



Proving: Meadowsweet

Date: October 2014

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



Botanical Name

Filipendula ulmaria

Common Names

Queen of the Meadow, Pride of the Meadow, Meadow-Wort, Lady of the Meadow, Dollof, Meadsweet, and Bridewort.

Kingdom:	Plantae
(unranked):	Angiosperms
(unranked):	Eudicots
(unranked):	Rosids
Order:	Rosales
Family:	Rosaceae
Genus:	<i>Filipendula</i>
Species:	<i>F. ulmaria</i>

Family

Rosaceae (rose family) is a medium sized family of flowering plants including herbs, shrubs and trees. Most of the species are deciduous, but some are evergreen. Rosaceae is found worldwide but it's most diverse in the Northern Hemisphere.

Description

The stems stand at 1–2m tall, leaves grow 1-3 inches long with dark green tops and whitish undersides. Meadowsweet has delicate, graceful, creamy-white flowers clustered close together in irregularly-branched cymes, having a very strong sweet smell. They flower from early summer to early autumn and are visited by various types of insects, in particular Musca flies.

Habitat

Meadow sweet likes moist soil in partial shade and can often be found on wetland, by rivers, damp woods, meadows and marshes. It can also grow in ditches alongside fields and is familiar sight in the countryside.

Native Origin

Europe and Western Asia

History

Meadowsweet took its name 'Queen of the meadow' in Europe for bringing happiness and joy, also by how it could dominate a damp meadow. Meadow sweet was held sacred among the druids along with water-mint and vervain. A druid was a member of the educated, professional class among the Celtic people of Gaul, Britain, Ireland during the Iron Age. The best known among the druids were the religious leaders.

In 1597 botanists John Gerard said of the herb meadowsweet 'The smell thereof makes the heart merry and joyful and delighted the senses'. During the 16th century Queen Elizabeth I, desired meadowsweet above all other herbs in her chamber, when it was customary to strew floors with rushes and herbs for its pleasant smell and calming energy. English physician Nicholas Culpeper wrote in 1652 about the planets therapeutic effects on the stomach.

Meadow sweet flowers were used to flavour alcoholic beverages in England and Scandinavia and was one of fifty ingredients in a drink called the 'Save', In the 14th century being called 'medwort' or 'meadwort' as it was one of essential ingredients in making mead. This was the mead or honey wine herb, and the flowers were often put into wine and beer.

Folklore

In Russian folklore the heroic knight Kudryash became terrified at the prospect of his own death and refused to fight. In shame, Kudryash planned to drown himself, a fair maiden emerged from the water giving him a garland of meadowsweet flowers, they told him that 'no harm would befall of him if he wore it in battle'. Kudryash remained unscathed and undefeated.

Fresh meadowsweet is placed on the altar for love spells, or dried is used in various love mixtures. It is also strewn about the house to keep peace and the scent of Meadowsweet is said to cheer the heart. If gathered on midsummer, Meadowsweet will give you information regarding thieves: if you have been robbed, place Meadowsweet on water. If it sinks, the thief is a man. If it floats, a woman.

Meadowsweet is used for love, peace and happiness. The fresh plant is used as an altar decoration or

in a bridal bouquet. The scent of meadow sweet is said to cheer the heart.

Medical Uses

Meadowsweet is used to treat a variety of illnesses such as arteriosclerosis, arthritis, cellulitis, cervicitis, colds, cystitis, diarrhoea, dropsy, dyspepsia, oedema, fever, flu, gastritis. Gout headache, heartburn, hyperacidity, insomnia, nausea, nephritis, pain, prostate enlargement, rheumatism, ulcers, urinary tract infection, and vaginitis.

Meadow sweet is used in much of the same way as aspirin, however the herb contains a buffering agent that counter aspirin's side effect of causing gastric bleeding, preventing over acidity in the stomach and being one of the best remedies for heartburn. It is a valuable herbal remedy for diarrhoea, and it is believed to be very effective in the treatment of diarrhoea in children. It is frequently used as a natural treatment for afflictions of the blood and used for natural pain treatment.

Meadowsweet can be used topically as an eyewash to treat conjunctivitis and eye inflammation, and also to heal wounds. In addition it can be used as a compress to relieve muscle aches and rheumatic joints. Meadowsweet's flower essence can help to relax tension in the head and neck, or as a relaxing bath herb.

Aspirin

Aspirin (acetylsalicylic acid or ASA) has only been manufactured and marketed since 1899. Medicines made from willow and other salicylate-rich plants appear in Egyptian pharonic pharmacology papyri. Salicin was found in meadowsweet by Swiss pharmacist Johann Pagenstecher in 1830. By 1853 Charles Frédéric Gerhardt determined the chemical structure of salicylic acid and chemically synthesised acetylsalicylic acid.

The first rigorous clinical trial of salicin in 1876 finds that it induces remission of fever and joint inflammation in patients with rheumatism. Felix Hoffmann a German chemist created a synthetically altered version of salicin in 1897, derived from the species, which caused less digestive upset than pure salicylic acid. The new drug, formally acetylsalicylic acid, was named 'Aspirin' by Hoffman's employer Bayer AG after the old botanical name for meadowsweet (*Spiraea ulmaria*).

Aspirin entered the Guinness World Records in 1950 for being the most frequently sold painkiller. Its popularity declined after the development of paracetamol in 1956 and ibuprofen in 1962. In the 1960-1970s John Vane (English pharmacologist) discovered the basic mechanism of aspirin's effects, while clinical trials and other studies from the 1960-1980s established aspirin's efficacy as an anti-clotting agent that reduces the risk of clotting diseases.

Herbal/ Homeopathic Uses

The entire herb possesses a pleasant taste and flavour. Traditional herbalists simmered the flowers in wine to treat fevers and to cure depression. Meadow sweet is astringent and helps with indigestion, in addition to having diuretic properties, which is helpful in cases of oedema. The fresh flower tops drunk in tea are said to promote sweating, along with being used to treat respiratory infections, gout and arthritis.

The fresh root is used in many homeopathic preparations for various ailments. The active ingredients in meadowsweet are essential oils, flavonoids, phenolic glycosides, salicylic acid, and tannins. Meadowsweet is used in homeopathy to treat bronchitis, coughs and other respiratory conditions.

Mythology

Blodeuwedd (flower face) was created by two magicians Gwydion and Math; she was made from the flowers of broom, meadowsweet and oak, and is the virgin Goddess of spring. She was the wife to Lleu Lalw Gyffess. He was placed under a tynged by his mother so that he would never have a human wife. To counter act this curse the magicians took the flowers and produced the fair maiden Blodeuwedd.

She caused much devastation by having an affair, then conspiring to kill her husband. Through her deceit she tricks her husband into revealing how he may be killed, as Lleu cannot be killed by any conventional means, with this new information she arranges his death. Lleu is struck by a spear and is transformed into an eagle; Gwydion switches him back into human form and nurses him back to health, before he reclaims his land back from Blodeuwedd. Gwydion sees Blodeuwedd fleeing, overtaking her he strikes his powers turning her into an owl, the creature hated by all other birds.

Amanda Biggs Proving Supervisor writes:

"It wasn't until we heard the mythology around meadowsweet that certain things in her experience started to make sense, including one thing she later admitted she hadn't told me at the time! This was a feeling of being somehow special, like a chosen person. The myth of Blodeuwedd is part of the famous Mabinogion and is of a woman 'Flowerface' who was created for a god (because his mother had spited him and cursed his ability to marry a mortal woman) out of various (stories differ as to how many exactly) types of flowers including meadowsweet, and lived well with him until one day she fell in love with another man. So they colluded to kill the husband (as so often happens in myths!) – Blodeuwedd tricked her husband into revealing the rare circumstances in which he could be killed, which required a special spear that had to take exactly a year to make only on Sundays and then be used in a suitably unlikely position – one foot a goat, wearing a fishing net etc! When they managed to kill him, he transformed into an eagle then was later restored, while Blodeuwedd was punished by being turned into an owl, which apparently were unpopular birds, and were separated from the company of most birds because of being nocturnal.

The myth is said to have layers to it – on one level it is about the empowerment of the woman to choose real love instead of what she was given to, a tale of self-realisation. On another (and probably more the original intention) it is a straight Celtic fertility myth, with Blodeuwedd being the summer goddess and the male gods representing the summer and winter seasons, and the need of both of them to combine with the woman, one dying to make way for the other as seasons do. From this perspective it was necessary to 'make' Blodeuwedd, in order for her husband to be a king, as only those who had undergone fertility rites and fully declared their love for the earth via a priestess or otherworldly woman could be true kings. This is interesting as it makes her more central than the men, in fact the source of their power, which underlines the goddess aspect again. The myth is from a time of goddess worship, before the coming of the masculine traditions, and has to be seen in this light – e.g. there were no 'love goddesses' in Celtic culture equivalent to Aphrodite, as they were always made of natural parts of the land such as flowers and fruit. I think the myth came through very strongly in my prover, and leaked into the lives of those around her."

Astrological

Meadow sweet has strong connections to the planet Jupiter. Jupiter style herbs appear to promote growth by expanding the consciousness of the mind and our awareness. Giving us greater understanding and thereby helping with ones own spirituality, in addition to also creating new and different opportunities.

'Jupiter is the regent of the meadowsweet. The flowers are alexipharmic and sudorific, likewise astringent, binding, and useful in fluxes of all sorts'

Nicholas Culpeper 1653

Frans Vermeulen writes about meadowsweet as:

Bringing out the hero – Russian herbalist often tell the story of the brave knight.

Medical uses- It is used as stomachic, mild urinary antiseptic, anti-, anti- rheumatic, astringent, antacid, anti-inflammatory, diuretic, diaphoretic, anti emetic and tonic. In Germany it is used to treat the common cold. Here the high salicylate content reduces fever through diaphoresis.

Recommend for water retention, bladder and kidney ailments, it can also serve as a wash for wounds and inflamed eyes. A decoction of the shredded rhizome and flower is recommended for nervous disorders.

Mind – Nocturnal feeling of remorse for a slight fault committed long ago with the most frightful of sensations of conscience and horror of self. Disconnected with self, instinctual side. Problems with sexuality difficulty integrating lower body parts. The need to be independent and they often don't have stable relationships. Generals- Aversion to smoking, hot feeling in the whole body and general outbreak of sweat and rush of blood through the head after eating. Burning pains. Sensations- Head is encircled and squeezed by a hoop, enlarged after washing in cold water. Something hot mounting up onto the eyes, eyelids heavy as lead. Pressing feeling in oesophagus, rectum as if drawn in. Inspired air in the room as if very cold. Hot feeling all over. Locals- Pressing, pulsating headache, heartburn, stool in balls, stitches from bladder to rectum. Palpitations and anxiety, ascending heat and suffering from cramp.

Jan Scholten writes about meadow sweet as:

They are left alone by their lover or they feel left alone, without real love anymore. Remorse over a long past slight indiscretion, with most fearful qualms of conscience and loathing of himself. On account of this he could not rest but was obliged to walk about.

Mind- Morbid conscientiousness, hydrophobia, dullness, laughing (when talking about serious things), angry person. Dreams no one is driving the car, plane, loss of control, floating and flying. Dreams vivid, confused.

General- triple warmer, heat indoors, open air, wet weather. Sweat profusely, chest, face and hands, heat and eating. Aversion to smoking. Time, afternoon, 1am. Sleep discomfort after siesta, overpowering, sleepiness, difficulty falling asleep, restlessness, frequent waking. Physical sneezing, motion, moving head, bites of mad animals, rabid dogs, snakes.

Body- Astringent, energy, exhaustion, weak, stretching of limbs and yawning. Infection, nervous, vertigo as if all senses vanished. Head full and heavy. Eyes burning, heavy, vision indistinct and foggy. Face red, heat, congestion. Mouth toothache. Throat heat, warmth, pain, burning, pressing. Lungs cold, inspiration, cough, dry and loose. Heart palpitations. Chest pain, pressing. Stomach belching, nausea, vomiting. Abdomen moving and griping. Rectum pain, prickling, burning, sore, stool urge. Urinary cystitis, bright yellow, gritty, oily film. Male prostate gland, violent erections with great sexual desire. Limbs heaviness, cramp in muscle, pain.

Proving Key Themes:

Anxious/ Worry

Concentration/Confusion/Mistakes/Accidents

Digestion

Goddess/Joy

Isolate/Isolated
Pain/ Body Parts
Relax
Sex/Rape/Libdo
Sleep
Sociable Connection
Threat/Anger/ Swearing
Water/Fluid/Leak
Despair/Depressed

Key Themes explained:

Anxious/ Worry

Worrying too much about everyday things, large and small. Having persistent anxious thoughts most days and interfering with daily life.

Concentration/Confusion/Mistakes/Accidents

Concentration is the action or power of focusing all one's attention. Confusion is uncertainty about what is happening, intended, or required. Mistakes are an act or judgement that is misguided or wrong. Accidents are an unfortunate incident that happens unexpectedly and unintentionally, typically resulting in damage or injury.

Digestion

Food is broken up physically by the action of the teeth, and chemically, as by the action of enzymes, and converted into a substance suitable for absorption and assimilation into the body.

Goddess/Joy

A women who is greatly admired for supernatural powers and attributes, believed to be the source of life and worshiped by people. Joy being the feeling of great pleasure and happiness.

Isolate/Isolated

A person or place to be or remain alone or apart from others. Far away from others, remote or instances of rebellion.

Pain/ Body Parts

Highly unpleasant physical sensation caused by illness or injury. Any part of an organism such as an organ or extremity

Relax

To become less tense, tight, or stiff, stop feeling nervous or worried and to spend time resting or doing something enjoyable.

Sex/Rape/Libdo

Sexual activity, making love. Instinctual psychic energy that in psychoanalytic theory is derived from primitive biological urges (as for sexual pleasure or self-preservation) and that is expressed in conscious activity. Forcing another person to have sexual intercourse with the offender against their will.

Sleep

A condition of body and mind, which typically recurs for several hours every night, in which the

nervous system is inactive, the eyes closed, the postural muscles relaxed, and consciousness practically suspended.

Sociable Connection

Willing to talk and engage in activities with other people, friendly and fond of the company of others. A relationship in which a person or thing is linked or associated with something else. The act of connecting or the state of being connected.

Threat/Anger/ Swearing

Threat is the intention to inflict pain, harm, or punishment, an indication of impending danger or harm. A hostile action on someone in retribution for something done or not done. Anger is a strong feeling of annoyance, displeasure, or hostility by becoming enraged or provoked. Swearing is the use of offensive language

Water/Fluid/Leak

A colourless, transparent, odourless, liquid, which forms the seas, lakes, rivers, and rain and is the basis of the fluids of living organisms. A continuous, amorphous substance whose molecules move freely past one another and that has the tendency to assume the shape of its container; a liquid or gas. Accidentally lose or admit contents, especially liquid or gas, through a hole or crack.

Despair/Depressed

Despair is the complete loss or absence of hope. To be overcome by a sense of futility or defeat. Depressed is a state of unhappiness, despondency, low in spirits or dejected. Someone who is suffering from clinical depression.

Diary co-ordinator's observations (Jess)

After spending numerous hours looking over the proving diaries I came to the following ideas about the key themes which appeared more than others: Goddess/Joy, Anxious/ Worry, Threat/Anger/Swearing and being Alone/Isolated.

Meadow sweet is described as a tall delicate plant with two shades of colour dark green and a creamy white, with a strong sweet smell. With its irregularly branched cymes and two diverse colours being at two different ends of the spectrum, this link between lightness and darkness reminds me of a character with two different sides the 'Goddess' and 'Offender'.

With links to dreams especially about the rape, sex and violence with elements about being in control, the victim being intimidated and threatened, gives me the feeling this is the dark side to meadow sweet if only in dreams.

Linking to the 'flower face' or Blodewedd she was a fair maiden who was the virgin Goddess of spring. Who was made for good to bring someone happiness and love, however she chose to be deceitful by having an affair. Through her unhappiness and anger she conspired with compassion to kill the only man she was created for and meant to have loved. Her rein of greed didn't last long as she was killed herself and turned into an owl by the magician by which had created her.

Despite the darkness meadowsweet is by far outweighed by the lightness that it perceives through the key theme of being a goddess and bringing joy. It is a strong, independent flower, which likes solidarity. This is proven in its use to help with anxiety and depression, many of the proverbs

experienced heightened levels of anxiety and worry through the duration of the proving. Many provers found that they liked to be isolated and would like to be left alone. There were links to confusion and a lack of concentration but I feel this was linked to the sleep deprivation they experienced and through the sensation of pain to both physical and physiologically state of the body.

Although this occurred many were empowered and become a goddess themselves by taking control. Bringing boundless amounts of happiness too, it has created the appearance that even though it is fiercely independent, meadowsweet thrives on the connection it has, seeing as there are so many of this plant around, this links to the sociable connections that came through on many of the provers diary entries. A lot of these feelings are connected to the astrological connection meadowsweet has to Jupiter by promoting growth through the understanding of our mind and awareness.

The links to water and leaks came through in the need to often go to the toilet as well as state of upset. Some provers experienced leaks to the environment in which they lived or through their connections to family and friends.

Meadow sweets links to salicylic acid came across strongly through its uses as a pain killer to treat inflammation and pain from symptoms that many provers described as intense, sharp, stabbing and shooting pains, traditionally meadow sweet was used to treat arthritis and rheumatism. Digestion was mentioned by most of the provers, through pains experienced in the abdomen with symptoms of nausea, diarrhoea and flatulence, meadowsweet is used by herbalist to treat diarrhoea, ulcers and indigestions.

Mani Norland proving observations

The lady/queen of the meadow, Flowerface

Meadowsweet contains Salicylic acid, the chemicals used to make aspirin, a small section of root, when peeled and crushed smells like Germolene, and when chewed is a good natural remedy for relieving headaches.

Having read the proving summaries from students, looking at the themes and considering the substance I feel there is a nice little story that can be told that links in with the meadow sweet plant being described as the lady or queen of the meadow.

The meadow is a common place, a field enjoyed by all, it makes one think of nature, spring and summer time, alive with bees, bugs and birds. Warm, sunny and relaxing. If you were the lady or queen of such a place surely everyone would want to talk to you, it would be fun, exciting, sociable. You would feel connected, happy and joyful. You would hold your head up high and look out over the meadow. This feels like a fairy tale, where one would giggle, sing and dance. At its heights there is bliss, euphoria and pure whiteness, like a goddess (the little white flower heads looking up to the sun).

Meadowseet has a pleasant taste and flavour and is traditionally used as a strewing herb to flavour wine, beer and mead – always good for social gatherings. It is also strewn on floors to give rooms a pleasant aroma.

One can also imagining going to a meadow to be alone, silent and calm - a place to enjoy being in nature and reflect on ones thoughts. But this quiet place can become exaggerated, so one feels isolated, excluded, detached and disconnected. So withdrawn that they become completely alone.

Salicylic acid occurs naturally in the plant in greater quantities than anything else in nature and is synthesised for use in Aspirin for headaches.

Physically there was a strong connection to the digestive tract, the 'earthy' processes, with a great deal of diarrhoea, abdominal pain, nausea, flatulence and constipation. The whole plant is a traditional remedy for an acidic stomach, and the fresh root is used in herbal remedies.

She may become angry, swearing and indignant or she may want to be totally alone and isolated. Hide the pain and create a barrier. And then there is the dark side, the night and the dirty earth. The common meadow is no place for a queen. Now we see depression, remorse and guilt. Things are black and full of despair. There is disgust, sexual desires and rape. It is not a safe place for a lady!

It is like Meadowsweet produces Salicylic acid in its roots to isolate the despair, detached and dirty underworld. The common plant holds its head up high above the other flowers with a crown of graceful small pure white flowers giving of a sweet pleasant aroma. But she has to drink, water has to come up her stem, it 'leaks' through bringing with it strong feelings and emotions from the dark underworld. She tries to rise above, stay socialable, connected and pleasant (the goddess), but sometimes she just wants to be alone, and if the 'leaks' get to bad then she becomes anxious, despairs and gets depressed, dark and moody.

ACTUAL PROVING DIARIES.

Organised by theme.

