



Proving: Reindeer Moss (*Cladonia Rangiferina*)

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Introduction

Cladonia rangiferina

Reindeer Moss, Caribou Moss, Reindeer Lichen.

Reindeer Moss is a lichen, an organism consisting of a fungus and unicellular algae in symbiosis. The tubes and outer structure of the fungus provide shelter - a protected environment for the algae that photosynthesises and produces the carbohydrates that feed them both. As in any symbiotic relationship, the cooperative function of each is necessary for the survival of the whole organism.

Reindeer Moss grows on rocks or on the ground and looks like a spongy, grayish mass up to 4 inches thick. Closer inspection reveals a branching structure of filaments which resemble nothing as closely

as bronchial tissue. The body and filaments are speckled dull green – the green being internal colonies of algae. It has no roots but absorbs moisture from the air. This means it can grow where other plants cannot. (It also makes it extremely vulnerable to airborne pollution.) Although it is found as far south as Florida and the Mediterranean its ability to thrive in conditions where other plants cannot survive means it is most common in mountainous areas and on the Arctic tundra. The specimen used for the proving was gathered in the summer of 1999 from areas of exposed Canadian shield in the Georgian Bay area of Ontario, Canada.

Caribou or Reindeer feed extensively on the moss during the winter months when very little other food is available. Reindeer Moss is extremely high in Carbohydrates up to 94%, which the Reindeer need to provide the energy that keeps them warm. They have special microorganisms in their digestive tracts that remove the strong fumarprotocetraric acid in the lichen. Very few other animals can digest lichens. The Reindeer can smell the moss through the snow and paw the snow away to get at it. It has been observed that during severe winters, the otherwise peaceful Caribou may fight over this valuable food source. Just as the reindeer are dependant on the moss, so in turn the Laplanders and the Inuit are dependant upon the reindeer. In the extreme Arctic conditions such relationships are absolute and any failing in them would undoubtedly result in annihilation. (Note the relationship to partners evidenced by the two proverbs quoted below.)

The lichen can withstand very low temperatures and dry out and become dormant if there is no moisture. Exposed upon rocks when snows melt, the moss bakes during long summer days. It desiccates and can then be crumbled between fingers, disintegrating into a gray-green powder. Moisture quickly rehydrates it, in the manner of a bath sponge becoming pliant once again when wetted. (One of the reasons we thought to carry out this proving was based upon the capacity of this organism to thrive under such extreme fluctuating conditions.) These lichens prefer acid soils as low as pH 4.5. If there is sufficient light the lichen is able to grow even when the temperature is as low as -10 c.

The lichen is made up of a thallus, or main body, with podetia growing from it. The plant is incredibly long lived. The first stage of growth of a podetium can last 25 years. It then enters a stable period in which new growth at the tip is equal to die off at the base; this period can last 100 years. There is then a period of degeneration in which die-back exceeds growth, but this period too can last 100 years. Growth is extremely slow. Areas, even lightly, grazed by Caribou can take several years to recover. Areas destroyed by fire or severely over grazed can take a century to return to a their earlier state. Reproduction is by spores blown on the wind but most dispersal occurs through breaking off of thallus fragments. An overriding feature of this proving was a sense of tedium, a slowness of pace, a chronicity of symptom development – and then the monotonous lingering of that state. Several proverbs used their cut and paste tools to duplicate yesterdays symptoms onto today's page!

Humans can eat the lichen if it is boiled to remove the acids. In Scandinavia the lichen is processed into a powder which is used to thicken soups. The acids in the lichen can be used to tan reindeer hides. Native American make a tea from the lichen that is used to treat diarrhea. It has also been used as a laxative and a cough suppressant to assist blood formation and to treat loss of appetite, gastritis, inflammation of the mouth, the pharynx and the intestines. It has also been used to treat gastric and intestinal catarrh. This proving confirmed these uses for it brought out physical symptoms with a focus upon the respiratory and digestive systems. Cup Moss (*Cladonia pyxidata*) is an expectorant and a valuable herbal remedy for whooping cough. Iceland Moss (*Cetraria islandica*) has been extensively used herbally in chronic pulmonary troubles and advanced tuberculosis. Lungwort (*Sticta pulmonaria*) is used to subdue rheumatic inflammation and for its healing effect in pulmonary

complaints with dry secretions and hay fever.

Homeopathically all of the above remedies have been used for catarrh and inflammation particularly of the respiratory and digestive tracts. *Usnea barbata*, another lichen, is used in severe congestive headaches.

Why carry out this proving? As we have written, one reason was based upon the capacity of this organism to survive the extremes of arctic winter as well as desiccating summer conditions. It alternates between moist, living phases and dry, dormant phases. It looks like bronchioles and, as detailed above, shares many bronchial symptoms with related lichens. Another reason for doing it, was the dependency of Caribou upon it. We could not picture exactly how this aspect would translate into human psychology, although being a sole winter food source should create a distinctive picture of dependence and possessiveness. Endurance issues should also be paramount. As it turned out, money and other survival issues arose strongly for some provers.

Yet another reason for doing it was that, from an evolutionary perspective, Lichens occupy a position between fungus and mosses. In this sense, they are a transitional species. They are forerunners as is *Lycopodium* (here between moss and fern) and could, therefore provide us with insights into evolving plant psychology. Yes, we did write psychology, not only because plants have 'group souls', but also because the experience of plants translates into human life with psychological as well as physiological symptoms. Transitional species have a particular position in terms of human psychology because as a species we find ourselves in constant (self created) transition. We knew that when we undertook the proving we would acquire an in-depth insight into the psychology of the Lichen group of organisms which hitherto had only enjoyed perfunctory provings.

However, we had not considered the aspect of symbiosis of fungus and algae. This is an added twist upon the Caribou/Deer Moss relationship. This came vividly to light during the proving, translating into symptoms of jealousy. As one prover put it, 'there's only room for two'. It is an essential part of the definition of symbiosis that without the symbiant, the organism cannot survive.

Yondercott 23.11.01 The following symptoms remain unchanged and unabated in the two provers given below since the proving was undertaken two years ago:

M's account: Jealousy - unfounded and foolish. (New symptom since the proving, still as strong as ever.) The feeling is, 'there's only room for two (him and me)' Jealousy with a pain in the centre of the chest. Heaviness in chest area. Suspicious of other's motives - someone is waiting to jump in my shoes. Suspiciousness is worse on Sundays - I feel suicidal.

C's account: Jealousy, still as bad as ever. Anyone who interferes in my relationship poses a threat to me, even the cat. I feel that my husband likes the cat more than me. I couldn't bear life without him. Suspicious - I feel that plans are being hatched - traps are being laid. I feel suffocated, breathless, my heart feels heavy. My emotional state is worse on Tuesdays - I feel suicidal. Desolation, total loss. Since the proving I have felt even colder than before - icy hands and feet. Not all authors have held that the relationship between the fungus and the algae is a symbiotic one.

We are grateful to Frans Vermeulen for the following quote from M.C. Cooke - *Romance of Low Life Amongst Plants* - London 1893. In which another view of the relationship is expressed. This interpretation, being the reverse of the symbiotic, illuminates the symptom, 'suspicion that plans are being hatched, that traps are being laid,' (and as we will see later in the proving) the feeling of being used and abused. Either way, the symptoms arose in the proving and vividly portray important

aspects of sharing of vs. possessing of the other. "As the result of my researches, all these growths [lichens] are not simple plants, not individuals, in the ordinary sense of the word; they are rather colonies, which consist of hundreds and thousands of individuals, of which, however, one alone plays the master, whilst the rest in perpetual captivity prepare the nutriment for themselves and their master. This master is a fungus of the class Ascomyces, a parasite which is accustomed to live upon others' work; its slaves are green algae, which it has sought out, or indeed caught hold of, and compelled into its service. It surrounds them as a spider its prey, with a fibrous net of narrow meshes, which is gradually converted into an impenetrable covering; but whilst the spider sucks its prey and leaves it dead, the fungus incites the algae found in its net to more rapid activity; nay, to more vigorous increase."

This currently disreputed view of parasitism, is an interesting take on the phenomenon of sharing for the master and the slave both survive. Today we call this symbiosis. The basic cell itself may be understood as an originally symbiotic assemblage of previously discrete micro-organisms. This basic unit of all higher life-forms is wrought out of sharing organelles and their disparate functions for mutual benefit. From the perspective of the organelle, separation from the safe environment of the cell would be disastrous. From the perspective of the whole, cooperation in favour of isolation offers the best survival option.

Pharmacy

The sample of moss was gathered in the summer of 1999 from areas of exposed Canadian shield in the Georgian Bay area of Ontario, Canada. It was run up into the 30th potency in the Hahnemannian, single vial manner by Helios Homœopathic Pharmacy.

Time and dates

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

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

Provers

Prover	Sex	Dose	Potency
01P	Female	1	30c
02P	Female	1	30c
03P	Female	1	30c
04P	Male	1	30c
05P	Female	1	30c
06P	Female	1	30c
07P	Female	1	30c
08P	Female	1	30c
09P	Female	1	30c
10P	Female	1	30c
11P	Female	1	30c
12P	Female	1	30c
13P	Female	1	30c
14P	Female	1	30c
15P	Female	1	30c
16P	Female	1	30c
17P	Female	1	30c
21G	Female	0	

Information from provers who did not take the remedy are included and clearly indicated. The reasons for this are outlined in [Group and Proving Phenomena, Observations by Misha Norland](#), An Article published in Issue 72 of The Homoeopath, Winter 1999. The reader should make up his or her own mind as to how to treat these symptoms.

Classification of symptoms

NS A new symptom never before experienced.

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

RS A recent symptom experienced within the last year.

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

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

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

Materia Medica

Mind Themes of Reindeer Moss

Insecurity

Half way through the afternoon, I began to feel very detached and insecure - very small. No-one here really likes me much. I shouldn't be here. Felt very, very depressed and on the verge of tears. 01P 03 5:00 NS

Began the drive home - had the sensation of a lump in my chest and throat as if about to cry. Felt very, very low and underconfident. Very small and insecure. Wanted to cry. 01P 03 7.00 NS

Feeling tearful & depressed again. Very cold & shaky. Underconfident. Small. Anxious. Can't face doing anything, but don't know what to do - don't feel like doing anything, even watching TV seems

like too much effort. A friend rang - I could hardly speak to her - as if I had no life, no energy. Voice only just under control, close to tears for the whole conversation. I feel convinced that I will never feel happy or confident or well again. 01P 16 6.00 NS

Feel lonely and fed up. I'm tired of doing all the parenting on my own, I feel like I'm not equipped for it, working blind all the time and the goalposts keep moving. 05P 25 XX.XX NS

Burst into tears when spoke to supervisor and found it hard to stop sobbing throughout call. Felt very weak and over emotional. Felt better after crying. Was looking for and better for sympathy. Followed boyfriend around flat all evening. Didn't want to be on own. 07P 28 XX.XX NS

Low confidence - even worse than usual. Don't even feel that I have the ability to leave the job. 13P 09 XX.XX NS

Feel self-conscious and uncertain when round at a friend's house where there are lots of people. 15P 13 XX.XX NS

Vulnerability

Went for a walk in a place where I did not like the atmosphere and even looked behind me several times to see if I was being followed - I didn't feel safe. 02P 20 XX.XX NS

I watched some boys, tease my son and call him fatty, I watched it and mentioned it to the mum next to me, they stopped when they realised I was watching them. I felt for my son, I had gone through this as a child - this was my stuff. The other mum said to talk to the kids mothers about it but I couldn't bring myself to, I was scared. I was the child again on the playground. I did speak to the teacher. I came home angry and upset. 05P 25 XX.XX NS

Emotional in the evening and especially if talking about symptoms, better for company and affection. Feel that this is an old emotional state being stirred up - feels familiar. Strange that came on so suddenly after migraine on Monday - feels as though the floor has been pulled out from underneath me and I can't get a grip on anything. Feel very helpless and vulnerable. Want to stop proving but feel I haven't the power to do so myself, also feel guilty about stopping. Really feel that I need permission to do so. 07P 29 XX.XX NS

Most of the day felt 'shaky' physically and mentally. Tears nearer to the surface than usual. Felt feverish (no temperature) - would like to be at home. 08P 03 XX.XX NS

Not really aware of anything until afternoon break. Have a cold feeling inside - for some reason it reminds me of when I was a teenager - that feeling of not quite belonging, feeling vulnerable, feeling different somehow. I feel like I want to put on a nice fluffy all in one suit, zip it up and curl up alone somewhere. 10P 02 4:3:0 NS

Such a lack of confidence that I resorted to anger to protect my embarrassment and fear of failure. Felt like a child back in school again. Upset after row with father. Cried like a child. 13P 18 XX.XX NS

Extremely emotional and weepy - felt so sorry for myself that I wanted to cry. 13P 36 XX.XX NS

Have noticed that I'm very sensitive to the sight of blood, cruelty, don't want to watch the T.V. violence - more so than usual. 17P 16 XX.XX NS

Want to run away and hide. Supposed to call supervisor, didn't, don't want to talk. Withdrawing - to talk will make me vulnerable - may be rejected. 17P 20 XX.XX NS

Feel very shaky, small, fragile, breaking. I'm going to get hurt. Am I making mistakes? 17P 20 XX.XX NS

Invisibility

Nearly had 2 crashes in the car today, not my fault (honestly) always right hand approach - drivers going to fast - I keep saying to myself "I don't believe this, can't they see me or something". 10P 05 XX.XX NS

Anxiety

Having eaten too much feel full, fat and bloated. Feel very tense, anxious and a little depressed without any discernible cause. 03P 07 XX.XX NS

Feeling of tremendous anxiety and dread, anything I think of that I need to do today feel to be too much and I can't cope with it. Feel quite depressed and de-motivated. 03P 14 8.00 NS

Suddenly became extremely anxious, almost a panic attack, I could hardly write I was shaking so much. 03P 14 XX.XX NS

Shiver / feeling of hair standing on end of right side shoulder, neck and scalp for a couple of minutes. Intense anxiety, severe pain deep in chest, radiating down the insides of both arms and up into neck and scalp, leading to oesophageal spasm and pain and difficulty in swallowing and inability to speak. 03P 14 XX.XX OS

Everyone was speaking into the video camera about the past month's symptoms, there was no way I could have spoken even off camera. This anxiety is so intense I think it should be called fear, even terror. 03P 30 XX.XX NS

Woke in morning and started panicking that eczema was going to spread (normal for me to be anxious about this). I had to stop myself getting carried away with the anxiety and in my mind I shouted at myself to shut-up. 07P 13 XX.XX OS

Wake up in a panic about my health. Feel I should really start to worry about the smoking and drinking. I've conveniently managed to forget about smoking being a problem because I'm not coughing so violently at the moment. But I do have lots of greeny yellowy phlegm in the morning. 15P 14 XX.XX OS

Feeling freaked out - about life, diet, being toxic, not having any money, not doing any homework, well freaked out about just about everything really. 15P 39 XX.XX NS

Detachment

Felt very detached, separate, not really there, for the whole journey home. 01P 03 8.00 NS

Felt very distant and detached during my study-group. Tired, vague & not quite there. Felt separated from the others, as if watching the class through a window. 01P 06 12.00 NS

Ate little food for lunch then walked in the garden alone, wanted to be alone, felt I could not 'connect' with people. 03P 03 XX.XX NS

Didn't like bright lights or loud music or busy places (civilisation) all weekend. 14P 03 XX.XX NS

Feel distanced from the world. Heavy and numbed but hurting. Head feels very heavy, pressing pain on top of head, feels like dead wood. Body feels like dead wood, like a cut-down tree - lumber. 14P 11 XX.XX NS

Feel distant. Detached. Want to be left alone, want to go to bed and curl up alone. Feel quite ill, can't get warm. 17P 02 XX.XX NS

Isolation

A strong feature was the way in which I dealt with being on my own. Normally something I am perfectly comfortable with, I have felt very isolated and uncomfortable whenever I have been alone throughout the proving. 02P 00 XX.XX NS

Just realised that I'm better for company. That's why I wasn't enjoying shopping and why I'm phoning people all the time. 05P 26 XX.XX NS

Looked up at group and it felt like everyone was a stranger - I was not connected with them. Felt very ill at ease. 07P 01 7.00 NS

Didn't want to look anyone in the eye. Once everyone started talking again felt more comfortable with the situation. 07P 01 7.00 NS

Others in the class seem smaller, further away. 17P 01 8.00 NS

Confusion

Extremely sleepy, drowsy, with great difficulty concentrating all afternoon. My mind kept wandering of, couldn't focus it on what we were meant to be doing, couldn't focus on what the Lecturer was saying. 01P 02 5.00 NS

Very confused feeling - just can't settle to my work at all. Can't think about even basic organisational things, such as where I've filed certain papers, or how to approach the homework question, even though I've done loads of similar questions before with no problems. Foggy. Confused. Can't concentrate. 01P 08 4.00 NS

Sensation of not being quite grounded/reality being distorted. 02P 02 XX.XX NS

Thought part of pattern on duvet was really something on the bed. 02P 08 XX.XX NS

Misread some letters on a van - realised this is about the third time I've done this in the last week. 02P 09 XX.XX NS

Misread 'also' for 'alas'. 02P 12 XX.XX OS

Spoonerism on the 'phone to mother tonight - 'mats and rice' instead of 'rats and mice'. 02P 21 XX.XX OS

Absent-minded: drove down a one-way street the wrong way. 02P 42 XX.XX NS

Feel disjointed, I can't concentrate or focus on anything, my mind is running and jumping along like a butterfly or bee touching every flower on the way and achieving nothing. I feel that there is so much to do I just don't know where to start. I have been off work this week on hols. and I have not done the things I was looking forward to doing. I feel 'blocked', there is always a 'wall' between me and what I want to do. 03P 08 XX.XX OS

My perception of time isn't good, feels like I've been ages somewhere, when in fact only 10 or 15 minutes. 05P 27 XX.XX NS

Fuzzy headed in supermarket - got confused easily. Music playing and tills bleeping all merged together - felt absorbed by it. 07P 01 8.00 NS

My writing and spelling are awful, making mistakes in words. Trouble keeping words on the line in my notebook they go up and down and I can hardly do joined up writing without thinking about how to join it up. Usually fluent and neat writer and good speller. 09P 02 XX.XX NS

Looking at the carpet, I wasn't sure if it was close or far. 13P 01 8.00 NS

Effort to do anything. Completely disorganized. Things keep happening unexpectedly and I can't seem to plan. 13P 22 XX.XX NS

Since the beginning of the proving my sense of time has completely gone. Usually I don't wear a watch but I have a very good sense of the time. Now I have no idea most of the time and it is irrelevant. It is almost an irritation to have to bother with it. It feels like a very "human" thing and not relevant to me. 14P 02 XX.XX NS

Feels as though my body clock is at odds with the remedy. 14P 06 6:4:5 NS

Forgetfulness

Forgetful - carried a letter up to the village to post & forgot to do so, despite being in the Post Office! Carried it back towards home & posted it on the way, but then 2 minutes later couldn't remember whether I'd posted it or not. 01P 05 XX.XX NS

Supervisor commented that I was absent-minded/forgetful which made me realise that I am not trusting my memory as much as usual and am concerned about writing down important things 02P 15 XX.XX NS

Couldn't remember characters in a novel I've been reading each day for the last week or so. Forgot to pay supervisor today until the last minute then forgot where I had put my handbag an hour or so earlier - she commented on my absent-mindedness. 02P 21 XX.XX NS

Lost supervisor's phone no. today, Can't find discs anywhere tonight. 02P 28 XX.XX NS

Forgetful of words when talking, know what I want to say, just can't find the right words. 05P 22 XX.XX NS

Bit forgetful, I baked soda bread without putting the soda in (I bake my own soda bread 2 or 3 times a week, I could do it in my sleep usually). 05P 24 XX.XX NS

Evening - concentration lapses whilst working. Totally drift off every now and then. 07P 11 XX.XX NS

Keep losing things, keys etc. Keep ferreting about in bags and pockets, can't find things that were there a moment ago. 14P 02 XX.XX NS

Have realised am more forgetful/distracted, e.g. go to do something then not sure that I have done it, though I usually have. I have no memory of doing it. Therefore am needing to spend a lot of time checking I have done things, e.g. closing windows. 14P 17 XX.XX NS

Lost car keys. Checked for keys before leaving college. Had left keys on kitchen table. 17P 01 8.00 NS

Clumsiness

Spilt a mug of coffee I didn't see all down left leg. Bag of apples fell off checkout in supermarket. Left purse at home when I went shopping. 02P 05 12.00 NS

Clumsy, made worse when people were watching me. Felt that eyes were on me at all times. 13P 09 XX.XX OS

Feel clumsy - always stumbling and dropping things. 13P 12 XX.XX NS

Whilst trying to get herbs from the top of the cupboard, I slip and fall onto the floor. This all happens in slow motion. I fall on my right buttock. Shocked and shaken, very giggly and shaky. Later on my own I feel very shaky and weepy. I feel like I'm still on the kitchen floor. Feel horrid and black and without hope. 15P 28 XX.XX NS

Soul Mate

Felt quite lonely on arriving back home; desired company, and a partner. 02P 38 XX.XX NS

A strong feeling during the proving, which has remained, was of a very deep bond with my husband, that I couldn't exist without him. There was a fear that I would lose him, that he would leave me, and a jealousy that was totally irrational, that something would divide us and I would not be able to exist without him. 17P 00 XX.XX NS

Jealousy

Episode of real jealousy in the evening. It seemed really out of context something that would normally go over my head just made me see red. Partner seemed quite shocked at the way I was questioning him over a woman that he had been working with. I was making out that he was keeping things from me - deep inside I knew he wasn't and that it was all nonsense but somehow I couldn't seem to stop myself pursuing this jealous thing. 10P 19 XX.XX NS

This evening partner and I sitting chatting and for some reason I start to feel really jealous of everyone that he knows and talks about. It is so abstract - but I can't stop myself feeling it. He says to me what has got into you these days with your petty jealousy. I seem to come out of it and agree with him that it is really stupid and childish! 10P 34 XX.XX NS

Reading in the study - look around twice during the morning as I am sure I can feel someone's

presence behind me. Aware of a lot of strange creaking and cracking sounds around the house. Again lots of jealous thoughts - imagining lots of situations where partner is being unfaithful to me. It just seems to come out of the blue and again logically I know there is no foundation for these thoughts but I just can't seem to stop them when they come. 10P 40 XX.XX NS

Jealousy - unfounded and foolish. The feeling is there's only room for two, him and me. Jealousy with a pain in the centre of the chest. 12P 00 XX.XX NS

Felt very upset again by female friend's attitude, style, behaviour on Friday evening. Felt she had been attempting "intellectual sex" with boyfriend. Re-heard her saying "I was worried you felt left out" as really "I wanted to push you out". Saw her as a predatory female - Shiva - sex and destruction. Felt displaced and needing my nest. 14P 10 XX.XX NS

Feel annoyed with the friend who keeps asking me for things. She hangs around with my boyfriend and I, asks me again for tobacco and wine, and then won't leave. Once the wine is finished, she asks if there is any more, and then asks for more tobacco. Dreamt that boyfriend and the friend were trying to have an affair, but that I was in the way. Dreamt that boyfriend and I were trying to have sex, but we were looking after someone's baby (it was a big, ugly baby). Boyfriend tried to shut the baby out on the landing at the top of the stairs. I wouldn't let him, in case it fell down the stairs. 15P 21 XX.XX NS

Asked Partner about who he was meeting on Friday, he merely said "a friend". Feel rejected, not trusted, reminds me of previous husbands tricks. 17P 20 XX.XX NS

Feel neglected - that partner has no time for me. Confess my worries about his meeting "the friend" to my partner. He explains and I feel silly, but still unsure. 17P 21 XX.XX NS

Partner went to see "the friend" was back in 10 minutes - very strange I think, still suspicious feeling. Can sense something - don't know what. 17P 22 XX.XX NS

Very jealous of cat on partner's lap. 17P 23 XX.XX NS

Relationships breaking down

Listened to a favourite CD while doing yoga. The songs are beautiful, but all to do with relationships breaking up. I was so drawn into the music, I became convinced the songs were about my situation, convinced that my relationship was crumbling, (even though we're actually extremely happy). Felt a heaviness & pain in the heart region, as though I really were going through something terrible, heartbreaking. Despite the music making me feel so overwhelmingly sad, I had no desire to turn it off - even though I knew this would probably help. Once the CD finished, my mood lifted again & I was no longer sad. 01P 10 7.00 NS

Allow myself to dwell on old failed disastrous relationship I had when I used to garden for a living. I've not wanted or allowed myself to dwell on this before or explore feelings. 04P 22 XX.XX NS

