX:XX NS

Dreams

Important dreams

I sat down on the bed, and then in my dream fell asleep. Then it was as if something was being pulled from my body the centre of which was the solar plexus, the force pulling was so strong it was as if it was arching my body upwards from the bed, it was like being pulled by a strong magnet, at the same time I thought I could hear myself whimpering like a little child. Eventually something felt as though it had been pulled out and my body collapsed back down on the bed, flopping down with some force there was the feeling of a huge release, a massive, overwhelming feeling that something heavy and been pulled out. The sensation repeated itself four or five more times but with the force of the pulling power becoming less each time and not actually reaching the point of quite enough strength to just 'get it'. It felt as though there was a tug of war going on. Each time the pulling power released I felt myself collapse onto the bed. Each time the pulling recommenced I was willing it to summon enough strength to complete its task, to try that bit harder to pull out whatever it was that went the first time. The dream then shifted back to the School where I was sat with a number of the other students around a long refectory style table, coffee cups and part eaten snacks were scattered about. I was showing the others something I discovered I could do, from my fingertips came lines of blue/purple lines of light and mist that I was weaving into patterns amongst the lines gold glitter shone. The others watched with curiosity and fascination, I was feeling awed. The lines of light started crackling like lightning or electricity. I wondered if I could move or lift anything and levitated a leaf, a large oak

leaf from the table, it had two small pieces of paper stuck to it at one end. The others became disconcerted. My fingers started to ache, especially the little fingers, really aching and feeling heavy. After this dream, of a weight being pulled out of me I felt light all day, my partner remarked upon it. I did not discuss the dream/experience with him until the early evening; it felt so special that for a while I was reluctant to share it.

(At the end of the proving:) The amazing sensation/dream of having some heavy lifted from me has continued with me with an inner lightness. 05P 17 XX:XX NS

Dream; One of my son's friends called and sounded very distressed. I asked him where he was and he reluctantly told me so I went to the beach with the boys and found him in this underground hut as he had told me. It was a drop out place for drug users etc, his parent were there, they were slightly hippy in their dress sense. His father was very blonde and fair skinned almost albino like, and I found him very attractive. With him was his partner who had a baby. He said to me that he didn't have a son no more that he had severed his roots with him. He said that I had to move on from being such an over protective mother and that he could help me to do this by performing something on me, to me. He made a small cut in my pubic mound in the hair and started to suck this very thick jelly like liquid from it. He told me that it would help to cut the ties as it was to do with motherhood. He did the same thing under my arms by making little cuts. I felt great afterwards, and I could also feel how attracted to him I was. I wanted to have sex with him but I knew that this was not the right time. He helped me to get out from the building that was somewhere different now. I returned to him later in the dream, weeks had past and when we saw each other we both knew that we wanted to be together it was our destiny. A bit of a Mills and Boon ending! 12P 32 XX:XX NS

Responsibility

Dream: Taking a party of school children, aged 6/7, through the streets of a town. They are on a pavement, the road is a quagmire, I keep falling into knee deep mud. I have a long skirt on. The overriding sensation is that of responsibility. 01P 03 XX:XX NS

Dream: in a group at school, no children, looking at animals in a tank, hamsters or fish, or half and half, the feeling is of responsibility. 01P 10 XX:XX NS

Dream, Taking a thoroughbred horse on a train through London. The horse is beautiful, chestnut, big, I am not afraid of her. She was on a long lead and needed space on a small park to roll, then she galloped off through a park, jumped a fence to see a skewbald horse and then returned. I felt responsible for this beautiful, powerful, somewhat aloof animal. 01P 14 XX:XX NS

Dream of looking after children, lots of them, can't remember details. 01P 18 XX:XX NS

Recurrence of dream which I had the night before the proving. A member of the group left a message on my answerphone asking if I would look after her children for a few years. I definitely did not want to do this, because I have had four children of my own and the youngest will soon be leaving home. But in the dream I had no choice: the feeling was one of moral obligation. A baby in biblical swaddling clothes was put into my arms, and there were three more children in the background who were quite clearly coming into my care. I felt absolutely swamped and weighed down with the obligation. 09P 02 XX:XX NS

Dreamed of a path around a lake. There was a very steep shingle bank down into the water. I knew the water would immediately be very deep and I began to slide down the bank. I was unable to climb back up; the stones engulfed me. It was overwhelming and frightening. Later in the same dream, I

met a teenage boy by the lake. He was hugely and gigantically obese, and told me with tears in his eyes that he did not have a girlfriend because he was so fat. I felt obliged to have sex with him because I felt sorry for him. It was absolutely awful; the feeling was exactly the same as being drowned by the shingle; it was frightening and he literally overwhelmed me, his body completely covering and overflowing mine and weighing me down. 09P 08 XX:XX NS

My daughter had a very similar dream to mine, of being left to look after the baby of a friend who went away. The baby was dressed in swaddling clothes. She did not want to take care of this child, but did not have a choice. 09P 14 XX:XX NS

Dream. For environmental reasons I decided that I should go to the School of Homeopathy on my bicycle. (a distance of 225 miles) I set off weighed down with an enormous rucksack full of heavy Materia Medica and Repertories. The journey was fraught with hazards and obstacles. When I was so tired that I could not continue I stopped for a cup of tea with a friend, and while I was in her house my bike disappeared. We spent hours looking for it, without success, but she decided to lend me her own. She went into the shed and wheeled out a bike made of wood, like the one designed by Michelangelo. It was huge, and extremely heavy and unwieldy, and almost impossible to ride. Overwhelmed by the journey; it was too much for me, but I was not allowed to change my mind. I woke up feeling absolutely exhausted. 09P 18 XX:XX NS

Dream: Big city-like dancing club, I feel like an outsider, not clear why I'm there. I'm with my ex-partner. I want to go and have fun with other people but I feel a need to be with him. This makes no sense as he keeps going away so I am waiting for him for no reason. He disappears. I look for him on the dance floor but can't find him. Wandering, I reach a dead end, nowhere to go, and wake up. I had no fun, wasted all the time looking for him, but I didn't feel a part anyway so I'm not too disappointed. 11P 02 XX:XX NS

Dream: In my dream I was in Hong Kong on a boat with my son and my ex husband. The boats were pushed together like they were forming an island. I had a baby thrown at me, it was wrapped in a blanket. I felt that it had something to do with my son. My thoughts were how on earth am I going to get this baby through customs? I thought they are bound to know that it is not my baby. All the time this was happening people were hopping from boat to boat. We were unable to move. 12P 02 XX:XX NS

Dream:- I can't remember all of the dream but the bit that I can was that I was given some eggs to hatch, there was two large and two small. The eggs that were hatching had the foetus of sheep in them. I was to look after them and help them to develop. The two larger ones were OK and I could see them but the two small ones were so small that I kept on losing them. They seemed to be on my clothes and would fall off or go over my shoulder or under my lapel on my coat. 12P 17 XX:XX NS

Difficulty

Dream that I was asked to tell a story to a group at college, couldn't quite remember it, it was a feeling of 'shared couldn't quite do it!' 01P 23 XX:XX NS

Woke up remembering dream: I was called by my husband on his mobile phone because he and our two children and some friends had walked a lot further than they had planned to and were too tired to come back. Could I drive out to bring them back? He gave me a map reference and I looked at the map. The map was very visual in the dream: it was large scale and clearly showed the contours of a hill. They were "stranded " at the top of an oval shaped hill in the middle of which was a village called

"city". I could see the extra distance they had walked and was surprised. 02P 04 XX:XX NS

Dream of being on board a cruise ship with partner. The cabin was nearly all filled with a double bed and it had a large picture window with a curtain. We had to change ships in a day or so. Partner wanted the ship to go to a certain point to make switching vessels with the luggage easier but I persuaded him that they would not do this. Then we saw that somehow they floated the luggage across to us to the ship we were in. It was as if the cases etc. were tied to inflatable rafts. I saw the other sister ship sail away. I felt that the decision not to insist that they make special arrangements for us was the right one. 05P 09 XX:XX NS

Dream, no details recalled, but woke with the feeling that everything was too difficult. 09P 10 XX:XX NS

Dream, went on for ages. Everything is too difficult. Intellectually barren. All mental work is a big struggle. All physical work is slow and exhausting. 09P 13 XX:XX NS

Dream of an enormous overdraft; I could not possibly ever hope to pay it off. Woke with feeling of anxiety. 09P 31 XX:XX NS

Dreams of a city - lots of rubble and bombed out or derelict buildings. I was moving through this city not in the streets but across roof tops and across balconies - lots of Parisian style balconies with iron wrought rails. The feeling in the dream was of having to travel though the city across many obstacles. The dream ended with me moving through the bombed out basements and then finding myself needing to climb out but it was too high and I was asking people passing in the street above to help me to get out - then I realised the street was in an Arab quarter of the city. There were crescent shaped streets and the irregular streets of an old city. (I realised on waking there were no straight streets or streets on a grid). 10P 04 XX:XX NS

Had a vivid dream of a city with many large sandstone high rise buildings. The buildings had tunnels going through them, so to move about the city I had to pass through many tunnels. Sometimes the buildings formed bridges across the roads. There was the feeling in the dream of being enclosed and surrounded, and uncertainty around being able to get to where I was going. 10P 07 XX:XX NS