P1 2 07:30 RS Lots of vivid dreams in early hours. *Someone in a dilapidated old house he had recently bought. He had been making 'improvements' to the house and its few contents with scraps and junk lying around (make do & mend style) and was very proud. He made cannelloni for a group of people.

P1 2 07:30 RS Lots of vivid dreams in early hours. *Having to assert myself in order to retain my place in the pecking order (naturally I was at the top..) of a houseful of people I was living with, in order to be able to use the shower before anyone else. One woman wants to fight me but backs down when I stand my ground.

P1 3 11:00 Felt manipulated by someone's tears. Didn't allow myself to get drawn in. Maintaining distance physically & emotionally meant I didn't get angry over perceived manipulation and so a bit later after tears had stopped could offer kindness & support that was genuine and whole rather than slightly contrived and covering up a sense of impatience.

P1 25 XX:XX Dreamt that I was with some friends and we were getting ready to go for a night out. We were going to prove ourselves against another group of people, prove that we were, I don't know; better, more powerful than them I guess. It's not that we were going out to hurt them, just to put them in their place so they knew who was top. I did not get a sense of aggression amongst our group, though we were excited and glamming ourselves up for a fun night. However, we got so wasted on cocaine and alcohol that we never actually made it into town - we passed out instead

P2 44 07.30 Dream. Based in kitchen again. A wooden canopy was over a table and I eventually noticed a brown bird about the size of a starling sitting on a nest. I then spent ages working out how and with what I could feed it to make the chicks as healthy as possible. I had worked out that I could cut up worms, roll them in supplements and put them near the bird. Then I woke up. Practical problem solving mixed with curiosity as to how the bird had got there were the only feelings.

P3 1 18:42 NS Vision of a frog with crown, chain bit holding two parts together,

tension but nice, generally pleasant feeling, exhilarated, tiny lacquer flowers, very pretty, fairy tale feeling overall, light, laughing / sense of coldness, not unpleasant / awareness in lower legs

P3 4 14:30 NS Bit less self-conscious, caring less what people think of me. Less conscious overall though, very tired despite good sleep

P3 6 08:00 OS Feeling very light and almost exhilarated despite 'stressful' circumstances. they don't feel stressful but just are things to deal with. Lightness and joy! :)

P3 6 10:00 AS Feeling very relaxed and exhilarated, biking through the city. as if a protection mechanism has fallen off me.

P3 6 16:00 AS Response from old teacher: very appropriate and respectful reply to me putting down clear boundaries, standing in my power, not having my boundaries crossed and getting a positive response for that

P3 9 15:30 NS Looking in the mirror: slightly shocked. Have somewhat of a wild expression, bit scary

P3 11 13:30 OS Marked polarity in me: fear of belonging <> wanting to belong. Slowly warming up to the concept of a stable long term relationship without the drama

P3 12 13:00 NS Fed up compensating for other peoples behaviour. Fed up being nice and kind in order to keep the harmony. Lets see what happens!

P3 13 03:00 IOS Deep acceptance of and reconciliation with my mother, realising the way I am carrying her trauma all my life which lead to deep dysfunctional patterns

P3 13 12:00 IOS Deep shift happened, feeling different. More mature and calm. Bought new bike

P3 13 17:00 NS I'm done compensating for other people by trying to be nice all the time and smiling things over.

P3 14 16:00 Calm, concentrated, in a good mood. No more diarrhoea, no accident today - life is pretty cool!

P3 16 10:00 IOS In a good mood despite bad sleep, enjoy people around me but no intellectual involvement

P3 17 21:30 OS did some yoga before going to sleep - first time since a long time!

P3 18 10:00 NS Beethoven 9th exhilaration dancing, acoustic ecstasy/ same with Nina Simone Sinnerman

P3 19 12:00 IOS Going into sensation of my gaze: sense of injustice and revenge, feeling like a tribal native who has been forced out of his / her habitat. Looking at the perpetrator, just looking with a mix of anger, disbelief and bewilderment. Very deep sense of injustice and betrayal

P3 19 19:00 IOS Feeling quite exhilarated and the world feels magical. Listening to Beethoven's 9th symphony, dancing and singing

P3 21 22:30 AS Very relaxed, joyful and calm all day. Visiting my parents, deep, honest talk about past, their past and family past I have never heard of. Honest, transparent sharing without masks. feel much more relaxed around them

P3 22 07:00 NS Over the past few days there is a sense of a new directness when i talk with people. i address things directly without holding back and developing grudges. less fear to speak my mind, less of a polite mask with angry thoughts underneath

P3 24 12:00 AS One of the marked changes during this proving is the notion how much I compensate for other people's behaviour and the decision not to do this anymore and being honest about situations that don't feel ok for me instead of smiling and apologising on the behalf of others or pretending that it doesn't bother me.

P3 36 16:00 NS Gave Worksop today, felt very different than before -much more confident to be able to deliver depth. Feel I am growing into the teacher role more and more, feeling confident. Old self-image still struggles against being cherished and accepted. Still difficult to deal

with the attention without going in overdrive and feeling empty and shallow after, but this time I had plenty of energy afterwards, which is new. Feel awkward with all the positive attention - feels as if I must be a fake and will fall deeply

P3 37 20:00 AS A lot of mental energy. Feedback from many people how happy, enthusiastic and energetic I look. Feedback from various people that I inspire them. Makes me feel a bit awkward as I feel I don't deserve it

P3 37 21:00 AS Deep connection and acceptance of (my) female energy, engaging with others on a deeper level

P3 38 10:00 IOS Self-confidence is really marked. Calm, strong, joyful, and generous. Getting a lot of response to my work and accepting it. No money worries (even though my bank account still says something different)

P3 46 20:00 The remedy seems to have done its work, no significant changes

P4 1 01:13 NS As the evening went on I started to feel better and better, I had been feeling poorly all day, my energy picked up and I felt better in myself.

P4 3 07:14 NS I had a dream that we had a set of new tooth brush heads for the electric tooth brush, all bright primary colours, people kept trying to take them so I was guarding them, they wanted my wife's toothbrush but I stopped them. One of the men had a shaved head. I felt threatened in the dream but I was able to stand my ground and protect them, it was not frightening.

P4 3 10.17 NS Energy is good and any feeling of being unwell has completed passed.

P4 16 XX:XX NS I am going to do a dance for my dad and one of the teachers at the School, I am tuning up the music, it is very important, and there are two pieces of music that will show off my moves. I have not practiced before but I know I will be good. I can do this it is just a shame only two people will be watching. I am ready to start but only one of them is there. I have to get the music to start in the right way, I have both machines ready to go and I have the remote controls in my hand. The whole dance takes place on the edge of a huge drop but that does not worry me. I will not fall. I feel I am going to be great.

P 28 XX:XX NS Being driven in a car, really fast, very dangerous. 150 mph. White in the car.

P5 0 00:14 NS I have a content happy calm feeling, content to sit here with the group in silence

P5 1 06:45 RS I feel happy and calm.

P5 1 08:40 NS I was giggly at breakfast

P5 1 08:55 NS I feel great, better than I have done for months.

P5 1 14:54 Lightening and thunder outside. I am exhilarated and giggly and disrespectful of the healing space and the case taking that is occurring

P5 1 15:55 RS I am pleased and excited for my friend. I feel a burst of energy

P5 2 XX:XX I again notice the difference in my energy. Am impatient, irritable today, yesterday I was full of energy, laughter, happy

P5 3 09:03 RS I have energy despite being exhausted from the weekend. I unexpectedly had to walk my daughter to school and felt good and coped well with all the different teachers and people to speak to.

P5 3 XX:XX NS I just feel a little odd; I cannot put my finger on it. This is when I first really noticed it

P5 3 XX:XX NS This odd feeling is all through my body. I can't work out how to describe it

P5 3 XX:XX RS Despite having an unexpected very busy day, appointment and plans all out of my control, I coped better, with much more than usual. I felt calm

P5 4 11:00 RS Even though I am tired and stressed I have lots to do, I physically feel stronger and calmer

P5 4 20:00 NS I cope very well considering how I was feeling, big dinner party goes really well

P5 5 12:15 NS I have a strong desire to be outside by myself, and act on it, leaving my Dad and daughter together.

P5 5 XX:XX RS Considering the emotional stress I am feeling calm and coped well with the funeral, my dad and a school concert.

P5 7 14:00 RS The anxiety is better for being out

P5 7 18:55 RS I had a good evening despite my son and 3 of his friends suddenly being around and I made dinner for them all. I wasn't stressed and stayed calm despite thinking it was just going to be 2 of us at home

P5 8 11:30 I was upset, about the oily mess in the kitchen, I was annoyed, but I said my bit calmly and withdrew.

P5 9 XX:XX NS I dreamt I was oiling the chain of my bicycle, teaching a child how to. I did do this a few days ago, (by myself not with a child)

P5 9 XX:XX NS We have to move out of a house we are staying in a few weeks. It's an old friends house next to my childhood home. Me and my husband are talking and we realise we can pack up some things in advance, like the dvd's into cardboard boxes. We will have to store them at my childhood home (in the dream my Mum still lives there). The feeling is to avoid getting stressed and moving it all last moment. We do not have any idea where we will live next, it doesn't matter. We are both very calm and want to stay like this

P5 9 13:45 AS I recovered well from my wobbly moment, faster than usual

P5 9 XX:XX RS Sister in law and partner farewell meal, I don't have to cook or feel I have to entertain so I have a good and productive evening

P5 10 09:00 RS I am exhausted I need to go to bed earlier. I have a rest and feel better

P5 10 10:35 RS I feel like weeping when talking to my supervisor. But I don't and I quickly feel better from talking about how I feel, especially the fear of failure, letting my children down

P5 10 15:00 RS I try to rest and relax but I am wired and can't relax. The need to achieve something is large

P5 10 XX:XX RS My mood is low, despondent, better for going out and doing some exercise and shopping

P5 10 16:00 RS I am too exhausted to use my brain so I decide to go out

P5 10 21:35 RS My daughter repeats the same behaviour IS rude and still won't listen, but this time I don't take it personally

P5 10 21:45 RS I am particularly irritable and snappy to my husband, as we are chatting but he doesn't let me finish what I am saying. I feel he is not listening to me, something he and our children accuse me of, so I am particularly sensitive to and feel a bit remorseful, but he should of listened

P5 11 09:00 RS I bounced back quickly felt better for doing stuff

P5 11 13:30 RS I feel cheerful and optimistic, the opposite of the last 3 days. Even though I am tired I have energy to do things. I am looking forward to going to my nephew's birthday

P5 11 14:27 RS I realise I have had a surge of energy and positivity over the last few hours

P5 11 14:00 RS I ate my lunch outside again, to be in the nature. I feel better outside, in the fresh air.

P5 11 XX:XX I am loving the sunny windy day. I love the wind in the trees. I feel a strong

connection to nature. The wind is blowing a breath of fresh air into everything that is stale. I need to feel the elements, if I am inside working I want to be in the sun.

P5 11 14:30 RS I feel positive and accept my lack of energy, in the afternoon. I read and rest, then do some work.

P5 11 17:45 RS I get stressed about going to my sisters as 2 of my children suddenly won't come due to last minute projects but I accept it quite quickly and don't waste any energy on them.

P5 13 XX:XX RS I feel ok today even though I physically am exhausted and can't do much. Accepting my limitations

P5 14 XX:XX RS I realised last night that I am experiencing mood swings more extreme than normal and not in keeping with my menstrual cycle. This is usually the week I am hormonally more level

P5 16 08:00 RS I woke up not feeling anxious, feeling happier and realised how low and depressed I have been

P5 16 08:30 NS My daughter actually told me there was a spider in the toilet, which reminded of the dream I had had last night. I was chasing a huge big really hairy spider determined to catch him before my daughter saw him. The feeling was just I have to catch him, but he was fast. It seemed a difficult thing as the usual small spiders who we let live in our home suddenly all had grown and multiplied and were huge and hairy too. I knew I had a challenge that was going to be hard to protect my daughter from.

P5 16 08:45 RS My legs are sore it is hard to stand up and walk, but that doesn't affect my more positive mood

P5 17 06:40 My dreams were busy lots of people, including my closest sister. I found a school tie in my draw. I can't remember anything else.

P5 17 03:32 NS Not sociable, tired but excited. I don't want to go to the room I share, stay outside in the nature.

P5 17 06:45 RS I feel happy and calm.

P5 17 08:40 NS I was giggly at breakfast

P5 17 08:55 NS I feel great, better than I have done for months.

P5 17 09:20 NS I went outside and suddenly had the desire to sing, under a tree. I felt very connected spiritually. This continued when I went back inside, I sang in my bedroom and in the corridors as I walked around

P5 17 14:54 Lightening and thunder outside. I am exhilarated and giggly and disrespectful of the healing space and the case taking that is occurring

P5 17 15:55 RS I am pleased and excited for my friend. I feel a burst of energy

P5 18 06:55 NS Strong desire to be away from people and be in the nature by myself

P5 18 11:30 NS I cut someone off who wanted to chat, I didn't. I am being strong not trying to please everyone.

P5 18 XX:XX I again notice the difference in my energy. Am impatient, irritable today, yesterday I was full of energy, laughter, happy

P5 20 09:03 RS I have energy despite being exhausted from the weekend. I unexpectedly had to walk my daughter to school and felt good and coped well with all the different teachers and people to speak to.

P5 20 XX:XX RS Despite having an unexpected very busy day, appointment and plans all out of my control, I coped better, with much more than usual. I felt calm

P5 20 11:00 RS Even though I am tired and stressed I have lots to do, I physically feel stronger and calmer

P5 21 20:00 NS I cope very well considering how I was feeling, big dinner party

goes really well

P5 21 XX:XX RS Considering the emotional stress I am feeling calm and coped well with the funeral, my dad and a school concert.

P5 23 14:00 RS The anxiety is better for being out

P6 2 XX:XX AS Anger, handled properly! Family conflict, lots of calls and emails. I talked to my mother very strongly, told her that she has never allowed us to express different views to hers, I speak harshly and firmly. I am surprised at how I don't feel guilty afterwards, but serene.

P6 2 XX:XX NS Solidity: feel in role of older sister, brothers looking to me for opinion and advise, respect my views, I am very surprised that I count.

P6 3 XX:XX NS I enter an exquisitely decorated room, large, square, painted bright yellow. I am going into flower arranging business with my mother or someone else. We live in a small town and I want the business to be part of the life of the town. I am arranging flowers, roses, peonies and others in a vase, they look sloppy which I had one of those pads with pins that Japanese use.

P6 3 XX:XX NS I am talking to one of my nieces and telling her I saw her sitting at a long dining table, then I look through a pack of photographs I have in my hands and see a picture of her sitting at a long dining table, I am surprised at my clairvoyance. No emotions or feelings apart from part where I want to hit ex.

P6 5 XX:XX RS Soreness thumb joints, which had disappeared, perhaps due to too much writing? I started having problems with my hands after a big decorating job at home with rollers. I was also under pressure to get a wardrobe finished before builders arrived to start demolition work. I managed the flat refurbishment brilliantly, developed a perfectionism I never had before.

During five months not a single day I got up after 6am to meditate and get ready for builders, I was convinced this was necessary for work to happen.

P6 5 06:00 NS Wake up looking forward to the day, full of energy though I only slept 5 hours. Stayed till 1am reading 'The Primal Wound' a psychosynthesis book about addiction, also looking up in Google effect of lies from parents on children: there is a lie in the family which affects one of my brothers and I am the only sibling to know, it weighs on me, I feel deeply for him, deeper than usual, issue is amplified in my 'field of awareness', think of the load of carrying that secret. At same time I am very excited about having retaken The Primal Wound, which I abandoned years ago and I find so relevant. In 2008, when I was still in the midst of 'my hell' I gave it to mum for Christmas. Consciously I did it because I have a brother with alcohol problems, but I see now it was a cry for help.

P6 5 11:30 IOS I want to write, make my jewellery and pray every day for new friends in my wave length, a lover, new acquaintances, but I see how right now I need let go and enjoy tis delicious retreating and creating by myself. POLARITY: The two extremes I have moved between all my life is, spirituality, religiousness, desire for solitude and a love for fun, exciting things like unplanned trips to the seaside where I stayed for many days or months. Indulging and binging. Relationship with partner in my continent became so destructive because he tapped into that binging aspect of my personality and together we went to hell. Since I got back 5 years ago I have been living on the opposite side, the virtuous one, feel that for the first time ever I have developed a Will Power. If I had always handled myself like over last 4 or 5 years my life would be an amazing success!

P6 23 XX:XX NS We are going to change our front door at home and I am very please about this as I think it is good fengshui (I had actually been reading about the importance of front doors in fengshui and thinking that our front door is not great, in fact for a long time we have been thinking it needs changing, in the dream I associate it with renewed energy) Remember this section of dream as I am returning from walk with dog, evening is beautiful and it was good to do some exercise.

P6 23 XX:XX OS Yesterday took part in a day of activities in support of my country. I

enjoyed it but was most healed and happy when it was all done and behind me. Glad to be back in my space. Although I am happy to have met a couple of people who seem to be in my wavelength, but I am a loner. . Also would not want to be back in the 'community' again, all the gossip, so glad I moved on, don't intend to go back. Will try to keep contact with people on my wave length though, I pray every day to meet people I can truly communicate with, have been praying for new friends, perhaps a have found one or two.

P6 23 XX:XX NS I realize that recently my mood is enormously improved by walking in fresh air and enjoying beautiful views or by exercise. I mentioned this in relevant entries, but it is so marked thought it worth it to stress it here.

P6 24 19:00 IOS Quite a few nice pictures of me performing and with group. I feel soothed, recognised, part of event.

P6 25 XX:XX NS Tonight it will be the end of the world, or there is going to be a huge cataclysm. My ex's two daughters come to seek refuge with me at my place. They are very small. When they arrive I feel very good at seeing them, a warm feeling, nurturing. I ask them where are their father and brother (their older brother is the one I actually brought up and has remained very close to me, he is the one I call my stepson) I'm not sure what they answer but the idea is that they didn't come with them. I am concerned but think 'to hell with them' and I am not over concerned. The prevailing feeling is of nurturing the little girls and the warmth that gives me. I put them to bed, the older one of the two lies on my bed which is the extremely messy bed full of objects from a previous dream, it is so messy that at some point when looking for the little girl I have to search amongst the stuff.

P6 28 XX:XX CS Joy and Peace are returning, I have been making jewellery. Don't know why I have been lost in a turmoil of ideas, abandoned my jewellery which gives me so much joy. A sense of peace returning. Letting go. Talking to supervisor I say I need to stop following the news, it is all too awful, world is mad, mention a man ate a woman to death, like all taboos, all boundaries are disintegrating!

P6 34 XX:XX CS Feeling that a joy for life is returning, freedom to enjoy myself, vaguely looking forward to Christmas break, end of a year with so many achievements. Feeling I deserve to have a break and celebrate end of fruitful year. Even buy some glitter for College Christmas party! I am still following the news, especially about my country and posting on FB. Via a national newspaper I sent a poem I wrote to the widow of one of the victims of recent atrocity. I feel my involvement is more balanced and less frantic. I feel good in myself. Even manage a meditation session, which I had not lately. Ex and daughters called, I had had no contact with them for over a month and was resigning myself to the fact that they were out of my life. After they call, I take dog for a walk and think how can I help one of the girls, the brightest and who is closest to me, even wander if I could foster her, get her out of poverty. Get a sense of purpose, that all I lived was not useless, of continuity in my life. Also feeling very close to starting with my literary blog, just must find the name for it. Feel much clearer about my life.

P6 34 XX:XX NS I return to the seaside village where I lived with ex for many years. I am taking a ride on a truck with many people and we are driving on the beach, right next to where waves break. There is a lot of people on the beach, crowds everywhere. With the truck we enter a thatched building, a restaurant or bar. All the faces are 'almost' familiar but there is no one I really know. Throughout the dream the light is dark. For a moment I get a feeling like I am getting in reality: that I can go out and enjoy myself, feel joy. I think I can go walking down the central street of the village looking good and someone will recognise me and tell my ex I am there. I am sitting round a table with some people and a guy with whom we used to have a literary group. He is not bad looking, but a tormented character so (in reality) I have always avoided any involvement with him. In the dream I look at him and think that perhaps it is time I allow myself some sex. Outstanding in the dream was: the dark light throughout and the feeling worth noting was the breakthroughs of

optimism, like sun rays breaking through a fabric of slight depression. That is how I have been feeling in my waking life as well.