Woke feeling desolate about boyfriend leaving. Is it worth the pain? He said, "At least you can cry". Both sad. I feel OK to cry, which isn't usual. Usually I try and bottle it up. 14P 10 XX.XX NS

Feel like I want to finish it with boyfriend. Feel very very low and weepy. Stay in bed reading until 8.00am. Would like to stay in bed and not bother with anything or anyone. Feel resentful that it is

not an option. Feel it would be best to finish with him, see the years stretching out unloved, uncared for etc. Whatever usually feeds our long-distance relationship wasn't around this time, not enough time for us, always busy. Very tearful, weepy, feel I have lost all my self-confidence. 14P 11 XX.XX NS

Went to view a house and partner suggested that we might need to live apart so that he can keep his rented home going and I move into the one we buy with my children - to keep his council tenancy. I am furious and hurt. It feels like keeping his 2 Bedroom council house is more important than us all being together in a bigger place. 17P 22 XX.XX NS

Feel insecure, unloved, worry about being misjudged by partner (he read my proving diary). He's angry with me I feel, although he says he is not. I want to run away. I want the proving to stop. Its ruining my life, my thoughts. 17P 34 XX.XX NS

Suspicion

Suspiciousness is worse on Sundays. I feel suicidal. 12P 00 XX.XX NS

Suspicious of others' motives - someone is waiting to jump into my shoes. 12P 00 XX.XX NS

Feeling like I'm being 'got at' by others. 15P 03 XX.XX NS

Suspicious, I feel that plans are being hatched, traps are being laid. 17P 00 XX.XX NS

Think that people are trying to trick me - test me, suspicious. 17P 20 XX.XX NS

Used, duped and badly treated

Have an argument with husband about his high social life, whilst I am left at home to do all the work and ferry the children. Still have the feeling of refusing to be dumped on unless it suits me. 09P 08 XX.XX NS

Something interesting that I must note (because for me it seems to link in with a theme that I have experienced during the proving - namely "all is not what it seems". Two days prior to the proving a woman in a green landrover reversed over my car - she wasn't looking in her mirror and admitted this fact, she apologised and gave me her name and address. Andy was in the car with me and so was a witness to this. She admitted she had just got the landrover and didn't know how to drive it yet! So everything seemed straightforward - phoned up my insurance co. reported the accident and gave them her details, got my car repaired, paid the excess and sent off my receipts to my insurance company for what should be a straight forward open and shut claim. Not so it seems. The legal people have now written to me saying they are having difficulty with my claim, as she has now put in a counter-claim. They have passed it on to a solicitor and there may be a court case! I really can't believe this. I feel like I have been duped, stitched up, a real sense of injustice here. The solicitors want me to sign all sorts of papers and waivers to get information about me! I am incensed. I just want to forget the whole thing but if I do it looks as though I am admitting liability. You will see why I have included this whole incident as it resonates for me with what the main focus of the proving has been for me at least. 10P 00 XX.XX NS

Woke suddenly at 6.45am. Feeling very connected to boyfriend like his alarm had gone off for work. Lay in bed thinking about Friday night and female friend. Feel very hurt, upset and angry. Thoughts of women as predatory and not safe. The survival of the fittest. A feeling that I can't be bothered any more. I'd just like to be dead. People do not give respect to each other, they take advantage and put

each other down. I don't like it. I feel it keenly at the moment. It hurts. I feel like I don't want to give anyone any bother, just do what I can to get along, to be OK, help each other out, but feel an outcast and not part of. Feel very unfortunate, even though objectively many good things have been happening in my life recently. I don't feel part of this tricky clever computer email age. 14P 11 XX.XX NS

Feel very anti boyfriend. Feel used, picked up and put down again. Feel very resentful. There is nothing objectively to support it viewed in one way but it is my feeling response. I feel angry. I would like to say it's all over, let's forget it but also feel now is not the time to react. Am finding it hard to work, concentrate. I hate him so much and want to finish it. I would like to scream. There is nowhere to put it. 14P 18 XX.XX NS

Irritated by company, need to be on my own. Get very cold when the fire goes out. I have lent my blanket to someone else in the class and now feel that I can't ask for it back. Feel irritated that she doesn't notice how cold I am. 15P 02 XX.XX NS

Boyfriend makes me breakfast. Keep feeling 'where's the love in that?' everytime he looks at me. I look for some sign of love and there is none - just cold, shark eyes from him. I tell him that I feel no love emanating from him. Feel annoyed when he shows me affection just before I leave, because now I can't storm out. Boyfriend sends me email at work asking if I say these things to get a rise out of him. Feel heartless, mistreated and misunderstood. 15P 06 XX.XX NS

Someone who I vaguely know calls up and says he wants to come round now to see the spare room to rent in our house. He's very pushy and I feel annoyed and bullied by him. After he's left I feel very wired and strangely violated by him - like he's just barged his way in through the front door. I want him to call back so that I can tell him to fuck off. Feeling wired and panicky. Ready to stand up for myself. Wish I could kick box. I feel like I'm standing up for myself more, but in an irrational, inappropriate way. 15P 07 9.00 NS

Fed up with a certain friend who keeps asking me to do her 'favours'. She always asks for something within 10 seconds of seeing me. The phone rings twice and I don't answer it because I think it might be her. 15P 07 XX.XX NS

Boyfriend offers to pay for his own lunch in café and I refuse to accept it, but wish I had, because I only feel annoyed afterwards. 15P 18 XX.XX NS

Have been feeling upset with friend all day. Eventually I ring boyfriend to explain how I feel about her. Then I feel immediately bad for having said anything about her. Realise that it's my stuff that I can't say no to her, or to anyone for that matter. She asks me for things and I say yes. I can't expect her to second guess me, especially when I've already said that it's okay. 15P 22 XX.XX NS

Boyfriend wakes me with tea and sexual advances. I feel very much in the mood to have sex, but feel indignant when it becomes clear that he only wants me to make him come. I feel he's a selfish fuck - literally. Angry, pissed off, leave without saying goodbye. Feeling taken very taken for granted by friends and by boyfriend. Have this feeling of 'fuck everyone else' - I should just do what I want to do. Nothing's going to change until I do something about it. Feel like stomping everywhere. Don't want to get involved sexually with boyfriend anymore, all give and no take make a frustrated girl. 15P 42 XX.XX NS

Curiosity

Nosed in the chest of drawers at the B&B. 02P 01 XX.XX NS

We arrive in B&B kitchen and I start to look inside all the tins that in the kitchen. She has a table with lots of different coloured tins that probably had biscuits or chocolates in them at one time. Some of them are very pretty. I am opening them and looking inside. Then I open her freezer and start pulling out drawers in the freezer. What am I doing, this is just not me? It is like I want to know what is inside. 10P 01 9.00 NS

On the way to work I'm suddenly very curious about the walled gardens of the houses lining on of the streets. It feels like I need to know what's behind the walls. Wish I was a cat walking along the walls from one walled garden to the next. Get to work without even noticing that I'm there. 15P 07 XX.XX NS

Money

Had a long conversation about material possessions, the environment etc. Thinking a lot about materialism and things; want to clear out stuff I don't use. 02P 21 XX.XX NS

Annoyed by people talking about money. (Provers diary contains many references to money). 02P 30 XX.XX NS

Gamble £7 on the horses (the Cheltenham Gold Cup). Haven't gambled for years. Booked to have my hair permed. Spending money I shouldn't spend. Really thinking about getting a modern computer and getting on the net. All of a sudden it's very important for me to get high tech. Feel very lucky, like I'm the luckiest person in the world. 05P 35 XX.XX NS

Evening - itching left hand between index finger and thumb, keep scratching it, lasts about 20 minutes then right palm gets really itchy. Makes me think of they saying about money coming to you 10P 27 XX.XX NS

My son wants to take his wallet into school & share his money with his friends. Money issues carried on all day. 12P 03 XX.XX NS

Gold

Golden yellow has attracted my attention this evening, and seems to be more obvious than other colours. 02P 01 XX.XX NS

More stuff on gold - did work on a case where Aurum had been given, also I picked an Aurum card randomly. Given gold carrier bag I had admired by fellow student. 02P 03 XX.XX NS

Sang a new song with 'gold' in it. 02P 05 XX.XX NS

Noticing all the shiny objects about, taps, door knobs, my bracelet. 17P 02 XX.XX NS

Anxiety about money

Very, very anxious about money again. Getting hot flushes at the thought of money - how much we've been spending lately (even though it's all been on necessities). Panicky. 01P 12 XX.XX OS

A gypsy called selling cotton mats and I said I couldn't afford one so she reduced the price then I

didn't have enough cash. I was embarrassed and went to the bank afterwards because I felt really uncomfortable. I drove round for almost an hour looking for her because I regretted not buying anything but I couldn't find her. She left me thinking a lot about her lifestyle and my attitude to money - I'm sure I should have bought one of her mats. I felt quite churned up about it for the rest of the day 02P 18 XX.XX NS

I feel easily upset, fragile and weepy. Extremely anxious about money - I'm running out! On being presented with the Access bill I experienced rapid heart rate, feeling of stress, trembling, dry mouth, desire to open bowels, slight nausea. 03P 05 XX.XX NS

My old fears and insecurities about money are coming back - yet I am spending money I shouldn't. Not like me at all. 05P 19 XX.XX NS

Thieving

Went to a charity shop and took a book without paying for it. Very out of character. No moral value attached. 14P 07 XX.XX NS

Pay 20p back to charity shop where I took the book. Feels more like balancing things out than conscience/guilt. Very matter-of-fact. Very odd for me, brought up to feel guilty. It's not that I've become amoral or immoral, no-one's values apply. I'm just reacting, acting differently. I feel involved and not involved, part of and not part of. I can wear brightly coloured earrings today. I have a perfect right to exist. 14P 14 XX.XX NS

Magpies

For my piece of mind I have to record something that I have been aware of all through the proving. It may be nothing. It is magpies. A few days before the proving started a Magpie actually sat outside my window looking into my study. It gave me a real fright at the time. I am just so aware of them all the time. I can guarantee that every time I look out of my window - there he is one single magpie either hopping over the road or just sitting in front of me. Weird. 10P 00 XX.XX NS

Rings

Fiddled with my ring a lot this evening. 02P 01 XX.XX NS

One of our regular customers came in and I immediately noticed a new gold (wedding) ring on her ring finger. As I served her it came out in conversation that she had been recently married, last Saturday - the ring was new. 11P 04 XX.XX NS

Guilt

Feel panicky and very anxious, trapped, as if I can't do anything, afraid to move - as if afraid what ever I do is wrong and inviting punishment. 03P 07 XX.XX OS

I've felt guilty for the past two weeks, seemingly addicted to a stupid game on the computer which I keep switching into instead of working. This is not what I do! I'm still doing it and trying to hide it from my family and not even telling my proving supervisor; it's too embarrassing. 04P 21 XX.XX NS

Saw another parent at school, moaning to her, wasn't interested in her problems I just offloaded onto her. I felt guilty afterwards. 05P 22 XX.XX NS

Feeling of being slightly out of it. Don't feel in control - want to run away from work before get told

off for any mistakes. 07P 05 XX.XX NS

Went to see homeopath and felt very faint and spaced out whilst talking to her, sunken in chair. Easy to cry, feel frustrated and want symptoms to go away. Feel as though I am winging to everyone about this and at the same time feel guilty, as though I am telling lies to get out of proving. Felt frustrated that was going to have to wait for a remedy. 07P 30 XX.XX NS

Dirt

The water has been off all day for maintenance in the area. I've been feeling filthy, grimy, dirty, diseased, itchy. Really, really want to get clean, but there hasn't been even any cold water, let alone any for a bath. I feel disgusting. I stink. I repulse myself. Water finally back on - had bath. The water was soothing. Felt slightly better, able to get dressed & face leaving the house. 01P 13 XX.XX NS

The house is untidy and dirty, I'm getting no help with cleaning and cooking (but I'm not asking for it and don't feel I should have to lower myself to ask). 04P 15 XX.XX NS

Generally untidy and unmotivated - my desk is in a terrible mess and the flat is very untidy but it's not bothering me (unusual). 07P 15 XX.XX NS

Realised that the last two weekends my flatmates' parents have been to stay and I didn't get remotely house-proud beforehand. The flat had been very full, cluttered and in a mess and it hadn't bothered me at all (very unusual). 07P 20 XX.XX NS

Strange thing is that I do not want to bath and wash as much as usual. Usually bath every other day and strip wash or shower every day, but I do not fancy lying in the bath or even having a shower. I do not want to undress and get colder. 09P 00 XX.XX NS

Drank too much wine. Pissed in a saucepan in the kitchen (not one I use for cooking!) because I wanted to carry on listening to something on the radio. I feel beyond morals, conventions, just doing what I want. Eating when I feel like it, not bothering much with cooking. 14P 16 XX.XX NS

Picking

Very conscious of bits off fluff on my clothes must pick them off,, never realised before that they were there. 09P 01 XX.XX NS

Very fidgety, especially feet. Picking at clothes - pulling the dog hairs out of my jumper, feel as if I'm looking for fleas! Even wanted to pick the hairs out of my neighbour's socks. 11P 01 7:30 NS

Cleaning & organizing

Decided to have another bath - the idea of being in lots of hot, soothing water seems like a good one -the only thing I can think of which even vaguely appeals. 01P 16 XX.XX NS

Polished furniture today (unusual). 02P 07 XX.XX NS

Finished sorting out kitchen then moved on to other cupboards, clearing out games, books, clothes etc. 02P 24 XX.XX NS

Continued clearing out my home, wanting to get rid of 'stuff'. Burned old love letters etc. from past. 02P 34 XX.XX NS

Cleaned through house this afternoon. Utterly exhausted, feel I can hardly keep my eyes open and I ache all over again. 03P 11 XX.XX NS

Urge to move furniture and pictures around - carried it out. Pleased with the results. 08P 04 11.00 NS

Found myself cleaning and tidying son's bedroom. 08P 06 XX.XX NS

Very efficient and single minded. Organised my jobs for the day before the school run and going straight to town to sort out banking, etc. Instead of beings involved in every last detail of everyone's lives I am just getting on with any things. 09P 04 XX.XX NS

Wearing smarter, closer fitting clothes. 13P 16 XX.XX NS

Wanted to stay in bed but also wanted to sort out cupboard. House feels stuffily nesty after the winter. Opened all the windows, threw stuff away, sorted, made space. Still feel very disinterested in food and having to fend for me and daughter and any friends. Feel really resistant to all domestic stuff. The whole business of shopping and cooking and preparing meals was something I didn't want to know about. I enjoyed food if it was put in front of me, but mostly didn't bother with it. 14P 12 XX.XX NS

Woke early and very alert, got up and did some work. 16P 04 XX.XX NS

Purification

Feel kind of restless to do something, but I don't know what. Feel that things are moving slowly. I feel frustrated - I want to clean and purify everything. Even the rain is a burden, and I usually love the rain. I feel like there is a fog over everything and I cannot see properly. Feel in limbo. 13P 17 XX.XX NS

Night time: Restless. I awoke angry and frustrated. I felt seething and wanted to burn everything to purify it all. Felt angry at myself for letting people walk all over me. Felt pathetic - the anger took over the fear. Seemed to see the bigger picture a lot more clearly from an objective point of view. 13P 22 XX.XX NS

I want to lead a clean life, have lots of fresh air and exercise but not swimming. Really don't like the idea of cold cool or tepid water. 14P 12 XX.XX NS

Two other provers and I go to a beautiful expensive restaurant Need to be civilized. The thought of fast food, bright lights and supermarkets is horrible and unnecessary, as these places can be avoided. Need beauty and refinement. 15P 01 9.00 NS

Mischief

Immediately after taking the remedy I had the sensation in both arms as if I'd over-stretched my muscles in the upper arms, with trembling. I also had a pain in my back, right thoracic region, again as if I'd over-stretched it. I had the image of monkeys swinging in the trees. Had an irresistible urge to go skipping! 11P 01 7:3:0 NS

Spoke to husband on 'phone - he said that I sounded frisky, which sums up how I've been feeling all evening. I want to be naughty, mischievous. 11P 01 1.00 NS

More daring and jesting in class. 13P 00 XX.XX NS

Forthright & standing up for oneself

It has occurred to me that my mother chooses to say the things she says and treat me as she does. This has never happened to me before, it is a revelation - I have decided that I won't put up with that treatment anymore. 05P 22 XX.XX NS

More emotional than usual - trouble with mother - feel like rejecting her when she needs help as she does at the moment. 08P 06 XX.XX NS

Will not do anything unless I want to do it: do not argue or shout just look at the person and carry on with my own work. Haughty. 09P 07 XX.XX NS

More outspoken and less diplomatic than usual. Met a teacher from my daughter's old school and told her why daughter had left instead of the usual platitudes. 09P 08 XX.XX NS

At work today I feel as if I am being unfairly treated. I feel really annoyed about it and later I go to her to put the record straight. I almost feel like I don't care about the consequences. My normal reaction would have been just to have been annoyed but thought oh well never mind its not worth getting worked up about but for some reason I couldn't just leave it like that this time. I feel like I am just expressing myself as I feel it rather than filtering it out as much as I usually do. It feels quite liberating. 10P 25 XX.XX NS

Say something really quite nasty to Partner. He gets up out of bed and he is complaining about his back which is quite painful at the moment. I say "oh you will just have to accept it, let's face it you have got your mother's bones and joints so there's not a lot going for you". He was really upset and said "your nasty tongue is like a sword, cutting to the quick.." I feel a bit sorry for saying what I did but at the same time I feel really impatient and just want to say what comes to mind spontaneously without filtering it out- normally I would not have let myself say that. 10P 27 XX.XX NS

Again just speaking my feelings direct to people today in general without really filtering out, usually worried that I might offend or upset people with what I say so filter it but just not bothering to do so at the moment. 10P 30 XX.XX NS

I feel more carefree with what I say. I am not choosing my words so cautiously. 13P 05 XX.XX NS

Proving has so far seemed to be an exaggeration of my own ongoing stuff - issues with confrontation and standing up for myself. Being able to accept who I am and feeling free to be me. 13P 29 XX.XX OS

Realise that I will not be bullied or intimidated when driving though feel very relaxed and prepared to let things go the rest of the time. 14P 39 XX.XX NS

Feel very in control. Feel able to control the love valve so that I'm not pouring out unconditional love. Feel much more able to stand up for myself. Funny how wonderfully healthy conditional love feels - "I'll love you if you love me" type thing. 15P 11 XX.XX NS

Restlessness

Very restless around music - need to tap to it and wanted to dance (unusual for me). 02P 01 XX.XX NS

Trapped

Felt I was pacing like an animal. 13P 01 1.00 NS

Desperate need to get a new job. Feel like I need a long holiday. Need to move into new house and make a fresh start. 13P 10 XX.XX OS

Daughter poorly. Feel totally trapped in house. 14P 46 XX.XX NS

Irritability

Easily irritated by small things - not being able to fit something into the fridge, knocking something over, people getting in my way at the supermarket, etc. 01P 08 XX.XX NS

Woke - irritable & fed up for no apparent reason. Irritated by my husband rubbing his foot against mine while half asleep - shoved him away. 01P 09 XX.XX NS

Very irritable - swearing at other drivers, at anything which annoys me. 01P 12 XX.XX NS

Felt very irritable and cross when I had to answer the phone this evening. Unusual for me. 03P 04 XX.XX NS

Partner complained I am grumpy and grisly. I think he's grisly ! He keeps shouting at me. 03P 05 XX.XX NS

Very weepy, depressed and anxious after arriving home. Short tempered and irritable, do not want to see / speak to anyone - especially the engineer who has come to fix the CH boiler. 03P 14 XX.XX NS

Started to feel quite impatient - wanted to get the lecture finished - didn't like other people interrupting. Feel more edgy, slightly irritable. Intolerant and tired. 07P 02 12.00 NS

All day felt very sensitive to students (I am an administrator at a university) who were complaining, wanted to tell them to fuck off - usually I can handle it without feeling affected. Also felt very dispassionate towards students which is unusual. 07P 05 XX.XX NS

Went out to dinner in evening with relatives and some of their friends. Found it very easy to talk to people (I'm usually a bit self-conscious and quiet). At end of meal started to get very bored and impatient as I thought that once the food had finished we should be going. Partner says I started humming under my breath and that I sounded very bored! 07P 10 XX.XX NS

Snappy with people and easily annoyed. Showed it more than I usually would. 13P 28 XX.XX NS

Very impatient and irritable with waitress in cafe. I will not tolerate any delay. 16P 03 XX.XX NS

Very rude and impatient with train service researcher. Cannot tolerate anything which smacks of interference or interruption. 16P 04 XX.XX NS

Censoriousness

Extremely irritable. Thinking very unkind, uncharitable thoughts about my husband's friend, who has come to stay for a couple of days. Although I'm perfectly nice to him, I can't stop myself from

thinking about what a loser, waster, stupid drunken useless jerk he is. I normally don't mind him, though I do find his constant smoking & drinking annoying - but today my thoughts about him so are vicious that I surprise myself. 01P 07 XX.XX NS

Confrontational

Confrontational - aware that I feel very confrontational all the the time - trying to moderate it as I do not want to cause unnecessary trouble. On three separate occasions have stood up for myself where I would normally have swallowed my indignation. 08P 20 XX.XX NS

Anger

Met daughter out of school. She had a scowl on face, it was all downhill from there. Everyone, everything is irritating. I feel so angry. I haven't felt this angry for ages. It's all deep, simmering away like a cauldron. Want to be left alone. Just want to sit, feel put upon and neglected. Just want to sit and stare out of window. 14P 18 XX.XX NS

Feel very hateful. Hate everybody but no, it's just a mood and a way of putting it. It's also not that real. I can be absolutely in it, this state, and yet view it dispassionately at the same time. 14P 18 XX.XX NS

Feeling really fucking contrary. Don't like writing proving diary - don't know whether I should write on the left or the right hand side - don't understand the guidelines for writing this. Don't know where to go when I turn the page. Hate it. Hate this book. Hate having to monitor every fucking emotion. Feel sick and sad and irritable. Feel very contrary. Have decided to write proving diary in another book. Nothing is right. 15P 08 4.30 NS

Violence

Watched a violent film and enjoyed it, especially hand grenades throwing men into the air - I don't usually enjoy such stuff. 02P 01 XX.XX NS

Wanted to snarl, wanted to bite something. 07P 01 7:3:0 NS

Tantrums - pinching and throwing things around the room. Hysterical crying - hate everyone at work and want to make them feel the same pain as I do. 13P 43 XX.XX NS

Feeling excessive anger- hate everyone and want to kill. 13P 43 XX.XX NS

Contentment

Had an overwhelming desire to thank Misha for everything - to tell him how much I love being here, being part of this, being involved - how grateful I am to be part of his school. Feeling very contented, sleepy and happy. I feel very much in tune with the other students; I love them all, am so glad to know them and to be here - don't ever want to leave, don't want this weekend to finish - I want to be here with all these lovely people. 01P 02 11.00 NS

Feeling of great contentment all day - would really like to stay at Yondercott, to be here with all these wonderful people every day. Beautiful. 01P 03 XX.XX NS

Fell good, cheerful - really want to be out in the sun. 07P 03 XX.XX NS

Felt need to relax in the morning and ended up listening and dancing to music. This is the first time in

months that I have wanted to listen to music rather than slumping in front of the television or reading. 07P 07 XX.XX NS

Have been quite content on days when have been on my own in the flat - usually get a bit down if others haven't been around. 07P 15 XX.XX NS

Bonding with the group. Felt a connection and a closeness. More powerful than usual. 13P 03 XX.XX NS

I'm self-contained, contented but not to the exclusion of other people and things. Time is a human construct, it doesn't matter. Things are much slower. 14P 04 XX.XX NS

Calmness

Calm at work today - took a deep breath when I might have rushed in previously in a discipline situation with kids. 02P 04 4:4:5 NS

Told I am calmer since starting this proving, and less bothered by the things which usually bother me. 02P 21 XX.XX NS

Partner says I'm calmer, more patient since weekend. 04P 04 XX.XX NS

Felt very calm and relaxed driving home - very unusual. 08P 01 8.00 NS

Feel very laid back and things go smoother. Notice that husband is swearing a lot and very stressed, it does not affect me. I can ignore it. It usually makes my insides contract with anxiety. 09P 03 XX.XX NS

I seem to have taken a step back from my life and am assessing it and the people in it as if I were an inspector of some quality scheme. Small things which used to bother me no longer do and my head does not buzz with details. 09P 05 XX.XX NS

Met a friend for lunch and listened to her problems for an hour without interruption - unusual for me. 09P 07 XX.XX NS