Dream of being eight and a half months pregnant and getting on to an airplane. The seat I had been allocated was an empty space. The attendant asked me to take another seat at the front of the airplane but to get to it I had to pass a narrow part of the aisle and I was too large to pass. My pregnant stomach was huge. My feeling in the dream was of being heavy and huge, and this ridiculous situation was too funny and I was concerned that my laughing would bring on labour. Felt I had to hold on to my stomach or the laughing would be too much for the baby. 10P 13 XX:XX NS

Trapped

Dream, Escaping from pursuers-climbing over tall fences and finding myself falling into a skip, full of rubbish, a very big skip, I feel very tired, big pieces of furniture like a big wooden wardrobe falls on me and I curl up. I start to go to sleep, can't be bothered to try to get out. Awake very distressed that I didn't bother to try to get out. 01P 42 XX:XX NS

Sleeping very heavily. Dreaming that I was a male ballet dancer, having to dance under some menace and pressure (It felt threatening) until my feet were bleeding. I had to dance for others. Woke up for the toilet at 3.50 a.m. feeling fearful. Feeling sick and nauseous. 04P 09 XX:XX NS

Having a nightmare about being led into a long dark tunnel in a house not being able to get out and panicked. Feeling really scared and finding it hard to get back to sleep. 04P 17 XX:XX NS

Dream, trying to climb out of a valley before it was flooded; there were very steep sides and I kept sliding down again. I did manage to get to the top, where I went into a catacomb of underground tunnels and chambers. Trying to escape something; no rest; no respite; overwhelmed. 09P 38 XX:XX NS

Violence

Dream of a gas explosion. I am in a flat with a faulty gas cooker, the pilot light and the gas supply tube are very close together and I cannot turn them off. I realise that this is dangerous but use it anyway. It catches fire, I pull the top off the cooker (the rings) and run into the corridor. I shout a warning and hear my brother's voice. I run down the stairs of the big building to the landing, all the time I can hear the roar and rumble of the fireball gathering momentum, I shout to curl up, get down and curl myself into a ball against the balustrade, the fireball rushes past me with clouds of smoke leaving darkness. I'm OK, but very shaken. No-one is hurt and I recognise my responsibility in the damage, the building is burnt out and I carry my cooker top to a room where I explain what the problem was. When awake I am very shaken, I feel anxious and guilty. The feeling lasts well into the next day. 01P 52 XX:XX NS

I dreamt that my younger daughter died. In the dream, I knew the ending of the story: she would be alive. I knew it was a dream. The feeling was of great distress. I felt bereft. I was in a church at a wedding and couldn't express my sadness, but told the person next to me. I half woke several times in the dream but knew I could go back to it because, really, she was okay. I wandered about looking for my husband and other daughter. They faded in and out of the dream, and I wasn't sure where they were. I felt lost, bereft. So much of my life had been wiped out now and I wouldn't be able to find meaning. I couldn't carry on in the same way any more. The dream ended with my returning home to get her off to school. The lights were out and I just hoped that I'd find her. I went upstairs to her bed and there she was, asleep. I was so relieved - and very glad when in reality, she appeared in the morning. 02P 24 XX:XX NS

Dream night before proving. I was in a large house with many rooms. Some murders had been committed and I was afraid. I came down to the basement level and saw out of the corner of my eye the body of a large man. I thought, 'It's [my closest male friend]', and then I kept on going through the room because I was afraid to look. But then I went back. One leg was missing its lower part, from about the shin downwards. I looked at the face and could see it was my friend; I could see the distinctive shape of his lower lip. But I was cut off from any feeling about it; I left the room. The only emotion I felt was panic - that it might be me next. I locked all the doors. Someone else was there - an old female school friend. I realised as I locked the doors that the killer might be inside. I knew it was a woman, but I didn't suspect my school friend. My fear was growing, though - I woke myself up because it was too horrible; it took awhile to come to. 03P -01 XX:XX NS

Dream: Trying to pee in a French-style toilet, where you have to squat. I completely missed and peed over the bottom of my trousers. I decided that the piss was clean and would dry off, so I wasn't too disturbed by it. 03P 02 XX:XX NS

Dream. I was a passenger in a white transit van, and we were deliberately running over two women dressed as nuns, with white habits and white starched wimples. The feeling was that they deserved to

be run over. We knew they were bad people. Theme of white; white nuns, white van. There was also a room that had been decorated white; beautiful but impossible to live in, white carpet with white rug. There was nothing extraneous; it felt stark and threatening. 09P 03 XX:XX NS

Briefly, the dream was a conversation between myself and an American college student. He was describing to me his roommate at the college dormitory and I was the role as if taking the case - his roommate was a serial killer and as he described the events of his roommates killing "frenzies" I was dreaming those images. Distinctly, he said the words, "when that starts, it's like a drug; then he is taken by it and he has to kill". 10P 26 XX:XX NS

Dream: In friends' house, thinking what would happen if I spill red wine on their beautiful white carpet. There is no emotion, it's just a picture. 11P 02 XX:XX NS

Sex & Affairs

Dream: I was with my closest male friend. He had said something to me indicating that he'd be going home to his partner that night, and I was very disappointed because I thought he might stay the night with me. Then we were in a large hall in semi-darkness. I turned to him and kissed him, at last - I could clearly see the shape of his lower lip. He said to me that we had been fools to have waited so long; we had wasted 12 years. But there was no place for us to be comfortable in that hall, and I was conscious that I was trying to hide the fact that I had a sore throat. 03P 06 XX:XX NS

My friend was telling me how the previous day, she'd allowed herself a late start and had spent quite a bit of time with the man she is attracted to, as well as the man she lives with - but separately. She couldn't get back into her old routine, so she was going to do the same thing again that day. 03P 06 XX:XX NS

Dream, Two men wearing head gear, one with antlers, the other with some other animal's head, were coming into my work place. It was a potent animal thing. They were familiar with it and I knew I'd seen them before. I locked the door to the room I was in, and could hear their voices on the other side of it. Then I thought, 'why not let them in? Why not let the energy of the Kama Sutra in?' 03P 07 XX:XX NS

Dream from earlier in the night: I visit a friend who has a new partner. I think: "how come he chose this guy who is so unappealing physically?" later I see that they really love each other. It makes me confused. 11P 02 XX:XX NS

Dream: Have sex with ex girlfriend. Feel empowered but untrue to myself. 11P 04 XX:XX NS

Dream: Waiting to meet friends. In the meantime, I look around and discover that there are a few interesting people that I'd like to date. But I think that I ought to wait for my friends and I do so faithfully although they never arrive. I feel cold; I knew that I shouldn't expect anything from my friends. I am almost relieved to discover that I'm not indebted to them. 11P 14 XX:XX NS

Dream: Making a pass at someone cute. He is cold but later warms up and we have sex, which is nice but no with emotion. 11P 14 XX:XX NS

Water

Dream: I was trying to cross a shallow expanse of water, a flooded area in front of an American public building. People were fairly matter-of-factly wading through, but I was looking around, trying to

devise a way of not getting my feet wet. But the feeling was that I was making too much of a fuss about it and that I should just get on with it. 03P 06 XX:XX NS

Dream, I was walking beside a wide, muddy river upstream with a man. We suddenly saw a naked woman swimming downstream. I was slightly envious of her ability to just get right in, but I knew that I wouldn't ever do it in such muddy water. I was afraid of what might be in there that I couldn't see. My companion and I agreed that the river water was probably very dirty; we had no idea what people might be dumping in it. I think I was in a foreign place; the river might have been the Ganges. 03P 19 XX:XX NS

Dream I was looking at two photographs hanging on a wall, one of my friend and one of his partner when they were young and first courting. I suddenly started staring at the one of my friend – it didn't really look like him, the nose was too big. But then there was some video footage of him in a large armchair. That smile – I recognised that smile, and the look in his eyes. He was kind of coyly throwing himself to one side in the chair. I looked at his hands, long slim fingers – and I thought, I'll never be able to touch him that way again. A huge feeling of regret. 03P 22 XX:XX NS

Dreaming I was in a river with the family nearly drowning. 04P 23 XX:XX NS

Dream about shopping in London with my partner. I was buying a big pair of denim dungarees. They cost £60.00. The dream then switched to us walking along a beach, we were with lots of other people. A large wave came in and my partner and I had to run away from it up the beach, but we were not fast enough and I got wet and was surrounded by the sea. It was frightening to be cut off by the sea. 12P 07 XX:XX NS

Bees, Wasps & Worms

Waking with the dream that a wasp is stinging me on the right side of my neck. 04P 21 XX:XX NS

In the evening on sleeping I dreamt again that a wasp was stinging me on the right side of the neck - woke up and thought it was still there. I searched for it everywhere. I thought I could hear the sound. 04P 22 XX:XX NS

Dreaming of worms. 04P 23 XX:XX NS

Dream of bees swarming against kitchen window in the house (the kitchen window is about 20' high) - they were swarming above my head and I was not aware of them until I looked up. 10P 12 XX:XX NS