P6 35 10:30 NS With the same large group of people we arrive in some event where my greatest music hero is and he talks to me and relates to me very easy, we are like equals, I think I am supposed to do something at this 'event'. There is a flight waiting to take off. They are choosing carefully the people who are to go on it as it will be 'choppy'. When I come to board, the official tells me "are you sure you want to go on this flight? It will be choppy" I am slightly hesitant, but say yes I will. I am aware I am amongst the brave few. I am a bit scared but another passenger reassures me that for sure we will make it.

P6 35 17:00 NS Overwhelmed and exhausted by phone calls, events. A shower of calls and events like husband coming home, living again, dog barking, three phone calls, one on Skype with friend who was bashing away in kitchen while talking(!) drain me. A couple of hours of cleaning flat in silence followed by shower totally refresh me.

P6 37 12:00 RS Very irritated with husband, awful, a real bitch, critical, while we are preparing dinner. I can see at one point he is affected by my awfulness, but he gets over it, is still kind, he asks if proving supervisor asks what he says about me, I say I have recorded husband saying I live in a state of anger. But I get infuriated when I see he prepared potatoes for roasting in a dirty pan, with no water and potatoes are not peeled, I tell him I worry he is getting Alzimers. And actually I do worry about that sometimes.

P6 38 21:00 CS Renewal and Synchronicity, as I started feeling more alive, went out to buy new rug for house, feel sense of renewal, three people whom I had not heard from in a while and had been wanting to hear from, get in touch all at once. Made a point of not watching news and went to bed with a book.

P6 39 03:00 OS Wake up and after about half an hour I realise I will not be able to sleep, partly because I am hungry but also because for first time in ages I can't wait for day to start. Very creative, visualising how I am going to start a weaving piece, must end this extraordinary year making an extraordinary piece! Doing some tidying up I come across some poems, read them and find them very good, think it would be nice to make a handmade book, few copies for presents for friends, my first book. Wait till 6am and go and have coffee and piece of apple pie, meditate for 40 minutes as I decided to re establish my routine, absolutely. It is 08:00 and washing is in machine and I am on my way to gym. Surely will need nap in the afternoon, but feels good to back!!

P6 39 XX:XX NS Creativity and Joy: I was inspired to weave an intricate piece. I noticed I had a heightened feel for the smallest detail; each half-millimetre knot took all of my attention. Was liking what I was making until the colours I had chosen: browns and pinks revolted me, so much so that I had to put the piece out of my sight. Started all over using primary colours, red and green and old gold. I discovered that new breakfast bar and chairs are marvellous height for weaving, allowing me all the freedom of movement. Played North African music full of rhythm, and for an entire week the cords and I danced and produced amazing new pieces. I invented a news style, which I can produce quickly and looks fantastic. I worked nonstop to the same music and remembered how much I like being a craftswoman; I should never forget that again. That is what gives me joy. For the first time since my new space was ready in August, I start living it, which is a huge pleasure!

P6 39 12:00 NS Fear that detectors at doors of shops are going to ring as I go through them. Went shopping and every time I went in or out of a shop I was almost certain that the alarm would go off. Couple of weeks back alarms actually went off as I had some metal in handbag and it didn't bother me, just warned guard after a couple of times that alarm would go off as I walked past, offered to show my bag, all was ok. I know feeling when going through security checks of feeling guilty even if you are totally innocent, but this was very marked and every time!

P6 51 XX:XX NS Very lazy, but don't mind. A part of me decided that I am on

holiday and I find myself reacting very impatiently when anything or anyone attempts against that, as in the episode above. **GODDESS/JOY**

Anxious & Worry

P1 8 XX:XX OS Thinking about numbers obsessively today. Checking, rechecking, counting. Used to have a strong OCD re numbers but it was a few numbers in particular and accompanied by physical symptoms of panic. This is different, it is any number rather than specific ones and the level of feeling is worlds apart, just a sense of worry that I will get a number wrong, which makes me double triple check.

P1 11 20:00 NS On receiving a message from the person I had an altercation with, I started to compose a reply in my head but what came into my was an image of me as an obscenely obese person sitting on the sofa and typing a message that said "I can't come and talk because I would have to roll to you and I can't roll that far"

P2 9 XX:XX OS Have felt the need to cry all day but unable to

P2 28 06.50 Dream. Was in car with husband, wanted to drive through what looked like a mall but had to stop to let traffic through that was coming towards us. A huge coach stopped partway out, filling the entrance. We had to board it. Baggage/suitcases were everywhere, on top of the luggage rack, two or three high, they looked as if they were about to topple off. I looked up, more bags and 'stuff' was hooked over window openings, all the way up to a pointed glass roof that extended into the mall roof. When the coach started to move it got caught up in bead-like decorations, each bead was almost the size of a football. There was a sensation of needing to hurry before all the bags came crashing down but even though I was pulling the beads into the coach, the problem was never sorted as they kept coming through the window. I was the only one that appeared to be concerned with the situation, but I was feeling quite hurried and frustrated. (Recently a friend has been on a coach trip and my daughter has been stringing up pumpkin decorations)

P2 28 17:00 Anger gone at last, has left me feeling unsettled. Full moon

P2 54 07:00 IOS Still concerned about completing homework, thinking that it is all too much but underlying feeling is almost a flippant so what! which is very unusual.

P3 9 15:30 NS Still slightly shocked after fall, dizzy, confused, emotional

P3 16 06:00 OS Traveling again all night, stressed about it, too many things i have to pay attention to (working unworkable futuristic gps while in heavy traffic in unknown city)

P3 18 12:00 IOS Sudden vertigo with slight nausea (after reading my bank statement)

P3 19 15:30 IOS Extremely nervous and unable to concentrate. even favourite music works on my nerves, irritable, restless, don't know what to do - too tired to study, read, etc., but too restless to sleep

P3 27 21:00 NS New balcony door installed, changes feel of my apartment. Keeping calm despite stress

P4 15 XX:XX NS I am on a long colourfully painted piece of wood, a bit like a surfboard but longer and narrower. It is painted in pastille colours and has shapes all over it. Some are made of wood and stick up. It is like nothing I have seen before. I seem to be riding it. I am hovering on it about 30 feet up in the air. I can see people below me, they are looking up and watching me, i think they may be family. Every now and then the board wobbles and I nearly fall off. The board keeps dipping and the front and almost making me fall off, but some how I stay on. The feeling is freight. It all takes place in this white space. it is not real.

P4 16 XX:XX NS I am on a window ledge, holding on carefully, it is a white framed UPVC window, I start to pull myself back inside, it is a long drop down, but as I put more weight on the window it starts to fall apart. I am frightened I might fall. A grab the white frame and it comes

away from the wall, the whole window is coming out in my hands and i start to drop backwards, i am going to fall, I wake in fright.

P4 XX:XX NS I seem to be having frightening dreams each night, this is unusual for me, they wake me with freight in the early hours of the morning and then I have to get back to sleep. May have themes of falling. They have lots of white in them.

P5 2 16:55 RS I feel sick after talking about the proving symptoms

P5 2 20:39 NS I have a fear of breathing deeply, worried it is my heart.

P5 4 05:05 RS I am feeling very anxious, my head is so busy, more than normal for me, but my Dad is coming to stay and he is ill

P5 4 13:30 RS I am anxious and feel sick in my stomach

P5 4 18:30 RS I am really stressed and wired, seeing how bad my Dad's breathing is scary

P5 5 18:30 RS I have had anxiety all day, not surprising but it is not usually all day. I feel stressed, wired a shaky feeling inside. I find it difficult to control it.

P5 6 05:55 RS I have really intense anxiety that I cannot control

P5 7 06:15 RS I am very anxious even though I finally have a day off

P5 7 09:15 RS Even though I have nothing to be anxious about I am stressed

P5 7 09:30 RS I have an anxious shaking feeling in my arms and it goes down to my finger tips

P5 7 10:00 RS I really saw how my anxious wired, stressed state that I have had off and on this year, really exists at the same time inside of me with this new spaced out, calm, slow to answer, the odd feeling

P5 8 12:30 RS I can feel anxiety about not achieving much today, and the frustration of trying to get out of the house before the sun has gone

P5 8 13:02 NS I have a fear of breathing deeply even though when I do nothing happens

P5 10 08:15 RS I am anxious and feel sick in my upper stomach. This carries on most of the morning. I feel it is worse for no obvious reason.

P5 10 10:40 RS I am still anxious. I feel pressured with no reason.

P5 10 10:45 RS I feel the anxiety as a shaky feeling in my fingers and arms

P5 10 11:00 RS My anxiety is worse for resting, doing nothing. I feel it in my chest as a tense feeling

P5 11 15:30 NS My glasses and eyes seem blurry. I keep taking my glasses off repeatedly all afternoon, like an anxious old person

P5 12 07:30 RS I feel anxious. I am worried about money more than usual. I don't feel secure. A depressing start to the day

P5 14 06:30 RS I am anxious about time.

P5 14 10:30 RS Whilst talking with my supervisor I explain that I feel most of the symptoms I am feeling especially in the last few days are my old chronic exhausted state. I feel that the proving is wearing off. I am left with anxiety, which I have had in the months before. I still feel in a strange space and the chest shoulder pains are odd and interesting to note, but I wonder could they just be linked with the anxiety I am feeling.

P5 14 09:50 RS I am anxious as my nephew is in hospital for a minor operation. I can't believe my alternative sister has gone for it, disappointed that years of homeopathy have not helped him. I haven't commented on it just let her do what she thinks is best, which is unusual to me.

P5 18 04:45 RS Woke too early head instantly too busy. I am worrying about friends and family coming to stay in the future (Dec)

P5 19 20:39 NS I have a fear of breathing deeply, worried it is my heart.

P5 20 05:05 RS I am feeling very anxious, my head is so busy, more than normal

for me, but my Dad is coming to stay and he is ill

P5 20 13:30 RS I am anxious and feel sick in my stomach

P5 21 14:05 RS I have really intense anxiety that I cannot control

P5 22 06:15 RS I am very anxious even though I finally have a day off

P5 22 09:15 RS Even though I have nothing to be anxious about I am stressed

P5 22 09:30 RS I have an anxious shaking feeling in my arms and it goes down to my finger tips

P6 3 XX:XX IOS Anxiety about health: start looking up online pictures of moles and skin infections because a small skin roughness behind right ear that I had for a while starts worrying me, is it cancer??

P6 7 05:00 NS I get angry, think it is ridiculous and decide not to do the class and wait for husband outside which I partly regret because I know how goo the class makes you feel. I sit and wait in a big auditorium outside, like a theatre. My stepson arrives and tells me he would like a ??, it is something made with milk. I tell him we will drive over after the class and get it. I think it is handy that we have a dish for it in the car, a white glass bread tin. When my husband and I arrive to the place where they produce that food something happens, perhaps dish brakes and is replaced by a smaller green one. I am anxious to get my stepson what he asked for. (Just before going to sleep I saw in the news that where my stepson is at the moment, back at home with father and sisters, they have a red alert for floods. I had been feeling angry because stepson hasn't been in touch, but realize that it is due to bad weather affecting lines as it happens...or maybe not, but I don't feel angry anymore. Nor do I-as I would have done in past-try to get in touch at all cost and send help for the family, I am putting myself first. I am finally letting go of connection with stepson's dad which feels scary, like a void, not to ever talk to him again, but it is starting to feel feasible.

P6 11 07:20 NS Sensation like heart trembling. Anxiety as if I had forgotten something. Passes quickly.

P6 12 01:00 NS Grief and Anxiety while lying in bed trying to sleep. I lie awake perhaps for over one hour, but don't switch light on or even move too much, I lie on my left side facing towards the wall. Can't stop thinking of the 43 people who disappeared in my country, presumed burnt to dead by authorities. Write something in my head about them. Feel very torn about whether I should go tomorrow to a gathering which is part of a global day of protests or stay at home and do my own vigil, write- I have write ups about it and have been planning to make a video and post it online. In the evening I was exploring a movie making app on my PC(a first one for me, I don't usually have any patience). The person inside me that weeps is closer to the surface, verging on despair mostly through confusion about what I should do, what my position and role should be.

P6 16 17:00 IOS Anxiety after someone came to buy some of my jewellery that pieces will fall apart. Client bought a necklace I made long ago and my technique has evolved since. Also it is a piece that required some 'engineering' using very thin wire for some tiny beads, makes me insecure. My jewellery is very important for me, being able to create something beautiful, to put mind over matter, to master the cords, it gives me immense joy. When my mother was here recently I was showing her my pieces when I noticed she was absent, then she yawned and said she had to have a lie down, she was so tired (mum has a way a cutting off and being absent which I inherited, but have become aware of and I am fighting) I put my pieces away and she never again asked to see them. When shopping for presents for my nieces she spent a lot of money on some very simple bracelets, to think of it still hurts. She denies this, but I always have felt she doesn't appreciate what I do.

P6 20 04:00 OS Anxiety makes me get up this early and go into flat to check on computer a reservation for a trip I have in February (going on holiday with godson and his mum and want to see the type of accommodation we are getting, double check we will have enough privacy) Also at that time I mop kitchen floor as I think it must be sticky near cooker and don't want new stone floor ruined. Then I go back to sleep at about 6am.

P6 23 XX:XX OS Fear/Anxiety: with palpitations when security guards arrived, as we were about to start protest. As they told us that we couldn't stand still anywhere but had to keep walking I had to end up breaking away from the group when they decided to stand still again, I felt to scared and anxious that security would show up again. All my life I have been very rebellious but scared of police and authority; I have been aggressive but have terror of violence, as when at school parties there were fights amongst the boys it terrified me.

P6 34 18:30 NS Irritable while talking to supervisor, irritated by him digging into the feeling behind things. Suddenly everything starts looking chaotic and messy in my life. As I talk I am aware things sound worse than they are for me and after we finish talking I have an uneasy, anxious feeling that I gave the wrong impression, talked about irrelevant things and didn't express myself quite right. I feel tired, want to close the year, want to rest, have been going, thinking, working, fixing for over a year. Also feel anxious because I think I was snappy and a bit rude.

P6 36 14:30 RS Fear in motorway. Husband is driving, feel extremely nervous, fear of crashing, there is a lot of spray on the roads. Husband drives well but too fast and rough. At one point when he breaks last second at a round about, I have enough and shout that if he cannot drive smoothly I will take over wheel. The rare thing is the force and determination with which I say it and the positive effect it has. On the way back about 18:00 very scared in motorway again. An accident on motorway just happened, feel we are very lucky to have not come to a pile up.

P6 38 XX:XX NS I have to catch a flight somewhere. I am in a waiting area with of a strange, quite empty airport, waiting for flight, around a table with people who are supposed to represent reliability, security: a lawyer, two small children and there are other two people who could be one of my brothers and someone else. Suddenly they all get up and go. I realise they have cheated me and I feel lost in the strange airport. I am desperate and scared, lost, I wander around corridors and see no one, wailing, crying for help.

P5 10 06:30 RS I am feeling anxious about the time and whether the alarm is on snooze and will everyone get up on time.

P2 17 10.30 IOS Saw gentleman at church who is dying of cancer, I wanted to but couldn't speak to him, I felt tongue tied and nervous, unable to find the right words, normally would spoken to him regardless of my own discomfort. I was really upset by it, also when I told my husband later I felt like crying but couldn't, it was as if my tears had to be contained, there was a tightness in my throat that prevented them coming out any further, as if bottled up? Or a sign of weakness? Normally I would be in floods of tears.

P5 23 10:00 RS I really saw how my anxious wired, stressed state that I have had off and on this year, really exists at the same time inside of me with this new spaced out, calm, slow to answer, the odd feeling

P5 23 12:30 RS I felt the pressure of time and was irritable with my husband, but quickly apologised

Concentration/Confusion/Mistakes/Accidents

P12 07:45 NS Looked at right forearm and felt extremely surprised not to see four deep, red scratches running the length of it. The picture of them is very clear in my mind.

P1 4 10:00 NS Filling in form that required lots of dates to written. Couldn't get the numbers right even though was copying them - kept writing wrong numbers

P1 8 XX:XX NS Distorted spatial awareness this afternoon. Didn't trust my judgement of where I was putting my feet etc. so had to move carefully in case I miss-stepped. Thought I was going to fall off of an unmoving escalator I had such difficulty getting up it. Felt as if when I reached for things I would miss my aim.

P2 21 13.30 NS Noticed Whistle not so loud

P2 36 11:00 IOS Miss read calendar turned up for lunch with friend on the wrong

day, concentration getting worse. Feeling upset with myself and quite frustrated.

P2 43 10:00 Could not remember where I had put a bag of keys eventually found them at 17.30 after extensive search. Felt very frustrating, was annoyed at being questioned about their whereabouts by husband. Unusually the background thought was, oh well, they will turn up eventually what's all the fuss about.

P2 47 14.44 IOS Concentration is chronic! Cannot stop my mind from wandering, realise that this has been building up for sometime now. Feeling quite flustered and weepy inside. As if brain is stuck in mud or tar.

P2 48 17:00 IOS Concentration still troubling me. I am worrying about getting homework finished as mind keeps wandering onto other things. Feel distracted and upset.

P3 1 18:28 NS Losing count (whole group) / thing with numbers

P3 2 17:00 IOS Focussed, single-minded, soft.

P3 4 12:30 NS Parking ticket because read the time on the ticket wrong

P3 4 14:00 NS Forgot to lock car with suitcase, laptop etc. all in - nothing was stolen

P3 8 16:00 OS Extremely tired and exhausted, cant concentrate or act

P3 8 22:00 OS Reflection after Skype session with Jeremy: There is marked clarity and distinction. Separating things out - what's what. on physical and emotional level. Diarrhoea, mental decisions and clarity (work ethics etc.), clutter clearing my home, sorting out old bills, looking at all the many ideas I have written down but haven't put into a form yet.

P3 9 13:00 NS Accident - fell badly on my head while slipping on wet floor, nauseous, maybe slight concussion

P3 9 15:30 NS Strong wind is affecting me -> confusing my mind

P3 9 15:30 OS Feeling clumsy overall, out of sync

P3 9 16:30 NS Biking with premonition of an accident as I feel very vulnerable after my fall. A guy right in front of me with two children falls off his bike and broke his shoulder. Me and a few other people sat with them. Mercury retrograde in Scorpio / Libra = accidents are happening!

P3 10 06:00 NS Ambulances and fire brigades on the street all night until morning - adding to the sense of accidents (heard the next morning a young guy died of drug overdose in the park opposite my house at the Amsterdam Dance Event)

P3 10 10:00 OS General sense of clumsiness still prevails

P3 11 10:30 IOS General sense of slipping (almost slipped again twice while walking outside) Had that sense / alertness for a few days now

P3 12 12:00 IOS Very tired in the head, cannot concentrate on any intellectual work

P3 12 21:00 IOS Very tired all day, couldn't concentrate, procrastinated, expect the worst of news

P3 18 18:00 AS Calm day, still difficulties concentrating, just want to meditate the whole day, just sitting and be still, immersing

P3 19 14:00 IOS Absolutely unable to concentrate still (been going on since beginning of the proving)

P3 26 21:00 NS My mind wants to be fed with something but everything bores me (on-going since about 2-3 weeks)

P3 39 18:00 IOS Still very disorganised and not fully in my body. Clumsy & forgetful. Cannot concentrate easily

P5 0 01:32 NS I am spaced out

P5 1 XX:XX NS My glasses and eyes seem blurry. I keep taking my glasses off repeatedly all afternoon and evening

P5 2 12:30 NS I am spaced out, contrast with the high of yesterday

P5 10 16:10 NS I am suddenly aware that I need to wear my helmet for protection, despite cycling the same route, a lot of off road and never usually using it. I oil my bike chain because of the dream. In case I have an accident at least my chain was oiled!