Have been leaning back in chair watching the birds flying and clouds moving. Could just sit and watch all day. 14P 20 XX.XX NS

Earthiness

Feel like I've come back into my body today - I wasn't floating out of my body, but I was in my head and not really in my body until today. Walking around barefoot in the house again, this is very good for me. Have not been doing that since the proving started. 05P 23 XX.XX NS

The first two nights of the proving I woke at four am just at the first glimmerings of light and thought I had to go scuffling in the bushes, for a scrabble in the earth. 14P 02 XX.XX NS

Feel like a small furry prickly animal that would like to nest down and hide. 14P 18 XX.XX NS

Non -stop gardening, tons of energy. Felt very loving towards the earth and plant, etc. 14P 38 XX.XX NS

Velvetiness

Meditating after dose - got strong sudden image of my cat with a feeling of warm, black furry-ness. Had a real desire to cuddle him, to bury my face in his fur. 03P 01 7.30 NS

The most profound velvety deep almost touchable darkness sinking into it but not scary. A feeling of oneness coming into communion and/or going out into space but bodily very present, very safe. 14P 01 8.00 NS

Very drawn to dark/black hair. People's eyes look dark and beautiful. 15P 01 1.00 NS

I'm wearing black - it feels like a very strange colour to be wearing. Black feels velvety - like a hole or a burrow, comforting and earthy. I'm very drawn to black. Dark colours seem velvety. Feeling warm, fuzzy and safe in my head. Everyone's become smaller. Want to go down a black hole and hibernate in a swirling burrow. Soft black fur and warm furry feeling. 15P 01 XX.XX NS

Apathy

Generally a bit foggy & dull. Would like to go back to bed, or just watch TV all day, something that takes no brain-power. 01P 05 XX.XX NS

I persevered with some work & managed to get a bit done, tho' I still feel like I don't really have a grasp of what I'm doing. Feeling a bit more optimistic, though, which is a relief. I'm alarmed by how very easily I can be plunged back into deep depression and apathy. 01P 16 XX.XX NS

In the afternoon I felt very dopey and contented. Couldn't concentrate for extended periods - mind totally drifted off. Felt drowsy and languid and just wanted to bask in the sun at lunch-time. 07P 02 XX.XX NS

I normally read for ages soaking in a hot bath and when cooking or sitting on the loo. I have left my library books untouched since I took the remedy but have only just realised it as they are due back again. 09P 00 XX.XX NS

Welfare of animals and family affairs seems less important. 09P 05 XX.XX NS

Exhausted - don't want to talk to anyone, I just want to sit and stare into space. Takes forever and hurts to do a simple task. Want to stay in bed all day. 13P 37 XX.XX NS

Procrastination

A bit drowsy & vague all afternoon. Having a lot of trouble trying to get started on homework assignments. I keep trying to settle down to some work, but find it almost impossible to stay focused on anything for longer than a few minutes at a time. 01P 08 XX.XX NS

Can't seem to click things together, very laid back and lethargic, no sense of urgency. 05P 10 XX.XX NS

Woke up with headache, couldn't seem to shift it. Laid down in the afternoon I felt so tired, like a dead duck. I was supposed to have gone into town but was too tired. Can't be bothered, even though I have to bank money - not like me. Dragged myself through the day. More tired as the day and evening wore on. Lots of things I should be doing, but I am procrastinating. Not like me I am usually very determined and goal orientated. 05P 18 XX.XX NS

I was supposed to be visiting a friend, I just couldn't be bothered to go, I didn't want to go out. I felt like letting her down completely not even bothering to call her. I could quite happily have done just that not worried about her feelings at all. I just didn't want to see anyone. 05P 22 XX.XX NS

The last two days have been very bored and unmotivated at work. Desperate to get away at 5 pm - have spent a lot of time gazing into space waiting for the minutes to go by. 07P 14 XX.XX NS

Seem to be driving much faster than normal but it seems slower. Apologised to a friend for going so slowly around the narrow lanes of my village and she said that we were actually going quite fast considering the conditions. This has happened a few times with various people and I notice that I seem to get everywhere too early. I have always been a punctual sort of person but not so early! 09P 00 XX.XX NS

I know this is a good opportunity today to get on with some homework etc. but I just can't get motivated. The strange thing is usually I would be getting really uptight about it and forcing myself to do something but I am just not worrying about it. I am sort of forgiving myself - you can't do it all etc. don't worry about it, it will be okay. These are the kind of statements flowing through my mind. It feels good, I am not being as hard on myself, I feel like well I am doing my best and that's good enough, what will be will be. 10P 23 XX.XX NS

I have not done my work at all but I think well I can't do everything and I am not going to beat myself up about it. 10P 29 XX.XX NS

Depression

Sick of being an adult, of having so many responsibilities, things to sort out, pay for, take care of. Too many worries. I'd like to be 14 again, to be back living with my parents, all responsibilities lifted from me, nothing important to worry about. I guess I'm still basically feeling that I can't really cope with anything. Everything seems too much. Went to yoga class, in the hope that that would somehow help me to make a connection with myself - I feel so detached, as if I'm barely functioning, & even then only on auto-pilot. I feel like I'm just going through the motions of being alive, but am totally unable to connect with who I really am, or with what I'm doing. I feel depressed, like nothing's really worth bothering with anyway. Seriously thinking of trying to antidote the proving, or of phoning Misha & saying that I want out of this - I really don't know how much longer I can go on feeling like this. Two weeks ago I was so happy & confident & focused - now I feel like a trembling, despairing, hopeless, frightened mess. Whenever I try to talk to someone I find myself having to struggle not to cry. This really is not fun. 01P 18 XX.XX NS

I feel that the weather, the day and the situation is just lovely and I should be able to feel joy in it - but I can't, it won't 'go in'. There is the overwhelming fear and anxiety which stops me from truly enjoying anything. I take such delight and joy from birds and springtime flowers and sunshine but I just can't feel it inside, there is a block a barrier between me and the world. A casual conversation about sunshine and hope and new life associated with spring caused the mental equivalent of being hit with a sledge hammer. 03P 31 XX.XX NS

Not doing very well at all on the remedy. Spent most of this morning in tears, feeling alone & empty. 12P 04 XX.XX NS

Tired and hangover. Feel like I need to go on a big detox. Binge / comfort eating. Feel distant from

homeopathy - feel like the proving might be draining me. 13P 25 XX.XX NS

Despair

On the verge of tears all day - I have a lump in my throat & my chest aches as if there's some sort of huge obstruction there. I feel as though something has died within me. The least thing makes my eyes fill with tears. Unable to think of a single good / positive thing in the world. 01P 12 XX.XX NS

Very, very oversensitive and emotional. Everything my husband said I took as a direct, personal attack. Weeping constantly. The least thing made me burst into tears. Irritable. Furious with husband. Wished he weren't here. Wished I'd never met him or married him. Hated him. Arguing with husband - very, very unusual for us. I felt desperate. As though everything important to me was coming to an end. Hopeless. Increasingly bad as day went on. I felt dead. Completely dead inside. Wanted to die. Contemplated it - thought about how nice, what a relief it would be, not to exist any more. Just to be dead. Thought about taking all the old prescription pain-killers in the back of the bathroom cupboard. Wanted not to exist any more. Even the thought of what effect this would have on others (even my Mother) meant nothing. Didn't care what they felt - I just wanted to be dead, not to have to cope with living any more. It would be such a relief to be dead. Unable to do anything at all. So apathetic, didn't care at all about not doing any work. Couldn't answer phone - don't want to deal with anyone. Couldn't face talking to anyone. Too depressed to phone my proving supervisor. No point in making any diary entries. Can't face anything or anyone. Unable to do anything. Felt dead inside. Numb. Lay on the bed all afternoon. I was really cold, but was too apathetic to reach down & pull the duvet over me. No point. I'm dying. Thought about cutting my arms - deep & hard -with a razor-blade or a knife. Pictured the flesh opening up, gaping red. Perhaps it might provide some form of release. Need to try & make contact with myself, but I can't. I'm already dead. Evening: went out to see my husband's band playing. My mood entirely lifted - I felt great again, so proud of him & happy - Alive! 01P 13 XX.XX NS

Everything I touch turns to shit. I have spent the whole morning trying to get my new CD-ROM reader to work so that I can use Radar. It is so frustrating. I feel like throwing the whole bloody thing through the window. So angry I'm on the verge of tears. I can't cope with anything. Everything I try to do just goes wrong. I can't bear it. Walked up the road to buy the newspaper, feeling completely crap. Exhausted. Depressed. I can't believe I've spent over two weeks on just one homework question & I still haven't finished it. I can't do anything. I can't cope. And what's the bloody point anyway? There doesn't seem to be any point to anything, really. I feel so utterly useless. I don't understand anything to do with Homoeopathy. I feel stupid. Incompetent. Useless. 01P 16 XX.XX NS

Keep crying for no apparent reason. I feel despairing, like something or someone has died. I feel like I have died. I want to die. Sobbing. 01P 18 XX.XX NS

Woke feeling as though I have a heavy weight on my chest - I feel literally burdened by something - by a huge, overwhelming grief. I really feel as though something dreadful has happened - keep sighing huge sighs without realising it. I feel so overwhelmingly, unbearably sad. Just want to cry all the time. Shaking and shivering for about an hour. Crying. Can't stop crying. I feel as though I'm dying - or perhaps I'm already dead? No, I can't be - death would be a relief, compared to this despair. Can't handle this any more. I feel like I've been in the bottom of a deep, deep hole for weeks, with no air, no hope, no life - just me & death. I'm dying. I have to try & stop this, before I lose the will to do so. Before I lose the will to keep living. Sometimes that point is very, very near. This has been deeper, more desperate, closer to death than anything I've ever known. I never, ever want to feel like this again. I'm going to stop this. Made appointment to see my homoeopath in 2 days' time. I can't do

this anymore. Feeling a bit better for knowing that in a couple of days I should be free from this Hell inside my head. 01P 19 XX.XX NS

I had one night of deep depression, where I really thought about the value of my life and who would miss me. There was nothing in particular to bring this on. I just thought of it as I was getting ready to go to bed. I looked down at the bedroom rug and saw a black hole, which had no end to it. The hole was beautifully circular and just big enough for one person to get into feet first. I was very tired being badly treated and taken for granted and wouldn't it be nice to just slip into the hole and disappear and be free of all the hassle. The next morning I was fine and shocked that I could have felt so low. I have moved the rug to a place where I won't walk on it. I have never in my life contemplated dying as a serious way out of problems, I am usually the strong optimist who pulls others through bad patches. 09P 00 XX.XX NS

Felt utterly desperate and disturbed. Felt like everything was doomed. No confidence. A dread of work and speaking to people. Just 'wanted to go on holiday to the sea. Want to start afresh and spring clean. Wanted to cry, but didn't want to be disturbed. I am trying to take the bull by the horns. Felt better after dark and talking to supervisor. Also felt better after talking to fellow student and friend. 13P 11 XX.XX NS

Went for walk near Suspension Bridge. Wonderful sunshine happiness. Blissful state for me and boyfriend. On return across the Downs he reveals a bleakness and desolation that lies below the surface in his life. The extent of it and complete absence of joy is a shock, even though I've known him for 14 years and know much of his shadow. I feel for him intensely but don't know what to say. 14P 07 XX.XX NS

Feel really really low. Can't think-feel, overwhelmed by effort of just being alive. Body and spirit very,very heavy. Want to be dead. Feel all hope is lost, gone. No point in anything. Want to lie down in bed and do nothing, not have to cope. 14P 49 XX.XX NS

Bang! Awake Thoughts about ending relationship. Feel very much would like to be dead again. Wake later very low. Want to be dead. Can't see any point in relationships .Don't want to feel responsible for looking after daughter, want to run away or die. 14P 51 XX.XX NS

My emotional state is worse on Tuesdays, I feel suicidal. 17P 00 XX.XX NS

Feel very sad, depressed, very down. Feel as if I'm a burden on everyone, ruining their lives. 17P 18 XX.XX NS

Other symptoms

While reading thought of an address in Kentish Town of a former acquaintance several pages before Kentish Town Road was mentioned in the book. I realised that this was about the fifth time I had predicted such minor things recently. 02P 16 XX.XX NS

Wake with partner's hangover: I didn't drink, didn't even go to her party! 04P 48 XX.XX NS

I had a fit of giggles with a fellow student in class. Just as they were going into a meditation, it was uncontrollable and I have no idea what triggered it off. It was so bad I had to run out of the room (she followed closely). I was coughing and laughing at the same time. My eyes were watering, I just couldn't stop - we couldn't stop. It was hysterical laughter and it lasted at least 10 minutes. 05P 03

XX.XX NS

All the patterns and pictures in the room seemed to contain phallic symbols - couldn't avoid them (the next day they were not pronounced at all). I didn't want anyone to know this is what I was seeing - embarrassed. 07P 01 7.00 NS

Sleep was very disturbed. Previous night has been to see a film, The Beach. Came away feeling quite disturbed by the darker aspects of the film. Had been fascinated by the idea of people dying at close hand and particularly one part where a man who was suffering pain was suffocated to relieve him of this. In bed thought that I have never seen a dead body - was wondering what this would be like. 07P 07 XX.XX NS

Vision of two racing cars, one red, the other yellow, drawn in a childish pictorial way. 08P 01 7:3:0 NS

The first vision I have is of a fountain of energy (I say energy because I don't know what else to call it - its like particles all moving in a certain direction). This is moving up and over to the right like water from a fountain - it is pale red in colour. I then have a brief vision of an eye. I am then aware that there is something that I can't quite make out, flashes of light come down onto the object and illuminate it but it is not quite long enough to make out what it is. I feel a bit cur 10P 01 7:3:0 NS

Later at the pub I feel quite elated. There are four of us at the table and we all seem quite energised, slightly restless. I am very aware of the music playing - it seems so much louder/clearer - I seem to be able to keep in with the conversation and also tune into the music at the same time. My wit seems really powerful tonight. I am making everyone laugh and they are making me laugh. Aware of cold shivers going up and over my back at various points in the evening. Feel like someone has walked on my grave. 10P 01 1.00 NS

Music is definitely moving me. I realise I have been listening to a lot of classical music over the last week or so - I do not enjoy other kinds of music which I usually do - it has to be classical. It allows images to come to my mind, I can drift on my imagination whilst listening to classical music - this is not very unusual for me because I tend to drift off to music anyway but I am aware that I am having "thoughts of death" and the words "till we meet again" keep coming to mind. It is possibly related to the fact that I heard of the tragic death of a young 18 year old and it is playing on my mind. 10P 32 XX.XX NS

Senses very acute could see tracers on objects, bright lights more obvious. Hearing very acute, especially in relation to music. 13P 01 1.00 NS

Kept thinking I could see people from the group. Almost called out their names. 13P 05 XX.XX NS

Sighing all the time. 13P 12 XX.XX NS

Feeling enlightened and more positive, as though my brain is saturated with serotonin. Odd in light of my other symptoms. 13P 14 XX.XX NS

People in pub, strangers, tell me all sorts of things. People feel OK to tell me bits. 14P 07 XX.XX NS

Feel like wearing long flowing things. Go hunting in charity shops for something green or blue. Painted nails alternately green and blue. 14P 14 XX.XX NS

Have a long chat with my father. I'm strangely authoritative and wise with him - it doesn't sound like my voice - it sounds like a more powerful, inner me. 15P 07 XX.XX NS

Dreams

Dreamed I was trying to transport a tiger in a wooden crate, from a multi-storey car park. I went to fetch the car, but while I was gone, someone stole the tiger - I got back & found the crate empty. 01P 02

Dreamed that the proving was affecting me very strongly; that as I was walking along the street everything starting moving - the ground, the buildings, everything was undulating, as if I were hallucinating. I collapsed onto the pavement - everybody just walked on by, ignoring me. Somehow I found myself at Yondercott, where Bridgette took me in & was very concerned and kind. Misha then arrived - he assured me that this was all perfectly normal and sent me off home in a cab. Got home to discover my husband fraught with worry because I hadn't rung - he was really angry, because he'd been so concerned. I tried to explain that my behaviour was because of the proving, but he didn't understand. 01P 02

Woke with a clear image of my small, collapsible umbrella having been coated in batter and deep-fried. 01P 02

I dreamed that my Mother was seriously ill, with pneumonia. She had been in the next room during her whole sickness, without my being aware of it - she didn't want to worry me, so had stayed in there alone, quietly. 01P 07

Dreamed that my children (I don't actually have any) were in the back of a mini-cab which was being driven by a known child-abuser. I was trying to get them out, asking them, then pleading, then shouting & screaming in panic - they refused to get out, saying they were too tired to walk up the hill to our house. 01P 07

Dream. Something to do with Tupperware, sorting left-overs into plastic tubs. 01P 08

Dream that I was being spied on through bathroom key-hole (by the shop-keeper from the TV show 'League of Gentlemen') - I opened the door & confronted him, furious. We began fighting physically - he overpowered me & was astride me, when I woke up, apparently whimpering & saying 'no, no, no!' 01P 09

Dream that I was on a dirt bike-track (in Australia - the dirt was reddish-brown), with several others - all of us children. The path had been blocked of by a metal gate, which we climbed over, only to find another, then another, and so on. 01P 10

Amorous / lascivious dreams. 01P 11

Dreamed I was waiting to meet a friend. While waiting I went into a surf shop (at home - Australia) & bought a pair of what looked like baby shoes - tiny blue buckle-shoes, with pink flowers on the fronts - they fitted perfectly. 01P 11

Dream I was arguing with a friend as to how one ought to read & lay out runes. My friend was insisting they out to be laid out in even lines, while I was certain one ought to scatter them & see how they fell. 01P 11

Dreamed I was on holiday in Turkey (I think), with a friend. I had been worrying before going on the holiday about the possibility of running into a friend I've (really) fallen out with, even though she actually lives in Moscow. On the first day of the holiday we were walking through a wooded area near a lake or sea, when we did indeed run into the ex-friend, who was there working as a make-up artist on a small film being made there. She tried to pretend she hadn't seen me, ignored me. I felt awful, embarrassed and didn't know what to do or where to look. Later on during the same holiday, I ran into another friend (this time it was not actually someone I know in real life); a bloke who had apparently helped me through some sort of bad time. He was with a mate, with whom I was getting on very well & seeing a lot of during the holiday. I was very keen on him & vice versa, but I knew there was another woman there he was also interested in. Rather than trying to keep him keen on me, I actually encouraged him to go & find this other woman & work out how he felt about her - then once he'd gone to do so, I felt awful. Let down, disappointed, crushed. 01P 12

Dreamed that I was in the cast of 'Friends', talking to one of the female cast members while she was having a bubble-bath. She was pregnant & the Father of the child didn't want anything to do with it / her. He came in; I confronted him; pinned him to the wall by his neck & gave him hell. 01P 16

Dreamed that I drove to the beach (Australia) with a friend. We could hear the sound of the sea - I said "It's the most beautiful sound in the world". When we arrived there, everyone was leaving, because a hurricane was on its way. We decided to go & find something to eat. Suddenly found ourselves in the tea-rooms of the British National Gallery. They didn't have anything that we wanted to eat (only tea & scones) & were too expensive. 01P 16

Dreamed that I was looking out of a window, in a tall building - perhaps a department store, I think, in town. I looked down & saw a man in a black jeep looking up at me. He pulled out a long gun and pointed it straight at me. 01P 17

Dreamt of TV doctor, with me in a meeting. I got my 3rd and 4th fingers of my right hand stuck round a door handle and she freed them. I felt some pain. I also had 2 gold rings which I was fiddling with and wanted to remove to my left hand; I was conscious of my wedding finger. (Normally I wear 1 gold signet ring on my right hand). 02P 02

Dreamt I was eavesdropping. 02P 03

Dreamt of planting carrots and parking a car. 02P 04

Dreamt of butcher and raw meat - a baby rib of beef and other unusual-looking joints. 02P 05

Dreamt of a car crash, on the motorway in a dark place which may have been in a tunnel. A caravan went out of control, and I avoided it but later in the dream I seemed to have hit it. My mother was in the car with me. Later my parents came to visit me and I was lying on a bed next to my mother with 6 black hairy spiders on the wall opposite. 02P 06

Vague dream of being in school as a teacher I think. One aspect was really vivid though: picked up someone's gold and amethyst earrings to admire, then realised she'd gone and I'd still got them. 02P 11

Dreamt of an awkward mother criticising her child's education, and the child crying in my arms and

showing fear for his mother. 02P 12

Dream of a TV licence reminder, stating that I had had five reminders in the preceding five years and would now be fined. 02P 16

Dreamt of weeing in a cubicle with 2 loos, and getting tangled up as a witness to a murder although I didn't actually see the body. Woke from this dream at 4am needing to wee. 02P 17

Dreamt I was a mole underground. 02P 18

Dreamt I was running in some long distance event through French or foreign streets. My ex-employer featured and grudgingly lent me his map. I was doing quite well in the race. Money also featured - the sum of £10 cropped up. 02P 22

Dreamed of raw meat. 02P 46

I was away on a homoeopathy course weekend and got back to discover my parents (father has been dead for 8 years) were auctioning the family home (of 12 years ago) where I was still living. I discovered this by walking up the road towards the house, (finding a piece of material belonging to my mother in the road outside a neighbour's house on the way, and also noticing lots of moss and grass growing in the gutters), and when I got to our house there was a sign in the window and the house was empty, with all the floors and walls of whitewashed brick. The auction was just about to happen. There were six bidders, and it was like a ballot. I saw six sums written down on a piece of paper, and remember £185 000, £158 000, £43 000 and I think £275 000. For some reason the house wasn't sold to the highest bidder which confused me. 02P 46

Dreamed of a train station with lots of water surrounding it. A huge black woman was swimming naked in some murky water and being very exhibitionist about it; I don't remember the earlier part of the dream but know I was dreaming in some detail. 02P 48

Dreamt of some puppies being born. 02P 50

Dreamt about a dead body which I had to wrap in black bin liners and put into the bin. Later in the dream I was worried that the bin men would then take it away and it wouldn't get to the proper place or have a funeral etc. 02P 51

Dreamt I was at work and went into the loo which had been left in a most unpleasant mess, with melted cheese on the seat and soiling down the walls. I couldn't get back out without my coat brushing the walls, so it got dirty. It was a grey coat which wasn't mine so I took it off and left it in the corner of the classroom, and then used a different loo instead. Both loos were in a slightly different place from where they really are at work. 02P 53

Dreamt of a male ex-colleague naked in the bath, waiting for something and so the bathwater had gone cold. While I was talking to him I sat on the loo to have a wee. As I was dreaming this I woke up, just as I started to wee in reality. 02P 60

Partner had a daughter called Laurie, a tall girl with blond curly hair. He received a letter from his ex wife - Laurie's mother and I realised that he left his wife for no reason at all. I feel very insecure and feel he will go back to her. He cries as he reads the letter. 03P 02

I was at my job in the Dr's waiting room/reception. I was walking home along the road when my Partner drove up in the car to collect me, I got in and we continued on our way to my home. He remarked that I was out of work very early. I was horrified, I realised that I had left without meaning to, I had not locked up and my shift was not finished. We turned the car around and raced back. This waiting room/reception was now also a shop and there had been a delivery of newspaper and magazines which had been put on the floor in piles. There were customers trying to buy things so I set about trying to serve them and my partner started putting things on the shelves. I was frantic, I realised that I had no memory of the morning or what I had done. 03P 03

Dreamed of my daughter, she had cancer of the bones of the left side of her pelvis. I could visualise them turning to powder and disintegrating. Also dreamed of my son as a baby, he was being cared for by some other woman. I do not remember the dream but I do remember a feeling of struggle and desperation associated with it and a strong need to DO something. As I tried I was completely ineffectual. 03P 05

I dreamed I went to the local primary school, with which I have no connection in reality or in my dream, for an antiques sale. Went with a friend. The school was more like a hospital inside, with wards and patients and procedures being carried out, specifically noticed a speculum lying on a locker. At one point I was examined for suspected meningitis - I had to lie on my side and bring my knees up to my chin - also a position for Cx smears. We were late and everything had been sold in the sale and in walking around trying to find where the sale was held we were very impressed with what the 'school' was achieving. 03P 08

I dreamed I was climbing a very wet, muddy, rocky cliff by the sea with my partner. Scrambled up one point and reached a 'U' shape at the top of the rocks, looked down a vertical drop to the sea way below, very frightened, vertigo, and I could not see how I could possibly get down. A hopeless, terrifying position. 03P 08

Dreaming about mother being robbed of her jewellery and feeling a sense of personal loss. 03P 09
Many dreams, all I can remember is trying to chemically analyse a white chalky material, it was all very complicated and exhausting. 03P 12