Swearing

In a shop wanting to look at rings - the woman has put the rings away and I swear, "fuck, fuck, fuck, fuck", quietly under my breath but very obvious that I am swearing, and then talk to her sarcastically. Second dream with swearing in, never swear in my dreams. 01P 31 XX:XX NS

Other Dreams

Dream, My friend's partner and I were talking about the book *The Life of Pi*. She said it was a great book – until the ending. She thought the ending was a complete flop, that Pi was simply a murderer trying to make excuses for himself. I was shocked and tried to say that the narrative was ambiguous at the end to mirror the moral ambiguity. She was unconvinced, unbending in her view. 03P 22 XX:XX NS

Dream There were some mini ecosystems, microcosms in plastic boxes that came along with the Saturday Guardian. I felt sorry for the small rodent-like creatures that were in the box I held in my hand – I wondered if they could breathe. But suddenly I realised they were outside of the box. There were some tiny hedgehog-like creatures, little balls that sat in a row on the floor and then expanded enormously with their hair sticking out. I was surprised that when I came nearer to them, they became smaller. I would have thought the opposite, that they would want to defend themselves by making themselves bigger. I felt curious about them, and tender and protective towards them – small, vulnerable, frightened, brave creatures. I kept a respectful distance from them. 03P 24 XX:XX NS

Dream I was in a very large house with many rooms. There was a party going on in the front kitchen, but there was a back kitchen as well. I kept getting mixed up as to how to get into which bit. I was late leaving for the airport to catch a plane, frantically searching for my bag. A former lover was taking me there; he had a plane to catch, as well. I wasn't the least bit drawn to him. I was convinced we were going to be late, and panicking – but suddenly I didn't care. I knew I could catch a later plane, and I had two weeks off, anyway. 03P 45 XX:XX NS

Vivid dreams can't remember them. 04P 05 XX:XX NS

Sleep disturbed, flickering images. Strange dream am I awake and dreaming or dreaming and awake? Subconscious is conscious. Theme is repetitive in head it's like reality when fully conscious, it's not reality it's nonsense it's a dream. 05P 02 XX:XX NS

Sleep very disturbed, as though awake yet asleep and dreaming. Lots of flickering images yet one definable yet somehow knew that it was all to do with the proving, remedies and the college. Images are like an old black and white cine film being run at fast speed, some of which felt as though it was being run backwards. 05P 03 XX:XX NS

I was walking down a path through a wood beside a river, the banks covered in trees in full leaf. The moon was shining. The path led to a dell and there were others around that felt like women, or female energy. Lights twinkling. It also felt as if partner was there, sharing the dream. 05P 08 XX:XX NS

Dream of school again, arriving for a weekend in the reception room there is wooden counter top covered with leaflets, folders. Others arriving all dressed the same in royal blue dresses, calf length with short sleeves and square neckline. They looked smart but like uniform, school uniform feel about it, I was curious, then excluded, not asked and included in the group. 05P 15 XX:XX NS

Dreams of the game Civilisation that I had been playing on the computer before going to bed. The game was being replayed in my head all night. 05P 21 XX:XX NS

Dreamt that I'd had my nose pierced and I woke up feeling it. 08P 05 XX:XX NS

Dream of a group of people, we seemed to be out for an evening, going to a restaurant, going to a club. A male friend looking after me, there was the feeling that I needed to be looked after. His arm was around me, supporting me. 08P 05 XX:XX NS

On going to sleep there were lots of images of young women. All kinds of young women, I was watching and wondering why I was seeing them. Then there was a woman's abdomen and

something was poking from the inside, I was thinking it was like an erect penis. It wasn't the swelling of a pregnant belly, it was something alien. It was moving and I was willing it to stop because I knew what was going to happen. Then it burst out, like a rocket (no blood) and the image disappeared. 08P 53 XX:XX NS

Had a vivid dream of an egg, which I was holding while lying in bed with the covers over me; the shell of the egg was brown and rather than being a smooth single shell was shaped like a jigsaw puzzle with the cut of the puzzle curves rather than straight-lined. Each part of the puzzle was small so the overall puzzle was intricate and beautiful. I began peeling the egg following the lines of the puzzle but it proved to be much more difficult than I would have expected. The eggshell despite the intricate puzzle had the same normal brittleness of an eggshell. 10P 38 XX:XX NS

Dream: My sister and me are going to catch a bus. We buy drinks, but on the way out we realize we have no money. We try to tell the shopkeeper but it is difficult to get his attention and so we just go away. 11P 06 XX:XX NS

Dream: I'm at work. Someone decides to make his own rules and I step in aggressively (possibly too aggressively). I'm woken up with anger which feels unnecessary. 11P 08 XX:XX NS

Dream: I clean the shop but I don't do it well enough and someone has to clean after me. 11P 09 XX:XX NS

Dream: Friends of mine stay in a little convent. I come to visit them wrapped in a wet purple bed sheet which I need to dry. We leave it hanged and go. When I come back I realize that the sisters, who were upset by me using their property, have poured hot melted solid chocolate all over the sheet; I was really angry. 11P 13 XX:XX NS

Physicals

Sensorium

Balance disturbed, I felt as though I would fall over if I shut my eyes, tottering, especially leaning on a chair whilst sitting and leaning forward. 01P 05 XX:XX NS

Unsteady on feet on standing. My balance was as if a big pendulum was swinging gently, a sort of 'spaced out' feeling. 07P 01 17:00 NS

It was difficult to keep my balance when I was washing my hair. Suddenly lost it and had to steady myself. 08P 03 XX:XX NS

When I switched off the light and closed my eyes I felt a little dizzy, like the room was moving. 08P 26 XX:XX NS

Head

Having just taken remedy, I felt my head being pushed in on the left just above temples. 01P 01 16.00 NS

Pain left side of head, just above my temples, stabbing, lasting about 15 seconds. Intense but very brief. Happened twice in quick succession. This left my head feeling tender in that spot. 01P 16 11.00 NS

Upon taking the remedy, I had an immediate sensation of slight pressure on the left side of my head, starting above the left temple and moving down my face. This was accompanied by a slight tingling sensation. 03P 01 16.00 NS

Sudden headache at the back of my head on the right side. A dull ache. It moved to the front when I bent down and started throbbing just above my left eye. I felt like I didn't want to move. Then I lost my balance and staggered down the hall. I felt very unsteady on my feet. 03P 17 21.00 NS

Shooting pain in my head, from the top right, as if penetrating diagonally to the centre of my eye. 03P 29 15.00 NS

Scalp very itchy at the front. 03P 51 XX:XX NS

Frontal headache with a tight band around my head better for pressing it against a pillow. 04P 02 07.00 NS

Head feeling heavy. 04P 02 17.30 NS

Head feels also painful from the neck upwards. 04P 03 XX:XX NS

Head hurts and feels better by putting pressure on it. Temples are sore. 04P 04 07.00 NS

Awful headache, pressing, squeezing. 04P 05 XX:XX NS

Headache in right eyebrow stabbing pain that is relieved by hard pressure. 05P 05 14.30 NS

Pressure inside top left side of head. Slight feeling of pressure, as if brain pressing outwards on skull. 07P 01 16:30 NS

Heat on top of head, left side mainly, and towards middle. 07P 01 17:00 NS

On waking, I was aware of a very acute pain immediately above my right eye, as if a tiny star was exploding. It disappeared, however, almost as soon as I had become aware of it – literally just a few seconds – but it was very intense whilst it lasted 07P 11 04.30 NS

Noticed a headache, starting at the back of the head, and spreading over the top, feeling as though something was pushing down. I had this all day, and sometimes there was a shooting pain in one or other temple, which radiated over the top of my head. 08P 01 XX:XX NS

Headache, dull pain, over whole head. Piercing pain in left temple. 08P 01 XX:XX o

Had a very itchy scalp, realised I'd had it for a few days, making me feel like I need to wash my hair every day instead of my usual every other day. Felt like things crawling. 08P 21 08.00 NS

Been getting cold sensations on the top of my head, almost in the middle at the back, but just a little to the left. It's like a small spot of coldness suddenly, emanating out. 08P 35 XX:XX NS

Noticed very light fizzing sensations, sometimes on the top of my head, or on my face, mostly on the

left hand side, just on the surface of the skin. 08P 42 XX:XX NS

At the top of my head, on the right side, a piercing pain, pressing down. Feels better for rubbing. 08P 97 12.00 NS

Woke late with feeling of congestion in the nose and head. 10P 05 09.00 NS

Noticed heat at the crown of my head and profuse, sticky perspiration. 10P 13 XX:XX OS

Headache above left eye, but without nausea or vertigo. 10P 15 XX:XX NS

Strange sensation at the right temple. Feels like a spasm, as if electrical stimulation of the muscle at the temple which causes a contraction that feels like a momentary gripping sensation. This is followed by a numb or partially numb, as when the numbness of novocaine gradually wears off. 10P 32 09.00 NS

I feel a lot of pressure on the top left hand side of my head, creeping down over my face. 12P 01 XX:XX NS

I have had sinus pain in the left side above the eyebrow for most of the night. 12P 40 XX:XX NS