P5 11 9:55:00 NS My daughter and me both thought we heard footsteps in the house. I was surprised

P5 11 10:10 NS We heard footsteps again. I think there is someone in the house, even though there isn't

P5 11 10:45 NS I am concerned and worried, that it is connected to my breathing or my heart. My supervisor tried to help me get more information but I am too spaced out

P6 12 09:15 NS Confusion, for first time ever I was late for Pilates and was not allowed in (last week I was too early) I got up with plenty of time, did my usual routine, I have no idea what happened or why I was late. Sense of confusion, of something out of my control happening to me. Feel very angry, want to take it out on a person with whom I had been planning some actions on the missing students situation and she has disappeared herself, not answering messages or phone, but I call and no answer. I decide not to hang around and take dog for walk. The moment we are out, I see the river, the beautiful morning and a tear rolls down my cheek spontaneously, then some more...'the person weeping' is closer to surface.

P6 16 20:22 NS Clumsiness on writing this diary, type wrong letters, mistakes. I can tend to make typing mistakes like I often write that instead of that, but I notice this is accentuated recently, I call it 'my fat fingers'

P6 36 15:20 OS Lost: in car park momentarily loose husband and can't see anyone. Don't know entrance to building; go to one door which is locked. I feel panicky, start dialling husband on mobile when he appears and I am very angry and hurt he left me there, it was confusion. I am actually quite resentful about this and also worrying he acts weirdly, as I write this) This feeling is very old: I was on a crowded beach with parents, I was playing in sand and suddenly couldn't see them, I felt lost. Another time I got lost in a supermarket.

P6 36 16:00 NS We attend a seminar where we do a guided visualisation, a journey in an old train and returning in a new one, with new wardrobe, etc. My new clothes and new train station are white. I am also reluctant to let go of old, antique things, when they are new they are vintage rather than modern. This interests me as in my dreams I have been seeing lots of antique stuff.

P6 50 14.30 OS That rebelliousness that all my life has gone against me: I am thrown back to old feeling of rebellion and resistance when the manager at the market tells me we are staying open till later, it will be very cold and dark and I am not prepared with lights, but the main thing is the absolute rejection I experienced of the command, In the end I left earlier, but felt bad since for not having found in me the will to stick with the team and push the trade as much as possible. I had been doing well enough, but had decided it was enough. This is a childish attitude I know since a teen-ager. I am very sorry for not having seen the entire market through, for the loss of harmony. I imagine other stallholders were not impressed with my action, strangely that doesn't bother me as much as a sense that I let myself down. Also it is as if something in me has decided the year is over and it is holiday and I it requires great effort to break that mind set, nor do I try to much lately

P3 22 17:00 IOS Extremely tired and exhausted, can't concentrate or act, mentally exhausted

P5 11 12:30 RS I got really muddled by what day of the week it was, it happened twice, I knew it was Tuesday, but thought it was Thursday, then I spent an hour thinking it was Wednesday and rushed off to catch the shops before they shut

P5 12 11:40 NS I keep hearing footsteps in the room above me and the sound of drawers being opened. There is no one else at home. At first I ignore it. After 20 mins I go to see,

nothing, no explanation, no windows open. We live in a detached house but close to the next one. I wonder if it could be our neighbour. It carries on for over an hour and a half. I begin to feel it's scary do we have a ghost? I have an edgy feeling almost paranoia.

- P5 17 07:00 RS I am anxious about time and my head is busy
- P5 17 01:32 NS I am spaced out
- P5 18 12:30 NS I am spaced out, contrast with the high of yesterday
- P5 20 XX:XX NS I just feel a little odd; I cannot put my finger on it. This is when I first really noticed it
- P5 20 XX:XX NS This odd feeling is all through my body. I can't work out how to describe it
- P6 0 11:30 NS On getting off train at station felt lost and totally confused for a moment. Although I went to a station, which is not the one I usually use on account of the late hour, the sensation of disorientation and momentary panic was very marked. I asked a man where the main station building was and still I phoned husband who was waiting for me outside station to say "I'm lost!", I don't usually use that station, but I know it. Having got off at very front of train and continued walking I came to a dark isolated place: felt totally lost and confused.
- P6 5 09:00 NS I arrived to Pilates class too early. I attend it weekly and got confused about time, thought it started at 9am instead of 9.15, I am very surprised to see room empty.
- P6 11 18:00 NS On talking to supervisor, I go to take pencil and paper and then totally forget what I was going to write. I have to ask him again what it was he said half a minute ago!
- P6 18 16:00 RS Husband wakes me up from dream above. Confusion about time: when I went for nap I set up alarm for 3pm. The clock on my phone said I had 1.10 to sleep. It was 3.50 when husband came to wake me up. I can't understand why alarm didn't ring, I look and it is set for 3.55. I feel totally disconcerted and confused, I am sure I went to sleep at 1.50 and clock said I had 1.10hr to sleep, how come I set alarm for a crazy time like 15.55?! I need to hurry as it will be dark soon and I need to walk dog before going off to dinner. I feel desperate that I cannot control my days, my time, that I am so confused, I start to cry, but make a big will effort and get dressed. When I am out with dog by the river, the view is beautiful and it makes me feel better, like order returned. I buy a chocolate on the way which comforts me, these domestic things: walking the dog, husband being home, going out for dinner with godson and his mum, my friend who feel so much like family, is soothing.

Digestion

- P1 17 01:30 NS Had to get up after settled in bed to get a snack as suddenly felt such hunger. Savoury, salty food.
- P2 1/F 07:12 NS Indigestion soon after eating, Need to lean back to release pressure from a build up of wind; this releases the trapped air which comes out as a burp. Still want to eat regardless of discomfort.
- P2 3 08.45 Indigestion after breakfast. Stool easier to pass than normal, felt as if had a slimy coating
- 2 3 11.40 Indigestion after biscuit, as above
- P2 3 13:00 NS Same indigestion again
- P2 4 XX:XX Same indigestion after all food
- P2 5 XX:XX Indigestion after meals easing
- P2 7 07.30 OS No longer getting indigestion but constipation returned
- P2 11 13.30 NS Have noticed don't want as much salt on my food, usually I can't eat without adding it.
- P2 11 18.30 NS Definitely don't need as much salt as usual to flavour my food

P2	15	08:00	OS	Constipation, hard to pass any stools even though they feel quite soft
P2	16	07.34	OS	Constipation still a problem
P2	18	07.30	NS	Constipation, hard to pass stool even though it seemed softer and coated in slim. Very smelly. Normal hard pellets.
P2	19	08.30	IOS	Blood with stool feels as if anal fissure returned (18 yrs. ago), constipation
P2	20	08.40	IOS	Blood with stool feels as if anal fissure returned, constipation
P2	21	08.30	IOS	Blood with stool feels as if anal fissure returned, constipation
P2	23	07.30	NS	Soft stool with only a little blood and not much discomfort
P2	24	15.03	NS	Diarrhoea. Had to rush to toilet, twinges of discomfort in lower gut. Dark and smelly, very slight burning sensation.
P2	25	XX:XX	NS	Indigestion after everything I eat within a few minutes. Always same symptoms
P2	31	14.30		Flatulence after biscuit
P2	39	09.30	NS	Diarrhoea. Sudden slight cramping feeling with urge to go to the toilet. Dark and slimy. Only happened once
P2	39	13.15	NS	Diarrhoea. As above
P2	39	19.30	NS	Diarrhoea. As above. Feeling of relief that have emptied some out at last. Bloating feeling has lessened.
P2	45	08:00	ORS	Constipation back with vengeance, feeling really bloated/ bugged up. Sensation of pressure on coccyx and on the lower back area. Also a dissension of intestines, I look as if I am pregnant and feel quite uncomfortable and ugly. Unable to pass a stool.
P2	45	10.30	ORS	Managed to pass a small amount of hard stool by rocking back and forth. Not made any difference to the sense of dissension, though felt grateful that at least some had come away.
P2	46	16.30		Still unable to pass a stool; feel as if my waist is expanding. Feeling of pressure and frustration. All that is escaping is a little flatulence
P3	3	04:00	IOS	Cramping around the navel, like a white net, about the size of my hand, then severe diarrhoea (5x between 4:30 - 6:45am), cramping of the anal sphincter with shivering
P3	3	10:00	IOS	Extreme diarrhoea, green water only, strong urge despite nothing left, still eating though
P3	6	06:00	NS	Still slight cramping around umbilical region, urge to stool but not during night. stool still soft with hard bits in it
P3	6	16:00	NS	Still clearing out digestive system - no more diarrhoea but still going to bathroom about 5-6x a day
P3	7	03:30	OS	Still need to go to bathroom twice at night to stool, no diarrhoea
P3	7	03:45	OS	Craving sweet and fatty food that gets me out of bed and act
P3	8	03:00	NS	Still need to go to bathroom twice at night to stool, no diarrhoea / always 3am and 4am
P3	11	08:00	OS	Stool back to normal
P3	12	10:00	NS	Finding myself having a slight aversion to eating meat. Can't digest it well either
P3	19	15:30	IOS	craving sweet and fatty food to ground me
P4	4	07.07	NS	I had a dream about being naked floating on my back, there are people all around me, they are dressed, then I take a shit, it is hanging out of my arse, I am mortified, everyone can see it, I bumped down and touch the ground squashing the sit against my skin before floating back up again, everyone is disgusted at the sight, I feel horrible, humiliated and ashamed. I

wake feeling unpleasant but relieved it was a dream.

P5	0	00:07	NS	A loud gurgling in the left side of my stomach
P5	0	00:17	NS	A loud gurgling in the left side of my stomach
P5	1	16:05	NS	My stomach is making grumbling noises, lower left side, it's noisy. This happens a few times over 15mins and moves to the right side, higher up
P5	2	16:10	RS	Desire for sugar, ate the cake still wanted more
P5	2	XX:XX	RS	I had a bloated feeling in my stomach all day and the left side was gurgling off and on all day. I felt hungry even after eating
P5	3	06:30	NS	My stomach is gurgling on the left side. I am hungry
P5	3	08:27	RS	I had a sudden fast explosive stool. Much later than usual
P5	7	07:15	RS	I feel a bit constipated. I spend a long time on the toilet for me, which makes me impatient, as I am late. I feel sore afterwards from straining
P5	8	09:05	RS	I am a bit constipated. My old piles are aggravated and the bleed a bit
P5	10	07:15	RS	I have a loose stool and an unfinished feeling, I go again 50 mins later, not so loose
P5	11	20:30	NS	I notice I eat a small portion of dinner and have done every evening since the proving began. I am not bothered by food, I eat regular similar meals, no fuss.
P5	13	06:15	NS	I am a bit constipated and I haven't eaten anything different. My stool comes out slowly in blobs. I have an unfinished feeling. Afterwards have a pain across my stomach it feels sore and restricted.
P5	15	18:30	RS	The headache has improved and only comes in the evening when I am hungry but isn't improved for eating
P5	16	00:07	NS	A loud gurgling in the left side of my stomach
P5	16	00:17	NS	A loud gurgling in the left side of my stomach
P5	19	16:10	RS	Desire for sugar, ate the cake still wanted more
P5	19	16:55	RS	I feel sick after talking about the proving symptoms
P5	19	XX:XX	RS	I had a bloated feeling in my stomach all day and the left side was gurgling off and on all day. I felt hungry even after eating
P5	19	06:30	NS	My stomach is gurgling on the left side. I am hungry
P5	20	08:27	RS	I had a sudden fast explosive stool. Much later than usual
P5	22	07:15	RS	I feel a bit constipated. I spend a long time on the toilet for me, which makes me impatient, as I am late. I feel sore afterwards from straining
P6	11	07:21	AS	Nausea on waking, heaviness in abdomen like I ate a heavy dinner when in fact I had a very light dinner and even went to bed hungry. Slight pressure on RS of abdomen. Symptom passes quickly.
P6	16	XX:XX	NS	Faint soreness concomitant with nausea, sensation like I had a blow to head, just slightly sore, like when you bank your head hard against something.
P6	17	07:30	NS	Nauseous feeling on waking up, very slightly, as if had rich, late dinner
P6	18	13:00	RS	Although I woke up early and started day well, make plans to have dinner with godson and his mum; got ready to go to gym after going to buy some tiles. Buying tiles takes longer than expected so my whole plan gets thrown overboard, I get hungry and very tired, overwhelmingly tired, eyes sore with tiredness, I take track suit off and put pyjamas on go for a nap after a bowl of broth.
P6	20	04:00	RS	Wake up with nausea stronger than the one lately, pit of stomach is sore like a weight in it, same as of late, but stronger. It all goes when I drink some water.
P6	22	XX:XX	NS	in the afternoon sensation like of something in rectum.
P6	22	20:45	NS	Sensation of ball inside rectum aggravated, but without burning of previous days. Stools pale, small balls, knotted, unsatisfactory.

P6 23 XX:XX NS Constipation, sensation of ball in rectum, very uncomfortable! Had suffered from constipation for a couple of months first time I totally gave up smoking, but now I am having one cigarette a day. Even last -and second time- I totally stop smoking for a few months I had no problem with constipation, so this is very peculiar.

P6 24 07:00 NS Bloating lower abdomen would give anything for a good bowel movement, feel heavy. Even after breakfast of muesli with lots of extra linseed (had extra fruit last evening) and used no milk in coffee, nothing! Driving me nuts, would take a laxative, but I know that's no solution and also want to stick to proving. Also it might be a large percentage wind, though not passing much flatus either.

P6 24 07:00 NS Full feeling in rectum and abdomen, though last night had stool of little balls and perhaps was enough, though felt unsatisfactory.

P6 24 07:00 NS Raw sensation inside passage, fullness, burning

P6 25 09:00 CS Symptoms that have been bothering so much last few days are much better. No burning or fullness and constipation better. I usually take my linseed ground and yesterday had the idea of trying it whole, I think that helped a lot.

P6 28 XX:XX NS Constipation: when I feel bowels are opening and moving I think I am going to have a good, stool, but only produce a few frustrating small balls, always sensation as if something remains, abdomen not cleared. Even though I am eating whole grain, fruit, linseed.

Through to day 34, still like this

P6 34 19:30 NS Dinner lies in stomach like rocks. Pain in the centre of stomach like two knives, two parallel points. Almost impeding breathing. Feel like I ate too fast. Lasting over an hour.

P6 34 12:00 CS Two or three bowel movements within couple of hours of getting up. Still small pieces and feeling that bowels not completely clear, but better than recent days.

P6 23:30 CS Almost normal stool before going to bed, feel like bowels have open properly

P6 35 11:00 CS Stool, normal, satisfactory, feel bowels clear well, as soon as I had a small cup of herbal tea just after waking.

P2 2 07.35 NS Yellow and soft, normally constipated

P2 2 08.45 NS Indigestion started as soon as eaten, same as before

P2 2 04.15 NS Indigestion after cake

P2 2 04.30 OS Flatulence, not smelly within 10 minutes of eating

P2 21 14:XX RS Indigestion after lunch. Same as before.

P2 22 XX:XX NS Constipation, no stool all day, feel bloated

P2 23 09.40 NS Still soft, no blood

P2 25 10.45 NS Indigestion after biscuit within minutes

P2 31 14:00 NS Indigestion, worse at collage. Feels like balloon quickly filling up in my stomach, have to lean back and let it out which amel. (Again if offered food would accept). Pressure radiates to throat, feeling of pressure across throat, which goes when I burp.

P3 12 12:00 IOS Craving fried fatty foods, salty and sweet (also getting my period today or tomorrow so it could just be that)

P6 16 19:00 NS Nauseous sensation as if I had eaten very rich, heavy food (which I haven't, baked chicken, spoonful of mash, green beans) Nausea came after I had a short nap.

P6 20 XX:XX NS Disgusted by smell in ladies toilet at gym. They keep it impeccable but toilet has been smelling bad for last few days: private smells of genitals and people opening their bowels and lack of air. I complaint-kindly- to receptionist who said there might be needed to do something to ventilation system. But every time I enter a public toilet I am revolted and even at home I feel like that if husband has recently been inside. Even my own bedroom if I enter in the course of the morning I can feel a 'body smell' so that I leave the door open for fresh air to enter.

P6 20 XX:XX NS Feeling of soreness and rawness deep inside rectum, very uncomfortable, constant, nothing relieves. Of about two days standing. Constipation or unsatisfactory stool with small ball passed at once or twice a day. Burning pain. In the evening before going to bed a couple of shootings towards vagina. It is so uncomfortable I look symptoms on Google and find a lot about exact symptoms: "burning pain with sensation of ball, like a tennis ball in rectum" from damage of nerve endings... I took two aspirins.

P6 46 10:15 NS Diarrhoea, had to rush to loo on arriving home, stool bursting out, loose but not liquid. Another two episodes in course of morning.

P5 17 16:05 NS My stomach is making grumbling noises, lower left side, it's noisy. This happens a few times over 15mins and moves to the right side, higher up

Isolate/Isolated

P1 1 00:15 NS Felt a nothingness that is hard to describe. Not emptiness, but more that my normally racing thoughts had stilled. I felt very present and alert but nothing, not even any excitement or intrigue over what may arise from the remedy I had just taken. Most unusual though was that I wasn't experiencing the sense of panic and distaste I would normally feel after knowingly ingesting other people's germs.

P2 204.35 NS Feel calmer have been feeling really wound up after mother-in-laws recent death, feel much more detached from everything

P4 XX:XX Detachment on emotions, no feeling

P5 2 06:55 NS Strong desire to be away from people and be in the nature by myself

P5 2 23:15 NS Not much desire to talk about my weekend when I got home

P5 6 10:00 NS I am finding it difficult to talk to people. I am spaced out and calm even though I am anxious.

P5 6 17:00 NS I am less inclined to talk to people. I am more reserved than usual. I can't reply straight away

P5 10 07:45 RS I am anxious, I want my family to all hurry up and get out so I can be alone, and achieve something

P5 10 08:00 RS My daughter has earache from swimming. I really want her to go to school, as it is frustrating that I really want some space from my family and everything is conspiring against me to make my life more challenging. I let her stay home hoping I can take her later

P5 10 09:45 RS I accept my daughter is at home, and my eldest is staying, so I hide in my room, to do some work

P5 10 21:00 RS I go to my room to read to avoid people and I am too tired to move again

P5 11 20:00 I am not very sociable and feel pinned in at the table. I want to escape. I hide in another room to phone my daughter at Uni, as we haven't spoken for weeks.

P5 17 03:52 NS I don't want to talk to my family, do very reluctantly, haven't got much to say

P5 18 20:50 NS I am reluctant to speak to my family, so I don't

P5 18 08:20 RS No desire to be with people (not unusual on day 2 of my period)

P5 19 23:15 NS Not much desire to talk about my weekend when I got home

P5 21 12:15 NS I have a strong desire to be outside by myself, and act on it, leaving my Dad and daughter together.

P5 21 XX:XX NS I am less inclined to talk to people

P5 21 18:10 NS I am finding it difficult to talk to people. I am spaced out and calm even though I am anxious.

P5 22 17:00 NS I am less inclined to talk to people. I am more reserved than usual. I can't reply straight away

P5 22 20:30 NS I went to my usual meeting but could only speak about practical things, not how I felt. So I didn't speak much and I passed it on to my friend. Reserved!

P6 3 23:30 RS I have treated people terribly because I don't realise I matter to them, the most painful example is my step son. I have been aware of this for a long time but today it is torturing me greatly. I feel cut off, that I have left people behind and now I am out of their circle- this is triggered because I wrote a message to a writer friend asking her for the address of a literary event and I can see she saw my message but has not replied- I feel very, very upset, want to close my FB account, my Messenger, etc.-. The only consolation to me is that I can isolate myself in my beautiful, comfortable home in the company of my dog and write through the winter. I am in bed, cannot sleep or be still, I attempt to lie flat on my back and relax, but can't. I write a list of all the personalities inside me: 1 the one who talks a lot of rubbish and lacks wisdom- 2 The one that has no self esteem and has lived thoughtlessly, 'like my life doesn't count'-3: the one who can't create lasting relationships- I do dislike myself so much.