Woke, screaming, early in the night following a nightmare. I can't remember the 'story' behind it but I was carrying some sort of rucksack, walking in a group somewhere. When I was just chatting everything was normal but as soon as I was trying to communicate something important, even vital, to say something or to express myself I could not, I could not get any sound out of my mouth. I felt stifled and suffocated, as if there was something evil or malevolent covering my face, stuffed in my mouth. Around me were images of toys perhaps, or cartoons? Their colourful, smiley faces were malevolent, threatening, evil and they filled me with a feeling of dread and fear. My field of vision was cut down, I could hardly see out of my face, it was as if a hood, with a long peak (like a peaked cap low over my eyes), were drawn tight around my head and face restricting movement and my field of vision. I was desperate to attract attention, to communicate. I gave up trying to speak and just concentrated on getting some sound out. Eventually I did, hence waking up screaming. I was very distressed and weepy and was unable to sleep for a long time. Very hot and slight sweat, had to uncover to cool down. Got cold but became too hot again the moment I covered up. 03P 14

Dream my partner and I were living in a flat in an old tenement, we had not been there for very long. Lots of people all living around in all the other flats. My partner and I were involved with, or part of a family some of whom lived in the same tenement and some lived in Scotland. We were always

included in what they did, their holidays etc. my partner went out of the flat to visit the local shop for a few moments, he did not shut our door properly, a neighbour, a large, fat woman in a bright yellow or orange dress just walked in to speak to me, very friendly and jolly person but I was perturbed that she just walked in without even knocking. When my partner returned we could hear children making a noise through the wall, it was ½ term. He said it would get worse in the summer hols and we discussed just going away for a month with a tent to somewhere nice and just drift around, no particular plan or itinerary - it felt really good until the snags popped into my mind. This dream and yesterday's dream featured strong colour which is new to me, I have never been aware of colour particularly in my dreams before. 03P 15

I was on an alien planet, my colleagues were from Star Trek but no one was recognisable. This planet had a feeling of being very shallow, 2-dimensional. We dressed and tried to behave as the inhabitants to avoid detection. We became so like them I could not tell who was one of us. They all wore bright sky blue overalls, the only other colour in the clothes was light grey. Their roads were narrow and straight but sunk below the surface so that we could not see out, like driving along a huge deep rut with vertical tiled walls. They opened into squares every so often, all the walls were lined with tiles, no access to houses, it looked like a lot of empty swimming pools linked together. At one point I fell into one of these squares from the top and struggled to climb out, right at the top I almost gave up but I was too afraid of falling so I made the final effort to clamber over the edge. I felt frightened. The inhabitants seemed huge close up until I realised that they were two people one on top of the other piggy back style under one huge set of clothes. I was given a 'lift' on one of these double decker people, the poor person underneath was carrying a lot of weight with 2 of us on him and his legs started to buckle. I think I became one of the inhabitants, I was arresting someone and decided to blackmail him, I had some handcuffs and I was just about to put them on him when an 'elder' came along and took me away to a house where one of my Star Trek colleagues had delivered a box with home-made guns in it, they were very simple, wooden butt and metal barrel, long and thin no trigger or sights. - I woke then. 03P 17

Dog shit figured in my dream. We were sitting at a table outside to eat food and to work in exercise books and there was dog shit on the table, it was very dried up and hard. My partner moved it to the end of the table. I felt as if the whole table was contaminated, I also felt his hands were contaminated, I was most uncomfortable. There was other lumps of it around on the ground, not a lot but enough to make the area smell of it. 03P 19

Dream: My son, daughter (both younger than they are), partner and I were living in a house together - rather an 'open plan' type house. When I returned home some changes had been made, mainly by my daughter. Changes which I felt cluttered the place up so I got very angry and insisted she remove the additional furniture. She did this but she was very disappointed that I did not like her good ideas and she was cross too. I felt bad and could not understand why I had been so violently angry. My partner had installed a telephone - a very old, dirty one - in an alcove. I could see something, fumes perhaps, radiating from it. I put my hand into the alcove to try to feel the 'energy' as I thought of it but it burnt and blistered my hand and the burning and blistering just spread rapidly up my arm. I woke at this point. 03P 20

I was at home, some people, a family, from Yorkshire, were coming to stay, they were strangers to me, rough looking, perhaps they were homeless. This seemed a usual and frequent situation and I was to prepare a place on the floor for them to sit and sleep. The floor sloped, this was the top of the slope tucked in an angle under the wall of the lounge, like a cave at the foot of a cliff at the seashore. The floor boards were broken and there was inky black water lapping in the hole, with a torrent of

water pouring in. the under floor space was full of water. I was afraid it would rot my floor boards and went to the other end of the room, the bottom of the slope, only to find the floor dry, flat and firm. I turned to my father and asked him to get a pump to empty it but he just smiled and did nothing. I was filled with a deep sense of foreboding at the thought of that inky black water filling the space under the floor, what was in it? There was a strong sense of malevolence, almost of evil. 03P 22

Dream: my partner met and married another woman but he was still living with me. He was with her a lot and I felt like an outsider even though I was included in what they were doing, like a friend or a sister. I could not understand why he was married to her and did not live with her. She had 2 teenage boys who came thundering into the house, home from school. I wondered if they were the reason why! She had moved into an old terraced house requiring a lot of work on it. I was despondent knowing my partner would be round there a lot doing it up for her. Eventually I got round to thinking about me and what I wanted and whether or not I would put up with the situation. I arrived at no solution. I woke up then. 03P 25

Dream: travel with difficulties: the rest of conference group fit in a bicycle sidecar but I have to return to campus room to get own transport: a helicopter or motorbike? Walk/stumble in to a ditch full of increasingly tall nettles on the way. 04P 14

Dream images: return of dream exploring at a cove' I've been there before. Sunset from a clifftop restaurant amazes the diners, but I could feel gratified in telling everyone that ironically it was only the headlights of cars on a local housing estate. 04P 18

I was back in Bristol browsing around when I saw a new food place, they were really packed and I was curious, what did they do that drew such crowds? I asked and someone said they do massive puddings. A grey haired, handsome distinguished man came out and we started talking - I knew I should be heading back to get the car to pick my son up from school, but I had to speak to this man. He said "If you could have anything you wanted, what would you like". Without hesitation I said "an Aston Martin" - his eyes widened, yeah I thought, bet you thought I didn't even know what one was. "What type" he said. "A Vantage Volante" I said - that he got him. "I went to visit the factory that makes them a few years ago" I continued "such craftsmanship." "I've got one outside he said, parked behind those 2 cars, go and have a look and I'll be out in a minute". So I went to look. It was black and very old, really big. I looked at my watch, just enough time to pick my son up. I walked away and was up the street when the man came out. He would have just glimpsed me in the distance. I was aware of his looking for me. I walked up the steps of a steep hill. I thought my car was on the 2nd street up but it wasn't there, I checked the 1st floor, but it wasn't there. Christ my son's school was finishing now, even if I left now I'd be late. Had I lost it, was it stolen. I walked up and down again then I thought I'd try the top street even though I was sure I hadn't parked the car there. As I came up the steps there it was my old faithful. There was a church there like the Notre Dame cathedral and great views as I was high up. I rushed back home, My son was at a different School that day so I thought I'd ring to see which school he was at, had they taken him to his own school. When I got home he was there and I was saying Honey hurry up, we've got to pick your sister up. He was being slow and lumbering. "But why are you shouting mummy" he said. "Because we're late sweetheart, please put your shoes on". "But around and trying to hold my patience with him, so I stopped and looked him straight in the eye and explained that I would have been on time but I had to search for the car and it took ages to find it. "Ok mum, I understand now" he said and he really moved himself to get ready. As we walked out of the door I thought - I'll see that man again soon. 05P 02

I was a paramedic, my partner was a man. We were called to an accident. We ran over, we saw a big

green bin - the type used by offices for lots of waste, there was a baby lifted the bin off and miraculously the baby was OK. The other paramedic held it. Where's the babies mum I asked around, then this young girl came over, she had dark hair in a pony tail and was a bit balchy. I told her what had happened, come and see your baby I said. She pulled her top off impatiently and said give her here, she can have some of this (meaning breast milk) I was taken aback. I had expected her to show concern. I look at my partner - he's not happy, he signals me to step away. He says he feels she's harmed or harming the baby. I don't want to believe it. He says, lets retreat a bit, got into the other room for a few minutes and we'll leave the door open. We hover and sure enough we see her starting to shake the baby. I want to kill her, strangle her, I go forward to, my partner stops me, "No, you look after the baby he says putting the baby in my arms". I struggle with him, You don't understand I say, that was done to me when I was this age. Take the baby and look after it he says. I plead with him, I don't care, leave me here and I'll strangle the life out of her. (I felt like I wanted to avenge the baby and I wanted to avenge the baby that had been me too). He pushes me out of the door - look after the baby he says. I look down at the baby in my arms, she's not good, an ashen colour. I sit down with her on my lap, trying to give her some comfort. As I watch she deteriorates fast and dies in my arms. I call my partner and they take the baby and her mum away - I break my heart crying for the baby and for me. Then people in the house come in and the man who stars in Jonathan Creek comforted me. 05P 02

I saw a plate with red runny, water stuff on it - not blood, a water melon. It as luscious and fresh with black seeds. I felt the blackness of the seeds and in my mind's eye I journeyed in to see there was blackness then more blackness then more, then laziness and comfort. Next visions of rooftops of Paris. High places, old buildings, fantastic expansive viewpoints, felt like I was a pigeon, seeing as a pigeon would. 05P 02

I was there as the Berlin Wall came down. I stood around and out came a man, a US soldier in his 70's speaking fluent Russian. We talk, he tells me he's been trapped all this time since the war, it is hard for him to recall his mother tongue. I promise to help him find his daughter and see if he's got any grandchildren. I'm 15 year's old and not very empowered. I tell the Authorities - they sling him in jail. A compensation cheque comes to our house for him. It says £16,000 in the total column yet the wording says Ninety Nine Thousand Pounds - its obvious they've rethought and decided to try to cheat him by not paying him too much. This saddens me and I go to the jail to tell him he's breaking out. He's dressed in prisoners outfit like the Charlie Chaplin movies and I help him break out but the scenes are all like the Charlie Chaplin movies. 05P 03

I dreamt I was awake (or I actually woke up). I felt a man in the room. He put his hand on my bed on my back to wake me. The covers were right up under my chin with my 2 hands tucked under my chin holding them. He was quiet (I sensed he couldn't make too much noise) and he wasn't calling my name but he was nudging me with his hands to wake me, pushing me. Waves of shock and fear went down my arms like electric currents. I woke up (or dreamt I woke up). This is a memory I thought, I knew, the place I was in was not the place I live now, there were blankets on the bed and not quilts like we have now. I was young then. 05P 28

My son was in the bath, I go over to him, the water is filthy and there are clusters of worms right beside him. He's got underpants on but I remember reading that worms can get in your orifices. In a terrible panic I scoop him out of the bath and run him under fresh water. My college room mate helps me, I'm doing all the right things despite panicking, then I go and have him checked. 05P 29

Had a meal around Xmas time with 3 girls I've met since moving to Plymouth. After the Restaurant

people try to flog us different things, they put me off. I thought God they've become really commercial. One of the girls was raving about these pens her hubby had got abroad. She gave me one then explained she was thinking of flogging them. They were made of wood and the wood in the shaft was splitting which would give the user splinters. I knew this but didn't point it out. She pulled one out herself and said Oh dear, never mind, I'll tell him not to get any more. The pub were still trying to flog more stuff, they must be desperate I thought. 05P 39

In someone's house, noticed a kind of rockery of saucers outside, one had some tropical fish in it with nearly no water. One of the fish was trying to drink the drops, the others were a bit withered. I went to fill the saucer but found I was decanting the fish via the jug until finally the job was done and they were swimming again. 06P 04

Walking along and a wild animal came running passed, ignored me - interested in other things. I looked behind and saw a bear running towards me - as if to pass me but I was scared that it would attack me so I tried to divert its attention away by through my bra that I had in my hands. I thought that it would be warm and smell of human so it would attract the bear. In fact the bear had not noticed me it was too busy collecting snow. 06P 05

Staying with family, tell young man who lived there that I thought he was disgusting the way that he was peeing along way from the loo and happily missing - joking with his friend. When downstairs in room with the family, someone put one of the young guy's money down on the floor for him to collect along with his clothes etc. I took the £5.00 note and hid it - felt that my need was greater - poverty, fear of. But then when he came in I thought that he would know that it was missing so I said, 'look I found this money, is it yours?' so that I could put it back without being seen doing it. 06P 05

Cycling along, for a long time enjoying the freedom and the beautiful scenery etc. aware of passing traffic occasionally and of being aware that I was a long way from home and should take care A car was behind me and then shadows of people walking behind me - I felt that they were following me, so rather than guarding my back I turned round and headed back asking them what they were doing. They would not answer - they were silently looking at me - kept asking to no avail. The dream went on for a bit but I have forgotten the rest. 06P 07

Driving to doctors - had to sort out another top and a bra (second dream with a bra in it) because of investigation that doctor to do - asking friend whether she had to do things like this. - almost late, had to dash. 06P 09

Dreamed that I told friends that I did not think that partner and I would be together for long - that I wanted to have a kid on my own and was not in the relationship for the right reasons, and that I felt that my partner would be married to someone with kids very shortly. The image of my partner was actually my sister - weird. 06P 18

Dream: I was trying to do some yoga but I was too weak and tired and couldn't do any of the moves/poses - kept shaking and collapsing. 07P 02

Dream: I was in a film set in the 1950's. I was an American high school leaver and rebelled against my parents to go on holiday with some girlfriends. We met up with some guys when we got there. However, my boyfriend kidnapped me and I was very scared and also felt very foolish because my parents had been right in not wanting me to go. Got taken to a timber merchant where I was rescued by a man working there. 07P 02

Dream: it was the end of the world due to flooding. I was standing on a hill looking down at all the people playing in the sea which was encroaching upwards towards up. There was quite a party atmosphere - everyone was just watching and waiting. 07P 05

Dream: I had a food fight with my boss at work and won. I felt very cheeky and mischievous but knew I would get away with it. 07P 05

Dream: Walked through an empty shop and through to the owner's house above - knew it was wrong but wasn't scared of the repercussions - wasn't perturbed by owner's surprise at seeing me in his house and I just asked him for the things I wanted. Circus animals were being led down an alleyway by the shop which was very inconvenient but the owners took no notice of being told this. 07P 06

Dream: I was in a group of prostitutes who went to various houses to please the men there - felt quite indifferent about it - the other women were my allies and we all stuck together. 07P 07

Dream: It was my wedding and I only had half an hour to buy a dress and all the shops were about to close. I was rushing around in a panic and didn't get to a shop in time. At the end I just collapsed on the ground feeling totally beaten and upset. [I later found out that my mother had also had a dream that night that I was going to get married but it didn't happen]. 7P 09

Dream: I was with 3 colleagues from work and we all swapped identities. I had trouble remembering who was actually who or which body I was in. At the end we were all given some money and I got an extra bonus because I was meant to be able to use a certain computer programme. However, because they thought I was actually someone else (because I was in a different body) I had to admit that I couldn't use this programme. I was told that I could have an extra day to learn it but I had to give up on the money as I realised it was too complex to learn. 07P 11

Vaguely remember dream that my parents were insisting they come out to a nightclub with me and I was mortified. I kept trying to tell them they would hate it - can't remember what happened in the end. 07P 14

Dream: there was a stray black lamb, which had very soft fur, out in the gardens which I rescued and it lay sleeping in my arms while I carried it away. Felt very touched it would let me do this and felt responsible for it. 07P 15

Dream: A big tough looking man was pulling small monkeys up a rope ladder, shouting at them and forcing them all into tiny cages. All the monkeys look petrified and scrawny. I felt really sorry for them but didn't even think of trying to help them because the man was too big and fierce. 07P 16

Dream: The queen had come to give a speech to a large group of us. I thought the whole thing was pointless and had no respect for her. I started singing rubbish words during one of the hymns. At the end the queen stopped behaving formally and agreed she was just there to have some fun. 07P 16

Dream: had a dream which was a very literal reflection of my feelings: was at college and suffering from migraine, I was told to just hang in there - felt glad to be surrounded by others and did not feel I had the power to go against the advice given - happy to go along with what was being asked of me even though suffering. 07P 32

Woke suddenly as dreamt that I had vomited on the floor. 08P 03

Dreams: as I was coming out of the depression I started waking up knowing that I had dreamed and half remembering the dreams. I cannot remember the details, but the themes were of change of location, pleasurable activity, nice warm sunny weather with a beautiful soft light on the place where I was living and feeling happier than I have felt for a long time. I woke up feeling energised and optimistic. This lasted for about 3 mornings. 09P 00

I hardly ever dream and only remember vague feelings of good or bad if I do, but I had a really weird dream: I was at a swimming gala, but in full evening dress standing in an opera box which was positioned over the swimming pool like a large round diving board. A man in a shiny grey suit who looked dark and menacing like a Mafia type was leaning his back and hands on the edge of the box opposite me and trying to lift me up and push me over by kicking at me with his feet, I was resisting but he kept getting toe hold in the folds of my long dress. No-one below knew what was happening. I woke up feeling unsettled. 09P 32

Dream of being in a shop and there are shelves with lots of objects, I think most of them are made from wood. I find a nice wooden planter with a plant inside - it was £50.00 and now it is down to 58p. I think what a bargain and hold onto it - other people in the shop come up and ask me where I got it. I say over on that shelf and then I look somewhere else and find some big wooden pepper mills that were £17.00 and are now down to 70p. I seem to be the only one that can find these bargains. 10P 02

Dream: I drive up in front of my house and suddenly aware of a car pulling up behind me, it parks carelessly. An oriental man gets out - he is smoking some substance in what looks like a small frying pan - he sucks the smoke through the handle of the pan. He looks stoned. He is wearing quite scruffy, hippie looking clothes. He has a bandana around his head. He comes up behind me and starts to choke me - I realise that his grip gets stronger then starts to weaken then stronger again. During one of the is smartly dressed and seems to be signing autographs. He looks down at me and smirks. I think if only they knew what you were really like. It feels like it is something about image. the beds. There are some bedraggled fuchsias but I know they would thrive quite soon if well planted. I am touched by the power in nature. I am running some humus through my hands thinking about the need to enrich the soil to assist the growth. Boyfriend turns up. It is wonderful to see him. We don't need to speak. It is all said with the eyes in a smile. I wake feeling I've been given a gift. "wrong - I wanted just one name". I feel disappointed as I was on the verge of winning something really big. I feel 10P 03

Dream: Negro woman inviting me into her house, I am there to interview her about lung cancer but she shows me a left mastectomy scar. She seems very positive about everything. 10P 03

Dream: Feel like I am being accused of having an affair with this person who I know is a real womaniser. I am crying trying to convince his wife that I am not. I feel really frustrated and misrepresented. I feel why should I have to justify myself to these people. 10P 03

Dream: For some reason I am trying to get a job in a furniture shop but I am only there because I want my daughter to get a job too. The woman says I can start right away. I ask about my daughter and she says there is no job for her. I feel really angry and say that I am not going to work either. I look down and my suit is all stained - I think how could I wear such dirty clothes for an interview. 10P 03

Dream: Vague but the bit I remember was a woman showing me a gold chain with 2 nougats on it each one apparently representing a disease that she had - I think they were dyslexia and diabetes. 10P 06

Dream: Black man tries to give me and my friend some money. She says no and I say yes. He seems friendly and nice. As soon as he has given me the money he changes, he seems suddenly menacing - it is as if I now owe him something. I try to give him the money back but he will not take it. He wants me to do something for him but I am not sure what it is, I try to get away from him but I can't. Get the feeling of "there's nothing for nothing" and "no such thing as a free lunch". 10P 11

Dream: Different scenarios to do with money and corruption. Someone is being investigated for not doing a good enough job - but the investigator is pretending he is there for another reason. I find out that someone is making a profit but not declaring it and I jokingly say I am going to "grass them up". I am at a party. I have the feeling that there is "something going on". There is something threatening about the atmosphere. I am aware that there are criminals around. 10P 16

Dream: I spill some water on the fire hearth tiles. Suddenly a strange insect lands and starts to drink the water. It has a tail which acts like a funnel which it curls over its back in front of its head and starts to suck the water up - a bit like an elephant's trunk. It seems to be getting bigger and more threatening the more it drinks. I think I have got to get away from it. 10P 21

Dream: A big crowd of people gathered around a kind of market stall. Lots of sweets lying out on the stall and everyone has to take 4 sweets of their choice and then wait and see if they are the lucky ones who will be asked questions by some people behind the stall. Apparently there is some kind of big prizes on offer. I hear one person asking one of the public "without looking down can you tell me what kind of shoes you are wearing" - they get it wrong. Suddenly she asks me "who is your best friend"? I say "Sheila" then for some reason I say "no Louise" and she says "wrong - I wanted just one name". I feel disappointed as I was on the verge of winning something really big. I feel annoyed that I was waiting around like a sheep - just to be dashed. I feel annoyed with myself that I fell for it all. 10P 21

Dream: Lots of babies and children in precarious situations. Fountains that they are climbing into and broken glass everywhere.. There are lots of sort of crystal and glass ornaments everywhere that the babies can get hold of. I try and stop a few of them injuring themselves. One of the grandmothers (woman grey hair thin build wearing 60's type dress with gold chain belt). The grandparents say "oh don't worry we can always buy some more". I feel outraged because it is the children I am concerned about and not the possessions. Its like material things have got the priority now. I think that if they were with their parents this would not happen. The parents are out working and the old ones are caring for the children. 10P 21

Dream: In a sort of smoky club or pub. There is a man sitting with his back to me on a stool at the bar. He has red hair. I see a knife on the floor - I know it is his and I pick it up. It has traces of blood on it. I try to give it to him. I ask him if he has the sheath for it. He just ignores me and will not take the knife off me. Suddenly the bar starts to fill up with lots of people. I am afraid that someone will crush against the knife and I will stab them. I beg him to take it off me. He will not. I suddenly think Oh God it has got my fingerprints on it, I will get the blame if this knife had killed anyone. I want to throw it back down on the floor, but I think I can't because my prints are all over it. Feel like I have been stitched up. 10P 23

Dream: In a kind of country pub/restaurant. Not sure if I am working there or not. I see a pair of shiny brass firetongs leaning against a wall and I pick them up. Suddenly aware that the landlady is looking for these particular tongs as apparently they are quite valuable I realise that someone had left them there so they could steal them but I am the one that the landlady has seen with them so it looks like I am the guilty party (again)! 10P 24

Dream: My ex husband is in it, he looks really young like when we first met about the age of 19. He is moving towards me as if to kiss me, I don't feel like resisting but there is a nagging feeling inside me - its a mixture of I must avoid this kiss and so avoid all the pain I know we went through or it could actually be a new beginning. It is like a conflict, as if I have seconds to make the right choice. 10P 25

Dream of drinking water from a wooden bowl that is full of plastic polystyrene pellets. It is as if I know the water is poisoned but I am thirsty and have no choice but to drink this water. Then I am aware that I am in a big clinic - all these people being investigated for colon cancer. 10P 27

Dream - about my partner's ex wife whom I have never met - I find out that she is studying A & P and pathology at Mishas and that she is nearly finished her 2nd year. I think my God she is studying homoeopathy too. Then she turns up at partner's mums very smartly dressed with her hair done nicely. She looks very attractive but has this smirk on her face. I feel really angry and jealous - I feel like I am dressed like a frump, unattractive fat. I feel really intensely jealous and start jumping about making a fool of myself, calling her names, thumping her car, I can't believe how stupid and childish I am being but I can't control myself. She is just smirking at me all the time and her friends are laughing at me. 10P 27

Dream - can't remember all the details. Just remember that I am standing in someone's garden and there is a swimming pool - the shallow end comes right up to the patio. Suddenly a shark rises up from the water and tries to bite me. Realise that I have got blood on my hands and this is why it has attacked me because it can smell the blood. 10P 36

Dream tonight about my partner and this woman who has a young son. He introduces me to her and I feel really uncomfortable with her - I feel really jealous like there has been something going on behind my back although its more her than him. The little boy seems to know him well and runs up to him, she has a kind of grin on her face like she knows I am jealous of her, I start saying really nasty things to her and about (can't remember what they are) but she just laughs and he looks really annoyed with me. I think he likes her and I realise how precious he is to me. 10P 48

On falling to sleep I had a dream/vision of an unmade dual carriage-way or motorway, a chalk road which was full of potholes, wet from the rain. A hooded figure with a stick (like a crook?) and a lantern was guiding people across the road and up the embankment, all were hooded. 11P 02