Congestion of the head, then localised on right hand side, front way down forehead around orbit and above ear and back. Numbing pain as if bashed with a strong hammer, pressing, feeling bruised. Brain pushed in; heavy weight; Sense of stillness, inward stillness; Heavy headed; don't feel my neck; sense of connection head/body gone. 13P 01 16.30 NS

Sight and eyes

Pricking in left eyeball like pin. 01P 12 XX:XX NS

Sight became dimmer. I was straining to see clearly. 02P 01 16.30 NS

Right eye itched in the inner corner extending along cheekbone. Felt compelled to rub it which made the whole area red. 02P 07 XX:XX NS

Woke this morning with a bloodshot, pink eye - right. Painless. 02P 25 XX:XX NS

My eyes feel terribly heavy; puffy, swollen, half-shut, glassy. 03P 18 XX:XX NS

Left eye watering. 03P 24 23.00 NS

Waking exhausted with puffy eyes. 04P 03 XX:XX NS

My eyes are swollen 04P 04 07.00 NS

A friend saw me and said that I had shiny eyes and looked shiny. Bought a shiny black coat – everything seems intense and shiny. 04P 21 XX:XX NS

Right eye started watering again around 10 a.m. and stopped around 2 p.m. It felt as though it had grit in it and was again worse outside and in sunlight. 05P 24 XX:XX NS

Prick as though from a needle in my left eyelid. 08P 01 XX:XX NS

My eyes were really hurting, like something was in them pricking all over. I kept rubbing them, and wishing it would stop. I went to sleep and it was still there when I woke up again. I was thinking that I couldn't stand it, that I didn't want to do this proving if I had to put up with this, I wanted to get the remedy out. I felt I wasn't strong enough. I spoke about this in class later and identified the feeling of being invaded. 08P 02 05.00 NS

Pinprick in my left eyelid, felt like a bite and I had to rub it. 08P 04 XX:XX NS

Eyes watering. 09P 01 17.00 NS

Notice that my focus is different. I cannot focus on things close up while wearing my glasses. My eyes feel very tired and dry 09P 20 XX:XX NS

My eyes are getting worse My sight is deteriorating. As I lower my glasses to peer over them, I feel like an old woman. 09P 40 XX:XX NS

My eyes feel prickly and sore. They feel like they are too open. They are watering, and they feel tired. 12P 02 XX:XX NS

The left outside corner of my left eye is sore and itchy. 12P 18 XX:XX NS

My left eye lid is flickering, like there is a nerve ending dying. 12P 31 XX:XX NS

Eyes dry, worse than usual, throughout the week. 13P 12 XX:XX NS

Hearing & Ears

Ears hurting, sharp pain deep middle ear ache and slight throbbing, right then left. 01P 01 16.45 NS

Pain in left ear, very clear inner ear. A deep thing, a sense that its being cut off, filling with wax, no longer in contact, a numb pain it happened on and off. 01P 04 XX:XX NS

Tickling deep in ear, first right then left, lasting only 30 seconds, bored with index finger to relieve. 01P 12 XX:XX NS

I was suddenly aware of the ticking of the clock in the room, and the sound of a bird outside. My hearing was very acute. 03P 01 16,00 NS

I have a faint, deep, pulsating roar in my ears. 03P 03 XX:XX OS

Ear aching and very itchy inside. 04P 04 07.00 NS

My ears are really sensitive sound, things seem louder, a little echoey. I want things to be quieter. 08P 1 XX:XX NS

There was a pain in my right ear this morning, it was a kind of pulsating, whooshing, like it was blocked. 08P 13 07.30 NS

Got tinnitus, it was like a wooshing in my ears, mainly the left, and then a ringing. 08P 19 XX:XX NS

Severe itching in Eustachian tube (part of past hay fever symptoms, which I rarely have these days). It is sudden, aggressive and short lived. 11P 05 XX:XX OS

Woke up from sleep feeling as if something is stuck in the meatus of the left ear; it is annoying. Even though I know nothing is there I have to get out of bed and use tweezers to try and pull it out, but of course nothing comes out. Lasted about 10 minutes. 11P 14 02.00 NS

Itching in the right eustachian tube, relieved by moving the tongue on the upper palate. 11P 160 XX:XX NS

My left ear feels like it is clearing. It is clicking every time I swallow and I feel the need to keep swallowing. 12P 01 XX:XX NS

Sensation of pricking in my ears, more in my right ear than my left. It feels like small stabbing pains. 12P 02 18.00 NS

My left ear is extremely itchy inside, like when I have an allergic reaction. I can not stop scratching it until it hurts. 12P 13 XX:XX OS

Smell & Nose

Profuse thickened mucus, ochre yellow, predominantly left nostril flowing on blowing. 01P 44 XX:XX NS

Sense of smell acute during proving – friend smells funny it is an unwashed smell. Like someone else where I worked unwashed odour a bit sour. Smelt a woman on the train – she smelt of piss – I was knocked out by her smell. 03P 00 XX:XX NS

I awoke with a runny nose on the left side only. 03P 02 07.00 NS

I noticed one of the men dancing at the party had a very strong, animal-like smell. 03P 02 21.00 NS

My cold is much heavier today, but still mainly left-sided. I am now sneezing a lot. 03P 08 XX:XX NS

Nose slightly runny 09P 01 16.00 NS

Tickling in my left nostril, leading to much sneezing. 12P 03 04.45 NS

Right nostril blocked. It feels like it is crackling, 12P 03 XX:XX NS

Heightened awareness of smells. 13P 13 XX:XX NS

Face

Area of tenderness around angle of jaw and ear, pronounced on the right, less so on the left. 01P 07 XX:XX NS

My lips have been very dry and I have kept putting lip-salve on. 02P 17 XX:XX OS

I have a continuing sensation of tingling from my left cheekbone extending to my chin. It feels as if someone were pulling my chin. 03P 02 07.00 NS

I have an intense sensation of drawing and tingling in my chin. I feel as if my lower lip were fat. The tingling sensation is in the centre of my lip now. 03P 03 23.30 NS

As I walked to work, the left side of my face felt like it was being dragged down. 03P 05 09.00 NS

Pricking, itching sensation on both sides of my face, along the edges of my jaw-line. Lasted a few minutes 03P 24 17.00 NS

Face feels numb and tingling. Still have a bitter taste in the mouth with lots of energy. 04P 02 12.00 NS

Face on the left side is twitching than changes to the right side. 04P 02 17.30 NS

Jaw felt stiff and swollen the left side of the face was tingling. 05P 01 16.00 NS

Neck and throat feels stiff and numb, like its had aesthetic, particularly right side extending to ear. Face left side tingling. 05P 01 18.30 NS

Mouth and chin feel numb and as though being pulled, numbness moved from the left to the right. 05P 02 11.00 NS

All morning left lower lip tingling then felts woollen and numb. 05P 04 XX:XX NS

During the morning left lip then moving to the right lip had the sensation of being swollen and numb. 05P 05 XX:XX NS

Face felt hot and glowing with heat internally (but not hot to touch). It lasted about 20 minutes. 07P 01 16:20 NS

Slight numbness on the left side of my face, feels as though it is dragging down, especially the lower lip, like when someone has had a stroke. 08P 01 XX:XX NS

In the evening I noticed my bottom lip felt tingly and numb. 08P 02 XX:XX NS

As I was going to sleep, noticed bottom lip tingling. 08P 04 22.30 NS

I noticed that my lips were dry, they feel rough. 08P 04 XX:XX OS

Skin on my face feels a bit course, a bit lumpy. 08P 06 XX:XX NS

Noticed red bumpy spots on forehead, and bumpy spots on face, not pimples, more like tiny lumps. 08P 17 XX:XX NS

Got another spot in the middle of my chin. I can feel it, a little bump hurting when I press it, but it's not coming to anything. 08P 35 XX:XX NS

My face appears to have red blotchy patches everywhere. 10P 05 XX:XX NS

Noticed a blistering herpetic eruption just inside left nostril, have not had this for years. Almost no pain, even when wiping or blowing nose. 10P 13 XX:XX OS

My bottom lip feels numb like I have been to the dentist and had an anaesthetic. It is worse on the left side. It makes me want to keep tapping it to see if it has come back to life. 12P 01 XX:XX NS

Teeth and Gums

Had a troublesome molar tooth extracted, tooth had troubled me over about 18 months. I had previously resisted extraction despite the recurrent pain, due to fear of extraction from a 'hammer and chisel' experience. The tooth split into 2 equal halves on extraction, beneath the old tooth is a new Wisdom tooth, which started to erupt 2 days later. 01P 37 XX:XX NS

Teeth are aching and gums are aching. Woke up at night grinding my teeth. 04P 02 XX:XX NS

Teeth - toothache in lower right back, seems to be under my cap. Painful to touch and hot drinks makes it worse, alcohol makes it better. 05P 20 XX:XX NS

Gums bled when I cleaned teeth. 08P 31 XX:XX NS

Toothache at the back top right hand side between the wisdom tooth and the last molar, the gum feels sore as though I may have trapped some food in there at lunch and it has inflamed it. It hurts the most when I bite down on it. 12P 41 XX:XX NS