P6 4 XX:XX AS The whole place is crowded(my dreams are always crowded, I long for the day when they are spacious and calm and quiet) A tall blonde woman, dressed in black, with short hair, very unpleasant to me, like upper class and haughty, arrives and comes near to where the man and I are. Then I notice the very beautiful jewellery she is carrying, lots of it, made with silver, it looks antique and is also made of gems: turquoise mainly and a pyramid like the one I have (in real life) made of Sugelite, but this one is yellow. I am fascinated by the jewellery and ask the woman if she doesn't mind me admiring it, I touch one bracelet with many silver pendants, as she is going to protest I say "I know I mustn't touch them" this is because they are talismans. Then she goes to greet the tall nice man and rubs his knee, then I realise she is with him, to avoid any more humiliation I walk away. I am either naked or very poorly dressed. I want to smoke dope - I can see clearly in the dream that the desire to smoke dope comes from the feeling of humiliation-and don't know how to get any. Outside the place there is a poor, humble family I know and think I can ask the man to go and score for me, but think I don't want anyone to know. I dial a phone number of a communal house where I know some Rastas live, though I don't know anyone there. A very friendly man answers the phone and making up a name I ask for Dixon. He jokes warmly and I am gathering courage to tell him what I am really looking for. I am planning to go to the house in a taxi and asking him to wait for me then walking to the house...I wake up. (Before proving I had not remembered my dreams at all though I was aware that I was having busy crowded dreams)

P6 9 08:00 RS Wake up feeling lonely and sad

P6 9 XX:XX RS Feeling very lonely and sad all day, but with a sense of staying with it, accepting. Worked very deeply and with concentration in Pilates, meditative concentration through class and rest of the day. Felt quite a bit better in evening. Quiet, find acceptance comforting.

P6 11 XX:XX RS Feel very lonely. Yesterday I tried to make contact with people through Face Book to organize a literary vigil for the dead and disappeared in my country as a national celebration is approaching. All I have found advertised is parties which I find inappropriate given the current situation. I get very little response to my post, it makes me feel rejected, sad, lonely. I think I should not try to communicate with anybody as it only makes me feel worse. I feel so much better assuming my solitude, I don't know why I do this trying to communicate so much when it only accentuates my isolation. I feel I must start my literary blog, I must find a name. Just called a friend to meet up in town tomorrow!!! Some of the things she says made me angry and I still made the arrangement... What is this? Why I do this, now I feel like cancelling. I am in quite a state. Confused

P6 24 XX:XX AS Left out/Invisible: photos of Sunday's event have been coming out, lots of them, I don't appear in any of them, like I was invisible, take it personal. Although I was wearing a mask, a wrestler mask and was totally unrecognisable, I feel strange, like I was erased from

event or not there. Been thinking of a poem about ego, the idea that when you peel the layers of the ego off like an onion you get to the core, the essence, nothingness. On one side I like the thought of being invisible, living in nothingness and on the other hand I am confused about what or who I am, am I still interesting? am I still attractive? I feel in between times, confused. Would like to accept and settle into 'my space', animals, plants, nature and solitude. I don't understand why I still expect something marvellous from people? Big identity crisis.

P6 29 18:30 NS As I catch train back I definitely have the flue, feel as if I am enveloped in cotton wool, in a bubble of warm, grey snot. The train is packed with noisy people, talking a lot, banging empty plastic bottles. I feel numb although it bothers me. People are in festive, Friday night mood, wish I was bright and beautiful, I feel tired and numb and feverish.

P6 37 23:00 RS I want to shut away from world, I sign out of my Face Book having erased all stuff except music videos. Think I don't want to do the blog I had been thinking about. Feel internet is dangerous, leaves you exposed. Think I have to let that part of me that wants to be seen, perform, etc., die off. Watched the news and feel world is something terrible, something out of those science fiction futuristic movies, barbaric. I want to make my space a peaceful, loving space, treat husband well, pray horrors of the world are not going to come near me, touch my family:

P2 17 18.30 NS My husband got quite upset when we sat down for dinner, his mother normally ate with us on Sunday. My daughter comforted him while I watched feeling helpless. It was the same sort of reaction as earlier and felt very uncomfortable. I didn't like the feeling of being somehow detached, much like earlier.

P3 3 15:00 OS Cold, shivering from inside

P3 3 17:00 OS Feeling excluded and judged, feeling like a bad person, no matter what i do or how hard I try

P3 12 07:00 NS Finding myself using the phrase 'there won't be much left of me' often since beginning of the proving.

P6 5 11:30 IOS At bedtime I find yet another amazing entry in The Primal Wound: 'He alone truly knows himself, who knows himself as nothing' '...many of the deeper layers of our psyche contain wounds from traumatic experiences of helplessness and violation. Thus when memories of these experiences begin to re-emerge and disrupt our lives, it is sometimes necessary to enter into a full experience of the powerlessness characteristic of the of the original painful events. Plumbing these depths...' I go to Google again to research effects of events at the beginning of life and in the womb, thinking of my brother. read about affects of early separation from the mother which takes me to my own separation from my mother, my solitary start in life because of a problematic birth and for first time I feel the sadness of this in the pit of my stomach, nothing very intense, just a pang. I know why I always felt 'horrible' when I visited hospitals as a child and saw babies in incubators. I think of my brothers separation from his mother, I feel the enormity of the theme. Just writing this now I think of the separation of my own baby from me, no feelings I can describe, just an awareness of our human tragedy. I think that my need for recognition and connectedness to others at the moment is in fact stopping me from settling into that space where I want to be: quiet; deep; creative. I absolutely do not want to work with a group of artists, certainly not with the people I have known for a long time.

Pain/Body Parts

P1 2 XX:XX RS Dull ache, lower back. Desire to stretch, move. Better for pressure (massage)

P1 2 XX:XX OS Very stiff neck. Painful. Muscles felt as if clenched solid. Same as used to have on daily basis.

P1 2 15:15 RS Headache, pressing feeling at back of head. Worse before storm,

dull light. Better after storm broke

P1	3	10:30	NS	Slight lower abdominal discomfort. Short lived
P1	3	11:30	OS	Right foot uncomfortable, restless. I want to keep it off the floor as feels like isn't connecting, grounding and I don't like it. Used to have this sensation in both feet about 3 years ago.
P1	3	XX:XX	OS	Still got stiff neck
P1	3	15:00		Felt headache coming again but it passed quickly.
P1	4XX:XX			Stiff neck
P1	9XX:XX			Headache, back of head, pressing
P1	10XX:XX			Headache with stiff neck
P1	11XX:XX	RS		Pain in right hand, base of little finger, radiating along length of finger and down side of hand. Worse for movement
P1	18	00:00		Dull, heavy feeling in lower back around the spine. More uncomfortable than painful. Better for warmth.
P1	39	19:00	NS	A noise in my right ear. Almost a ringing but very low pitch, maybe more of a humming. Sensation that it was coming in waves that I could feel physically throughout my body. Made me feel nauseous. Went to bed early to lie in the dark, which helped.
P2	1/F	00:23	NS	Headache forehead, feeling of pressure over eye brows, lasted for a couple of hours
P2	2	09:00	NS	High pitched whistle still there
P2	2	04.50	OS	Feeling as if an ulcer on tip of tongue Right side
P2	3	11.09	NS	Sharp stabbing pain Right shoulder near neck. Once
P2	3	16:00	NS	Small sore patch on left side towards back of tongue, as if burned from hot drink
P2	10	XX:XX		Same feeling persisting. When quiet notice high pitch whine is still in ears
P2	15	09.30	NS	Same noise in ears
P2	16	07.30	NS	Sore throat Right side extending to right ear, feeling of pressure, took some Vit C
P2	16	10.15		No longer hurting
P2	23	14.55	RS	Whistle in ears
P2	24	07.30	NS	Scanty, Soft, blood
P2	24	XX:XX		Whistle in ears
P2	30	15:00	NS	Tightness of cruciate ligaments at back of right knee lasted about 1hr 30 min, it felt tight, like they had shrunk and movement was restricted
P2	31	XX:XX	RS	Sore spot on tongue same place as before, same scrapped sensation
P2	33	12:00	NS	Scapula. After gym. A pressing sensation the size of a thumbprint towards the base of each scapula. Really aching, better for movement
P2	35	06.50	RS	Catarrh sliding down back of throat have to keep swallowing to clear it. Slight feeling of pressure inside right ear
P2	35	13.20	NS	Feels as if something is pressing down on the centre of my right clavicle, feeling of pressure from above down
P2	35	14.46	NS	Increased sensation of pressure in ear, feels like pressure is pushing against my ear drum from inside
P2	35	16.15	NS	Pressure has moved to between shoulder blades, feel the need to stretch. Small area of pressure in left shoulder blade that is noticeable. Lasted for 2 hrs.
P2	36	17:00	NS	Noticed that I am pushing the end of my tongue against my front teeth making it feel a bit sore and tingly

P2	36	17:00	IOS	Noticed that I am grinding my teeth more than usual, finding it hard to stop
P2	38	XX:XX		No change
P2	40	11:00	RS	During exercise class. Same as before right knee + tender to kneel on, I didn't want to apply any pressure, (hadn't noticed this before as hadn't tried to kneel down). It felt as if it would give way if I put my whole weight on it. Painful sharp tugging feeling when trying to lean back when on knees Tension/tightness as if tendons would snap at the front and back of the patella.
P2	41	XX:XX		Still feels tight and tender when moving leg back from the knee
P2	43	11:00		Pressure is more inside ear, radiating to jaw
P2	47	XX:XX	IOS	Grinding teeth is an on-going problem, imagine I am wearing them away so trying hard not to once I realise I am doing it. Top teeth ache and throb just a little. Tongue still rubbing back of teeth too with same soreness.
P2	51	08.15	NS	Strange sensation that the back of my mouth [past tonsils] feels larger than normal
P3	1	18:42	NS	Headache, pressure from inside, expanding
P3	2	15:00	RS	Stiffness in neck, left shoulder
P3	3	10:30	OS	Tinnitus right ear, short
P3	4	10:00	OS	Slightly sore throat, no specific side, feeling ill and weak
P3	5	21:30	NS	Dull, pressing pain right phalanges - right where my friend back then got his first tumour and later died (traumatic memory which lead to hypochondria for many years)
P3	9	15:30	NS	Strong ache in lower back (right) - chronic ache in the area highly increased after fall, very tired
P3	9	20:00	NS	Nauseous throughout the whole evening (went out with friends), slight feeling to be out of my body a bit. Probably do have a concussion
P3	12	12:30	IOS	Yeast' feeling in the body and brain, fungal overgrowth, foggy
brainP3	12	12:30	NS	Pressure on the upper nose bridge, both sides
P3	23	06:00	IOS	Very heavy dream (cant remember, just the feeling afterwards), pain in my whole body
P3	33	08:00	IOS	Pulled a muscle in thoracic area, can hardly breathe, screaming from the pain in the car
P3	33	14:00	IOS	Stitching pain in frenulum left knee
P3	35	20:00	IOS	Inflamed pimple at lower lip. had acne for many years but haven't had a pimple in years
P3	37	06:00	IOS	Whole body is jammed up, insomnia due to severe pain in neck, congested (I put this under 'Mind' as it feels like a reaction to stress / a shift)
P3	40	07:00	NS	Red spot underneath left eye on (several times since beginning of proving)
P3	41	15:00	OS	Slight inflammation of the sinuses, sense as if a layer of fungi is covering the membranes of nose and head, woolly feeling
P3	42	12:00	AS	Many things clearing up at the moment: changed supervisor last minute purely on gut feeling, extremely awkward but it resolved very well; found a good solution working with two dentists which was difficult but resolved well; went to an osteopath for the first time and he looked into old scar tissue and adhesions of my fascia and linked them to old stress patterns running between me and my father and in my father's family during WW2. we will be working on those in the upcoming months and soften the tissue. left and right side of the body - right side being under much tension. need to balance both sides - which seems to happen since the beginning of the proving.

P4 1 00:24 NS I had a headache that started in the morning and was feeling unwell before the proving. A sharp pain in the left temple. When the proving started all I could think about was the pain in my head. Then suddenly the pain was gone and my head was clear.

P4 XX:XX Wife headache for 20 days

P4 XX:XX Unusually I have a headache piecing pain left temple, it happens while on holiday, when I am relaxed.

P4 XX:XX Spot on left corner of the mouth

P4 28 XX:XX ROS Sore and itchy end of the penis on the fore skin, like thrush. Lasts 3 days.

P5 0 00:12 NS A high pitch noise in my left ear, the sound is so intense it goes right into head, lasts about 30 seconds. It occurs again 3 times but for shorter and less intense

P5 0 00:22 RS I have had a headache all week, a dull ache, but I really notice it is in my right side

P5 2 08:10 RS Itchy skin at the back of my head, top of neck in hairline

P5 2 08:15 NS Sudden flush of heat in bed, hot hands, feet and legs

P5 2 15:00 RS I have a headache left side, dull ache

P5 2 16:30 RS I have a headache in my temple, right side.

P5 2 19:40 NS I had a sudden sharp stabbing pain under my breast. It made me take a sharp in take of breath and I cried out.

P5 2 19:45 NS I had another short sharp pain on an in breath. It is worse when I breathe in. It happened again a few times but not quite so intense.

P5 2 20:37 NS The chest pains have stopped but I still have a tight feeling in my chest.

P5 2 20:40 NS I had another sharp chest pain when I yawned and later when I laughed and I cried out with pain and surprise

P5 3 XX:XX RS Headache pressing in my temples on both sides. It is worse for cold and hunger

P5 4 14:35 NS I have a slight chest pain which reminds me of the sharp pains of day 2

P5 5 12:48 RS I have a headache on the right side. I realise I have had it all morning, a dull ache coming from the tension in my neck, as I have the extra stress of a funeral to go to and worry about my Dad's health

P5 5 20:30 RS I have a headache pressing both sides of my temples. It is worse for not eating as dinner is late

P5 5 22:00 RS I have a toothache bottom left side

P5 5 XX:XX RS I have a sore throat which is a common symptom to me but it is worse today. My voice is husky, but it is not surprising after the emotions of yesterday

P5 6 XX:XX RS Headache all day. It is a dull ache and a feeling of pressure especially in my right temple. It is worse when I am hungry and not improved for eating

P5 6 18:00 NS I have a mild chest pain, in the centre, that reminds me of the intense pain of day 2, I think there is some link

P5 6 21:00 NS I had a sudden sharp pain in my front two bottom teeth, like a nerve pain which passed

P5 6 21:10 RS I had a toothache in the bottom right tooth. It feels sensitive and inflamed

P5 7 XX:XX RS The headache is still there. It is a dull ache, pressing all around the top of my head. Better for going to my yoga class worse in the evening

P5 7 XX:XX RS There is a lot of tension in my neck, that is linked with the headache, Better for firm pressure/ massage. It is worse in the evening

P5 7 16:00 RS I have the old toothache and the new nerve feeling in my bottom front teeth

P5 8 13:00 NS There is a sensation of tightness in my chest.

P5 8 XX:XX RS I have the same headache, a pressing dull ache in both temples. It is worse before lunch, better for fresh air

P5 8 18:30 RS I have a pain in my left breast, it is a sharp ache.

P5 8 XX:XX NS I have the same tight chest pain all evening, despite being relaxed and having a night off, but it is milder

P5 10 06:20 RS The first thing I feel and think is that my legs are hurting especially in the back of my legs, calf muscles.

P5 10 08:30 RS I feel a shift from proving symptoms to usual symptoms of ME/CFS, Fibro Myalgia

P5 10 10:30 NS The daily headache has arrived. It is a pressing dull ache in both my temples. I realise it always carries on for hours and hours and hours, but I just accept I have it and have had it most days since the proving began

P5 10 11:00 NS The feeling in my chest is right in the centre. It is a tight dull pain. It feels like a restriction. It does not change when I breathe deeply. I think I notice it when I am anxious. It feels like it is connected to my left shoulder, the same dull ache, which is in my head too

P5 10 22:05 RS I am hot and itchy under my breasts

P5 10 22:30 RS I have a pain across my abdomen, it doesn't last long. It comes again 20 mins later. It could be ovulation

P5 11 06:20 RS I wake up thinking my legs hurt again

P5 11 08:55 RS There is a sharp pain in my left breast. It is a tightness like the feeling between the breasts, in the sternum's the pain eases off it is more of a pressing feeling that moves along into my left shoulder.

P5 11 08:58 NS My shoulder feels tight and sore in a specific point at the top of my arm

P5 11 10:45 NS I have the sore spot in my shoulder again. It is intense, a stabbing shooting pain. It comes and goes in waves. The feeling after lingers, reminding me of the tight feeling in my sternum and the sharp pains of day 2. I think it all might be connected. It is worse for lying down, better for movement.

P5 11 XX:XX NS The shoulder pain continued off and on, in the afternoon. It is less noticeable for moving around worse for sitting. It has moved down into the top of my arm

P5 22:00 RS It is hard to stand up and walk, my feet hurt

P5 11 XX:XX NS I have had the same headache it lasted all evening and I still have it at bedtime

P5 12 07:45 NS The pain in my chest is a tight feeling with a dull ache. It feels like there is some restriction but when I breathe deeply there isn't.

P5 12 07:50 NS The pain in my shoulder is less. The dull ache is like the pain in my chest

P5 12 13:30 NS I have a pain in my left breast, it is a sharp shooting pain near the centre. I think it is linked to the chest/sternum pain. It comes again two hours later

P5 12 XX:XX RS The headache is better when I am out doing stuff. It is worse when concentrating or thinking

P5 12 18:40 NS I really feel the pain in my shoulder/top of arm

P5 13 06:45 NS I have the left shoulder pain, even lying in bed. Its not so severe more a constant dull ache. It stays with me all day

P5 13 16:00 NS The tight feeling in my sternum is there a little bit, but it moves into the left side of my chest. It is just there always, linked with the shoulder pain but mild so it doesn't worry me. I still check by doing deep breaths to make sure I don't get the sharp pains.

P5	14	09:30	NS	The pain in my shoulder appears, not quite as strong as yesterday
P5	14	12:00	RS	My husband spontaneously pressed and rubbed the sore place on my shoulder, just for 5 minutes and the pain has gone
P5	14	18:20	NS	The tight pain in my sternum is there but its mild
P5	14	18:55	NS	The shoulder pain came back with the annoyance
P5	16	XX:XX	NS	I still have the same headache in my temples, it is there all evening.
P5	17	06:50	AS	My tickly throat bothered me at night.
P5	17	XX:XX	AS	My throat has bothered me all day, it is swollen inflamed. It is a tickly and scratchy sensation. I keep swallowing constantly.
P5	17	XX:XX	NS	I still have the same headache in my temples, it is there all evening. The pressure is building up in my head with my cold.
P5	18	05:00	AS	My throat bothers me all day, it is swollen inflamed. It is a tickly and scratchy sensation. I keep swallowing constantly. It comes and goes in intensity.
P5	18	06:30	RS	The headache is there again
P5	18	09:30	RS	I have a pain in my neck, left side. It is sore and tender and massage doesn't seem to help. It is deep inside
P5	18	XX:XX	NS	I have the tightness in my chest most of the time
P5	16	00:22	RS	I have had a headache all week, a dull ache, but I really notice it is in my right side
P5	17	04:32	NS	High pitch noise in my left ear, a short burst.
P5	18	XX:XX	NS	My glasses and eyes seem blurry. I keep taking my glasses off repeatedly all afternoon and evening
P5	18	08:10	RS	Itchy skin at the back of my head, top of neck in hairline
P5	18	08:15	NS	Sudden flush of heat in bed, hot hands, feet and legs
P5	18	15:00	RS	I have a headache left side, dull ache
P5	19	16:30	RS	I have a headache in my temple, right side.
P5	19	19:40	NS	I had a sudden sharp stabbing pain under my breast. It made me take a sharp in take of breath and I cried out.
P5	19	19:45	NS	I had another short sharp pain on an in breath. It is worse when I breathe in. It happened again a few times but not quite so intense.
P5	19	20:37	NS	The chest pains have stopped but I still have a tight feeling in my chest.
P5	19	20:40	NS	I had another sharp chest pain when I yawned and later when I laughed and I cried out with pain and surprise
P5	20	XX:XX	RS	Headache pressing in my temples on both sides. It is worse for cold and hunger
P5	20	14:35	NS	I have a slight chest pain which reminds me of the sharp pains of day 3
P5	21	12:48	RS	I have a headache on the right side. I realise I have had it all morning, a dull ache coming from the tension in my neck, as I have the extra stress of a funeral to go to and worry about my Dad's health
P5	21	20:30	RS	I have a headache pressing both sides of my temples. It is worse for not eating as dinner is late
P5	21	23:00	RS	I have a toothache bottom left side
P5	21	XX:XX	RS	I have a sore throat which is a common symptom to me but it is worse today. My voice is husky, but it is not surprising after the emotions of yesterday
P5	22	XX:XX	RS	Headache all day. It is a dull ache and a feeling of pressure especially in my right temple. It is worse when I am hungry and not improved for eating
P5	22	18:00	NS	I have a mild chest pain, in the centre, that reminds me of the

intense pain of day 2, I think there is some link

P5 22 21:00 NS I had a sudden sharp pain in my front two bottom teeth, like a nerve pain which passed

P5 22 21:10 RS I had a toothache in the bottom right tooth. It feels sensitive and inflamed

P5 22 06:00 NS I have chest pains, between my breasts. I have a fear of taking deep breaths

P5 23 XX:XX RS The headache is still there. It is a dull ache, pressing all around the top of my head. Better for going to my yoga class worse in the evening

P5 23 XX:XX RS There is a lot of tension in my neck, that is linked with the headache, Better for firm pressure/ massage. It is worse in the evening

P5 23 16:00 RS I have the old toothache and the new nerve feeling in my bottom front teeth

P6 0 18:28 OS Pressure over brow, reminiscent of auditory migraine I used to get as child, lasting seconds

P6 1 01:06 AS Rheumatic pain left forearm, pulsating. The symptom is different because it is not associated with any rain or thunder. My rheumatic pains are usually associated with rain or thunder in the air, so the fact that they come in other weather circumstances is notable that is why I wrote Altered Symptom.