Dream: of a war, I was on a military ship (in space?), I was being pursued for something that I had done wrong. 11P 06

Dreamt I was working with my old boss in a big store & I found a big pile of coin money on the floor. I ran barefoot back into the building - it was like Harrods - and there were 2 doors where Homoeopaths worked. One was very rich & ostentatious & he had a lion's head by his door. I went into the building with a man in a car & the doors opened to let us in. I told him to smile & pretend he was rich/famous or whatever so we'd be admitted but no-one checked us & we managed to get in without any trouble. 12P 04

Dreamt I was in a large house, sharing and one of the men found some explosives in the garden - he kicked it & it went under a trailer that had a baby & some animals in. A lady (the Mum) picked up the baby & I dashed over & grabbed the dog & a hamster. When we got back to the house more explosions were happening so I suggested going into the cellar to be safe. Some of us went down there but I had trouble making the ladder stay upright but as it wasn't deep it didn't really matter. I wasn't a scary dream, more a sort of action adventure & I'd found solutions to most of the difficulties. 12P 11

Dreams within dreams. Woke up in my dream, and the B&B room had been changed around. When I figured it was a trick, I went back to sleep within my dream, and woke up again with the room changed once more. This occurred 2-3 times, and when I finally woke up, I wasn't sure if it was reality or not. The whole theme was disguise, trickery, deceit. 13P 02

Dream: On a Russian warship. They were testing something (weapons?). I wasn't part of the crew, it was perhaps as if I was spying - trying to get information. 13P 02

I was a Spanish child with other Spanish children. We found money. We were dressed in rags. 13P 02

Dream: I was in a network of small tunnels, surrounded by friends and family. It was very Alice in Wonderland. 13P 03

Dream during early hours of the morning: I found myself in a community where everything they used and consumed was natural and hand made, it was a bit like I imagine a kibbutz to be. Spoke to a young girl who said it was a community for people who had been bullied and ill-treated. It almost seemed like a cult, and I was suspicious of the inhabitants. I joined in the tasks of collecting grain, there seemed to be lots and lots of it. I spilt some on the floor and was told in no uncertain terms that I should be more careful as the rice was used to make toilet paper. 13P 16

Dreamt of cutting those who betrayed me with a knife. 13P 43

Dream: I am in a side garden by an old house. At the front of the house are three big plots of earth like graves. I have gone round to the side to see what plants I might put in the beds. There are some bedraggled fuchsias but I know they would thrive quite soon if well planted. I am touched by the power in nature. I am running some humus through my hands thinking about the need to enrich the soil to assist the growth. Boyfriend turns up. It is wonderful to see him. We don't need to speak. It is all said with the eyes in a smile. I wake feeling I've been given a gift. 14P 02

Dream: Driving down the road to see friend. Had to tell her about a dog's death. Later went to see another friend. Had to tell her that a famous female politician was dead. Felt death was not something fearful. Woke and heard radio program about suffering and death, God says "I only give this to my closest friends" and St Teresa of Avila says "That explains why you haven't got many, then". It all seemed connected. 14P 02

Dream: Me and a man had to take off and fly up the face of a high-rise block (New York?). Sheer vertical, barely any approach space. Did a loop above the building, very very very fast descent, pulling out into a smooth stop just before hitting the ground. Got given a medal. 14P 04

Dream: Working on a project at a school. A man starts to ask me questions about my physical state,

especially the heart. After a long period of evasion I tell him that I know he is going to come to the conclusion that I have some pretty serious heart pathology and in the dream I had sensations as if a weight pressing on the chest, breathlessness going upstairs, tingling in the fingers, sense of constriction sometime bending over. Very aware of my own mortality and how I/we neglect to nurture the health we are given. Go into school dinner and do not want to eat any because none is "life-enhancing". 14P 05

Dream: Went to see a fortune-teller. Lots of people around, very modern. People in glass-fronted shops doing cards and card readings. Person in centre would sit on a chair holding up an orange card with a big black logo (like an arrow) on it. My version of fortune telling was palmistry. Told me that when boyfriend left at the end of the week he would re-meet a young woman that he had met on the journey over and would fall for her big time. I felt very distressed in the dream. The fortune-teller said, "He's not for you". I felt completely devastated. She told me not to eat the oranges at home, to throw them away. I protested, they were food and not to be wasted. When I got home I picked up an orange - the outside was illusory. As soon as I picked any of them up they collapsed, rotten and turned to dust. I threw them in a bin. Boyfriend was at home and started to talk about some young girl and boy that he'd met on the way over. I saw a flash of him re-meeting her, a chance encounter. I knew it was what the fortune-teller had been talking of. I felt absolutely desperate. I wanted to change the course of events but felt that whatever I did to interfere, (many plans) would be pointless as that meeting would happen because it had to, because it was "written". At the same moment of waking from the dream, realised he had gone from the bed. Called out - no reply. He'd gone to sleep in another bedroom because I was snoring. I felt terrible, lost, cut off as in the dream. Got very muddled between real life/reality and the dream. Rationalised that the dream was set off by the film but it didn't help much. Also felt conflict of fortune-teller in dream with what a student (palmistry) had told me at the Uffculme weekend, i.e. that boyfriend is my soul mate and we will be together. Felt shocked out of sleep, sad and abandoned. 14P 08

Dream: Met a man who doesn't approve of me smoking. Lots of them going to play tennis. I am a flirt tease, hang around waiting for an old lover. There are lots of frogs and toads. Floods, walks along cliffs, having to get somewhere in pouring rain. White horses and black horses being swept along in floods. Warnings of a closed road. Budgerigars getting free or being attacked, not quite sure. 14P 13

Dream: I went to the sea to walk. The tide was coming in fast but I walked into it anyway. The breakers would throw me up onto the sea wall so I kept going back to do it again. It was exhilarating, really wonderful to surrender to the waves. Went to a pub but everyone had left or was leaving. Felt big come-down. 14P 17

Woke from a dream. War situation, helicopters, clandestine activity. Scrambling along, hiding in bushes, night time, me trying not to be seen, being taken prisoner, terrible fear. I'm in this as participant and observer. Petrol burning. Fear in the darkness. Who is the enemy? Who is doing the entrapment? Who are the liberators? Post comment: I was like an invisible observer and yet also feeling the feelings etc of the people on both sides. I was inside and outside the action simultaneously involved and detached. 14P 20

Dream. I was swimming in the sea and there were huge waves which reached up to the harbourside wall and I was being carried along with them. 15P 02

Dreams of being imprisoned behind bars. I escaped by running down stairs. There were two sets of people shooting at each other around doorways. Then I realised I had escaped because the evil

abductor had put out a very large key for me. There were big dogs barking. I then found myself in a second hand mattress shop, where the evil abductor was trying to sell his mattress - something to do with trickery and special compartments in his mattress. 15P 02

Dream: I was on holiday in Morocco. About this dream I've written "Unpopular girl at school comes good / Cinderella type theme." My knickers are stolen by some bullying girls. I go swimming naked in a very very shallow swimming pool and the school 'hunk' falls in love with me 15P 02

Dreamt I was giving money away (£2 coins) to local people in Finland. There's a feeling that this is a very poor country and that £2 would be a year's salary for them - this will keep them alive, but I'm worried that I won't have enough money left for me. 15P 03

Dreamt that I was on holiday in Finland, trying to find a place on a map but can't remember the name of the place. Dreams of maps and travelling and not quite being able to reach the destination. 15P 03

Dreamt I was on a beautiful deserted beach with golden sands, with my mother. Then waiting for my boyfriend in a forest. I decide to climb a tree and wait for him there. Then on holiday with a female friend - something to do with deception of her identity. Then dreaming about something to do with charity - Comic Relief and Paul Merton - I think about sending some bread (literally), but decide to chew it first to make it easier to send. It all goes gloopy and disgusting in my mouth and I have to spit it out. I write a cheque instead. 15P 04

Dreamt something about miniature X-rays being distributed to a group of us - can see skeletons and bones in hands - something to do with solving an age-old murder. 15P 05

Dreamt that boyfriend proposed to me - don't remember the proposal, just that it happened. Even though we both know it was done jokingly, I ring up my parents anyway, who are delighted and very excited about it. 15P 06

Dream that I'm locked in a commune on timer switches. The commune looks like something out of 'Xena'. Some character from 'Neighbours' and I let everyone out. 15P 08

Dream that I bump into people in London from a company where I used to work, but was sacked from. In the dream I'm having an affair with one of the older employees to whom (in reality) I used to be attracted. I feel even more attracted to him in the dream, and he, it seems, is even more attracted to me. For some reason I suddenly live in Ladbroke Grove and I take him to show him where I live. I thought my flat was a student dive, but when I get there to show him, it seems so much nicer than I remembered. The view is beautiful - waves are crashing onto jagged rocks - very bleak, beautiful and Cornwallesque. Realise that the urban development programme to bring the sea closer to London must have gone ahead. 15P 08

Another dream that boyfriend shaved my lower back - he told me that the hair was growing too thick. I worry that it will grow back thicker and blacker. 15P 10

Another dream about taking another exam. Boyfriend tells me that he's agreed to see how long he can go without water as an experiment. He shows me something he's written in the front of a book as a testimony to how easy it is to give up liquids. I know this is a lie as I remember getting drunk with him the night before. He doesn't seem to think that it matters that he's 'throwing' the experiment. 15P 10

Dream about coming back from somewhere and someone is in my bed when I want to get into it. 15P 10

Dreamt that school exams involved fishing goldfish out of jam jars and putting them into other containers without water. I worry that they might suffocate and that I might catch bits of them in the net. I refuse to take the exam because I think it's cruel. I later reflect that this is a dream about me feeling like a fish out of water at boyfriend's brother's place. 15P 10

Dream about bumping into an ex-boyfriend and despising him. 15P 11

Dreamt about someone giving me a letter with no address on it. I pay no attention to the instructions they give me with the letter, but I know I have to do something with it. Confused as to whether to send it with no address. I eventually see this person again, who tells me that they wanted me to collect some earth and put it in with the letter. 15P 14

Dreamt I saw a shivering boy in a phone box. He was naked but for a blanket around him. I take him to hospital but everyone's on strike - everyone's sitting around and sloping about on chairs, like in an airport lounge. Robert Kilroy Silk, the doctor, tells me that everyone is on strike and that noone can help me. I take the boy somewhere else. 15P 18

Dreamt last night about being tied or strapped into a chair to be catapulted out of a very high window into the sea to dive with sharks. It seems to be some sort of rite of passage. There's somebody else strapped in next to me and they're quite resistant to the whole thing. A scary dream. 15P 18

Dream: We're eating poppy seeds from a dog. They come off in pods and open out into pulsating stars, star-shaped heart-beats. Suddenly I'm aware that what I'm eating is still alive. It takes me a while to understand this and to realise that this isn't a good thing. 15P 18

Dream that the contact lens in my right eye was scratching my eye and feeling uncomfortable, so that I kept playing with it, and making it worse. 15P 19

Dreamt that some unsavoury man was trying to persuade me to have a fling with him. I tell him that I have a boyfriend. He tells me not to worry. We roll around (literally) on the floor with each other and then I say no, we have to stop, because it's not right. 15P 19

Dreamt that I was sucking off an 80 year old Greek man, when stranded alone on a boat with him. The feeling was that even though I was doing it under duress, I was still turned on by it. 15P 21

Dreamt that my nose was twisted. When I tell boyfriend this, I notice that his is as well. 15P 22

Dreamt that I was in a teaching institution (very like my old boarding school). I visit a few dormitories - these girls should be my friends, but they're all very distant. I see a character from a TV soap and tell her that she looks just like this character from a TV soap. She's suddenly very hostile towards me. I walk out of the school into the garden, carrying some books, this proving diary, a pencil case and the Glastonbury ticket tucked inside my diary. I arrive at a walled pond which is overgrown, but looks like it would have been beautiful in its heyday. Now the water is very murky, green and algaed. I see Sheila Gore and we go paddling in it. We walk down some steps to our waists. Then I realise that I've dropped what I was carrying. I can't work out which would be worse to lose - the ticket or the books. I tell Sheila that I can't possibly lose these things, so I dive into the murky greenness. Some of it gets in

my mouth, it's revolting and gloopy. But I feel my way and soon find the books. I come up triumphant and tell Sheila that it's not so bad down there. We both dive together. Even though the water is green and has lots of algae on top, it's much clearer under the water, and soon we're swimming in it. I realise how beautiful the white, bubbling rock of the surrounding pond wall is, and how lovely it would be if the pond were cleaned. At the bottom of the pond I find a bottle of suncream next to my books. I worry about how it might upset the ecosystem of the pond, were it to be cleaned of algae, and if people wearing suncream were to swim in it. 15P 23

Dreamt that tickets for Glastonbury are being given away as hidden prizes in things bought from the local post office. I'm first at the counter when it opens, but someone else is served before me. When it seems that another someone is going to get served before me again, I demonstrate and say very loudly "excuse me, but I was here first". I then get served automatically and with lots of apologies, but I get the feeling that they think I'm getting worked up over nothing. At the counter I ask them which purchase has a Glastonbury ticket hidden in it. The very sweet woman behind the counter tells me that it would ruin the point if she told me. I buy a double duvet anyway. Suddenly everyone has left the post office, so I sneakily rummage around to try to find a ticket, but to no avail. I take the duvet home, but only later do I find that there is a ticket hidden in it. 15P 23

Wake up in the middle of the night from a nightmare where I was being chased around a hospital by a Terminator 2 type creature who morphs itself into other doctors after he's killed them. I'm running and running. Can't trust anyone because they could be the creature. 15P 26

Dream that boyfriend and I are in the 'Museum of Emotions'. We're lying in a circular, shallow pit, which when finished, will have a heart-beat pumping out into it. 15P 26

Dreamt I was in a very big hotel with a huge winding staircase going up and up. It was either Singapore or the Gambia (kept changing). I was walking down the staircase and could see through the window that a local businessman was standing on the window ledge outside. I saw him take a casual step forward. I carried on walking down the stairs, without understanding what had happened until I saw his splattered body the next time I looked out of the same window the floor beneath. Suddenly there were lots of people around. I felt very detached from it all - aware that someone had killed himself (I think something to do with money worries) but could not really understand what the fuss was all about. 15P 39

Keep having dreams about boyfriend trying to kill me (in reality he's very non-violent). Running after me with a meat cleaver, pretending he was just carrying it and that it wasn't a weapon. I managed to lock myself behind a glass door. He was on the other side telling me not to be so stupid, that he wasn't going to hurt me. He made as if to put the cleaver down, not noticing that I was unbolting the door to let him in. Before I'd unbolted the door he picked it up again, screaming something like "oh fuck it, of course I'm going to kill you" and swung the cleaver at the door. I woke up with boyfriend lying next to me - I woke him to tell him - he wasn't greatly amused. Another one a couple of weeks ago. Boyfriend had a group of us (whoever 'us' is) hostage in a room with a gun to someone's head. I knew that if I intervened I could grab the gun and shoot it off somewhere else. I think I lunged for it but realised someone would get killed if I persisted. Then he had the gun to my head. Eventually I said something like "okay, pull the trigger", he did and it suddenly became clear that it was a harmless cardboard gun. Last night: It started off with boyfriend, then he changed to someone with a red beard he raped and murdered PJ Harvey, but made her write a suicide note before he drowned her in the bath. I was partly the PJ Harvey character, partly watching it as if it were a film. 15P 74

Dream: Ex husband won't let me talk to the children. Was crying, upset. A policeman came on the phone and wanted to come and see me. 17P 02

Silvery dream - not specific, just silvery metal theme. A silver cylinder. 17P 02

Dream: Partner wanted to do a course - encouraged him but thought/worried about loss of income. Felt anxious in the dream. 17P 03

Dream: We were at Blue Peter studio and there was an enormous pile of letters, overflowing the table with money from bring and buy sales. 17P 03

Dream: We were at a friends house, it was a complete mess and I had to borrow a towel for my child. She said hers (children) wear the towel to bed not pyjamas. Felt frustrated in the dream 17P 03

Dreamed that my teeth caps were coming out and there was a hole in my mouth. 17P 05

Dreamed of moving into partners house - was shouting because the cats were going out of the open door (was worried because the cats might run away) then I was putting a cherry into a mans mouth - he sucks my finger, I don't want this attention, the action was innocent, I avoid the man from then on. 17P 06

Dream: I was at a hotel, working in the restaurant, there was some confusion about crabmeat and a customer helped get crab off, customer asked for seafood salad. There was a man again - rejected him. 17P 10

Dream - of lottery numbers, not winning but that consecutive numbers coming up. 17P 16

Dream cat is dead. There is also a mouse, in a grave yard. Partner will bury him, I'm very distressed. Partner was keeping his death from me. 17P 30

Physicals

Sensorium

I lost my balance and nearly fell over for no apparent reason. I had not been drinking alcohol. 03P 02
XX.XX NS

Stooping when hungry, feel vertigo, fall to left. 04P 02 8.30 NS

Head

The buzzing in my head has increased - it is a pleasant feeling, as of a 'drug-buzz'. 01P 01 8.00 NS

Feeling very tired behind the eyes. I still have the sensation of the iron bar across my forehead. Feeling light-headed, with a slight buzzing sensation inside my head. 01P 01 8.00 NS

Pain in my left eye and behind my nose. My sinuses felt hot and as if there were something inside them pressing outwards, worse on the left side. 01P 02 12.00 NS

Throbbing headache. Felt dull, exhausted, indifferent to everything, even to seeing my husband, whom I always miss when away on school weekends. 01P 03 0.00 NS

Burning pain behind my eyes, not connected to the eyeballs, but located more inside the skull. 01P 07 22.00 NS

Quite a lot of light headedness in waves today. 02P 03 XX.XX NS

Woke with slight headache - right side. Got worse through day, going 10.30 p.m. The pain extended from forehead to back of head and into side of ear, sort of in straight lines. 02P 06 XX.XX NS

Woke with same headache as yesterday and stuffy right nostril. By evening nose was running and the headache had extended into right ear and teeth. Very intense pain, preventing sleep for much of the night. 02P 07 XX.XX NS

Splitting headache suddenly came on at 1100hrs, more over left eye than right. By 1600hrs it is a generalised ache all over head especially around back of head and down neck. 03P 11 11.00 NS

Headache came on and increased to very severe exploding pain. Very much aggravated by moving head, feels like brain is liquid and sloshing about, dizzy on moving head. Feel very sleepy. 03P 15 9.00 NS

Dull pain in right temple during afternoon. 07P 03 XX.XX NS

Dull aching in right temple - localised. 07P 12 XX.XX NS

After dinner felt start of dull pain over right temple/eye. Disappeared after 1 hour. Returned at 9.30 and settled over left eye. 07P 15 0.00 NS

Headache over right eye (high up forehead). Dull pressing sensation. Face feels full across sinuses. 07P 16 XX.XX NS

Pressing pain, like a finger pressing over left eye. 07P 18 XX.XX NS

Head started feeling very congested, started over left eye, very painful. Over next ½ hour spread over all of head. Felt very nauseous, sent pale, cold, clammy hands and face, shallow breathing. Pain and nausea suddenly intensified and had to lie down in dark. On verge of tears with pain. As if head was in a vice and congested, with driving pain down through top back teeth from cheek bone 07P 27 1.00 NS

Headache better for eating dinner. 07P 27 XX.XX NS

Remains of headache, worse for bending forward or jarring which lead to throbbing on left side. 07P 28 XX.XX NS

Woke with intense head pain, very nauseous, hot and sweating, very thirsty, felt a bit delirious. 07P 31 3.00 NS

Hair itching. 09P 02 XX.XX NS

Frontal headache, desire fresh air and windows open. 09P 02 XX.XX NS

Really bad headache - realise that it has been coming on gradually for a couple of days now. I feel really dull and tired. Lie down on bed and my hands and arms feel like lead weights. I have a real heavy languid feeling. Close my eyes and see lots of faces changing from one face to another. Also feel like I am on the verge of seeing something but it is not quite revealing itself. 10P 37 XX.XX NS

Slight headache, forehead, when I woke up. It seemed to start during the night at the back of my head. 11P 04 6.:4:5 NS

I felt heavy but also 'floaty', my head felt especially heavy. It was a job to keep it up straight. 13P 01 8.00 NS

Headache - worse left side. Situated over the bridge of my nose and extending to the left ear. 13P 02 XX.XX OS

Headache, lasting 8 hours. Felt like head was in vice with drills driven into the skull. Felt nauseous but wasn't sick. Bizarre images in head on closing the eyes. Flashing kaleidoscope of colour. Images of burned limbs. High temperature and fever, swollen glands. Fear of death and meningitis. Panic attack. 13P 13 XX.XX AS

A feeling of pleasant heaviness and weight in head, wanted to lower head as far as it would go. Wanted to take arms from sides and wrap them around head tucked in like a nesting bird. 14P 01 8.00 NS

My hair feels like it's a wig - not attached to my head. Feels like there's a gap between my hair and my head. 15P 01 8.00 NS

Hot heavy head - headache across forehead and temples. Feels like there's a metal bolt going through my head, better for pressure. 15P 03 XX.XX NS

Very very heavy head - can't do any homework - feel too awful. 15P 04 XX.XX NS

Stressy, tension headache, left-sided then right-sided. 15P 07 3.00 NS

Bar through the middle of temples headache again. This lasts all evening. It feels awful. Towards the end of the evening I start to feel nauseous with it. 15P 08 5.30 NS

Wake up with a left sided headache, boring pains, better for pressure. 15P 22 XX.XX NS

Very bad headache. Back of head and down neck like a vice. Stiffness in the back of the neck. Feels a bit better after lunch 17P 05 11.00 NS

Hair is very knotty in the mornings. 17P 19 XX.XX NS

Sight and eyes

My eyes are burning when I read. Later I felt them still burning, even when just pottering about the house - i.e.: even when not focusing on anything in particular. 01P 04 9.00 NS

Sensation of a huge, grainy lump under each eyelid - like an enormous, scratchy grain of sand. Felt so

big I was sure If I'd looked in the mirror they'd be visible, pushing up through my lids. Very painful. Tried to blink them away, but that was too painful, so had to put up with them, for 20 mins or so, until the sensation wore off. 01P 14 XX.XX NS

My eyes burn when I read anything on my computer screen. Have to blink lots to ease the burning. 01P 16 XX.XX NS

Inner corners of eyes sore, esp. left. 02P 02 XX.XX NS

Eyesight not great, vision not as good, having to squint a lot, more photophobic than usual. 05P 20 XX.XX NS

Suddenly blinded as if had stared into the sun, lasted for half an hour, worse on right side with flickering around the edges - everything seemed white, really couldn't see very well. 07P 27 8.00 NS

Eyes felt dry. 08P 01 7.30 NS

Eyes feel dry and 'tired'. I was told my left eye looked 'peculiar'. 08P 02 XX.XX NS

Eyes so dry that I must remove contact lenses. 08P 04 8.30 NS

Have experienced eye problems on turning my head to the left suddenly. Shooting pains which make me turn my head to the front again and blink and readjust my eyeballs. 09P 00 XX.XX NS

My eyes have been glued together in the morning and my daughter has commented on the sleepy men in my eyelashes, which do not wash away. 09P 00 XX.XX NS

Black shoes look a richer black. 09P 01 XX.XX NS

My eyes look quite puffy. 10P 04 XX.XX NS

Left eye very gunky with pus and conjunctiva inflamed, dry and sore. 11P 43 XX.XX NS

Itching eyes, worse in the corners and outer margins. 13P 17 XX.XX NS

Then purple colours, purple in vague shapes, patterns then gorgeous ambers and reds and oranges, wanted to stay in this kaleidoscope of colours. 14P 01 8.00 NS

Lights are very bright. When driving down the motorway to get to the restaurant, the other cars' lights were very dazzling, very intense and beautiful. 15P 01 0.00 NS

Right eye is very dry and my lens sticks to it. 15P 02 XX.XX NS

Eyes feel heavy, tired - dry. As if eyebrows drawn together. 17P 01 8.00 NS

See purple behind closed eyes. 17P 01 8.00 NS

Eyesight seems impaired, find it more difficult to focus. 17P 16 XX.XX NS

Hearing & Ears

Immediately after taking the remedy, I could suddenly hear the clock ticking in the room - I had previously been unaware that there even was a clock in the classroom. My hearing felt extremely acute, as if I was suddenly 'tuned in' to a new frequency. 01P 01 7.30 NS

I became very irritated by two women chewing gum - the noise of their chewing & slurping was unbearably loud - though when I commented on this to a friend later on, she had been unaware that they'd even been eating it, despite the fact that she was sitting next to them, while I was on the other side of the room. 01P 06 12.00 NS