Taste and Tongue

Peppery taste in mouth with the sensation that I am about to get an ulcer on underside of my tongue, left side. 01P 01 16.30 NS

Took remedy and had a bitter taste in my mouth even 2 hours after. My tongue felt numb. 04P 01 16.00 NS

Metallic taste in the mouth like blood, particularly on the right side. 05P 06 XX:XX NS

I have a bad taste in my mouth and throat. 12P 03 14.00 NS

I have a very bitter taste in my mouth. It feels like I need something sweet to get rid of it. 12P 06 XX:XX NS

Inner Mouth

The left side of my mouth feels numb, as I've been to the dentist and were just recovering from the anaesthetic. The numbness is accompanied by a tingling sensation in my teeth on the left side. 03P 01 17,00 NS

Tingling numbness in right lower jaw. Feels as if I might be drooling. Strong tingling, tickling sensation in upper gums, right side, above molars. Tingling, drawing sensation in the left side of my mouth. The tingling is moving around; I feel it in both sides of my mouth, and in my tongue. 03P 19 11.30 NS

Itching at the corner of my mouth, right side, inside and outside. 08P 26 XX:XX NS

My left cheek feels slightly swollen inside my mouth, so that when I close my mouth it is uncomfortable; it is catching on my teeth. 09P 05 XX:XX NS

Biting lower left lip - forming small wound. 10P 06 XX:XX OS

Throat

Blockage at top of throat, large spongy obstruction with a slimy feeling in throat, perhaps left tonsil enlarged, right clear. 01P 07 XX:XX NS

Constricted feeling in throat, throat sore and sticky, just at the back of my mouth a sensation of sharpness and either side of tongue, tip of tongue very sensitive. 01P 36 XX:XX NS

Awoke with a very sore throat, dry and large lump in centre of throat, difficult to swallow. This was repeated each morning until day 43, the sore throat easing after being up and about for a couple of hours. 01P 39 06.00 NS

Have been clearing my throat quite a lot today, especially in the evening. Also, sneezing and blowing my nose. 02P 11 XX:XX NS

I woke with a slight right-sided sore throat. It was a piercing sensation that centred on the right tonsil and the Eustachian tube. 03P 05 07.00 NS

I woke up with a very dry throat and a sensation of piercing in my right tonsil again, with pain on swallowing. I discovered that I had left the heater on in my bedroom, so turned it off, drank some water and felt better. 03P 06 07.00 NS

Palpitations started again, after going into a Jacuzzi and sauna, and then again after tea and chocolate. Like a bird in my throat. 03P 45 XX:XX NS

Terrible sharp sore throat worse for swallowing. It feels better for warm drink. 04P 07 07.00 NS

Front of neck, i.e. the throat, feels stiff as if anesthetized. 05P 06 XX:XX NS

Cold is about the same, sore throat, better for warm drink, coughing feels as if on the chest. 05P 07 XX:XX NS

A liquid came up from my throat, like thin mucus, tasted like blood. 08P 04 XX:XX NS

A sticking pain in the left side of my throat, going downwards, with itching going into my ear. 08P 04 XX:XX NS

Burning in the back of my throat. 08P 06 XX:XX NS

The sensation of a lump in the throat is much less. I think this is the first morning in 2 months I have not felt it as a constriction an hour after waking. 10P 02 07.30 AS

Had a sensation as if I had tonsillitis - fullness around the tonsils but there was no pain at all. 10P 05 02.45 NS

It feels like I have something sticking in my throat. It happened when I took the pill. 12P 01 16.00 NS

My throat feels like it is divided down the middle. The sensation is that the left side feels really cloudy and the right side feels very clear. 12P 01 XX:XX NS

Appetite, Thirst & Desires

Throat very dry but not wanting to drink water. 01P 44 XX:XX NS

My appetite has also decreased tremendously - I had no breakfast or lunch and just beans on toast at 1600 and bits and pieces later on. Usually, eating too much brings feelings of guilt and inadequacy and eating in balance brings confidence and self-worth. It seems to be the other way round right now. 02P 21 XX:XX NS

I feel very low in energy, and am craving fruit. 03P 05 XX:XX NS

So hungry! I felt like I could eat and eat. And I did! Both yesterday and today. 03P 30 XX:XX NS

Have no appetite and feel very anxious. 04P 18 XX:XX NS

Tired, feeling exhausted, almost too tired to eat, no appetite. 05P 21 XX:XX NS

Slightly nauseous feeling on thinking about eating wild mushrooms. This was strange, as usually I absolutely adore eating (and finding) wild mushrooms. 07P 20 10.30 NS

I'm having a craving for olives. I've always liked them, but it's like I need to have some every day, and lots at a time. 08P 23` XX:XX NS

Woke with thirst, had to get up and drink a pint of water, then went back to sleep. 10P 05 XX:XX NS

While waiting at a tram stop, desperately craving bacon, I am mostly vegetarian and normally dislike any pork products. 10P 06 XX:XX NS

I realised that over the past week I have hardly eaten anything and have had no appetite, nor experienced feeling hungry. I seemed to have been so busy and so engrossed in doing so many things that I have eaten perhaps just a sandwich. On Wednesday I had a lunch with friends and had a complete meal, but other than that I cannot remember having eating other a sandwich each day. So, I have been going through the week living on coffee and a sandwich each day. Yet I have no sense of being hungry, nor that feeling of tired from lack of food. In fact, I have been more energetic than usual and busier than usual. Indeed, I am astonished at how much I am doing in one week. I seem to have gone into another "5th gear", or overdrive or something, and it feels as if the engine is running smoothly and efficiently. 10P 16 XX:XX NS

Again, I am aware that I do not seem to become hungry, as if my body is content with little and because the body is not "raising a call for food", so I am simply not thinking about it until I realise how little I have eaten and then think I probably should eat something out of obligation to the routine. 10P 33 XX:XX NS

Craving red wine - have not used alcohol for 18 years as part of my religious obligations and consequently it never enters into my thinking, but now have a craving for red wine. 10P 37 XX:XX NS

I am not feeling at all hungry this morning, I am always ready to eat something when I get up. This is most unusual for me. 12P 10 09.00 NS

All empty sensation; great tiredness; desire to eat non-stop. 13P 33 XX:XX NS

Hiccough, Belching, Nausea & Vomiting

Standing in school staff room when a strange sensation descended; severe nausea, headache, light headed, vision spacy, leaving me feeling weak and nauseous in my stomach. 01P 19 09.00 NS

Nausea on waking and feeling very hot. 04P 17 XX:XX NS

Felt nauseous on going to bed. 08P 31 XX:XX NS

The nausea is back again. It is like when I was pregnant but I know I am not. 12P 04 08.30 NS

Feeling very sick now, I am really getting fed up with feeling like this every day. 12P 10 XX:XX NS

Scrobiculum & Stomach

Indigestion and left sided stomach pains. 04P 04 14.00 NS

Stomach is swollen and full of flatulence. 04P 04 XX:XX NS

Left side of stomach, sharp pain, changing to a dull ache. 05P 01 XX:XX OS

Indigestion, feels like a stone in the pit of my stomach, and some gastric reflux, like when I was pregnant. 08P 33 XX:XX NS

Abdomen

Awoken with sensation in upper abdomen of churning like a snake coiling in centre of ribs area. 01P 02 03.00 NS

Awoke with sensation of anxiety in upper abdomen, below my heart, fluttery (upper breasts and stomach and also in my head), immediate thoughts of too much to do- the sensation is that of nails scraped along a board, the feeling but not the sound. 01P 10 XX:XX NS

Burning sensation in my stomach, moving upward towards my throat. I feel like I'm developing diarrhoea. 03P 17 08.00 NS

I noticed a twanging pain in my gall-bladder. 03P 33 15.00 NS

Stomach pains, cramping. 04P 03 XX:XX NS

Feeling sick, Congested feeling in abdomen. Abdominal pain and bloated feeling. 04P 10 11.00 NS

My pelvic floor area is feeling congested and painful. 04P 11 XX:XX NS

Shingle pain so bad I have to take painkiller. 04P 13 XX:XX NS

Shingle pain really bad all day and want to cry with the pain but can't. Worse for movement. 04P 21 XX:XX NS

Restricted feeling around the waist as though hands or bands were holding it tight and hurting. 05P 01 18.30 NS

Awoke with a bite on my stomach where the itching was yesterday, it is red and hot, inside of left elbow is also itching. Generally itching all day. 05P 03 XX:XX NS

I became aware of the sensation of a band around the middle of my abdomen. 08P 02 XX:XX NS

Feels like I have a stitch in both sides. 08P 04 XX:XX NS

Woke up with a tingling, kind of itching around my navel, moving in a circle around it, there was heat. Needed to scratch, but gently, in a circle going around. Also a bit later, was getting bigger, about a 2 inch radius around my navel. There was also nausea, like a stone in my stomach and there was the sensation that something was going to burst out of my navel. 08P 05 XX:XX NS

Shooting pin prick pain in my navel, behind it going inwards. 08P 05 XX:XX NS

Pain under my rib cage on the right side, like fingers poking side, very sharp. Sensation made me want to gasp. 08P 15 XX:XX NS