P6 1 24:00 AS Rheumatic pain back of right hand and second and third fingers. The difference from norm in symptom is that it is not associated with rain or thunder. So modalities have changed.

P6 4 09:00 AS Rheumatic pain from knees down, specially on right knee where I have and injury and have had surgery, lasting for a couple of hours till I get up (at 11am as I had such bad night sleep) I was rheumatic since childhood. At about 4 lots of knee pain and as patella had already separated-too early- doctors thought it was a fracture and was in bed with traction, when they made x-ray of other knee it was already separated as well, I had early bone development. Rheumatism is inherited from grandmother on maternal side. The current knee injury happened not sure how, during a very painful argument with partner (now ex) I think I stepped badly during fury. Had surgery in 2010 to remove chipped cartilage and have been working hard at rehab, knee almost well, it rarely bothers me or swells. I feel that the memory of that emotional pain is locked inside my knee, but has been so much better; it only bothers me when I over exert it.

P6 5 XX:XX RS When pain was very bad in my hands they felt tight, like the were grasping tightly; I changed the hands position when meditating from palms down to palms up, just so they stopped gripping. I feel strongly this had to with having to keep a grip on everything. When I was a bit younger I used to have very tense upper arms and hands, going into it I felt it had to do with having to take control of things, my mum was/is chaotic and things she promised many times didn't happen, I grew up with a great sense of insecurity, that things will fail if I don't control everything, that people will fail me, very strong feeling, always. Tightness of arms I used to have I also used to associate with the way my nanny used to wrap me up as a baby, very tight so no movement was possible, I know because I saw her doing it to my brothers. Now my hands have been almost fine since housework finished and I took a holiday. Pain, is very slight now, has come over last few days, put it down to so much writing. It is the grasping motion, and writing that aggravate.

P6 6 11:57 RS Stabbing pain on left thumb joint.

P6 6 19:21 AS Soreness in hands....

P6 6 XX:XX RS Pain in left ear, stitching. It sometimes comes, has been doing so over last few years. I think it started with roaring sounds, on going to bed I used to think it was sound of traffic, but then realised I was hearing my own blood running through my veins, then pain developed. It comes mostly if I have slight catarrh, now it stitched briefly then passed.

P6 7 10:50 NS Pain in right upper tooth, the one that is loose and needs coming out and implant put in. Has been loose for over 8 years and has been holding on but recently (before proving) started to feel sore a looser. Painful when I chew on it. Now for no reason it hurts, pain extends along upper right gum all the way to ear. Briefly then passes. I call specialist to make an appointment to get it all budgeted and planned for implant in the new year (if tooth holds that long!)

P6 16 XX:XX NS Woke up with a twisted neck which I did in my sleep. Was tempted to miss Pilates class, but husband thought it might help. It didn't! Pain as if sprained, started after Pilates class, under shoulder blade extending to neck and shoulder. Right side.

P6 16 20:30 OS Soreness in right knee (knee had not bothered except for summer when took wrong remedy and knee ballooned up)

P6 17 XX:XX NS Soreness and weakness top of spine, between shoulder blades. Centre upper spine like a circle some 10cm in diameter.

P6 18 XX:XX RS Sore pain, as when one is detoxing.

P6 18 15:50 RS One single stitch/stab over right eye and right side of head

P6 20 08:00 RS Wake up with headache on right side, heaviness on back of head and digging over right eye.

P6 20 10:00 NS Pressure as if there was catarrh. Slight tinnitus

P6 20 XX:XX NS Glands in front of neck under jaw, feel swollen and tender. Concomitant with ear symptoms.

P6 20 XX:XX NS Feel like I am getting flue, maybe husband's flue (?)

P6 21 08:00 NS Burning sensation almost disappeared all day

P6 21 22:00 NS Burning sensation back while lying watching TV. This time further out towards anus, spreading to genitals. Intensity diminishes after a couple of hours.

P6 27 XX:XX RS Shoulder pain was with me as a dull background ache all day yesterday as is still here today ever so slightly. I think I live with a sensation of weight over my shoulders; it is always there, while meditating or exercising I consciously try to lift it away.

P6 28 XX:XX NS Sore point at back of throat, like about to get the flue

P6 29 XX:XX NS Today is the day to go to the College for proving meeting. I head feels bunged up with a definite feeling of a flue coming on

P6 30 XX:XX NS Wake up totally sick with flue. Cancel arrangement to meet up with stepson and family. Prepared to stay in bed for days reading, download books and read through to day 33

P6 43 11:00 NS Pain in both hips as if they're breaking, remains all the time I am in bed. A little better for stretching, but not real relief. Pain rheumatic, like breaking right on the joints.

P6 44 11:00 NS Pain as if breaking on going to bed and remains all the time while lying. Clear sensation as if joints are going to snap, pain totally symmetrical, which I've never had. Before I only had right-sided hip pain.

P5 11 10:50 RS I realise that the head ache is back and that it occurs most mornings around 10 am and last all day, worse in the mornings and evenings, worse for thinking and better for doing something outside

P5 11 11:39 NS The same sore spot in my shoulder (as above) It comes and , whilst talking to my supervisor. I say, I could time the feeling like contractions

P5 16 00:12 NS A high pitch noise in my left ear, the sound is so intense it goes right into head, lasts about 30 seconds. It occurs again 3 times but for shorter and less intense

Relax

P1 8 07:45 Train delayed by 40 minutes, which I know, will have a knock-on effect to my connecting train. Usually I would feel very tense and stressed about having gotten up at some ungodly hour unnecessarily, having to sit in the cold and also potentially arriving late into an

unfamiliar city to attend a training workshop on a stressful subject (safeguarding against abuse) with people I don't know but I feel really calm.

P1 8 09:00 Still calm despite fact am sitting directly next to a stranger who growls under his breath for a good half hour. Don't usually like people I don't know doing weird stuff when they're close enough to touch me but it's fine

P2 1/F 07:12 RS Once in room felt as if someone was just outside the door, but felt quite calm. Slept well

P3 2 20:00 IOS Calm, quiet, wanting silence, being in meditation, feeling slightly awkward being quiet amongst others, as if I need to justify myself for being quiet

P3 4 15:30 NS Calm and unstressed at airport despite many people and screaming children

P3 8 11:00 OS Overall more relaxed, less self conscious - sense of being ok as I am. Un dramatic.

P3 11 10:30 NS Overall sense of being content and calm (<=> the slipping and sense of loss of control) Have this feeling since the beginning of the proving like an underlying layer behind all the chaos

P3 13 16:00 IOS Very tired, period started today, getting things done calmly, feeling at ease overall

P3 18 11:00 AS Very calm and confident

P3 20 20:00 AS Very relaxed, joyful and calm all day. Still cant concentrate.

P3 28 09:00 AS Less concerned with people and going on around me, calm despite flight delay

P3 28 13:00 AS Overall sense of calmness throughout the last month. Sitting in the plane feeling safe despite slight turbulences. Sun is shining on my face, its warm. Introvert and calm.

P5 8 09:00 RS I feel good, calm less anxious

P5 9 11:00 RS I am suddenly very sensitive to my daughter being loud. (I am usually but haven't been for the last 10 days. This made me wonder if every one has been calmer and quieter in my home)

P5 16 00:14 NS I have a content happy calm feeling, content to sit here with the group in silence

P5 19 15:15 RS I feel comfortable enough in my group to lie on the floor to rest, as I am so tired

P6 5 XX:XX After class I have steam and go back home to start quite an intricate bracelet-it involves beads with very small holes and two different needles. I think how fortunate I am to love this sort of work; I hate rushing around town and the sort of stuff most people I know seem to love. I listen to Bach cello solos all day, hypnotic!!

P6 19 07:00 NS I have to catch a plane at 2pm; I am practically at the airport and think I have time to clean my kitchen. When I get to the gate it is already 2pm and have missed the flight. I don't panic or get upset because I reckon there must be many other flights that day.

P6 23XX:XX AS After meeting people the film stays in my mind for days, I hate that and it is why I don't like to socialise much. This time same thing happens but is less intense: I was very relaxed and c, after 24 hours started going through events in my mind.

P6 37 08:00 NS Very tired in the morning, extremely difficult getting up for Pilates, but when I do I do a very concentrated and intense class after which I feel relaxed but tired, feel I am recovering from flue I had all week.

P3 4 10:00 OS Feeling better and kept relatively calm despite a calamity at my home while I am traveling. Diarrhoea better, feeling a bit ill. Still a bit emotional

P5 13 18:00 RS Time is galloping by I haven't achieved very much but I am calmer,

not so anxious. The emotional wave of yesterday seems to be over

Sex/ Rape/ Libido

P3 35 20:00 OS The topic of relationships seems highlighted. Various men seem to be interested but it is not mutual. Dreams of ex-boyfriend (Wouter) I seem to have conversations with during the night and clear things up.

P1 25 XX:XX In the morning I got a text on my phone along the lines of 'look what we did to all of you'. We all started to come to and found that each one of us - male and female had been raped or violated in some way. Back in the large house where the reunion is: a beautiful and sexy man (I know in real life and is the only man that I have fancied in about five years and with whom there was a slight flirt before he went back to his country) tells me that night we are going to be together "but with no compromise" I say "do you know how long I have been without sex?" he answers "about five years" I am surprised that he knows. I feel very excited, very happy, but I am worried that no one should find out. Dream is disjointed so things I remember are: then I am with husband in a large hall, like a gym, we are exercising but some people come to tell us to get out as there is going to be a hockey match. Then I am talking to a group of people about a man (who is a big guru and film maker that I know and knew very well since very young age and had big influence in my development) I'll call him the Guru; he is probably the owner of the house where we are. I tell the people that the Guru does fall in love that I know, I feel good to have this knowledge, deep inside I know it is me he loved in the past and I feel snug about this. Back to the beautiful man I like, he has a plants business, tropical rare plants, with another friend. I tell my husband perhaps we can buy plants from them for our indoor garden. Then beautiful man comes and tells me that that evening there is a dinner party, that I should stay and after the dinner I will stay the night with him. I feel so happy and excited; I swell up like a bubble with emotion. When I wake up I feel very sad and tearful because that dream cannot come true. I also feel very sad because of my prolonged celibacy situation. To think about my life without sexuality or intimacy, alarms me. I miss it, just writing about it makes me want to cry.

P6 16 XX:XX NS Ex is in bed with a woman who is going to have sex with him, she is black like him(the woman is in reality someone who was very unkind to me while I was living with ex). They are in bed and they start embracing; I tell them to wait until I'm gone because it hurts. I am showing a collection of antique objects to some man, some are teaspoons with jewel incrustations on handles, others are tiny wooden cups with painting on them, perhaps birds. I think I make a remark about how all the birds are different and how people used to keep all these objects (as I write I associate cups with birds with family china) The man points out some of the spoons which he doesn't like then one which he does. I am driving off in a convertible car perhaps with my husband. A man standing outside car tells me "I hope you didn't get too jealous" and I answer "No, I don't do jealousy"

P6 38 XX:XX NS I have an appointment with my dentist, but it is to do with something sexual, I think a vibrator features. I feel excited

P6 XX:XX Perhaps I have arrived where I was going. I am with a man that I don't like that much, but there is a sense of romance. I tell him we are going to go out and have some beers. I feel quite happy, but not over moon as I don't like him so much, just nice to have a bit of romance and flirting.

P6 3 XX:XX NS I am in bed with ex and want to hit him, playfully I let my fist fall heavy on him, he also takes it as a game- I actually feel very angry with him- we play and roll around.

P6 4 XX:XX AS Dream of shame: I am in a crowded place, perhaps somewhere where I work. A very distinguished tall man with grey hair with whom I am having a relationship and get involved in sex with another two women and two men. I remain in the periphery, there is nothing actually arousing or sexual about this act. I see the two women who have beautiful bodies doing balancing acts on a large red Swiss ball, they have fun, I am an outsider, but I am not aware of any emotion or feeling. I don't know where three firearms feature, but me and other two people are

carrying three guns. I am aware they are dangerous and feel relieved after we hand them over to a man who is like a doorman. There is an event or ceremony and lots of people turn up. The tall, distinguished man with grey hair is there because he is receiving an award. When I see him I feel ashamed for the orgy we were involved in, but he is very kind and discreetly and affectionately comes over to me and hugs me=nice warm feeling. He tells me " you see why I don't like to do these things in front of people?" he means touching or kissing. He sits quietly in the corner of a crowded bench.

Sleep

P1	2	05:25	AS	Woke. Took a long time to get back to sleep.
P1	2	XX:XX		Felt fine, normal after eating today. Very unusual as normally painfully tired after food.
P1	3	04:00	RS	Woke. Much earlier than usual. Back to sleep quickly
P1	4	XX:XX		Utterly exhausted all day
P1	4	21:00		Fell asleep on sofa despite having lots of things needing doing. Couldn't stay awake, tiredness dragging me under
P2	1/F	01:21	RS	Felt really tired. On going to bed had feeling as if someone in room, imagined might see feet under the curtain and didn't want to open the wardrobe.
P2	29	06.50		Woken up relatively happier than yesterday
P3	2	06:09	RS	Deep sleep after weeks of insomnia
P3	2	23:00	IOS	Feeling awake past my normal bedtime, last one to go to bed
P3	5	15:00	OS	Very tired but getting a lot of things done. Clear words with former art teacher about a boundary issue (this has been pending for quite a while as I tried to avoid it by silencing it out)
P3	7	15:00	OS	Very tired, yawning a lot as if deep tension is being released
P3	9	06:00	RS	First night without having to get up at 3am since proving started
P3	16	08:00	IOS	Swollen feeling in my whole body as if hang-over, extremely tired and irritated
P3	18	07:00	OS	Some light asana after waking
P3	19	05:00	OS	Restless sleep
P3	19	14:00	NS	Eyes are very tired, cant concentrate on text, pressure around the eyes
P3	34	12:00	OS	Very tired and feeling physically shattered after weekend, all joints hurt
P4	3	01:29	NS	Work up at 1.45, know reason, felt blank, and just lay there. Eventually fell back to sleep.
P4		XX:XX		Not sleeping so soundly, waking early, feel un freshed, want to sleep in.
P5	2	15:30	RS	I am very cold and tired. Looking back I was much colder than usual, both day 1 and 2
P5	2	15:15	RS	I feel comfortable enough in my group to lie on the floor to rest, as I am so tired
P5	2	17:15	RS	I am more pale, exhausted and tired than ever before leaving Hawkwood
P5	4	05:00		I have woken up around 5 every morning for the last 5 days. I doze
P5	4	09:30	RS	I am exhausted and have to go back to bed after a few hours up.
P5	7	17:30	RS	Finally had a sleep in the day first time for weeks. Felt much better more relaxed and less anxious
P5	10	12:00	RS	I am too tired to achieve much, I do some reading
P5	11	07:30	RS	I am exhausted, so much for my early night last night

P5	13	12:00	RS	I am exhausted and have to rest, and again later
P5	18	15:30	RS	I am very cold and tired. Looking back I was much colder than usual, both day 1 and 3
P5	19	17:15	RS	I am more pale, exhausted and tired than ever before leaving Hawkwood
P5	20	09:30	RS	I am exhausted and have to go back to bed after a few hours up.
P6	6	10:00	NS	Wake up very late, slept almost 10 hours. I usually have supplements to help me sleep: calcium-magnesium and vitamin B. I have stopped taking them to do justice to proving, so very strange to sleep so well. I know I had busy dreams, but can't remember them at all no matter how much I try.
P6	10	10:20	NS	Wake up reluctantly, have slept over ten hours, could continue, force myself to wake up
P6	14	11:00	NS	Very difficult to wake up. Went to sleep about 1am and have to push hard to get out of bed at 11am.
P6	16	XX:XX	NS	Feeling very tired, sleepy and not wanting to talk or be disturbed. Sore, bruised, tired feeling in body
P6	17	07:30	NS	Drowsy, tired, no desire to get up. Feeling continues through the morning. I can't help going to sleep late as following news, my life is in chaos, wasted all of last week, just can't get organised.
P4	5	08.01	NS	Each morning I am finding it hard to wake up, I turn the alarm off and go back to sleep, normally I find it much easier to get up. I notice today that this started when the proving started.
P4		XX:XX		Tired eyes
P5	7	05:18	RS	I woke early again and so did my daughter, for the second time this week, at the same time
P5	12	10:05	RS	I am so tired I doze off for an hour, and feel better afterwards
	15	12:30	RS	I am tired
P6	6	XX:XX	NS	Felt tired all day, wanting to sleep all day in spite of very long sleep. Had to push myself to work instead of just lying around which is what I really wanted to do.
P6	34	12:00	NS	Extremely sleepy, slept over ten hours and could carry on, force myself to get up. Always wake up with a depressed feeling, which only improves when I had breakfast and get going.
P6	35	10:30	NS	Sleeping excessively, force myself to wake up at 10am, could carry on. Last night had to put book down just past midnight as eyes were closing.
P6	35	00:00	NS	Total sleeplessness for hours after going to bed, unable to sleep until about 4am, after I got up, crossed garden and went to kitchen for porridge, then I fell asleep.
P4	2	01:29	NS	I woke in the night at 1.29, wide-awake and not knowing why, usually when I wake it is because my mind is full of thoughts, but I had none. Eventually after 20mins and still being awake I went down stairs to have a cup of herbal tea. Then back to bed 20mins later. But when I went back to bed I still couldn't sleep and lay awake for ages. I think I go back to sleep around 3am.
P5	20	05:00		I have woken up around 5 every morning for the last 5 days. I doze
P5	22	05:18	RS	I woke early again and so did my daughter, for the second time this week, at the same time
5	23	17:30	RS	Finally had a sleep in the day first time for weeks. Felt much better more relaxed and less anxious
P1	5	21:00		The person was surprised and asked me where it was coming from but I couldn't be around them and had to leave. I went home and fell straight asleep, hours earlier than I would normally go to bed.