Noise still acute. 02P 02 XX.XX NS

Since waking have started feeling dull ache in middle of right ear, worse warm drinks. 07P 19 XX.XX NS

Tingling and itching in left ear canal. Then sinuses cleared, nose cleared and I could breathe. 09P 01 XX.XX NS

My cold is affecting my ears and making me feel underwater. 09P 15 XX.XX NS

It feels as if there is liquid in the ear which is leaking out, but there isn't any there. The ear pain is worse on swallowing and pinching or pressing in character. 11P 41 XX.XX NS

Smell & Nose

My nose, which has been running constantly for 2 days with a slight cold, has suddenly completely dried up! 01P 01 8.00 NS

Burning sensation in sinuses, which feel as though I've taken lots of Sudafed or somesuch - my sinuses are very clear and very hot-feeling. 01P 02 5.00 NS

Nose quite blocked. Lots of clear thick mucous on blowing it. Feels as though it's obstructed by something solid. Can't breathe through it. 01P 08 XX.XX NS

Skin round nose feels dry. Sensation as if my nasal bones are protruding. 02P 02 XX.XX NS

Nose blocked at night. 02P 04 XX.XX NS

Catarrh in morning. 02P 04 XX.XX OS

Pain in right nostril, near bridge of nose on chewing. 02P 35 XX.XX NS

Face felt very full and watery. Sinuses felt full - felt a pressure on front of cheeks as if someone's fingers were pressing there. Nose slightly running - sniffy. Started salivating. 07P 01 8.00 NS

Lots of violent sneezing. 07P 18 XX.XX NS

I have been left with disgusting scabs in my right nostril. They come away bloody and then reform. They are itchy and painful. I have become a nose picker in case they are visible to others. 09P 00 XX.XX NS

Sinuses running after a week of being blocked up. 09P 02 XX.XX NS

Aware of painful left nostril like a bruised sensation inside when I press it. I have not banged it at all. 10P 41 XX.XX NS

Sneezing on waking when in the kitchen. Don't normally sneeze that much or that violently. 12P 11 XX.XX NS

Feel nauseous. Sense of smell very very acute, notice odd smells around when out with daughter. 14P 13 XX.XX NS

At the seaside. Noticed odd smells around again. This time distinctly like manure, farmyard, cowdung. Asked a woman pedestrian if she could smell anything funny and she gave me a very odd look. 14P 15 XX.XX NS

Immediately after remedy nose started to run and mouth salivate. 17P 01 7.30 NS

Smell garlic. 17P 01 8.00 NS

Heightened sense of smell in the pub - stronger. Music seems very loud in the pub. 17P 01 9.00 NS

Nose and sinus are congested. Worse when head is down. 17P 04 XX.XX NS

Got up and blew nose, slight bloody discharge from the nose. 17P 05 7.30 NS

Sneezing constantly. Stopped after 15 minutes. Nose is running, eyes watering. 17P 05 10.00 NS

Face

Sensation as if I'm holding something very cold, maybe a lump of ice, against either side of the bridge of my nose. When I move my head, the air moving against my face increases the sensation of cold. 01P 07 6.00 NS

A spot has appeared near lower lip. 03P 12 XX.XX NS

Spots all over my face - Symmetrical. (e.g. spot in the middle of my left cheek is mirrored by a spot in the middle of my right cheek exactly opposite, this is the case with all the spots). 05P 08 XX.XX NS

Skin under chin itching, polo neck jumper is itching. 09P 01 XX.XX NS

Right cheek on face itchy. 09P 01 XX.XX NS

Dry itchy patch between my eyes/top of nose 10P 33 XX.XX NS

Sensation of a cold sore on the right corner of my mouth - but nothing there. 10P 41 XX.XX NS

Itching beneath left eye. 16P 01 XX.XX NS

Feel face, especially the right side, by ear beginning to burn with heat. 17P 01 XX.XX NS

Tingling lips, top lip, especially the centre. Feels like a pulse. Later more the bottom lip. 17P 05 4.00 NS

Jaw stiff, it clicks when I move it forward and backwards. 17P 05 XX.XX NS

Bottom lip so cracked that it bleeds. 17P 20 XX.XX NS

Taste and Tongue

Bitter taste in the back of my mouth. 01P 01 7.30 NS

Burning, tingling pain along right-hand side of tongue, just along the edge - feels as if it has been scalded. Lasted 20-30 minutes. 01P 05 1.00 NS

Tongue mapping is not so Sore fissure right on the tip of tongue. Main part of tongue covered in yellow fur. Bitter taste in mouth. 03P 05 XX.XX NS

Thick white/green coating all over tongue. 07P 19 XX.XX NS

Everything seems saltier. Baked beans seemed so salty one evening that I was nearly sick. 09P 21 XX.XX NS

Bitter metallic taste in mouth. Lots of saliva, yet a dryness, almost as if frothing at the mouth. 13P 01 1.00 NS

Putrid taste in mouth. 15P 03 XX.XX NS

Inner Mouth

The roof and back of my mouth / throat are itching, as if I have hayfever. 01P 01 8.00 OS

Increased saliva and thirstier than usual. 02P 02 XX.XX NS

During the night I was disturbed by an itchiness in my mouth in the area of where the soft palate meets the hard palate. The itch extended to my ears, especially the left ear. I still have and slight itchiness in my left ear this morning. 03P 18 XX.XX NS

Too sore to eat - tongue hurts when maneuver it within mouth - right side. 06P 12 XX.XX NS

I seem to have thrush in my mouth. I have never had it before and was not sure what it was. It is a slimy bad taste and my teeth never feel as if I have cleaned them. When I eat live yoghurt it is as if there is a battle going on inside my cheeks. 09P 00 XX.XX NS

More saliva than usual. 09P 01 XX.XX NS

Throat

Anything next to my throat suffocates me - the neck of my T-shirt feels like it is stopping me from breathing - I am constantly pulling it away from my throat, even though it's not at all tight - not even touching my throat, in fact. I keep swallowing, as if to clear an obstruction in my throat, though it's more to do with being unable to breathe properly than unable to swallow. 01P 18 XX.XX RS

Felt weary and my throat hurt with each conscious swallow - amazing how long one goes without swallowing normally - but when conscious one has to swallow a lot more. Fine when asleep - a bit catarrhal and coughing occasionally - dry cough- scratchy over the enflamed part. 06P 06 XX.XX NS

Throat hurts when go to swallow food and so does the front of the my throat - (adam's apple region) 06P 12 XX.XX NS

Symptoms have swapped sides - now throat hurts on the left side. 06P 14 XX.XX NS

As I write this I start choking, coughing, eyes watering and unable to swallow properly. As if a blockage. 06P 15 XX.XX NS

Cold definitely developing. Right throat gland starting to swell (not sore). 07P 16 XX.XX NS

Slight sneezy feeling at the back of throat. 08P 05 XX.XX NS

Return of 'sneezy' sensation at back of throat, base of nose, lasted two days. 08P 13 XX.XX NS

I woke up choking on mucus which had collected in my throat and upper chest over night. Coughed for about an hour and brought up a lot of thick grey green mucus. A lot of nasal discharge - thick green and profuse. 11P 42 XX.XX NS

My throat feels full of syrup. I am thirsty for water. 13P 02 XX.XX NS

Very sore throat as if I have swallowed iron filings or glass splinters. 13P 14 XX.XX NS

Pain in throat extending to ears. Better for eating strong mints. 13P 30 XX.XX NS

Continuous frog in throat, mucous discharge, lumpy green, from nose. 17P 33 XX.XX NS

Appetite, Thirst & Desires

In the evening, I had a distinct craving for chocolate, which I never normally eat. 01P 04 XX.XX NS

Craving potatoes. 01P 08 9.00 NS

Craving chocolate. Ate a whole 'Chunky KitKat' - it was absolutely delicious. 10 days ago I'd tried to eat a 'fun-sized' KitKat & couldn't manage even half a piece, because it tasted so disgustingly milky. 01P 09 3.00 NS

Decided to have a cup of coffee - my first since taking the proving remedy - but it tasted so awful I threw it away. 1P 10 XX.XX NS

Throat raw and very thirsty, lips sore and dry all day. 02P 06 XX.XX NS

No appetite (have been craving oats and scones). 02P 08 XX.XX NS

Very thirsty - drank 2 pints of long drink. 02P 09 XX.XX NS

Did not enjoy my evening meal, taste seemed strange - I don't think it was very good anyway. Felt nauseous half an hour after eating, passed off after 20 minutes. 03P 01 XX.XX NS

Tea tastess much too sweet. 03P 02 XX.XX NS

Rose at 0710hrs, felt tremendously hungry which is unusual for me in the morning. 03P 12 7.00 NS

Craving to eat, in fact feeling very hungry before lunch and so ate far too much. After work this afternoon I felt starving again and ate a banana and some oatcakes and then some cheese and so now I feel bloated and full with pains in my abdomen. 03P 19 XX.XX NS

My taste has been changing over the preceding month and this is the most obvious. I have now put away the saccharin tablets and now take sugar in my tea for the first time for many, many years. 03P 23 XX.XX NS

Canine hunger again at 1700hrs prior to evening meal. 03P 27 7.00 NS

Craving Garlic and Ginger in boiled water. Not really hungry, but ate a lot once I started. I heaped loads of garlic on jacket potatoes with a little butter and ate the lot. 05P 22 XX.XX NS

Craving brown rice. I sat down and ate brown rice with cold chicken pieces in it. Really bland, but I couldn't get enough of it. 05P 25 XX.XX NS

Had a fizzy drink which made me feel much better in general - the bubbles seemed to really sort me out. 07P 09 5.00 NS

Have noticed not as thirsty as usual. 07P 15 XX.XX NS

Thirsty for hot drinks. 07P 19 XX.XX NS

Feel cold and desire hot spicy food. 09P 01 XX.XX NS

Thirsty for cold water but feel cold. 09P 03 XX.XX NS

Appetite reduced, chewing food more and taking ages to finish a meal. 09P 03 XX.XX NS

Cannot seem to drink enough liquid. Not particularly hungry. Desire fruit and juicy things. 09P 15 XX.XX NS

Desire meat instead of carbohydrate - usually prefer vegetables, salad, fruit and carbo. Keep making bacon sandwiches, desire hot lunch, that is why I am so thirsty. 09P 21 XX.XX NS

Wake up with really dry throat. Did not sleep well at all, kept wakening up every hour feeling really thirsty with a very dry throat. 10P 40 XX.XX NS

Sudden desire for peanuts, salted (unusual for me). 11P 01 8.00 NS

Eggs tasted very very scrummy again. 14P 15 XX.XX NS

Don't feel like smoking in the tea break - this is unusual. 15P 02 XX.XX NS

Not as hungry as I usually am at lunchtime. 15P 07 XX.XX NS

Only ate fruit and 2 slices of toast and 1 large tea Feel full up on so little. 17P 02 9.00 NS

Tea is much too hot, can't drink it which is unusual, I can normally drink very hot tea. 17P 02 23.00 NS

Very hungry all day, but full up quickly. 17P 02 XX.XX NS

Fancy eggs. Not a usual desire. 17P 05 XX.XX NS

Have thoughts of eating meat again - am a vegetarian. 17P 18 XX.XX NS

Hiccough, Belching, Nausea & Vomiting

Extremely offensive flatulence all evening, (no changes in diet); silent & barely perceptible - I don't realise I have passed it until the smell hits! 01P 07 XX.XX NS

Farting. 02P 05 XX.XX NS

Farted a lot - smelly. 02P 22 XX.XX OS

Bloated and flatulent 1600hrs- onwards. 03P 09 6.00 OS

Feel bloated and farty, and I notice it. 04P 31 XX.XX NS

Constant nausea better after eating. 07P 30 XX.XX NS

Very windy - not usually this windy at all only after curry smells vile. 09P 02 XX.XX NS

Felt a bit nauseous and light headed. 13P 01 1.00 NS

Tired and nauseous - was sick first thing in the morning. 13P 34 XX.XX NS

Burping. Lots of gas. 17P 01 8.00 NS

Nausea. Feel poorly. Feel quite ill. 17P 02 6.00 NS

Scrobiculum & Stomach

Sudden intense nausea rises from my stomach up into my throat, with a desire to burp, as if I've drunk lots of fizzy soft-drink. 01P 01 7.30 NS

Woke up feeling terrible, like I had a hangover. Headache dull all over head, queasiness and nausea in stomach. 05P 22 XX.XX NS

Stomach upset - slight ache with indigestion. 08P 03 XX.XX NS

Heartburn after a piece of shortbread. 09P 02 XX.XX NS

Stomach pains come one quite strong about 7.30 PM - they probably started quite weakly about 5.30pm and have gradually got worse. They don't stop[me eating but they are present all evening, becoming really quite bad at 10 PM. I feel like I can't really concentrate on the conversation, I want to lean forward. They are griping abdominal pains. 10P 02 9.30 NS

Developed really sharp pains in my stomach which lasted about 20 minutes. 10P 22 22.15 NS

Stomach bubbling, audibly. 11P 01 7.30 NS

Very gassy in stomach. 12P 02 XX.XX NS

Abdomen

My abdomen is suddenly feeling very bloated and tender, as if I need to urinate, but I don't actually need to, or as if full of trapped wind. 01P 01 7.:3:0 OS

Pain in front right side of pelvic bone while driving 6.30 p.m. 02P 03 8.:3:0 NS

Red spot 1cm diameter on right abdomen. 02P 14 XX.XX NS

Stitch in right side above pelvis - lunchtime and again at 1 a.m. 02P 36 12.:0:0 NS

During the day I experienced a throbbing pain on the right side of my abdomen, from my intestines, this lasted for about 1 minute each time. 05P 02 XX.XX NS

Lots of flatus - painful and rank smelling - bad all way to work and up until 8:30 - then suppressed them more and they stopped until lunch, then again back when got in the car - feeling of pressure internally. 06P 26 7.:0:0 OS

Abdomen bloated and stomach ache, eructation. 08P 01 1.00 NS

Bloating and wind going up to throat and down to bowels. 09P 01 XX.XX NS

Pain in right groin/ovarian region - wind. 09P 01 XX.XX NS

Left sided abdominal pains and headache. 09P 02 7.00 NS

About 11 a.m. cramping stomach pains come on. Pains building up to a crescendo then dying off again. Coming about every 2 minutes, remind me of labour pains. I almost can't bear it at one point and start to blow out to relieve the pain - a few people look round at me and ask if I am all right. They last for about an hour. At one point feel as if something is moving in my belly, but feeling is very transient. 10P 30 11.00 NS

I had those terrible griping pains in my stomach again. Started about 1.30 building up to quite severe labour like pains and fading off again, coming every few minutes have to lie down on my bed. I think I am about mid cycle. Wear off about 3ish. 10P 50 3.30 NS

Felt very bloated after supper, felt really stuffed (had to undo trousers!). 11P 01 1.00 NS

After supper I felt very bloated and full, in spite of not eating much. 11P 02 1.00 NS

After lunch- I didn't eat much - I felt very bloated and my abdomen was distended - visibly bigger. Sensation of gas bubbling around, but no flatulence. 11P 03 XX.XX NS

Pain in solar plexus - feels like a lump. 13P 26 XX.XX NS

Woke with a cramping sickness in stomach and abdomen. Difficulty in breathing when standing up. 13P 38 XX.XX NS

More heartburn/acidity 2.00 p.m. bile vomit in throat. Heartburn on and off from 3.00 p.m. Odd digging sensations left side front abdominal/intestinal. Feels like something poking around in my innards. Sensation of gnawing located just under end of ribs on left side, 7.00-9.00 p.m. NS. 14P 04 XX.XX NS

Right side, odd bubbling sensation in abdomen, like bubbles working their way up through piping. Doesn't hurt, just feels a bit odd and tickly. 14P 05 XX.XX NS

Feeling of constriction/cramp in lower abdomen. 14P 05 XX.XX NS

Pain in groin and kidneys - perhaps it's some horrible disease. It's just there, the sensation at its worst is like red hot needles but not quite so bad. Hot water bottle. 14P 32 XX.XX NS

Bloated feeling in stomach, burping a lot. 17P 02 XX.XX NS

Nausea. Bloating, need to undo the button on trousers. 17P 03 10.00 NS

Went to work at the stables. Feel better with the bloated, uncomfortable feeling, when riding the horse. 17P 04 XX.XX NS

Rectum & Stool

Stool like almonds 7 p.m. 02P 02 9.00 NS

Sudden diarrhoea, with no warning at 9.15 p.m. Frothy yellowish-brown and offensive. 02P 42 1.15 NS

Normal stool. An hour later mild abdominal cramps and passed stool again, very soft. This is unusual. 03P 06 XX.XX NS

Ate dinner and developed massive bloating and abdominal tympanic distension particularly on the lower right side with flatus and tremendous rumblings, particularly in the left side. 2 hours later for 20 mins I had profuse liquid diarrhoea with flatus, after which the condition resolved. 03P 26 XX.XX NS

Opened bowels 4 or 5 times. 05P 08 XX.XX NS

Did not pass stool - usually go every morning. 05P 22 XX.XX NS

Gut ache as if would soon have the runs - used to get this a lot - not for ages now. I had to run to the loo - thick fluid with some pain. 06P 22 4.00 OS

Stools and wind very offensive. 09P 04 XX.XX NS

Urge to stool - difficult straining to produce a very small amount, which was very small round balls and soft. 11P 11 9.00 NS

After several days without passing a stool. Need for stool in morning, slight straining required then large volume of stool with no effort required. Not loose or hard, just no effort required after initial straining. 11P 22 8.00 NS

Trapped wind. Passed more stool than usual. 13P 02 XX.XX NS

Constipated again, with the feeling of being bloated. 13P 09 XX.XX NS

Very very farty and smelly, bad eggs. 14P 00 XX.XX NS

Urge to do large poo. Produce small quantity of light brown pellets. 14P 05 1.00 NS

Wanted a poo but nothing would budge. 14P 11 22.00 NS

All afternoon masses and masses of smelly farting. 14P 18 XX.XX NS

Passing wind which is very smelly. 17P 02 XX.XX NS

Urinary Organs

Feeling of needing to wee on settling down in bed (urgent yet not necessary at the same time). 02P 25 XX.XX NS

Woke up bursting to urinate. Felt very dehydrated, drank a glass of water. 05P 07 5.00 NS

Female Sexual Organs

Profuse, milky-white, thickish leucorrhoea - (about a teaspoon full). Unusual - if I get Leucorrhoea, it's generally in the morning, not late at night. 01P 09 23.30 NS

Dragging down pain in abdomen, as if menstruating, but my cycle is only half-way through. Breasts also extremely swollen & sore, as they usually are for a few days immediately preceding my period - but I'm not due for almost 2 weeks. 01P 11 XX.XX NS

Period started early a.m.; heavier than usual. 02P 07 XX.XX NS

Period - more 'jelly' than usual; smaller fibrous lump than usual. 02P 10 XX.XX NS

Normally on day 3 of my period I experience a fibrous lump which I feel tearing away - this month there was none (nor on any other day, which can be the case instead). 02P 39 XX.XX AS

Very smelly leukorrhea, yellowy, creamy. Smells like thrush. Feel like I'm getting thrush. Cheesy, milky, yeasty smell. 05P 45 XX.XX OS

Slight smelly leucorrhea - colourless. 08P 06 XX.XX NS

Menses started. This time I got ratty instead of depressed and thirsty instead of hungry. 09P 21 XX.XX NS

Period - lots more clots than I usually have. 10P 33 XX.XX NS

Post coital bleeding, real fresh red blood. I thought my period had started, but I am only mid cycle. I feel quite scared. I just hope it is the proving and that the pains and the bleeding are not something else. Little bit of pink discharge for a day but nothing after that. 10P 51 XX.XX NS

Menses with strong odour. 13P 02 XX.XX NS

Bad vaginal thrush. Gluey white discharge. 13P 25 XX.XX OS

Period started 2 days early. 14P 18 XX.XX NS

Have sex with boyfriend and then get panicky cystitis feelings. I haven't had cystitis for several years, so I dread it's return. When I get home I get my period - horrid, brown, gloopy blood. Sit on the loo for an hour feeling terrible and panicky. Cystitis suddenly disappears. Confused as to how I'm feeling - I'm I getting ill or getting cured? 15P 04 XX.XX NS

Blood spots from vagina morning and evening. 15P 39 XX.XX NS

Period started early. Dragging down sensation - achy feeling. 17P 06 XX.XX NS

Voice & Larynx, Trachea & Bronchia

After spending the morning teaching I started to lose my voice and singing at a rehearsal in the evening was difficult, as well as causing me to cough. 02P 19 XX.XX NS

Having an identity crisis about whether I should be singing alto or soprano in my choir. 02P 28 XX.XX NS

Troubled at times by an inability to speak i.e. get my vocal chords to work properly, like a 'frog in the throat'. It is clear-able by a very harsh, hard cough but that hurts and does not work very well. It is very embarrassing to try to speak and nothing comes out. 03P 28 XX.XX NS

My voice is very husky and dry and I sometimes cough, no mucus. 11P 41 XX.XX NS

My voice doesn't sound like it's mine. Feel as if my voice is about to falter, as if my words are about to trip over themselves but I keep nervously chatting anyway. I have this odd feeling of smiling slightly through nerves. 15P 40 XX.XX NS

Respiration

During yoga became hot and clammy, sweat around mouth, then cold and feeling faint. During the relaxation period my breaths were so shallow and slow I felt I could have stopped breathing. Had to really struggle to take a big inhalation. Didn't feel anxious. 07P 05 8.00 NS

Ran to Post Box and didn't seem to have the power to take deep breaths - was unusually puffed out. 07P 07 XX.XX NS

Feel constricted, as if in a straight jacket, if I bend over feel suffocated. 17P 16 XX.XX NS

Breathless. Partner arrived to help but I told him I could do it, then went to old house to clean it - didn't finish. 17P 21 XX.XX NS

Still very breathless, can't climb the stairs - feel very very unfit, but am not. 17P 49 XX.XX NS

Cough

Cough about an hour and a half after getting up - sore chest and slight pale green expectoration. 02P 12 XX.XX NS

Sudden irritable cough for 2 mins this morning for no reason. I do not have a cough! 03P 02 XX.XX NS

Coughed up thick phlegm 8 p.m. 06P 05 0.00 NS

Throat raw and very thirsty, lips sore and dry all day. 06P 09 XX.XX NS

Dry cough persisted all evening. 08P 01 1.00 NS

Coughing and smell of garlic after cough. 09P 02 XX.XX NS

Inner Chest & Lungs

Fleeting stabbing chest pains located in lower left chest behind ribs, while lying on left side, seemed to go when I turned to right side but shortly returned. Vanished again in a few minutes. Returned and vanished 3 or 4 times in about hour. Unaffected by position. 03P 00 XX.XX NS

Left of centre chest pain this afternoon for just a few minutes while in the car coming home. 03P 08 XX.XX NS

Chest pain, like I had been stabbed with a knife which had penetrated as far in as my spine. 05P 01 8.00 NS

Became aware of lump sensation in chest/throat between breasts. Discomfort, as if something to be coughed out. 08P 01 9.00 NS

Slight sensation of constriction in my central chest which only lasts very briefly. Aware of heavy central chest pain as I am leaving class. Lasts only a minute or so. 10P 01 8.00 NS

Woke up with a strange sensation in chest, a sort of emptiness behind sternum. Not a nice feeling. 11P 06 XX.XX NS

Heavy chest better for sighing. 13P 22 XX.XX NS

Heart, Pulse & Circulation

Whilst in bed both forearms on inside were aching down through inside of wrists (felt like in the blood vessels) - pressing ache. Felt like there was not enough blood there, arms felt lifeless and difficult to move. Heart was beating fast - could feel it against sternum - felt light-headed even

though lying down - made me feel scared - had to take several deep breaths (which took a lot of effort) 07P 12 XX.XX NS

From lunch onwards felt throbbing along vessels on right side of head - did not become too bad. 07P 26 XX.XX NS

Slight stabbing pains in heart region 3 p.m., worse on inspiration also stitching pain in right iliac fossa at same time. 10P 07 5.00 NS

Feeling very breathless, palpitations. 17P 16 XX.XX NS

Outer Chest

Boobs very itchy in the afternoon. 05P 31 XX.XX NS

The pains in and around my rib cage have been awful, causing me breathlessness and to seriously consider seeing my osteopath. 09P 00 XX.XX NS

Sore lump in middle of chest between breasts. 09P 01 XX.XX NS

Neck & Back

Pain in my right scapula; an intense boring pain, which made it impossible to get comfortable. Pain lasted 20-30 minutes. 01P 02 11.00 NS