Pain in my right side, like a stitch, cutting. 08P 42 XX:XX NS

Pain, like diffused strong heat, in epigastric region, radiating in a circle. Lasted 90 minutes. 11P 26 16.30 NS

Have got a really bad stabbing pain in my left hand side of the abdomen, in the middle next to my belly button. It is making me feel even more sick as the pain is so strong. 12P 12 08.00 NS

I have a very bloated tummy, it feels like it is full of wind. 12P 15 13.00 NS

Stomach pain, in the abdomen, it is a gripey pain that is wind that I don't seem to be able to pass, so it hurts even more. 12P 18 XX:XX NS

I have a very painful windy stomach and it is rumbling a lot. It has sounded very loud. 12P 32 XX:XX NS

Rectum & Stool

Stool smelling very distinctly of cheese. Unusual time of day for me and I am vegan. 02P 03 18.30 NS

Just settling down to sleep when I got a pricking, like a needle, in my anus, going up. 08P 03 22.30 OS

Noticed my bowels have been looser than normal, very runny and pale. 08P 04 XX:XX NS

Had bad wind this evening, very loud! 08P 39 XX:XX NS

Over the past few days not feeling satisfied after stools. As if not everything comes out, there's always something still there. 11P 31 XX:XX NS

I have very smelly wind. It smells like old cabbage. 12P 06 XX:XX NS

I woke up again wanting to go for a poo. It feels quite urgent and is a soft stool that does not take any effort, this has been the case all through this proving and I know that it must be the cause of it as I am not normally like this. 12P 23 XX:XX NS

Urinary Organs

Woke up and went for pee. Normally in such circumstances, flow of urine is quite weak, whereas it was really quite strong. 07P 04 04.00 NS

There is a slight feeling of urgency, as if I could become incontinent. 09P 05 XX:XX NS

Female Sexual Organs

Feel a deep ache in left side, ovary perhaps. 01P 23 XX:XX NS

I seem to have started another period - at least there has been very slight loss of dark purple, dryish fluid today. It was only 14 days ago that I had my last period. This has only happened to me once before, after a remedy. 02P 28 XX:XX NS

This period is very different to any I've had: it's heavy with dark flow. I've been to the loo countless times today because I felt uncomfortable and to change my sanitary towel. I also peed a lot more today. My mood is miserable and I feel dominated by my period. Usually I feel comforted by the cycle of my periods, but I don't like this one. It took me by surprise, it wasn't meant to happen and it's dominating me. 02P 30 XX:XX NS

Period still going. Over 5 days is very rare for me. (lasted 8 days) 02P 33 XX:XX NS

My libido's back. 02P 38 XX:XX NS

I have a tingling sensation around my vagina. 03P 05 12.00 NS

Two small herpetic eruptions on my right labia; itching, burning. 03P 27 XX:XX OS

Herpetic eruption on right labia a bit bigger; very itchy. 03P 28 XX:XX NS

Woke unrefreshed, flat, accompanied by lower back pain. Awareness that I'm ovulating, some twinges in my right ovary and a few aches here and there. 03P 33 07.00 NS

Menses started immediately, with no spotting beforehand. 03P 50 XX:XX NS

My period started the day before and was progressing normally, but then I started to feel low level cramps and shooting pains going down into my vagina. Later I realised that the flow was much

heavier too. 08P 01 XX:XX NS

Feel very tingly in my female parts. Really sexually heightened. I have noticed this sensation for most of the day. 12P 03 XX:XX NS

I have a very strong ovulation pain in the right side of my lower abdomen. It not only aches but it feels at times like there is a knife going up through my vagina into my ovary. It is so painful that I can not sit down when this happens. 12P 13 09.00 IOS

I am feeling very excited again and really want sex, my parts are tingling this is very noticeable on this remedy the tingling sensations that seem to be very strong, everything seems to be a lot more intense than before. 12P 33 XX:XX NS

Voice & Larynx, Trachea & Bronchia

I noticed my voice was getting croaky. I was tired to start with and at the end it was a bit painful to speak, my voice was quiet, and breaking up. 02P 21 19.00 NS

Throat is red, hoarse when waking, voice husky. 05P 08 XX:XX NS

Respiration

Quite wheezy tonight. The chest feels very tight and restricted. 12P 05 XX:XX RS

Cough

I began to cough quite badly. Watery liquid was gathering in my lungs and it was difficult to cough it up. Coughing with retching that lasted for half an hour and then tailed off. 02P 23 21.30 OS

Coughing up green phlegm. 05P 03 XX:XX NS

Cough started, tickling, chest feeling tight but nothing coming up. Aggravating cough when trying to get to sleep. 08P 26 XX:XX NS

Inner Chest & Lungs

Chest feels tight with a circular ball like constriction between my breasts. Better for writing this down. 01P 36 XX:XX NS

This cold feels like it's going to my lungs. It hurts a bit when I breathe deeply, a kind of raw feeling. 03P 13 11.00 OS

My lungs feel sore, burning slightly when I inhale deeply. 03P 18 XX:XX NS

Odd sensation under my rib cage, like something trying to get out? 08P 01 XX:XX NS

Sensation of mild itching inside right lung, accompanied by a mild wheezing. Disappeared in the morning 11P 03 XX:XX NS

Oppression in the upper chest. Higher part of the lungs. Tingling feeling. 13P 01 16.15 NS

Heart, Pulse & Circulation

Palpitations very marked in the early morning. I woke about 5.00 with a dry mouth and very irregular

heartbeat. It seemed worse when I was on my left side. 03P 48 08.00 NS

Palpitations again, very strong. I went to bed at midnight and was unable to sleep until 2 a.m.; they kept me awake. Rescue remedy allowed me to fall asleep 03P 50 XX:XX NS

Weird sensation in my heart, kind of like two beats instead of one, just a fleeting, mild sensation, perhaps like a flutter. 08P 16 XX:XX NS

Outer Chest

Sharp pains in left breast, like stitch. Worse on breathing, moving. 01P 01 18.00 NS

Pain in my left breast, upper chest, very focussed intense. 01P 04 XX:XX NS

Contraction pain in left breast where that circular pain was. Shouted out loud "I'm having a heart attack" a sharp pain the kind that takes your breath away. I bent forward grasping my breasts. It lasted seconds not minutes. 01P 07 XX:XX NS

Itchy nipples (worse on the left), very intense tickling which was unpleasant and because of my situation, in a seminar, I felt too self conscious to scratch. 01P 11 XX:XX NS

Itching, prickling in ends of nipples, worse on the right side. Breasts felt full, turgid however period had just finished therefore very unusual. 01P 20 XX:XX NS

Transitory shooting pain in my right breast. 03P 17 12.00 NS

Red, itchy, circular patch about 8 inches in diameter appeared just below my throat and to the right of centre. Lasted about half an hour. Came on suddenly. 03P 24 16.30 NS

Shingles are burning. 04P 02 17.30 NS

Shingles worse. Very, very painful. 04P 06 XX:XX NS

The shingle pain is unbearable, burning. 04P 08 XX:XX NS

Feels like my breasts have got bigger. 08P 07 XX:XX NS

Got a pricking pain in my left breast, early afternoon, it wouldn't let me ignore it. I had to rub it and that helped. 08P 13 XX:XX NS

My breast are very tender and the nipples sore. It is nine days before my period is due. 12P 19 XX:XX
OS

Neck & Back

Sharp pain left side of my back, level with lower edge of breast on ribcage, 2p sized pain, cramp, lasted a minute or so 01P 14 XX:XX NS

I have a stabbing pain in my neck on the left-hand side. 03P 03 XX:XX NS

Three bumps like insect bites appeared on the left side of my neck, just below the hairline. Itchy. 03P

34 20.00 NS

Sciatica pain in back. Left leg went numb. 04P 04 07.00 NS

My neck feels big, swollen and achy. 04P 06 XX:XX NS

Top of my back is aching like having the flu. Under the arms it feels swollen and achy. 04P 07 XX:XX NS

All day feeling of pins and needle pains in the back 04P 11 XX:XX NS

Lower back pain. 06P 03 XX:XX NS

My neck started hurting in the evening, mainly the left side but it spread to the right, it was aching, going down into my shoulder blades. It was painful to move, like I'd cricked it, but it was niggling, not really painful. 08P 02 XX:XX NS

Been getting pulling sensations at the back of my neck, both sides. 08P 24 XX:XX NS

Lower back aching. I feel like I need to sit down, but can't sit down for long because it makes it worse. It goes from the back into my buttocks. 08P 25 XX:XX NS

Lower back pain centred in spine, radiates right and left over back of hipbone, passed after 1 hour. 11P 04 XX:XX OS

A lot of pain in the right side of my neck, coming up from between the shoulders up to the centre of the neck. 12P 04 XX:XX NS

I have a very itchy back, it has been bothering me all morning. It keeps pricking and I have to scratch it a lot. It feels hot and that makes it worse. 12P 30 XX:XX NS

Upper Limbs

I have a sensation in my left forefinger as if something were being driven under the nail. 03P 03 XX:XX NS

Trembling, especially in the hands. I blushed in a shop, hoping that no one would notice how I was shaking as I signed the credit card slip. 03P 15 XX:XX NS

Tight hands - aching pains under arms. 04P 05 XX:XX NS

A very sudden pain at the end of my in my index finger, the left one, like a prick, going instantaneously into my armpit. 08P 03 16.30 NS

Same itchiness developed on the inside of my right forearm. Irritating. Prick, prick, prick. 09P 01 222.3 NS

Stiffness in left shoulder, in the scapula, difficult to turn over. 09P 11 XX:XX NS

My left arm from the elbow to the wrist then into my fingers and especially my thumb is very painful.