Sociable Connection

- P2 23 07:40 RS Dream - Was in New Zealand on holiday with my daughter and two boys about her age, no clear story but seemed to view it from above, was admiring all the beautiful green trees and fields.
- P3 29 14:00 AS At the school again, feeling much more in myself and confident, don't need to be overly nice to people and overcompensate. Can let out my sarcastic streak without being afraid to step on everyone's toes. Great fun with my friends in the evening, cant remember when i laughed so hard last time! Feeling very much a part of the group.
- P5 0 03:32 NS Not sociable, tired but excited. I don't want to go to the room I share, stay outside in the nature.
- P5 0 03:52 NS I don't want to talk to my family, do very reluctantly, haven't got much to say
- P5 1 18:35 NS I want to stay with the group, even though I should rest.
- P5 1 20:50 NS I am reluctant to speak to my family, so I don't
- P5 2 08:20 RS No desire to be with people (not unusual on day 2 of my period)
- P5 2 11:30 NS I cut someone off who wanted to chat, I didn't. I am being strong not trying to please everyone.
- P5 5 NS I am less inclined to talk to people
- P5 6 20:30 NS I went to my usual meeting but could only speak about practical things, not how I felt. So I didn't speak much and I passed it on to my friend. Reserved!
- P5 7 12:30 RS I felt the pressure of time and was irritable with my husband, but quickly apologised
- P5 8 18:30 RS I feel less stressed and more relaxed with less people at home
- P5 11 13:10 NS Today I am not bothered by the extra relatives in my home. I felt comfortable and fine with it and just let them be and got on with my stuff
- P5 18 18:35 NS I want to stay with the group, even though I should rest.
- P6 1 XX:XX NS I see my friends at home through Skype I am with ex. My friend who in reality is bald has lots of hair and I think he needs a haircut. Friend runs around a swimming pool and jumps over the sunbeds where old people are lying. His old mum who is in reality dead is also there. I tell my ex, that my friend is 80 years old, no, 70, no 60, just over 60.No emotion or feeling. This is the most vivid remembered dream in ages.
- P6 10 11:00 RS Feeling very lonely and cut off. Want to remain like that but also worry about drifting into oblivion forever. Think of making a plan with step son and his mum as it is half term, I look up what is on in galleries and in town. Which brings me to an important celebration in my country approaching and because of it's social significance and relevance to this particular historic moment, I post on Face Book something calling for writers and artists to come together and do something, manifest ourselves. Also thinking about creating a writing blog-as I have one related to my macramé-Which brings me to remember that I have lots of pieces to make for Christmas sales. I am as busy as I want to be. Still struggling with mixing with people, going out into the world or staying in my cocooned, allow myself to find my 'nothingness' and stillness.
- P6 12 10:30 RS When I woke up I had made my mind up to go to gathering which feels totally right. As I walk I think of a new start, new acquaintances, but mostly new way of reacting to things: I don't want to react hysterically, but go deep inside, find stillness, nothingness, this is not about my ego. When I get home a letter about my passport is there, I make appointment, things happen, I'm moving forward, I'm very alive. I feel much better. Feel very positive about going to town, walking along the river, joining gathering in the evening. Before going out I catch up with all the ironing, ironing always makes me feel good, it is a kind of meditation and it sets things in order. As I burn my finger very slightly with the steam from the iron that takes me to ' have you ever burnt

your fingers very slightly while ironing? Well, imagine that pain cubically multiplied...'

P6 14 11:00 RS I am in a large house in a gathering. I think husband is there. Somewhere the image comes in of a plant husband and I have, it is an indoor plant, like a 'yucca' plant, which is not doing too well, it needs attention, it is tall, but a bit spindly and some of its leaves have gone brown. I can see it needs a re-potting as pot is too small, but don't dare doing it without expert advice. In the dream I also have the vision of an indoor garden, which is perhaps in my house, with some plants and pebbles as ground cover.

P6 17 XX:XX NS There is a bed, large, full of stuff on it, messy, but it makes me feel good, feels mine. Then somebody comes and throws a sheet of some sort over it, could be plastic. Then the bed shrinks, is tidy and constraint, makes me feel disappointed, desolate. I am dressed in white, white skirt, a woman tells me there are some white overcoats a fashion shop is selling which would look great with my outfit. I bump into a clothes stall and find a top I love, looks old or 'distressed look, is blue and dark red and has a low back with net, I think I buy it. Then I fall over backwards and a woman who is with me tells me my underwear is dirty; I can feel it, a bit revolting, like it hasn't been changed in days. I take it off and maybe the white skirt too, I change clothes... (I went to bed feeling quite dirty, itchy scalp, pyjamas feeling dirty and regretting not having had a shower, looking forward to one in the morning)

P6 17 XX:XX NS Comforted by husband staying at home because he has flue. It usually drives me mad when he is at home for days, I need my space, my solitude, but these days I feel vulnerable and although I feel very moody most of the time it feels soothes me to have him around, gives home life a warmth, I guess I feel safe.

P6 25 06:00 NS My husband and I have bought a place. In it the previous owners left a lot of antique flower vases, they are of all colours and thick good quality glass, I am fascinated looking at all the vases and I am amazed the people should have left such valuable things. I particularly focus on a vase with green tinge, like recycled glass with a rhomboid pattern engraved on the glass.

P6 26 XX:XX OS Sharp ache on top of left shoulder as from carrying something heavy for a long time. I have been out for lunch with my brother who is in town. He is the head of the family, hugely successful business man we all look up to and are anxious to please. We get on well and sharing a birthday we have many deep personality traits in common, we communicate well, but are also very different. He was the most judgemental of me as he is of everyone. I am saying this because last Sunday I had exactly the same pain after the event I went to. I believe it is stress of socialising that causes the shoulder pain.

P6 54 09:00 NS Very relaxed at Pilates class. After class spoke to people easy, stopped at cafe for a bite, bought a coffee for a lady in the queue, chatted with her while we drank; there was no hurry, nothing to do or say, just that moment. Great and not too familiar feeling.

P5 1 09:20 NS I went outside and suddenly had the desire to sing, under a tree. I felt very connected spiritually. This continued when I went back inside, I sang in my bedroom and in the corridors as I walked around

P1 6 XX:XX NS Alongside feeling tearful I desired company and went out of my way to request it of a friend (going so far as to say I want a hug?!). VERY out of character to either say or feel those things as by nature I prefer to be alone in situations like that.

P1 11 23:30 Took dog out and found a butterfly (Red Admiral) resting in the middle of the footpath - odd as middle of cold Autumn night

P1 16 XX:XX Child sick and wants me to stay nearby. I spend the best part of 24 hours (in-between holding a bowl or mopping a brow) curled up on the end of his bed semi-doing. Usually I would feel inner frustration at being confined for so long by someone's clinginess but I barely noticed the time pass, as if it had been suspended and we were in a bubble with no real thought and no real feeling - not in a cold detached way, a sort of warm peaceful nothingness.

P2 12 08.30 Just realised I am feeling more like myself, much more ready to do stuff and communicate with people, had deliberately avoided contact/interaction with people, including my supervisor. Feeling of being weighed down by life in general is passing. Had not really noticed this until it was going

P2 15 07.31 NS 2nd dream remembered from same night. In my own kitchen but the sink was opposite place to normal, my husband put a large sprig of mistletoe on my hands, I turned for a kiss and he had a pearl/berry on a small ring, hanging from the skin between his nostrils, only remember laughing because it was so out of character for him., my dreams never normally involve my family.

P3 4 14:15 OS Smiling at people from my heart, hoping for a moment of exchanging hearts but their smile dies on their lips when they see mine. I must be so repulsive

P3 8 04:00 NS On a plane or traveling / A man turns into a crazy person / Everyone is afraid and moves away from him / I make eye contact with him / He trusts me / I can see beyond his exterior / He is not crazy he just is / But he is desperate / I give him stramonium the case is so clear / I feel for him and there is joy and excitement and fun =later realise when talking with Jeremy (my supervisor) that this man is the part of myself that feels excluded and shunned. He was crying and laughing from joy and confusion when he realised that he was accepted and looked at and helped by me in my dream. The feeling I had towards him was sisterly, very supportive and non-judging, just curious and loving. Deep healing!

P3 20 20:00 OS still slightly uncomfortable with people as I sense that I cannot relate as I would like to (reason why I overcompensate perhaps and feel angry when my attempts don't get responded to in the same way)

P3 21 06:00 AS Deep nourishing sleep. Dream: At Hogwarts, beautiful summer landscape. We sit in class, my voice is too loud for others and i try to keep it lower but dint feel offended. We take a live case with a young couple, me and someone else I am in the active role of therapist, the other takes notes Patient tells about her town of origin and how it has changed and how that affects her I start to cry as i can feel the pain in myself Intervene and discuss this, slightly embarrassed, but able to talk about it rationally Going outside later on, everyone is outside and not in classroom. Its so beautiful Autumn is coming its the last summer day Clouds arriving Before: flying in plane, plane flies loops, upside down Not too scared, just a bit excited Contact with my parents too at some point, its all ok Grown up now, self sufficient

P3 22 07:00 NS Directness also reflected in last night's dream. Interacting with people in a friendly, direct and cooperative way, discussing things. Don't remember details

P3 23 18:00 IOS Extremely tired by other people, introvert, in a good mood, don't mind people around me but don't want to be bothered

P3 25 08:00 AS Realisation: I finally understand my frustration and reason why I struggle in class: I had the ideal of a family, which is supporting each other. I always assumed that there was a family but I just wasn't part of it. all my efforts being refused and unanswered, which frustrated me enormously in the past two years, I realise now that people are different and that that is not the case. I am disappointed but that's because of my ideals and expectations. It's ok to be disappointed, angry and frustrated, I don't need to pretend that it's all my fault. Nor is it theirs. It shows me what my own needs are and I can move on and match those needs otherwise.

P3 34 08:00 IOS Dreamed of Wouter (ex-boyfriend). In a social environment, I'm with friends and so is he. I pass him by and only briefly odd at him which makes him furious. I am still so deeply resentful towards him and my heart still aches. Seeing him makes me feel very uncomfortable.

P3 37 22:00 NS Talking about 'family' a lot (meaning our school) - like a tribe, feeling part of it. the sense of it is almost like a clan - either you are in or out. strong sense of loyalty and connection

P3 40 16:00 OS Watching 911 and other global consciousness focus on YT all day

P4 1 00:12 NS My wife found a small green frog on the steps to the house and rescued it. She said how beautiful it was.

P6 8 08:00 NS Wake up very alive in spite of little sleep. Get up and go off to gym, Pilates and shopping. I think I should do music, I had forgotten about healing power of music. Last night on TV saw two performers that touched me deeply: Cuban/French duo of twins, the embodiment of Vital Force, beautiful young girls, beautiful voices, pure animal magnetism. Then Sinead O'Connor sang a song with such vehemence in her eyes, and lyrics sound the story of me right now, here: don't want to love the way I loved before I don't want to love that way no more What have I been writing love songs for? I don't wanna write them anymore I don't wanna sing from where I sang before don't wanna sing that way no more What have I been singing love songs for? I don't wanna sing them anymore I don't wanna be that girl no more. I don't wanna cry no more I don't wanna die no more. So, cut me down from this here tree. Cut the ropes from off of me. Sit me on the floor. "I AM"; the only one I should adore OH, take me to church I've done so many bad things it hurts. Yeah, take me to church. But not the ones that hurt Cause that isn't the truth. And that's not what it's for. Yeah, take me to church. Oh, take me to church. I've done so many bad things it hurts. Yeah, get me to church. But not the ones that hurt. 'Cause that isn't the truth. And that's not what it's for. I'm gonna sing. Songs of loving and forgiving. Songs of eating and of drinking. Songs of living. Songs of calling in the night. The songs of light, a bolt of light. And, love's the only love you should advise. Songs of long and spiteful fails. Songs that won't let you sit still. Songs that'll mend your broken bones. And don't leave you alone. So get me down from this here tree. Take the rope from off of me. Sit me on the floor" I AM"; the only one I should adore
n Sinead's neck a tattoo ' All things must pass'

Threat/ Anger/ Swearing

P1 5 21:00 Friend told me was thinking about getting a dog and I flipped out. I can see objectively that this person isn't in the right circumstances to own a puppy and I have already watched them turn one into a monster that no-one wants to home but still the strength of my reaction was disproportionate and unnecessary. I felt incredibly protective of this hypothetical puppy. I had to put on a big display of aggressiveness and strength to scare this person away from the puppy.

P1 19 XX:XX A young person related an event to me about some unfair treatment he had been on the receiving end of. Although I didn't express it, I was absolutely furious on his behalf, filled with righteous indignation, and judgemental of the other people involved. Where is my bubble of calm that I've had recently?! Though it must still be there to some extent because I have managed to bite my tongue and say nothing, confront no one, despite how strongly I feel. And I'm thankful for this bit of self-control because whilst I always feel driven to fight for the under dog, I know rationally that my level of feeling is disproportionate to the situation (and not my business anyway!).

P1 25 XX:XX The gang of people came back and they shut us in the bathroom that was adjoined to the bedroom. In the way of dreams the house had somehow morphed and was no longer ours. In the bathroom they beat us and tortured us. I didn't dream the actual events that went on in there - my dream picked up from when they let us out a few days later but I know what happened in there. Although that gang of people was doing all this stuff to us, it wasn't their idea - it was coordinated by the man that owned the house and lived upstairs. He had cameras filming in every room and he told them what to do because he took pleasure in watching it happen. He delighted in pushing people to the very extreme limit, to breaking point. The next day he beat my dog in front of me, in the kitchen. Again, luckily I didn't dream the exact detail but I know what happened. I thought he had beaten her to death it was so severe. The day after, he summoned me to his room upstairs. My dog was standing in the room when I entered but she wouldn't even look at me. The man called her with his hand outstretched and she slunk over to him, tail between her legs, head down and

shaking badly. He was taking pleasure out of showing me that my dog who has been by my side for 8 years, who has been unwaveringly loyal and loving towards me above all others from the moment I picked her up off the side of the road, who growls anyone that looks at me crossways and takes her duties in protecting me so seriously that I can't even play fight with people, he wanted to show me that that same dog was now loyal to him. He broke her and he wanted to break me. Everything he did to us was to show us that he ruled, he was top and no matter how strong we thought we were mentally, physically, whatever, he could break us if he chose. I made notes about this dream the morning after but it is now a month later that I am writing it up as I couldn't bring myself to do it before and even after all this time the power that the dream holds, the intensity of it is immense. Just writing about it is enough to put me right back there.

P2 5 06.15 NS Woke from dream of daughter, she had been kidnapped by 3 men; I had imagined she had been abused. Had to check she was still in her bedroom, when I woke up. Never normally dream of family or this sort of thing.

P2 28 12.55 Suddenly feel very angry, silly things are upsetting me, feel like screaming, was rude to my husband when he asked me to do something. This I would never knowingly do, however frustrated, but I really didn't care if it upset him, I needed to let it all out, regardless and it was relief, a sense of release even freedom.

P3 4 08:00 OS Dark, cold, rainy weather aggravates

P3 5 18:00 NS New insights into my condition. Feeling that I constantly apologise for being German. Will never be able to lift that weight off a whole nation. Pissed off by English and Dutch racism. Think some people from my class react to my nationality and I keep on apologising by being friendly and supporting - which is never been acknowledged. Also staying cool with my dad crying because I'm telling him about my sorrows instead of making it go away and sooth him and play happy. Same with my mom. If they worry and cry that's really their problem that I can do little about. I cant lie anymore and play happy all the time just to soothe others

P3 15 22:00 Realising the amount of anger in me and observing it

P3 16 10:00 IOS Very angry at people, frustrated, bitter, revengeful, 'fuck them' attitude, giving up and going on my own

P3 17 10:00 IOS Still very angry at people, frustrated, bitter, revengeful, 'fuck them' attitude, giving up and going on my own

P3 30 05:30 AS Dream of flying over a city harbour and islands. Husband of my friend has done something wrong and is sentenced to death. They insert a tube into his spine and send cement into his spinal cord to calcify his nerves. Feeling gutted about it while still thinking he deserves some form of punishment

P3 39 16:00 IOS Realisation: I have a hard time owning my anger and dealing with it in a constructive way. Instead I try to make a case out of it, trying to convince as many people around me as possible that person X has done something wrong in order to avoid a direct confrontation. This then causes an enormous amount of stress and disruption in me and around me. I afraid to confront the other person as in the past my words often got twisted so I ended up being the fool and being deeply ashamed and felt angry about the injustice but suppressed this feeling. (A situation within the supervising process brought this up for me yesterday)

P4 XX:XX Car alarms

P4 XX:XX Anger and rage, incandescent with rage, so angry

P4 XX:XX Boil over of emotion, have argument with wife, feel enraged and shout at her, first I walk away, stay calm like normal, but then get down stairs and think why? So I go back up stairs and unload, I shout with real anger. Feel much better afterwards.

P4 XX:XX Furious, anger and rage towards family

P5 2 10:15 RS I was annoyed in class, vocalised it and upset someone. I did not want to get sucked in to a drama that didn't exist, so I put up strong boundaries

P5 14 18:55 RS I got annoyed, frustrated and upset by someone else's domineering behaviour. It brought up old unresolved stuff that I want to let go of but I am really reacting to. I am being extra sensitive and want to do something to make a change, I should save my energy.

P5 18 10:15 RS I was annoyed in class, vocalised it and upset someone. I did not want to get sucked in to a drama that didn't exist, so I put up strong boundaries

P6 4 14:00 RS After long chat to supervisor mother calls me as she has not dropped the theme of conflict that arose at weekend. As I try to tell her why I have an aversion towards her favourite grandson (as I he saw the few plates and dishes from family dinner set I was bringing back with me that mother gave me he said I had no right as I had no children and plates have his name on them and he will have kids, very hurtful! Mother defends him, gets very stropky, I demand my right to express my feelings and I am getting very angry because I have my own feelings and business to attend to. When conversation ends husband calls with some builders issue, I am fuming, impatient, swear I will disconnect phones, all the while this person inside me that cries is crying, but I don't. Finally I manage to leave the house with the dog and have a beautiful walk in the dark, rainy day which I love, I couldn't bear a sunny day!! I am very happy with dark, wet, autumn weather. I enjoyed the summer, but summer air brings the sea air and smells which activate all the restlessness of life in the tropics, so I am very happy in this restful autumnal setting.

P6 11 19:00 NS Confuse and impatient while cooking dinner: forget to oil pan to brown skins and let fat frap out of duck breasts, so they start burning and smoke alarm goes off. Which makes me angry, but I make myself carry on. Then as I am going to put breast in small oven which I have used only a few times but is quite simple to use though I have still to follow instructions, I get very confused and cant operate it, it takes several goes. Husband says we should use ordinary oven that cooking a couple of duck breasts should be a nice, pleasant thing. I shout at him and say it is hell, that it will take ages to warm up, that it is a stupid idea. I feel very angry and desperate. Finally get oven going making an effort to concentrate on instructions, which are really very simple, and when duck come out and I am going to serve it is still bleeding. I give up. Husband steps in and says one minute on a pan over fire will sort it. I scream and say I have enough of washing up, that it will be messy and I don't want any mess. I go to sit on sofa and in one-minute husband sorts it out. As I eat I realise I was extremely hungry and drop sugar levels had a lot to do with what was happening to me. I have never had any resistance to being hungry, I get very moody. But still I am usually quite together about cooking and doing the house things. It is unusual that I get so flustered.

P6 15 XX:XX RS Anger so intense. Feel miserable and incredibly moody. Husband told me I live in a state of anger, which made me even angrier. He said that as I was sweeping leaves. I fantasise about becoming widowed. My life makes me angry. When I get angry the feeling like there is a person crying inside my chest becomes stronger, but there is hardness and I can't cry.