Tension in the back of my neck, rising into the base of the skull. Tight and painful. Lasted most of the 4-hour drive home. 01P 03 8.00 NS

Pain between shoulders. 03P 02 XX.XX NS

Back, especially shoulder blades, itchy this evening. 03P 05 XX.XX NS

Neck and shoulders still very stiff and tense. This feeling has lead me to think about when I was a child being constantly told to put my shoulders down and of me trying to force my shoulders down until my neck muscles hurt with the effort. It seemed that I was incapable of 'putting my shoulders down'. I was threatened with having to have a brace to wear. 03P 13 XX.XX NS

Spine and neck ache, with very slight headache. 08P 03 XX.XX NS

Cold shivers in spine. 09P 02 XX.XX NS

Stabbing pain in the left side of my neck which comes and goes as I am driving along. 10P 41 XX.XX NS

Tingling sensations up and down my spine, taking the proving remedy, leading down both arms (can't decide whether the shivers are hot or cold). 13P 01 7.30 NS

Go swimming in the afternoon. Feel a lovely hot sensation in the small of my back on the right hand side. 15P 12 XX.XX NS

Keep feeling lovely warm sensation on the right hand small of my back - or just slightly lower - just

above my right buttock. It gives off lots of heat and is very comforting. I keep getting this sporadically throughout the day, especially at 3.00 p.m., also this morning at 11.00 a.m. 15P 18 XX.XX NS

Noticed my back is spotty, one particularly large painful spot is in the middle, left of spine. 17P 18 XX.XX NS

Upper Limbs

Woke in the middle of the night with my right arm completely numb & with pins & needles, from elbow right through to the fingertips. Some time later, I woke again, with the same numbness, pins & needles, but this time from the elbow to fingertips of the left arm & hand. 01P 05 XX.XX NS

During the night, woken by the numbness with pins & needles, but this time it was just in my (right) hand, rather than from the elbow down the whole fore-arm. I had been lying on my left side when this came on, so I am sure it wasn't just a case of leaning against my arm & cutting off the circulation. 01P 08 XX.XX NS

Numbness & tingling in Right hand. 01P 10 XX.XX NS

Woken at 8 a.m. by numbness & tingling in my right hand. 01P 11 8.00 NS

Numbness in left hand fingertips - evening. 02P 03 XX.XX NS

Index and 3rd finger and thumb of left hand went numb as yesterday. 02P 04 XX.XX NS

Woke briefly at 3.30 a.m. with numb and tingling right hand. 02P 23 3.30 NS

Easy pins and needles in hands and forearms. 04P 02 2.00 NS

I wake up with a sensation in my hands like the blood supply has been cut off. 05P 29 XX.XX NS

My middle finger on my left hand feels as if the middle knuckle is swollen when I bend it. 06P 00 XX.XX NS

End joint of right middle finger felt loose. 07P 03 XX.XX NS

Right outside of upper arm - aching and sore - as if been raising arm up sideways. 07P 04 6.00 NS

When I had right arm raised blood pressure felt very low in it and had pins and needles and an aching in the wrist better lowering arm but then too much blood rushed to hand. 07P 05 XX.XX NS

Soreness in outside of upper right arm (about the size of a satsuma) returned with feeling of low blood pressure in right hand - numb, cold hand and similar feeling in inside of wrist - better after eating. 07P 06 5.00 NS

Every now and then had a momentary sensation (like dull electric shock) from inside of left wrist down to end of ring finger. 07P 08 XX.XX NS

Right hand cold. Wrist aching on inside. Worse gripping pen - feels weak. 07P 15 XX.XX NS

Right wrist feels very weak, weak grip. 07P 28 XX.XX NS

Slight momentary ache in right wrist. 08P 01 7:5:0 NS

Shooting pain in right wrist, came on suddenly, felt hot, lasted about one hour then went. 08P 06 3:1:5 NS

Urge to clean nails out and file them. 09P 00 XX.XX NS

Right hand knuckles and ball of thumb cramping. 09P 01 XX.XX NS

Little finger of right hand itchy and tingling. 09P 01 XX.XX NS

Pains like needles all over both sides of right hand. 09P 01 XX.XX NS

Back of left hand itching around knuckles. 09P 01 XX.XX NS

Nails dry and breaking and splitting. 09P 04 XX.XX NS

Sudden nerve pain running up my left arm when gets more intense then wears off after a few minutes. 10P 01 7.30 NS

Real itchy sensation between forefinger and thumb of right hand about 2 p.m. whilst driving. Have to keep scratching it. Lasts for about 20 minutes. 10P 05 14.30 NS

Pain and cramping like a neuralgic type pain in the ring finger of my left hand. Makes me think of my wedding ring which I no longer wear. Pain from finger now going up left arm - like a kind of RSI pain. 10P 33 XX.XX NS

Nails breaking and brittle. 14P 07 XX.XX NS

Feel a prickling, injection like sensation in the dip of my right arm (where injections go) - feeling of pin/needle in my arm. 15P 01 8.00 NS

Nails, finger skin a real mess from picking them. 17P 16 XX.XX NS

Hands are red and very dry, especially across the knuckles area. 17P 18 XX.XX NS

Lower Limbs

Woken in the night by an intense pain in the joint connecting the right big toe to the foot. This lasted about 20 minutes, before easing off & allowing me to fall asleep again. I sometimes get this pain in my left toe, because of a bunion-type lump, but to have it in the right is unusual. 01P 08 XX.XX NS

Pain in both knees when walking or going up / down stairs - Sharp, rasping pain under knee-caps. 01P 09 XX.XX OS

Eczema on top of big toe and next toe on left foot. 02P 47 XX.XX NS

I could smell my feet 4pm onwards. Had to wash my slippers and wash my feet. Had a shower in the

morning and had been barefoot most of the day, my feet had not been sweating, strange. 05P 27 XX.XX NS

Sciatica both sides, not full blown nerve pain, but dull ache in the nerve as if I've almost caught it, shift position and it goes. 05P 38 XX.XX NS

My left shin has got a lump on it - jarring each time I put my foot down when walking - don't remember hitting it. A bruise by 8 pm 06P 04 XX.XX NS

Right leg had gone very cold, normal but this was extreme. 07P 01 7.00 IOS

Right knee sore under patella after going for a walk. Joint feels loose. 07P 11 XX.XX OS

On drive home from college felt intense pressing sensation (like a finger pressing) on top of left thigh - just to left of centre - lasted 3 or 4 hours. 07P 26 XX.XX NS

Tingling back of left calf, then right. 08P 01 7.30 NS

I seem to have Athlete's foot between all toes which burns and stings when I sit still or when I am in bed at night, and the soles of both feet are burning and red have to stick my feet out of bed to keep them cool. Washing improves it but not for long. The skin on my feet is dry and flaky like silver scales with two cm long small cuts - rather like the lines on the palm of a hand. 09P 00 XX.XX NS

Must move feet in a swinging motion. 09P 01 XX.XX NS

Very restless - if I don't keep moving my joints will seize up. 09P 02 XX.XX NS

I noticed that the inside of left thigh was completely covered in pale blue bruising. The fact that it felt sore made me look at it. It disappeared the next day. I cannot think that I have caused any injury to that area. 09P 21 XX.XX NS

Wake up with a nagging pain in my right buttock - it is more of a twinge which comes and goes. This pain lasts all day gradually getting worse as the day goes on it is worse walking and at its height feels like someone is winding a key or a screw into my buttock, it takes my breath away a couple of times. By the time I got to bed my right buttock feels bruised when I press it. 10P 26 XX.XX NS

Woken up by strange bubbling sensation in the veins of my left leg, very transitory. 11P 07 1.00 NS

Whilst walking the dogs my right ankle was weak and I found it difficult to walk, as if I'd sprained it - but I hadn't. 11P 14 6.00 NS

Cramp in fingers of left hand. 12P 01 XX.XX NS

Legs felt achy, especially joints. 13P 01 8.00 NS

Pinching sensation, left hip 16P 01 XX.XX NS

Itching, lower left leg. 16P 01 XX.XX NS

Cramp in right calf and foot. Cried out in pain. 16P 05 XX.XX NS

Limbs in General

Tingling in right hand and foot. 09P 00 XX.XX NS

My hands and feet were clammy. 13P 01 8.00 NS

Tingling sensations in hands and feet. 15P 01 8.00 NS

Sleep

I feel very, very tired - could quite easily go to sleep right now. Absolutely exhausted; can hardly keep my eyes open. 01P 01 0.00 NS

Slept really well, which is very unusual for me when away from home. 01P 02 XX.XX NS

Slept like a log again; no particular dreams. Found it very hard to get out of bed in the morning, despite having had more than 8 hours sleep. 01P 03 8.00 NS

I can scarcely keep my eyes open. Yawning constantly. 01P 07 0.00 NS

Absolutely exhausted, yet feeling sort- of fluttery inside, as if I've drunk too much coffee. Can hardly keep eyes open. 01P 08 5.00 NS

Slept from 3.15 - 4.15 & would probably have stayed asleep if I hadn't been woken by the phone. Dreamed I was at Yondercott & that several of us were all extremely sleepy. Woke up - still exhausted. 01P 08 5:1:5 NS

Disturbed night - woke 3 a.m., 6.30 a.m., 7.30 a.m. 02P 00 XX.XX NS

Incredibly sleepy c.3p.m. and more obviously couldn't concentrate in lecture - couldn't hold on to thread of conversation and couldn't remember a sentence in order to write it down. 02P 02 5.00 NS

Slept well until 0500hrs. Woke with headache and stiff shoulders. 03P 02 5.00 NS

By 1530 I am very sleepy and cannot keep my eyes open in spite of the philosophy lecture being very interesting. I cannot concentrate, I cannot focus or take notes. 03P 02 5.30 NS

Very sleepy all afternoon and evening, could hardly keep my eyes open whilst having evening meal. 03P 02 XX.XX NS

Took about an hour to fall asleep (usual) but from about 4 or 5 a.m. kept waking and then sleeping really lightly. 07P 01 XX.XX NS

Fell very drowsy and concentration fades every now and then - almost drift off and then come back. 07P 04 6.00 NS

Had trouble getting to sleep night before with mind still very active on going to bed. Fell asleep about midnight? 07P 08 XX.XX OS

Last night slept very deeply. 07P 11 XX.XX NS

Feel very sleepy even though must have slept for about 9 hours last night. 07P 11 XX.XX NS

Had difficulty getting to sleep even though felt very tired and drowsy. Body felt very heavy. Started worrying about actually fainting and what if my heart stopped. At the same time was finding it a struggle to take a deep breath. 07P 12 XX.XX NS

Overwhelming desire to sleep - cannot concentrate. 08P 02 XX.XX NS

Overwhelming need to sleep again. In Sainsburys at the time and unsure whether I would be able to cope. 8P 04 5.00 NS

Saturday afternoon having great trouble staying awake. Have to apologise to lecturer who is very good, it is me who is sleepy. 09P 02 XX.XX NS

Very tired, lie down on bed to do Reiki exercises and fall asleep almost immediately (about 11 am). 10P 05 11.00 NS

Again energy seems to fall at 2 p.m., lie down on bed and immediately fall asleep. 10P 43 4.00 NS

Now I'm tired and I want to go to sleep. 11P 01 7:4:0 NS

Very sleepy, had to have a sleep. 11P 05 4:4:5 NS

Bang! 1.45 a.m. Wake suddenly. Feel survival is an issue. Need to be alert. What is going on? Also feel strong connectedness to other forms of life. 14P 13 XX.XX NS

Very tired as if spent the whole night on the go, tossing about. 17P 02 XX.XX NS

Restless, dreamy night. Kept losing the bed covers 17P 02 XX.XX NS

Generals

Very clumsy this morning - dropping things in the kitchen; tried to pull open the front door while the security chain was still on it, etc. 01P 06 XX.XX NS

Shivers up my spine periodically throughout the day. 02P 02 XX.XX NS

Left sided shiver as if sitting in a draft. 03P 02 11:2:5 NS

Cut left thumb on pane of glass. 04P 04 XX.XX NS

Had a shower and felt better. 05P 24 XX.XX NS

Laid out all day with cold. Worse in the late afternoon. Worse right side of head and face. Stuffy head, blocked/runny nose - clear catarrh. Itchy inside of nose and mouth. Couldn't concentrate on anything. Sinuses and eyes full and watery 07P 17 XX.XX NS

Almost immediately after taking the remedy I felt a numb, tingling sensation down left side of spine.

08P 01 7.30 NS

Numbness, tingling in spots - left back of head. 08P 01 1.00 NS

Feel taller and a lot of joint clicking which is painless. Feel as if my skeletal system has unseized. 09P 01 XX.XX NS

Head muzzy and eyes itching. Feel as if I have hayfever. I do not suffer from hayfever usually. 09P 02 XX.XX NS

Slept heavily woke up bunged up again and sore throat raging. Nose inside and outside still very itchy. 09P 02 XX.XX NS

Not a good day, cold, cough, sinuses awful. Chest feels raw, cough very deep and bubbling. Voice rough. 09P 08 XX.XX NS

Bones and muscles feel very sore in any part of my body when I put pressure on the skin. I feel as if I have been rolled on by a horse but it only hurts if I press it. 09P 21 XX.XX NS

Every Feb when I go up to Scotland at least for the last 3 years I have always developed a terrible itch all over my body (back and limbs especially). My mum always comments on it and I say it is the spring coming. This time I have not had it. 10P 09 XX.XX NS

Slept badly - nose blocked so my throat was really dry and sore on waking better for drinking especially orange juice. I was feverish during the night and chilly. Glands in neck swollen and sore, left side slightly more than right. 11P 32 XX.XX NS

I felt exhausted and had to go to bed. My limbs were aching, I had sore joints, ankles, knees, wrists and my neck is stiff. I have a headache which is throbbing and worse bending over. Overnight I was feverish and chilly. This whole scenario feels like a return of glandular fever, which I had in my teens and recurred for a few years - aching limbs and joints, exhaustion, feeling well and then relapsing, headaches with stiff neck and swollen glands. I have even got the swollen gland sensation in my groins, stomach and armpits. 11P 38 XX.XX NS

Achy feeling and sharp ache all down right side and into the leg. 14P 13 XX.XX NS

Very itchy, hayfevery, sneezy nose. Feels like I've snuffled sneezing powder. 15P 35 XX.XX NS

Coldness - like the hairs standing up from lower spine up towards the neck, also the upper arms in waves. Shuddering, twitching a couple of times. 17P 01 7.30 NS

Tingling sensations all over body. 17P 02 XX.XX NS

Temperature & Weather

I feel much warmer than usual (I am usually very chilly and sit next to the radiator) - I have turned the radiator off, taken off my jersey & am still very warm. 01P 02 11.00 NS

Feel very cold and shivery 03P 03 12.00 NS

Feet cold, rest of me warm. 03P 03 XX.XX NS

I was cold when uncovered but hot when covered. 06P 05 XX.XX NS

Had been very hot in bed at one point. Body had felt very heavy all night. 07P 01 XX.XX NS

Feel very cold - almost faint, slightly detached and a bit anxious. 07P 04 6.00 NS

Still very cold - now left foot is colder and aching with the cold. 07P 11 8.30 NS

Very cold generally. Finger nails on both hands are blue, better after eating. 07P 12 XX.XX NS

I feel cold all the time except in the early morning in bed when I overheat and have to throw the covers off, quickly chill and wrap them around me again I am normally a chilly person. 09P 00 XX.XX NS

Feel really cold all day. Although radiators are on I have the sensation of a cold draft blowing all around my body. 10P 38 XX.XX NS

Woke up and I was very hot to touch, fiery all over. This is most unusual. 11P 04 3.30 NS

Need lots of fresh air. Didn't sleep very well, woke for a couple of hours at 3 a.m. At night, I felt bitterly cold; couldn't get warm - blood felt cold. Exhausted. Went to bed with extra clothes and hat on head. Woke up sweating all over. 13P 20 XX.XX NS

Quite enjoying the nice weather- usually I don't like it to be so bright. 13P 32 XX.XX NS

At one point, warm on left, cold on right. Complete split, very temporary. 14P 01 8.00 NS

Feel very sensitive in general to changes in the weather especially temperature. 14P 18 XX.XX NS

Coldness especially at the top of legs - like something very cold placed on them. Goosebumpy feeling on upper arms. 17P 01 18.00 NS

Goosebumps running down right side. Continuing waves of shivery feeling up body. 17P 01 18.00 NS

Very cold. Wrapped up and still cold. Can't get warm. 17P 02 XX.XX NS

Fever

I've noticed that I'm perspiring more than usual (armpits only) - smelly, damp & pungent. 01P 07 XX.XX NS

Still sweating more than usual. Uncomfortably aware that I'm smelly. 01P 12 XX.XX NS

Getting smelly - got BO under arms yesterday - sometimes happens but is very rare - today by lunch time the smell had begun - yesterday it was before lunch - but worse after - used anti-deodorant today just in case, but to no avail - I can usually get away without even a wash for several days if camping or something like that makes it difficult to get to a sink. 06P 27 XX.XX NS

Awoke sweating with a hot/cold fever. Sore throat and swollen glands. Back of neck was aching. Heavy chest. 13P 21 XX.XX NS

Locality & Direction

Before I started the proving, I had a terrible, on-going sore throat and very swollen glands. On day three of the proving, the sore throat moved from the left to the right side. 15P 03 XX.XX AS

Sensations

I feel as though my head is nodding forwards with every beat of my heart, although I know that I am actually sitting completely still. 01P 01 7.30 NS

There was a sensation as if an iron rod passed inside my head, from one temple to the other. It wasn't painful, just uncomfortable. 01P 01 7.30 NS

Feeling very odd, as if asleep, or moving under water. Everything is an effort, even lifting my hand to my mouth to eat is slow and difficult. 01P 01 9.30 NS

A return of the buzzing, drugged-out feeling I had on day one - the sensation rose upwards through my body, rushing - as if an extreme awareness of the blood pulsating through my entire body, especially the extremities - I could feel my fingers, my internal organs, everything, vibrating internally. 01P 06 XX.XX NS

Felt physically close to the ground when out walking. 02P 05 XX.XX NS

Sensation/vision of white specks in throat while drowsy in night. 02P 07 XX.XX NS

Skin

Skin felt painful all over - even the weight & touch of my T-shirt against the skin of my back was painful. 01P 03 22.00 NS

For the first time since taking the remedy, I found it hard to get to sleep - I was itching all over, as if fleas or small bugs were crawling all over me. If I scratched the itchy area, the itch moved elsewhere. 01P 05 XX.XX NS

I've just noticed that the scar I've had on my hand since I was about 9 years old has suddenly become raised into a lump the same tear-drop shape as the scar. It is very tender & quite pink (it's usually pale, flesh-coloured) - the left side of the scar is especially pink. It feels as though I've really knocked it hard against something, but I'm certain that I haven't. When I open & close my hand (ie: make a fist, or extend my fingers) it exacerbates the pain slightly. When I keep the hand still there's just a dull ache in the scar region. If anything touches it it hurts a lot. 01P 07 XX.XX NS

Itching all over in spots, moving from one side to another. 02P 22 23.00 NS

When I look in the mirror I notice my skin is moist, looks plumped up. It's in the best condition it's been in for a couple of months at least. 05P 02 9.00 NS

Started to break out in spots on my back and face, they are just under the skin but not actually breaking it. 05P 33 XX.XX NS

Small patch of eczema on inside of left arm near bend. 07P 13 XX.XX OS

I wore a pair of trousers which were new and a bit tight and the material was rough as they had not been washed. Where they were cutting into my waist they left a red mark, which bruised and then went dry and peeled with silvery scales. I have also found that if I wear a tightish bra then even the straps bruise my body and the bruises are a light brown/red colour not blue. 09P 00 XX.XX NS

I wore a pair of trousers which were new and a bit tight and the material was rough as they had not been washed. Where they were cutting into my waist they left a red mark, which bruised and then went dry and peeled with silvery scales. I have also found that if I wear a tightish bra then even the straps bruise my body and the bruises are a light brown/red colour not blue. 09P 00 XX.XX NS

Small tag warts have been appearing. There is one in my left armpit, three on each side of my body in line with the middle of my rib cage. They start off as small red spots and grow. 09P 00 XX.XX NS

Behind ears itching, left armpit itching, right cheek itching.. Great need to scratch left upper arm and left upper thigh itching. 09P 01 XX.XX NS

Skin very dry but more saliva than usual. 09P 03 XX.XX NS

Left groin itching around cyst which I have there. Never usually itches. 09P 03 XX.XX NS

Itching much worse in the classroom: back of ears, hands, face, neck, legs. Quickly affected in spots then goes to other spot. A bit; like fleeting pins and needles. 09P 03 XX.XX NS

Skin on face seems smoother but bright red spots appear on chin and left cheek and I have blackheads appearing. Nails and skin on hands so dry. Skin more puckered and veins sticking out more. 09P 04 XX.XX NS

Itching of right big toe, like a flea crawling around. Also under watch strap and in bra. 11P 01 8.00 NS

I'm still getting itching in odd spots- under my right big toe, at the tips of my fingers, on my legs, up and down my back. 11P 03 XX.XX NS

Face itchy on cheeks .Skin feels dry. 12P 02 XX.XX NS

Woke up in the night hot & itchy, especially my legs. Opened window but was sweaty all over. 13P 12 XX.XX NS

Very tired and itchy - right hand side, arm and kneepit. 15P 02 3.00 NS

Relationships

Antidoted with Silicea 30c. 01P 21 XX.XX NS

Repertory

MIND

- MIND - ABSENTMINDED
- MIND - ACTIVITY; desires
- MIND - ANGER
- MIND - ANGER - embarrassment; from

- MIND - ANTAGONISM with herself
- MIND - ANXIETY
- MIND - ANXIETY - alone; when
- MIND - ANXIETY - causeless
- MIND - ANXIETY - conscience; anxiety of
- MIND - ANXIETY - everything; about
- MIND - ANXIETY - health; about - own health; her/his
- MIND - ANXIETY - money matters, about
- MIND - ANXIETY - speaking, when - company, in
- MIND - ANXIETY - sudden
- MIND - AWKWARD
- MIND - AWKWARD - drops things
- MIND - BATHING - desire to bathe
- MIND - BED - remain in bed; desire to
- MIND - BITING
- MIND - BLOOD; cannot look at
- MIND - BROODING
- MIND - BUSY - fruitlessly
- MIND - CENSORIOUS
- MIND - CHAOTIC
- MIND - CLEANNESS - mania for
- MIND - COLORS - dark colors - desire for
- MIND - COLORS - green - desire for - green and blue
- MIND - COMPANY - aversion to
- MIND - COMPANY - aversion to - desire for solitude
- MIND - COMPANY - desire for
- MIND - COMPANY - desire for - partner; of a
- MIND - COMPANY - desire for - alone agg.; when
- MIND - COMPANY - desire for - group; of the
- MIND - COMPLAINING
- MIND - COMPLAINING - disease, of
- MIND - COMPLAINING - others, of
- MIND - CONCENTRATION - difficult
- MIND - CONCENTRATION - difficult - afternoon
- MIND - CONCENTRATION - difficult - evening
- MIND - CONCENTRATION - difficult - attention, cannot fix
- MIND - CONFIDENCE - want of self-confidence
- MIND - CONFIDING - people confide in him; many
- MIND - CONFUSION of mind
- MIND - CONSOLATION - amel.
- MIND - CONTENT
- MIND - CONTRARY
- MIND - CRUELTY
- MIND - CRUELTY - seeing or hearing cruelty; cannot bear
- MIND - CRUELTY - seeing or hearing cruelty; cannot bear - television; on
- MIND - CURIOUS
- MIND - CURIOUS - looking in tins and drawers