It is like a tingling numbness, with a very deep ache. 12P 05 XX:XX NS

I seem to have trapped a nerve in my left shoulder into my neck, or the other way around. It is giving me a dull ache down into my left arm and a tingling sensation in the ring finger, it is getting to me now and making me cross 12P 34 XX:XX NS

Lower Limbs

Pain in the centre of sole of left foot, like cramp but brief. 01P 01 XX:XX NS

Awoke from dream with left leg, upper calf starting to cramp. 01P 44 XX:XX NS

A small, itchy bite appeared on my right hip. 03P 51 XX:XX NS

Knees aching and stiff. 04P 02 17.30 NS

Cold feet. 04P 03 XX:XX NS

Left foot under the arch feeling a lot of pressure. 04P 06 XX:XX NS

Woke up hot, left hip aching 04P 10 04.00 NS

Cramps in right foot all day in third toe. 04P 13 XX:XX NS

Feet swollen and skin really shiny. 04P 14 XX:XX NS

Knees and ankles felt stiff with a dull ache. 05P 01 16.00 NS

Legs heavy and aching, left foot very hot. Top of both feet feeling painful and stiff, they feel sort of restricted contained. 05P 01 18.30 NS

Sensation of tearing under right knee and a bruised feeling as though kneeling on something. 05P 02 XX:XX NS

Left wrist pain on flexing hand upward, pain extends to underneath wrist and palm of hand. It hurts when leaning on the hand, as if sprained, the pain then extends to the middle finger. 05P 05 XX:XX NS

Both knees are hurting when I walk or climb stairs or when rising from kneeling. 05P 08 XX:XX NS

Right foot is itching removal of my sock reveals two round red bites and the veins on the top of my foot and ankle are raised and defined. 05P 30 XX:XX NS

Got cramp starting in toes, toes felt broken, pain shot up calf and I fell over. Better for vigorous rubbing. 06P 01 XX:XX NS

Second toe hurts. 06P 03 XX:XX NS

Cramps in left leg. 06P 03 XX:XX NS

Aching pain in my hip, also on the top of thigh, shooting downwards. Joints hurts when get up and walk. 08P 01 XX:XX NS

Walking back to the car I felt something in my thigh joint, the left, like a kind of twisting of sinews. I heard, or maybe felt a kind of clicking. It was very uncomfortable, I felt like it might give way but it didn't. 08P 01 XX:XX NS

When sitting, I found myself with my toes under my feet, all scrunched up, I was resting on them, pushing own. 08P 03 XX:XX NS

There was a pain going down my left thigh, slower than shooting. Later there was a pain in the muscle above my right knee, going down into my knee 08P 03 XX:XX NS

In the evening, my knee felt like it would give way when I got up from sitting in a chair. It was a pain like a screw going into the joint. It made me limp for a while. 08P 04 XX:XX NS

Pin prick, insect bite feeling again on my big toe of my right foot, it was radiating out and I had to rub it. 08P 05 XX:XX NS

Pain in the middle of my left thigh, a muscular pain, radiating out. I needed to rub it which felt better. 08P 09 XX:XX NS

Today my right foot is giving me problems. It hurts, more when I walk, quite a sharp, almost cramping pain, mostly along the outside of my foot, which feels almost bruised, up to the ankle. When I walk there is a pain shooting into my ankle and I'm hobbling. My ankle hurts when it moves. 08P 48 XX:XX NS

Sensation like a cloud between my hands; like catching a football, but it was a cloud. As soon as I got into bed the cloud between my hands turned into a cloud of midges and immediately the tops of both feet began to itch, as if they were being bitten. Temporarily better for scratching, then worse again. Red, raised bumps. Drove me mad for ten minutes. 09P 01 22.00 NS

Got into bed and the itchiness on the tops of my feet began, as it had done at the same time the night before 09P 02 22.30 NS

Excruciating cramp at the back of left thigh; muscles completely screwed up; made me gasp. A very old symptom that I used to get between the ages of ten and seventeen in the middle of the night, after I did ballet during the day. 09P 14 XX:XX OS

Excruciating cramp in left leg in sleep. So painful I was screaming when I woke up. I couldn't get comfortable in any position. Tried getting up and walking round, which eventually relieved the cramp. Lasted half an hour. 09P 15 02.00 OS

While sitting in class, sudden, sharp pain in both knees with an instant reflex of projecting both legs straight out in front of me. 10P 32 XX:XX NS

My right hip joint is painful and feels bruised. It was fine earlier. 12P 03 13.00 NS

Sprained feeling to my left foot. It feels worse on the top of the foot. It feels a lot better when I

stretch it. 12P 04 XX:XX NS

My left knee is very painful, it feels like I have twisted it. Both my legs feel very strained and stiff, they are very tight to stretch 12P 04 XX:XX NS

Right hip joint very painful. I can't put any pressure on that leg when I stand. The pain shoots up into this joint when I do. 12P 06 XX:XX OS

The left sciatic nerve is really playing up and which ever way I twist it sends a knife like pain shooting down my leg. 12P 21 XX:XX NS

Limbs in General

Semicircular pain in left hip, bone-ache. Also in elbow, boring through the centre of the elbow and along wrist, left, and in shoulder moving towards the elbow, dull and continuous. 01P 08 XX:XX NS

Hands felt very hot, feet very cold. The coldness rose up my shins and lower calves, then receded. (It lasted about 15 minutes). 07P 01 16:15 NS

Feet ache, they feel tight, like I need to flex them, the same with my fingers. 08P 01 XX:XX NS

On right knee and on the top of the right foot, small itchy lumps, as if bitten by insects. Itching on the palm of the right hand at the base of the palm. 10P 42 XX:XX NS

The past few nights have realised that there has been a change in my usual condition of cold hands and feet. In bed at night, I feel as though my feet are burning from the inside, though to the touch they are not particularly hot. 10P 51 XX:XX NS

Fingernails

I realise that during the proving period my nails are much stronger. They are not softening and tearing easily as they normally would, and consequently my nails are usually kept short. It is very rare for me to be able to grow my nails to any length, now they are growing and strong. 10P 33 XX:XX NS

Sleep

Fell asleep over my books at around 11.00 for ten minutes and felt better. 02P 08 11.00 NS

I woke up and had great difficulty getting back to sleep. 03P 04 05.00 NS

I feel so exhausted after eating, I can hardly keep my head up. I just want to sleep for years. I often feel tired after eating, but not like this. 03P 18 13.00 AS

Just want to go to bed, very sleepy cold and shivery. 04P 04 14.00 NS

Feeling very exhausted but problem sleeping because of hyperactive mind. Can't stop thinking. 04P 08 22.00 NS

Keep waking up at 5.00 am very often. 04P 23 XX:XX NS

Sleep restless, mind feels that it does not switch off and is busy all night. Got up to pee at 1.30 and

again at 3.00 a.m. 05P 06 XX:XX NS

Awoke. I was aware of being awake - and looked at my watch. That was all. 07P 02 05:00 NS

Slept for 12 hours plus. Despite not really feeling very tired when I went to bed. It was lovely! And not surprisingly, I felt really refreshed on getting up. It is a long time since I have slept so long, and so well. 07P 06 XX:XX NS

Awoke after 5 hours sleep. It occurred to me that my waking around 5 a.m. was always about 5 hours after I went to sleep - so that maybe this was consistent with today? 07P 16 08.00 NS

Yawning and yawning, could not stop. Felt extremely tired, and could easily have gone to sleep. 09P 01 16.00 NS

In the past two nights wake up around 4-5 a.m, but am able to fall back asleep. 11P 31 XX:XX NS

Have woken up after a very restless sleep. I have been so hot in the night and very dreamy, although I can not remember the dreams that I had. 12P 15 XX:XX OS

Temperature & Weather

Runny nose developing throughout the day. I felt the cold so much I had to borrow a big woolly jumper from someone at work. 03P 05 XX:XX NS

Feeling of total exhaustion and lethargy. I am feeling cold 03P 17 12.00 NS

I woke up sweating in the night, feeling slightly feverish 03P 18 XX:XX NS

Cold feet all day; didn't get warm until I was in bed for about an hour. Icy cold, as if the blood in them were icy. 03P 29 XX:XX NS

Feeling cold and sweaty. 04P 03 XX:XX NS

Still feeling hot under the skin. 04P 06 XX:XX NS

Feeling very cold, icy feet which I warm up when eating. 04P 18 XX:XX NS

Got home and I was cold. I put the heating on which is unusual for me unless it's very cold outside. 08P 04 13.00 NS