P6 15 XX:XX RS Anger at brother who has a drinking problem and although whole family has been very supportive he has relapsed. Disappeared for 20 hours worrying everybody then arrived drunk at mothers. I have always been very loving and supportive but now I am furious, fuming and patience has ran out. *Noticeable rare is the intensity of the feeling which is a recurrent one

P6 16 07:30 NS Angry, flustered and tired, I wake up, though I had eight hour sleep, I force myself to get out of bed to go to Pilates. I have a twisted neck which I did in my sleep. In kitchen preparing smoothly and coffee it all seems too much of an effort. I am in a rotten mood. After Pilates I feel better, less anger. A glimmer of what life is usually, something good and joyful, but that it has not been lately

P6 16 11:45 RS Anger when Mother call me regarding my brother. I tell her I want to dissociate myself from all that, that I need peace at home and I am struggling to find it. She gets defensive and I have to make an effort not to explode with her. I just keep quiet, which is unlike me. When we hang up I feel Angry and tearful because of her lack of respect for me, her lack of sensitivity

towards my feelings. She actually interrupted the typing of this diary. I control myself. Now there are tears beneath the surface. I had been thinking how good it would be if I could just cry my eyes out, cry a lot and then perhaps the anger will be gone. I have also been thinking how many slashes and wounds lie under my skin, much more than I know perhaps. I done so much harm to myself, but there is always someone inside as well who is telling me that I don't really feel what I'm feeling, that it doesn't really matter. It occurs to me that maybe what is happening in my country is affecting me so badly, apart from it's horror, because inside me there are also mass graves, dismembered and burn corpses that have not been acknowledged and mourned. I was already feeling this before proving, but has been greatly intensified: roller coaster, emotions overwhelming me at times, mostly anger, like I am allowing myself to feel the anger I didn't allow myself to feel before, like my instinct of self protection was injured and I allowed damage to be done to me without reacting, like it didn't really matter, like my life didn't really matter and it was something that can be thrown away.

P6 19 14:00 NS Anger, rebellion, think of burning my passport outside embassy: because as I am on my way to get my second nationality passport I called my embassy for some information and they say that even though I have two nationalities I have to use their nationality while in my country. That coupled with the horrible state of affairs, of corruption and terror in my country makes me feel I threatened, that I would like the protection of this country while I'm there. Also hate the threat and imposition. For the first time ever I contemplate giving up my original nationality. The last thing I do before going to sleep is search online for information. This episode is giving a scary, sinister feeling to my bright beautiful holiday planned in the Caribbean with my godson next year.

P6 20 XX:XX NS When I go back to sleep in the morning: I am in my ex's country, with my ex in a car driving up a very steep street, when I stop at a crossroads I loose control of the car and it starts rolling backwards, I get into a real panic but fortunately manage to steer it to the side of the street where it stops. In a shop I see some bright coloured Chinese lanterns that I like, when I go back with ex a little later to buy some, they are gone , assistant tells me they sold out. I am outraged and disappointed; I can't believe they sold out in a couple of hours. I think it is something against me. I get into some argument in a cafe or shop where I am a regular customer so I leave, but when I get home two little women, one old, one a young girl, have followed me and they are searching me for something they say I have stolen. I call my ex but although he argues something in my defence I feel he is not really defending me, I am outraged, fighting. Then it comes out that they say I have been plotting to kill them and an investigation is under way. I realise there is a conspiracy against me and I am furious, I swear I will leave the village and never return. I go to embrace step son and he and ex tell me "too many 'Nortitas" (Norta is a millionairess who lives in my ex's village)...My ex is sitting watching some sports or something in an auditorium, the row of seats is full, when he sees me come he does nothing to get me a seat. I am furious and go away very angry and hurts swearing I will never return.

P6 26 10:00 NS No hope for mankind! After watching news of children jihadists. I look up online 'peace' to try get some positive input and a Gandhi's phrase makes me panic "If we are to teach real peace in this world...we shall have to begin with our children" So I think, what is to be expected in a world where children learn how to fight and kill. So I look up next 'extermination of human race'. I become acutely aware of the human race transcience, and we feel so transcendent. One day soon, in universe time terms, our earth will naturally disappear, that is the motion of the universe. We might exterminate ourselves before that. I wander what life is about without hope. Once more I stay awake reading depressing stories! Go to sleep after midnight.

P6 27 XX:XX NS Anger: I am married to my stepson's father. While I am asleep he comes in and leaves a window open through which a lot of noise comes in. I am furious and beat him up, but because he is quite fat my hands don't quite manage to hurts him. At some point he gives me a look like he is loosing his patience and is going to hit back, so I stop.

P6 34 21:30 OS Angry at husband's physicality, the way he walks, when he farts. Think how almost 20 years ago he killed our sexuality with phrase "you have the sexuality of a schoolboy". Think he has been extremely good and patient with me but same time castrating. I decide to retire to bed early rather than hang around him.

P6 37 23:00 RS Fear: of Islamic state (in news a guy says "we will take over white men and sell their women in slave market" I think I rather be dead; violence, police and organised crime in my country, fear of accidents in motorways, of husband driving every week on bif motorway the way he drives.

P6 37 23:00 RS Violence and Anger: over last days I have been meaning to listen to a recording of Tich Nhat Hanh where he talks about anger, have been thinking how can someone deal with a war in his country as the Vietnam war.

P1 2 07:30 RS Lots of vivid dreams in early hours. *An old man (who I knew well in my dream but not in my waking world) takes me to the safe house he has built. Kind of a shelter that is necessary because something awful is imminent. Like bomb shelters in the war. However, this time he is only taking me there to show it to me as he knows I'm unhappy and wants to make me feel protected. He has gone out of his way to make it cosy and welcoming especially for me with whatever he could find. The walls were made of faded green chair cushions stacked and arranged in a surprisingly intricate pattern. I felt calm and safe there with him even with the threat of devastation hanging over us, I knew we would be fine in our little bubble.

P5 11 XX:XX RS I remember I am particularly sensitive to the alarm going off, just for 2 mornings. It being on snooze is making me really annoyed

P2 2/S 06.35 NS Noticed high-pitched whistle, continuous noise.

P3 40 07:00 IOS Intensified sensation of timelines, which feel like a fabric. Observing how every moment, every movement counts and shapes, how apparently small incidents change future timelines

Water/Fluid/Leak

P3 41 15:00 IOS Intensified sense of synchronicity on several occasions. Things seem to move smoothly

P1 4 XX:XX Really thirsty all day. Like dry horrors. Desire water but soon as have drink am thirsty again

P1 6 XX:XX So thirsty all day!P1 8XX:XX Thirsty!

P1 8 XX:XX Thirsty!

P1 9 XX:XX Thirsty

P1 10 XX:XX Thirsty

P1 12 XX:XX NS Thirsty

P1 13 XX:XX We are thirsty, the same intense thirst I have been experiencing in waking life. We go to greengrocers where he buys a coconut and I buy a round, ball shaped bottle of cherry coconut milk to drink. We have to go somewhere else so we get into my car, which is on the common. I try to reverse to turn but the car keeps driving forward no matter which gear (from the auto transmission) I put it in - it won't stop even in 'PARK'. I love my car, it's a tank and it is reliable - I've always felt so safe driving it. Now, in the dream, I feel scared and not in control - these feelings remain for a long time after I wake.

P2 2/S 06.20 NS Sensation of dryness at root of nose

P2 13 XX:XX OS Noticed the skin around my nails is dry and splitting around the cuticles

P2 15 07.30 OS Dream - Juicing in my kitchen, everything very messy where I was working, after a while realised there wasn't a jug to collect the juice and it was going everywhere. All my dreams are normally of being disorganised, so not too unusual except that it was at home which

is unusual

P2 34 7:00 RS Slight sore throat, feels a little sensitive, dry and sore but drinking and eating doesn't effect it, quite general in area

P2 37 7:00 NS Little worse, mainly on right side, I can feel catarrh running down from back of my right nostril in a continuous stream. Pale yellow. Have to continually cough gently which seems to loosen the phlegm so I can swallow it. Still feeling pressure inside ear pushing on eardrum. Nothing coming down my nose

P2 44 07.20 NS Still as before, but dry feeling down right side of throat and shrinking sensation along the back right edge of tongue. Feels as if it is being pulled under/back?

P2 51 8:00 NS Left nostril blocked, clear discharge running down into my throat in a continual stream that I have to swallow

P2 52 XX:XX Still same discharge that I have to keep swallowing

P3 3 10:00 OS Leucorrhoea

P3 4 11:00 NS Urgent call from neighbour: guests have flooded bathroom, leakage through the floor

P3 5 04:00 NS Urge to go to toilet 3x between 3am - 5am, no diarrhoea anymore. Cramps of anal sphincter, shivers. Stool smells like beer (yeast?) (Note: I don't drink beer nor do I eat yeast products)

P3 5 10:00 NS Just realised that 'I have to get my bathroom problem sorted' means two things now! Toilet dreams in the past (not at the moment)

P3 7 03:30 IOS Urine smells like beer (yeast) P3 7 10:00 OS

Impulse to paint my floor upstairs after many years. The whole South side of the house is in action at the moment: new balcony door that will work after 12 years of agony, bathroom is leaking and needs to be looked after and repaired (old pipes?), heating repaired and functioning for the winter = overall improvement of the Yang side of the house which was always rather cluttered and dysfunctional

P3 8 10:00 OS Clutter-clearing also happening around the house: painting of floor upstairs, handymen came to fix radiator, taking measurement for new balcony door and fixing the leakage in my bathroom = overall improvement of the state of the house, fixing old problems, things that have been on the cheap or only halfway.

P3 11 06:00 NS Dream of leucorrhoea, bedlinen was white (only had one short episode of leucorrhoea on day 3, never returned)

P3 11 11:00 NS Note: there seems to be a thing with water in this remedy: water damage in my house (overflow), overflowing emotions, slipping on wet ground

P3 12 12:30 NS Urine still smells like yeast (and so does stool)

P3 18 06:00 AS Slept very well without waking (8hrs). Dream: Sense of how actions are weaving the fabric of our life

Traveling with my mom to somewhere. Staying at a big hotel room. I need to be somewhere at a certain moment but not stressed about it. Need to go to the bathroom; toilet is clean (usually toilets in my dreams while traveling are dirty)

Later on traveling with my dad. He fetches me from train and we go by bike through fields and small villages. We choose a path, which leads to a very steep muddy hill. We decide not to go up but we could as well.

I got a ticket for something. About 500€. I realise my parents don't need to help me pay for it. Its my responsibility and I can pay for it myself, I have the money

P3 22 17:00 IOS Very dry eyes, causing tiredness

P3 24 10:00 OS Pressure in the umbilical area, urge to go to the bathroom several times in the morning (no diarrhoea) Similar to beginning of the proving

P3 40 16:00 NS Menses 3 days earlier than normal (very punctual usually)

P3 42 07:00 NS Menses unusually strong bleeding

P3 43 20:00 OS Quite strong body odour despite deodorant :((I'm also using spiralling and chlorella lately so it may be a detoxing effect)

P4 7 08.14 NS Wake with a raging thirst. Mouth feels dry and I desire water. I drink the water next to me bed, but hat does not quench the thirst. Feel so thirsty I am driven out of my bed to get more water. Even after drinking he thrust till remains. Eventually it dies back. This continues for 10 days.

P4 9 07.48 NS Wake again very thirsty.

P4 9 06.15 NS Bloody and white discharge with no wound or scratching

P4 9 XX:XX NS My wife tells me she had a bloody and white discharge this went on for 20 days. Small discharge in the evenings.

P4 13 XX:XX NS I am working in the homeopathic centre I own, it is a big seven storey building, white with gleaming glass and lovely landscaping, it has clinics, a hospital, education facilities, pharmacy, books shop, its amazing. It is all so white. I am on one of the middle floors looking out the window over the city and down to the bay, we are up high, then i see the ocean suck back and then lift forward with a huge wave that starts to wipe out the bay area, i feel sick, i can't believe it, it looks like CGI, then i think life is like CGI non of this is real, I shout to one of our teachers to come and see, she looks in horror. we turn on the TV and watch with other students, but it is not just our city it is happening all over the world, it is the end of the world, huge gullies run under the land full of water and cities collapse into them, India is wiped out, the world is falling under water. the feeling in dream is fear, terror and fright.

P5 1 04:30 NS I wanted to go swimming. We took some spring water to a house of an older couple. The lady welcomed us and she was washing clothes in a sink. She showed me the way to the beach. As we moved through their home I was touched by the simplicity and how similar it was to my house in Portugal (that we have left).I was envious of their home by the sea. I didn't want to linger I wanted to get in the sea. I woke up crying. I missed my home. I cried for my failed dream of an alternative simple life. I also saw that this is what I still wanted, and it is still possible.

P5 1 15:45 RS I am suddenly hot and sweaty under my arms and hands

P5 3 XX:XX RS My menses is much lighter than usual

P5 5 20:00 NS I have a tight feeling in my chest between my breasts. It is better for drinking water

P5 8 09:30 RS My usual sore throat is worse and I have to keep clearing my throat, like I have a frog in my throat

P5 10 24:00 NS I heard my daughter crying, I wanted to go to her but she was on the phone and sounded like she was being very mature and sorting out boyfriend problems. I didn't charge up there and get involved as I usually would. I also didn't worry

P5 12 09:45 RS I am tearful after talking to my supervisor. I need support and reassurance. I feel lonely

P5 12 17:30 RS I am tearful when my husband is short with me on the phone. Relieved when he comes to help me. I need support, after a physically and emotionally demanding afternoon, too much for me.

P5 12 18:10 RS I am so tearful when I tell my husband the problems my daughter is having at school. It is out of proportion to the experience. I have taken it to heart and I am blaming myself. I cry for ages, a real wobble out. Doubting my parenting skills, choice of home, town. A fear of the future and of poverty is holding me back. The only thing I don't doubt is studying Homeopathy.

P5 13 11:30 RS I am tearful when talking to my supervisor about my wobble out yesterday

P5 14 08:20 RS I am feeling emotional, a bit tearful easily upset by grumpy children

P5 14 18:13 AS I suddenly had 5 big sneezes in a row, just out of the blue sitting typing. Usually that only happens in the sun

P5 14 19:45 AS I have a sore throat different from how I usually experience them. It is a annoying tickle right at the back, better for sips of cold water

P5 15 07:00 AS I have a sore throat different from how I usually experience them. It is a annoying tickle right at the back, better for sips of cold water. I have it all day it makes me cough a bit in the afternoon. I sneeze a few times too.

P5 16 XX:XX RS My mood slipped back to moody, grumpy, tearful, in the afternoon.

P5 16 18:00 AS My throat is so sore. It feels tickly and dry. It gets worse as the evening goes on.

P5 22:00 RS I sneezed a few times, this evening with an involuntary burst of urine

P5 17 XX:XX NS I have a bit of a cold. My nose is running from the left nostril.

P5 17 04:30 NS I wanted to go swimming. We took some spring water to a house of an older couple. The lady welcomed us and she was washing clothes in a sink. She showed me the way to the beach. As we moved through their home I was touched by the simplicity and how similar it was to my house in Portugal (that we have left).I was envious of their home by the sea. I didn't want to linger I wanted to get in the sea. I woke up crying. I missed my home. I cried for my failed dream of an alternative simple life. I also saw that this is what I still wanted, and it is still possible.

P5 17 15:45 RS I am suddenly hot and sweaty under my arms and hands

P5 20 XX:XX RS My menses is much lighter than usual

P5 21 20:00 NS I have a tight feeling in my chest between my breasts. It is better for drinking water

P5 22 08:30 RS I feel stressed and annoyed and I cry easily (could be hormonal, pre ovulation)

P6 0 XX:XX NS Carpet pattern moving, like an ocean, while sitting quietly looking at it, provoked slight dizziness so stopped looking at it.

P6 3 01:00 RS I am haunted by conversation with teacher on day 0. I write him an email at 1am, this alone makes me feel better. Before proving I was already feeling like this, raw, like someone inside me is crying, but very intensified after proving started. I finally fall asleep about 3am

P6 4 11:00 AS On waking I read teacher's answer to my email which moves me deeply, I feel slightly tearful, but peaceful, sip tea in bed reflecting on the self loathing intrinsic in human nature. See reply from women I wrote to last night; feel relieved I didn't give vent to my reproachful mood from last night. Then supervisor texts that he will call and I get up and hurry to catch up with day.

P6 7 05:00 NS My husband, my stepson and I are walking to a Pilate's class. We come across an immense swimming pool, or an underground car park full of water, a great expense of water. I want to get in though I know I will be wet for the class. I take my trouser off and get in and walk in water until we arrive to the class. The classroom is very big, I go in and rush to get a mat, but before I can get a space, all mats fill up, the room gets very crowded.

P6 9 10:00 NS Go to toilet at club after Pilates and wall which has a sponged paint effect starts moving, like an ocean, just like the carpet at proving room in Hawkwood immediately after taking substance on day 0, it is transient and passes as soon as I take my eyes away from wall.

P6 10 XX:XX NS I know I had busy dreams but only bit I remember vividly is: I go swimming in river opposite my house (the river really is opposite my house and I go swimming on hot days) the water is very blue like the Caribbean, it is a bright day. There are lost of boats-rowing, motor, yachts- and I have to look out for them as I swim. I cannot sink although I try I remain buoyant (this is reminiscent of recurrent dreams I used to have about water being hard; of diving and not

being able to penetrate water. I associate that with my birth when mother's pelvis wouldn't dilate and had to have C section) I guy I met at a literary group is there with me, I want to impress him and think I do because I swim in the river (the problem I have with that literary group is that they are a younger generation and they don't know anything about me and my artistic background, found it quite difficult to handle as when I first arrived in group I assumed they knew of my work. Was hard to be an absolute stranger. Group has now dissolved) SINCE PROVING STARTED DREAMS HAVE BEEN VERY UNUSUAL. IT IS ALSO UNUSUAL HOW VIVID AND HOW MUCH I REMEMBER THEM.

P6 12 01:00 NS What I was writing on my mind while sleepless: 'Imagine the feeling of the burning liquid slipping between your legs, behind your ears, amongst your hair. You are lying naked face down and on turning round you see the horror on your companion's eyes at the realisation of what is happening. Have you ever burnt the tips of your fingers while cooking? Well, now imagine that pain cubically multiplied when all the nerves on you skin are set alight...' I was thinking of a text for the students that were supposedly burnt alive recently in my country.

P6 17 12:00 RS Start day well, meditate. Receive phone call from writer with whom we are organising event, life feels productive and normal. I have a big shower which make me feel a bit better, cleaner! I go to have a massage and the day is bright and perfect. As I'm out in fresh air I feel good about myself, about my life, and a positive feeling about my life returns. I enjoy the journey, the massage enormously- very good ayurvedic masseuse, during massage I think that she is also a doula (a midwife) and that I was born traumatically through CS, that I am for the first time in the hands of a midwife. She recommends a hot bath but when I get home all I can do is sleep. I have a long nap on the sofa with my dog, first restful day I can remember in recent times. In the evening I tell my supervisor this weeks need be productive, run smoothly, organised, unlike last weeks, which was so chaotic, and I did nothing, which really frustrates me.

P6 35 10:30 NS I am walking along a path very similar to where I lived in The Bush, but there is a river running alongside it. I am walking with a group of people; an old boyfriend included who used to be a gross flirt with women. Suddenly I see a group of women walking inside the river, the water is up to their thighs only. One of the women in the group, I think is exactly the sort of woman the 'boyfriend' likes; and just so, as soon as he sees her he walks towards the women in the river and starts following, I feel faint with jealousy, that horrendous feeling, but immediately after I discard him from my mind and when he tries to come near me I feel totally cut off from him, he has lost his power over me.

P6 53 08:00 NS I woke up and went back to sleep dreamt: Lots of people in a sort of camp, dark, all in shadows, people's clothes are dark; it is a kind of festival. Each person has a little animal (a pet, a horse, a dog...) It is the day they all have to burry their animals, who have been going through a dying process, perhaps ill. When someone tells me what is happening I feel Heart broken and I burst into tears, I cry uncontrollably, my jaw shakes so much I am biting my inner mouth, behind the lip on the left side. I can feel I am tearing my flesh and am in a panic, I ask for help, think that perhaps someone needs to inject me a tranquilizer. People are getting ready for the trip to burry the animals; it is a kind of pagan party. Although I don't feel up to going, with the problem I have with my mouth, I am compelled to go as someone I like very much is going as well. There is a very strong erotic pull. The biting of my inner mouth in the dream was so strong that I expected to actually have been biting myself, but when I woke up my mouth was intact. I woke up feeling I had slept very deeply or feeling as if some unusual strong event took place in my brain, a mini stroke or a convulsion?

P2 30 XX:XX OS General soreness, dry and scrapped, can feel catarrh running down back of throat

P2 42 07:00 RS Tongue is tender at the front feels as if it has been scrapped/grazed. Better when drinking hot or cold water.