I'm needing hot drinks, but it's more to feel the heat in my hands, I'm cupping the mug in my hands, and it's soothing, comforting. I also had a bath tonight when usually I would shower. I felt like I needed to feel the heat of the water around me. 08P 05 XX:XX NS

Another reason I believe this remedy is having a deep action is that normally I feel the cold and dread the coming of winter. As soon as the summer is over I usually keep my rooms well heated (others say overheated) and closed up against drafts, and I wear many layers of clothing including thermals. My hands and feet especially seem to be cold constantly. As this proving has proceeded, I have noticed that not only are my hands and feet no longer cold all the time, but I have not yet closed my windows and they remain open throughout the day and night. In other words, I am reacting completely

uncharacteristically toward the cold and the onset of winter. 10P 53 XX:XX NS

I feel very shaky and cold inside. The bottom of my legs feel cold and numb. 12P 03 11.30 NS

Have felt so hot on and off today. Feels like hot flushes, and I find it hard to cool down. Being outside does not make it any better. 12P 08 XX:XX NS

Perspiration

Woke up at night sweating. 04P 05 XX:XX NS

Woke up very sweaty, soaked across my chest and shoulders. 08P 31 03.30 NS

Armpits sweating more than usual. Noticed straight away in the morning that I was starting to smell. 08P 31 XX:XX NS

I felt as if I had a temperature but no sweating. 10P 05 XX:XX NS

I am finding it really difficult to keep cool today. I seem to be over heating all the time. I am helping a friend move house but don't usually sweat like this on exertion. It seems to be all over coming out of my pores everywhere. 12P 16 XX:XX NS

Sensations

Walking back in the dark along the road through Uffculme suddenly was disturbed by something shafts of diagonal light from the street lights that felt like strands of cobweb on the left side of my face. 01P 01 22.00 NS

Sensation that the bed is sloping to the right and that I will fall out unless I arrange myself to prevent it, very odd 01P 04 XX:XX NS

A real feeling as if eaten alive by worms. Worms crawling all over me and inside me eating me while alive. 04P 23 XX:XX NS

On going to sleep I felt like my body was bending up on the bed. I was lying on my back, and it was as though my feet and head were on the bed but the rest of me was arched upwards, but it was not rigid, more fluid. 08P 01 22.30 NS

Woke and in that place between asleep and awake I had a sensation of my body feeling as if it were a record on a turntable being rapidly scratched forwards and backwards - strange vibrating sensation. 10P 05 02.45 NS

Wakened by a sensation that my left leg was in a calliper, totally immobilised and at the same time, being pulled away from me 13P 08 XX:XX NS

Skin

Little pin pricks. Backs of knees, on my back and upper arms. Left nipple and in my hair. Just when settling down to sleep. Single pricks. Horrible actually makes me start and jump. 01P 26 XX:XX NS

Two raised bumps on my right arm, like flea bites. They are red and very itchy and seem to have just suddenly appeared. 03P 17 19.00 NS

Skin feels dry. Dry hands. 04P 14 XX:XX NS

Immediately after taking remedy at first I felt a crawling sensation that started across my upper chest that moved to the front of my throat this was followed by a cobweb sensation starting over the right eye extending over the face and throat, as if hairs that needed to be brushed away. Then I started to itch, the feeling one gets with Shetland wool or mohair. Started across the stomach then down over the right buttock, then down the legs. Also the face started itching extending up over the scalp then down my back. On the top of the head it felt as though the hair was being pulled like electric static. 05P 01 16.00 NS

Itching all over body, back like yogi bear sensation. The itching is driving me mad, not sure whether I can put up with it. 05P 01 XX:XX NS

Skin is itching, particularly head, upper right arm, stomach and legs 05P 03 XX:XX NS

Eczema on foot and around hairline 05P 10 XX:XX NS

Itching generally particularly head. Scratch it, it goes away, it moves to different place like little prickly, when first started spread wider wool reaction. Scratching in particular spots now. 05P 14 XX:XX NS

Annoying itching on arms, face and head, no rash. 08P 01 XX:XX NS

Woke up itching all over my torso. Have experienced this in the past, but this was worse. 08P 13 04.00 NS

Skin feels dry, especially hands and feet. 08P 24 XX:XX NS

I am itching all over, on my back, shoulders, length of arms, eyes, throat, and nose. It feels like a pricking sensations and then I just have to scratch. 12P 04 XX:XX NS

I have got some strange spots on my face and chest. They are not whiteheads, they look like hard blisters that will not burst. 12P 05 08.00 NS

I have been bitten several times by a red ant that got into my top. The bites are all around my left breast. I do not get bitten by much, they do not like my taste. The bites went down very quickly as they usually do. I did notice that after been bitten that I felt like pricking pains from my breast to my ribs and back. I felt itchy all over my trunk of my body. (Later) I have just been bitten again, this time the insect got into my top a bit me on the right hand shoulder at the front. Twice in one day, when I have not been bitten since I was abroad in the spring. 12P 10 XX:XX NS

I awoke to the feeling that insects were crawling all over me. It felt like they were pricking at me and I could not stop scratching. 12P 11 07.00 NS

Noticed that my skin seems to be getting a lot more spotty, I had noticed a few the other day, but now they seem to be increasing all around my nose and mouth area, oh joy! 12P 12 XX:XX NS

Premenstrual spots on my chin and around my mouth like when I was a teenager.

Generals

It feels as if all the blood in my veins, especially in my legs, is stagnant. The only flow and the only thing happening is my period. My mind is inactive, my energy and confidence have gone. I am cutting off from my family. I've really withdrawn into myself. 02P 29 XX:XX NS

Went for a swim while my daughter had her swimming lesson. Felt so much better for it - my body feels as if everything is flowing better. 02P 37 XX:XX NS

Sudden weakness. I felt like I was going to faint and my legs were weak. I felt better after eating some soup. 03P 13 11.00 NS

Bone pain, a deep aching. I am going hot and cold. Really feeling the cold. 03P 17 18.30 NS

A sensation of being plugged into the mains; tingling all over and feeling shaky inside upon waking. 03P 19 XX:XX NS

Exhaustion after first day of training at new job; I feel I can scarcely move. Very low; lethargic; depressed. Shaking inside, like fever. I feel as if I could sleep for days. Walking up the road, my hands felt full and heavy. Had the sensation again that I was plugged into the mains. Thinking life isn't worth living anymore – too difficult. 03P 34 XX:XX NS

Aching in joints, muscles aching in upper arms and shoulders. 03P 35 XX:XX NS

Too exhausted to even speak. 04P 03 XX:XX NS

Eyes swollen. Feet swollen and achy. Hands and knees swollen. Headache and temples swollen. 04P 08 XX:XX NS

A cold that had been threatening for a couple of weeks came out, feeling dreadful with a temperature, sweating pouring down between breasts and down right side face, throat feels raw with a cough that is barking 05P 02 XX:XX NS

Many symptoms reminded me of pregnancy and breastfeeding. 08P 00 XX:XX NS

Feel restless, I can't get comfortable, keep changing position, moving my feet around. 08P 01 XX:XX NS

Feeling that my body is seizing up. When I lie down it feels as if my lungs are not working properly, as if they are sticking together. Everything is too difficult; my job, my homework, my family, my financial situation. 09P 18 XX:XX NS

After decades of chronic fatigue – the sort of weariness that feels like you are perpetually carrying a huge weight, so that even getting out of bed in the morning is a huge effort - I feel as though I have energy again. I have not felt this since before I had glandular fever as a teenager. I feel very well. There is sense of clarity of thinking together with accomplishing so many things in a short time, being so busy, it is as if being in a state of grace in terms of movement and thinking. An analogy might be that alteration of state from an aircraft on the runway juddering and shuddering and then suddenly airborne and in another state; freed from gravity it can achieve greater speeds, and travel distances impossible in the earthbound state. Yes, it is the feeling of being freed from the huge weight of

perpetual fatigue and lack of energy. 10P 20 XX:XX NS

Noticed that over the past weeks I have been getting static electric shocks from everything I touch and also when some people touching me they are receiving shocks from me. This could be just due to very cold dry climate this past week. However, it is so consistent that it is noticeable 10P 21 XX:XX NS

Travel sick, nausea, headache, brain fog, need to lie down, after 20 minute tram ride. Sun is low on the horizon, bright and strobe-effect flashing in the eyes as the tram moves. 10P 26 XX:XX NS

Headache, nausea, fatigue and desire to collapse persisted throughout rest of the day. Feeling of being back at the pre-remedy state, particularly with the fatigue. Now that I have experienced the joy of having energy, this state of fatigue and fog feels even worse. 10P 27 XX:XX NS

I feel like I have travel sickness. The nausea lasted all day. 12P 03 XX:XX NS

My neck, back, and most of my joints ache today, they feel like they need a good stretch. 12P 07 XX:XX NS

My body aches. All my joints are sore and hurt when I move. 12P 12 XX:XX NS

My joints are bad again this evening especially my wrists, both of them, and my hip joints. They feel very sore and inflamed. It is difficult to stand up from sitting, to take the first few steps. 12P 16 XX:XX OS

Cured Cases

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

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