- MIND - CURSING
- MIND - CUT, mutilate or slit; desire to - herself
- MIND - DANCING
- MIND - DEATH - desires
- MIND - DEATH - thoughts of
- MIND - DEATH - thoughts of - music; when listening to
- MIND - DELUSIONS - magpies, sees
- MIND - DELUSIONS - gold - attractive; finds
- MIND - DELUSIONS - powerless; she is
- MIND - DELUSIONS - husband; could not exist without her
- MIND - DELUSIONS - abused, being
- MIND - DELUSIONS - appreciated, she is not
- MIND - DELUSIONS - crime - committed a crime; he had
- MIND - DELUSIONS - dirty - he is
- MIND - DELUSIONS - dying - he is
- MIND - DELUSIONS - emptiness; of
- MIND - DELUSIONS - fail, everything will
- MIND - DELUSIONS - ground - closer when walking, the ground was
- MIND - DELUSIONS - head - motion - nodding
- MIND - DELUSIONS - hole - black with no end to it and a desire to slip in and disappear.
- MIND - DELUSIONS - hole - in the earth, black, velvety and safe
- MIND - DELUSIONS - ill-treated by everyone; he is
- MIND - DELUSIONS - invisible; she is
- MIND - DELUSIONS - lie; all she said is a
- MIND - DELUSIONS - marriage - breaking up; is
- MIND - DELUSIONS - misunderstood; she is
- MIND - DELUSIONS - money - talks of
- MIND - DELUSIONS - neglected - he or she is neglected
- MIND - DELUSIONS - place - feels she should not be here
- MIND - DELUSIONS - sick - being
- MIND - DELUSIONS - small - people appear small
- MIND - DELUSIONS - small - he is
- MIND - DELUSIONS - strangers - friends appears as strangers
- MIND - DELUSIONS - trapped; he is
- MIND - DESPAIR
- MIND - DETACHED
- MIND - DIRTY
- MIND - DIRTY - sensation of being
- MIND - DISGUST - body; of the - own body; of one's - odor; of the
- MIND - DISTANCES - inaccurate judgement of
- MIND - ENNUI, tedium
- MIND - ESCAPE, attempts to
- MIND - ESCAPE, attempts to - crime, for a fear of having committed a
- MIND - ESCAPE, attempts to - house; wants to get out of the
- MIND - EXTRAVAGANCE
- MIND - FASTIDIOUS
- MIND - FEAR

- MIND - FEAR - behind him; someone is
- MIND - FEAR - failure, of
- MIND - FEAR - poverty, of
- MIND - FORGETFUL
- MIND - FORGETFUL - words while speaking; of
- MIND - FORSAKEN feeling
- MIND - FUR - velvet; desire to touch fur and
- MIND - GAMBLING - passion for gambling
- MIND - GESTURES, makes - fingers - picking at fingers
- MIND - GESTURES, makes - hands; involuntary motions of the
- MIND - GRATITUDE
- MIND - HATRED
- MIND - HATRED - husband; of
- MIND - HAUGHTY
- MIND - HELPLESSNESS; feeling of
- MIND - HOME - desires to go
- MIND - IMPATIENCE
- MIND - INACTIVITY
- MIND - INDIFFERENCE, apathy
- MIND - INDIFFERENCE, apathy - appearance; to his personal
- MIND - INDIFFERENCE, apathy - ennui, with
- MIND - INDIFFERENCE, apathy - everything, to
- MIND - INDIFFERENCE, apathy - family, to his
- MIND - INDIFFERENCE, apathy - husband; towards
- MIND - INDIFFERENCE, apathy - pleasure, to
- MIND - INDIFFERENCE, apathy - pleasure, to - things usually enjoyed
- MIND - INDIGNATION
- MIND - INSECURITY; mental
- MIND - INTOLERANCE
- MIND - IRRITABILITY
- MIND - IRRITABILITY - easily
- MIND - IRRITABILITY - husband; towards
- MIND - IRRITABILITY - sadness, with
- MIND - IRRITABILITY - trifles, from
- MIND - JEALOUSY
- MIND - JEALOUSY - there's only room for two, him and me
- MIND - JEALOUSY - animal or an inanimate object; for
- MIND - JEALOUSY - irrational
- MIND - JEALOUSY - irresistible as foolish as it is
- MIND - JEALOUSY - women - between
- MIND - KILL; desire to
- MIND - KLEPTOMANIA
- MIND - LAUGHING - hysterical
- MIND - LIAR
- MIND - LOVE - romantic love; desire for
- MIND - MEMORY - weakness of memory
- MIND - MEMORY - weakness of memory - objects; for where he has put

- MIND - MISCHIEVOUS
- MIND - MISTAKES; making - reading, in
- MIND - MISTAKES; making - speaking, in
- MIND - MISTAKES; making - speaking, in - sounds; transposing
- MIND - MISTAKES; making - speaking, in - spelling, in
- MIND - MISTAKES; making - time, in - conception of time; has lost the
- MIND - MISTAKES; making - writing, in
- MIND - PATIENCE
- MIND - PESSIMIST
- MIND - PITIES herself
- MIND - PLANS - carry out his plans; unable to - unexpected events; due to
- MIND - PLANTS - loves
- MIND - PURITY - desire for
- MIND - QUARRELSOME
- MIND - RESTLESSNESS
- MIND - RESTLESSNESS - music, from
- MIND - RESTLESSNESS - pacing back and forwards
- MIND - SADNESS
- MIND - SADNESS - burden; as from a
- MIND - SADNESS - music - from
- MIND - SELFISHNESS, egoism
- MIND - SENSITIVE - nature and natural objects, to
- MIND - SIGHING
- MIND - SITTING - inclination to sit - wrapped in deep, sad thoughts and notices nothing; as if
- MIND - SKIP; desire to
- MIND - SPEECH - inconsiderate
- MIND - SPYING everything
- MIND - SQUANDERING - money
- MIND - STARING, thoughtless
- MIND - SUICIDAL disposition - Tuesdays
- MIND - SUSPICIOUS
- MIND - SUSPICIOUS - Sundays
- MIND - SUSPICIOUS - trick him; people are trying to
- MIND - SYMPATHETIC - same pain his wife complained of; felt the
- MIND - SYMPATHY from others - desire for
- MIND - TACITURN
- MIND - TALKING - amel. the complaints
- MIND - TENSION, mental
- MIND - THOUGHTS - sexual
- MIND - THOUGHTS - wandering
- MIND - THROWING things around
- MIND - TIDY
- MIND - TIME - irrelevant; seems
- MIND - TIME - slowly, appears longer; passes too
- MIND - TIMIDITY
- MIND - TIMIDITY - public; about appearing in
- MIND - TRANQUILLITY, serenity, calmness

- MIND - UNDERTAKING - lacks willpower to undertake anything
- MIND - UNFEELING, hardhearted - family, with his
- MIND - UNSYMPATHETIC
- MIND - UNTIDY
- MIND - VIOLENCE - watch; desire to
- MIND - VIOLENCE - aversion to
- MIND - VIOLENT
- MIND - WASHING - desire to wash
- MIND - WEEPING
- MIND - WEEPING - self-pity, from
- MIND - WEEPING - child, like a
- MIND - WEEPING - desire to weep
- MIND - WILL - weakness of

Physicals

VERTIGO

- VERTIGO - VERTIGO
- VERTIGO - MOTION - head; of

HEAD

- HEAD - HAIR - unattached sensation as if a wig
- HEAD - HAIR - tangles easily
- HEAD - HEAT
- HEAD - HEAVINESS
- HEAD - HEAVINESS - pleasant
- HEAD - ITCHING of scalp
- HEAD - LIGHTNESS; sensation of
- HEAD - MOTIONS in head
- HEAD - NOISES in head - buzzing
- HEAD - PAIN - morning - waking, on
- HEAD - PAIN - accompanied by - nausea
- HEAD - PAIN - air - open - amel.
- HEAD - PAIN - darkness - amel.
- HEAD - PAIN - eating - after - amel.
- HEAD - PAIN - motion - agg.
- HEAD - PAIN - pressure, external - amel.
- HEAD - PAIN - sleep - preventing
- HEAD - PAIN - extending to - Cervical region
- HEAD - PAIN - Forehead, in - bolt driven through, as if a
- HEAD - PAIN - Forehead, in - right side
- HEAD - PAIN - Forehead, in - right side - extending to - Ear
- HEAD - PAIN - Forehead, in - right side - extending to - Teeth
- HEAD - PAIN - Forehead, in - left side
- HEAD - PAIN - Forehead, in - left side - extending to - Ear
- HEAD - PAIN - Forehead, in - extending to - backward
- HEAD - PAIN - Forehead, in - extending to - Ears

- HEAD - PAIN - Forehead, in - Eyes - Above - right
- HEAD - PAIN - Occiput - extending to - Neck - Down back of neck
- HEAD - PAIN - Sides - left - then right
- HEAD - PAIN - Temples - right
- HEAD - PAIN - Temples - afternoon
- HEAD - PAIN - burning - Forehead - Eyes, behind
- HEAD - PAIN - bursting
- HEAD - PAIN - bursting - motion - from
- HEAD - PAIN - pressing - vise; as if in a
- HEAD - PAIN - pressing - vise; as if in a - drills driven into the skull, with
- HEAD - PAIN - pressing - Forehead - iron band; as if pressed by an
- HEAD - PAIN - pressing - Forehead - Eyes - Over - left
- HEAD - PAIN - pulsating
- HEAD - PULSATING - Sides - right
- HEAD - SWASHING sensation
- HEAD - TIRED feeling

EYE

- EYE - AGGLUTINATED - morning
- EYE - DISCHARGES - purulent
- EYE - DRYNESS
- EYE - HEAVINESS
- EYE - INFLAMMATION - Conjunctiva
- EYE - ITCHING
- EYE - ITCHING - Canthi
- EYE - PAIN - left
- EYE - PAIN - Canthi - Inner
- EYE - PAIN - burning
- EYE - PAIN - burning - reading, while
- EYE - PAIN - sand, as from
- EYE - PAIN - stitching - turning head; on - left; to the
- EYE - PHOTOPHOBIA
- EYE - SLEEPY feeling of eyes
- EYE - TIRED SENSATION

VISION

- VISION - BRIGHT
- VISION - COLORS before the eyes
- VISION - COLORS before the eyes - changing
- VISION - COLORS before the eyes - purple
- VISION - COLORS before the eyes - white - everything seems
- VISION - LOSS OF VISION - light, by - sun; as if staring at the
- VISION - OBJECTS - tracers on; sees
- VISION - SMALL, objects seem

EAR

- EAR - FULLNESS, sensation of

- EAR - PAIN - aching - right
- EAR - WATER; sensation of - out of ears; running

HEARING

- HEARING - ACUTE

NOSE

- NOSE - CATARRH
- NOSE - CATARRH - morning
- NOSE - CORYZA
- NOSE - DISCHARGE - clear
- NOSE - DISCHARGE - greenish
- NOSE - DISCHARGE - lumpy
- NOSE - DISCHARGE - thick
- NOSE - HEAT in - Sinuses
- NOSE - ITCHING
- NOSE - ITCHING - Inside
- NOSE - OBSTRUCTION
- NOSE - OBSTRUCTION - night
- NOSE - ODORS; imaginary and real - garlic
- NOSE - PAIN - chewing; on
- NOSE - PAIN - pressing - Sinuses
- NOSE - SNEEZING

FACE

- FACE - CRACKED - Lips - Lower
- FACE - CRACKING in articulation of jaw
- FACE - DRYNESS - Lips
- FACE - DRYNESS - Lips - thirst - with
- FACE - ERUPTIONS
- FACE - ERUPTIONS - red
- FACE - HEAT
- FACE - HEAT - right
- FACE - ITCHING
- FACE - STIFFNESS - Jaws - Lower
- FACE - SWELLING - Eyes - Around
- FACE - TINGLING - Lips

MOUTH

- MOUTH - DISCOLORATION - Tongue - green
- MOUTH - DISCOLORATION - Tongue - yellow
- MOUTH - DRYNESS - accompanied by - saliva - frothy
- MOUTH - ITCHING - Palate
- MOUTH - ITCHING - Palate - extending to - Ear
- MOUTH - PAIN - Tongue
- MOUTH - PAIN - Tongue - motion agg.
- MOUTH - PAIN - burning - Tongue

- MOUTH - PAIN - burning - Tongue - right side
- MOUTH - PAIN - burnt, as if - Tongue
- MOUTH - PAIN - burnt, as if - Tongue - Sides
- MOUTH - SALIVATION
- MOUTH - TASTE - bitter
- MOUTH - TASTE - metallic - accompanied by - bitter taste
- MOUTH - TASTE - putrid
- MOUTH - TASTE - saltish
- MOUTH - TASTE - slimy
- MOUTH - TASTE - sweetish
- MOUTH - TASTE - sweetish - food tastes

THROAT

- THROAT - DRYNESS
- THROAT - DRYNESS - thirst - with
- THROAT - INFLAMMATION - painless
- THROAT - ITCHING
- THROAT - LUMP; sensation of a
- THROAT - LUMP; sensation of a - sadness; during
- THROAT - MUCUS - greenish
- THROAT - MUCUS - sticky
- THROAT - MUCUS - thick
- THROAT - MUCUS - thick - morning
- THROAT - OBSTRUCTION
- THROAT - PAIN - drinking - amel.
- THROAT - PAIN - swallowing
- THROAT - PAIN - extending to - Ear
- THROAT - PAIN - rawness
- THROAT - PAIN - sore - left - extending to - right
- THROAT - PAIN - splinter; as from a
- THROAT - SPASMS - Esophagus
- THROAT - SWALLOW, constant disposition to - lump in throat, from
- THROAT - SWALLOWING - difficult

EXTERNAL THROAT

- EXTERNAL THROAT - PAIN - Cervical glands
- EXTERNAL THROAT - SWELLING - Cervical Glands

STOMACH

- STOMACH - APPETITE - diminished
- STOMACH - APPETITE - easy satiety
- STOMACH - APPETITE - increased
- STOMACH - APPETITE - increased - morning
- STOMACH - APPETITE - ravenous
- STOMACH - APPETITE - wanting
- STOMACH - ERUCTATIONS
- STOMACH - ERUCTATIONS - desire to eructate

- STOMACH - ERUCTATIONS; TYPE OF - bilious
- STOMACH - HEARTBURN
- STOMACH - HEARTBURN - afternoon
- STOMACH - HEARTBURN - eating, after
- STOMACH - NAUSEA
- STOMACH - NAUSEA - morning
- STOMACH - NAUSEA - constant
- STOMACH - NAUSEA - eating - after
- STOMACH - NAUSEA - eating - after - amel.
- STOMACH - NAUSEA - Throat, in
- STOMACH - PAIN - aching
- STOMACH - THIRST
- STOMACH - THIRST - accompanied by - salivation
- STOMACH - THIRST - large quantities, for
- STOMACH - THIRST - menses - during
- STOMACH - THIRSTLESS
- STOMACH - VOMITING - morning

ABDOMEN

- ABDOMEN - ALIVE; sensation of something
- ABDOMEN - BUBBLING
- ABDOMEN - CONSTRICTION
- ABDOMEN - CONSTRICTION - breathing
- ABDOMEN - CONSTRICTION - Hypogastrium
- ABDOMEN - DISTENSION
- ABDOMEN - DISTENSION - afternoon
- ABDOMEN - DISTENSION - afternoon - 16 h - 16-20 h
- ABDOMEN - DISTENSION - dinner - after
- ABDOMEN - DISTENSION - eating - after
- ABDOMEN - DISTENSION - eating - small amounts; after eating
- ABDOMEN - DISTENSION - loosening clothes amel.
- ABDOMEN - DISTENSION - riding, on - amel.
- ABDOMEN - DRAGGING
- ABDOMEN - FLATULENCE
- ABDOMEN - FLATULENCE - afternoon
- ABDOMEN - FLATULENCE - afternoon - 16 h
- ABDOMEN - FLATULENCE - evening
- ABDOMEN - FLATULENCE - obstructed
- ABDOMEN - LUMP in abdomen; sensation of a
- ABDOMEN - MOVEMENTS in
- ABDOMEN - PAIN - headache - with
- ABDOMEN - PAIN - Inguinal region - right
- ABDOMEN - PAIN - Sides - right
- ABDOMEN - PAIN - Sides - left
- ABDOMEN - PAIN - cramping, griping
- ABDOMEN - PAIN - cramping, griping - evening
- ABDOMEN - PAIN - cramping, griping - bending - forward amel.

- ABDOMEN - PAIN - cramping, griping - stool - before
- ABDOMEN - PAIN - cramping, griping - waking, on
- ABDOMEN - PAIN - cutting - false labor pains, like
- ABDOMEN - PAIN - gnawing
- ABDOMEN - PAIN - stitching - Inguinal region - left
- ABDOMEN - RUMBLING

RECTUM

- RECTUM - CONSTIPATION
- RECTUM - CONSTIPATION - ineffectual urging and straining
- RECTUM - DIARRHEA
- RECTUM - DIARRHEA - sudden
- RECTUM - FLATUS - offensive
- RECTUM - PAIN - flatus, on passing
- RECTUM - URGING
- RECTUM - URGING - frequent
- RECTUM - URGING - sudden

STOOL

- STOOL - ALMONDS, like
- STOOL - BALLS, like
- STOOL - BALLS, like - brown
- STOOL - FLATULENT
- STOOL - FREQUENT
- STOOL - FROTHY
- STOOL - ODOR - offensive
- STOOL - SOFT
- STOOL - THIN
- STOOL - YELLOW - brownish

BLADDER

- BLADDER - INFLAMMATION
- BLADDER - URGING to urinate
- BLADDER - URGING to urinate - morning - waking, on
- BLADDER - URGING to urinate - evening - lying, while

KIDNEYS

- KIDNEYS - PAIN - stitching
- KIDNEYS - PAIN - stitching - left

FEMALE

- FEMALE GENITALIA/SEX - APHTHAE
- FEMALE GENITALIA/SEX - LEUKORRHEA
- FEMALE GENITALIA/SEX - LEUKORRHEA - night
- FEMALE GENITALIA/SEX - LEUKORRHEA - cream-like
- FEMALE GENITALIA/SEX - LEUKORRHEA - milky
- FEMALE GENITALIA/SEX - LEUKORRHEA - offensive
- FEMALE GENITALIA/SEX - LEUKORRHEA - offensive - cheese, like old

- FEMALE GENITALIA/SEX - LEUKORRHEA - thick
- FEMALE GENITALIA/SEX - LEUKORRHEA - white
- FEMALE GENITALIA/SEX - LEUKORRHEA - yellow
- FEMALE GENITALIA/SEX - MENSES - brown
- FEMALE GENITALIA/SEX - MENSES - clotted
- FEMALE GENITALIA/SEX - MENSES - copious
- FEMALE GENITALIA/SEX - MENSES - frequent; too
- FEMALE GENITALIA/SEX - MENSES - offensive - strong
- FEMALE GENITALIA/SEX - MENSES - thick
- FEMALE GENITALIA/SEX - METRORRHAGIA - coition - after
- FEMALE GENITALIA/SEX - PAIN - Ovaries - right

LARYNX AND TRACHEA

- LARYNX AND TRACHEA - DRYNESS
- LARYNX AND TRACHEA - VOICE - faltering
- LARYNX AND TRACHEA - VOICE - control; losing
- LARYNX AND TRACHEA - VOICE - changed
- LARYNX AND TRACHEA - VOICE - husky
- LARYNX AND TRACHEA - VOICE - lost
- LARYNX AND TRACHEA - VOICE - lost - cough, with
- LARYNX AND TRACHEA - VOICE - lost - nervous aphonia
- LARYNX AND TRACHEA - VOICE - lost - singers

RESPIRATION

- RESPIRATION - DIFFICULT
- RESPIRATION - DIFFICULT - exertion - after
- RESPIRATION - IMPEDED, obstructed - pressure - clothes; of
- RESPIRATION - SUPERFICIAL

COUGH

- COUGH - COUGH in general
- COUGH - DRY
- COUGH - IRRITABLE
- COUGH - MUCUS - Larynx
- COUGH - SUDDEN
- COUGH - WAKING, on

EXPECTORATION

- EXPECTORATION - MORNING - waking, after
- EXPECTORATION - GREENISH
- EXPECTORATION - GREENISH - morning
- EXPECTORATION - THICK
- EXPECTORATION - THICK - evening

CHEST

- CHEST - ANXIETY in
- CHEST - CONSTRICTION
- CHEST - CONSTRICTION - bending - forward

- CHEST - EMPTINESS, sensation of
- CHEST - EMPTINESS, sensation of - Sternum, behind
- CHEST - ITCHING - Mammae
- CHEST - LUMPS - sensation of
- CHEST - OPPRESSION
- CHEST - OPPRESSION - sighing amel.
- CHEST - PAIN - Ribs
- CHEST - PAIN - stitching
- CHEST - PAIN - stitching - inspiration
- CHEST - PAIN - stitching - Heart
- CHEST - PAIN - stitching - Heart - afternoon
- CHEST - PAIN - stitching - Sides - left
- CHEST - PALPITATION of heart
- CHEST - PALPITATION of heart - accompanied by - respiration - difficult
- CHEST - PERSPIRATION - Axilla
- CHEST - PERSPIRATION - Axilla - offensive
- CHEST - SWELLING - Mammae

BACK

- BACK - ERUPTIONS - acne
- BACK - FORMICATION
- BACK - FORMICATION - Spine
- BACK - HEAT - Lumbar region
- BACK - HEAT - Lumbar region - right
- BACK - ITCHING
- BACK - ITCHING - Dorsal region - Scapulae
- BACK - PAIN - Dorsal region - Scapulae - Between
- BACK - PAIN - burning - Dorsal region - Scapulae - right
- BACK - PAIN - sore - Cervical region
- BACK - PAIN - stitching - Cervical region
- BACK - STIFFNESS - Cervical region
- BACK - TENSION
- BACK - TENSION - Cervical region

EXTREMITIES

- EXTREMITIES - BUBBLING sensation - Leg
- EXTREMITIES - COLDNESS
- EXTREMITIES - COLDNESS - Hands
- EXTREMITIES - COLDNESS - Fingers
- EXTREMITIES - COLDNESS - Lower limbs
- EXTREMITIES - COLDNESS - Lower limbs - right
- EXTREMITIES - COLDNESS - Thigh
- EXTREMITIES - COLDNESS - Foot
- EXTREMITIES - CRAMPS - Fingers
- EXTREMITIES - CRAMPS - Leg - Calf
- EXTREMITIES - CRAMPS - Foot
- EXTREMITIES - DISCOLORATION - Hand - redness

- EXTREMITIES - DRYNESS - Hands
- EXTREMITIES - ELECTRICAL current; sensation of an - Hands
- EXTREMITIES - ERUPTIONS - eczema
- EXTREMITIES - ERUPTIONS - Toes
- EXTREMITIES - HEAT - Foot - Sole
- EXTREMITIES - HEAT - Foot - Sole - uncovers them
- EXTREMITIES - HEAVINESS
- EXTREMITIES - ITCHING - Hand
- EXTREMITIES - ITCHING - Hand - Back of
- EXTREMITIES - ITCHING - Hand - Between thumb and index finger
- EXTREMITIES - ITCHING - Fingers
- EXTREMITIES - ITCHING - Fingers - Fourth finger
- EXTREMITIES - ITCHING - Leg
- EXTREMITIES - ITCHING - Toes - Between
- EXTREMITIES - LOOSENESS - Joints; sense of looseness in
- EXTREMITIES - NAILS; complaints of - brittle nails
- EXTREMITIES - NAILS; complaints of - split nails
- EXTREMITIES - NUMBNESS - Upper limbs
- EXTREMITIES - NUMBNESS - Upper limbs - right
- EXTREMITIES - NUMBNESS - Upper limbs - left
- EXTREMITIES - NUMBNESS - Forearm
- EXTREMITIES - NUMBNESS - Hand
- EXTREMITIES - NUMBNESS - Hand - right
- EXTREMITIES - NUMBNESS - Fingers
- EXTREMITIES - NUMBNESS - Fingers - Tips of
- EXTREMITIES - ODOR of feet offensive, without perspiration
- EXTREMITIES - PAIN - Wrist - right
- EXTREMITIES - PAIN - Lower limbs - sciatica
- EXTREMITIES - PAIN - Nates
- EXTREMITIES - PAIN - Nates - walking
- EXTREMITIES - PAIN - Knee - ascending stairs, on
- EXTREMITIES - PAIN - Knee - descending stairs
- EXTREMITIES - PAIN - Knee - walking
- EXTREMITIES - PAIN - Toes - Joints, of
- EXTREMITIES - PAIN - aching - Joints
- EXTREMITIES - PAIN - aching - Wrist
- EXTREMITIES - PAIN - aching - Wrist - writing agg.
- EXTREMITIES - PAIN - aching - Knee
- EXTREMITIES - PAIN - burning - Toes
- EXTREMITIES - PAIN - cramping - Hand
- EXTREMITIES - PAIN - cutting - Knee
- EXTREMITIES - PAIN - cutting - Knee - walking, when
- EXTREMITIES - PAIN - pressing - Thigh
- EXTREMITIES - PAIN - shooting - Upper limbs
- EXTREMITIES - PAIN - shooting - Upper limbs - extending to - upward
- EXTREMITIES - PAIN - shooting - Wrist
- EXTREMITIES - PAIN - sore, bruised - Upper arm - right

- EXTREMITIES - PAIN - sore, bruised - Nates
- EXTREMITIES - PAIN - sore, bruised - Nates - walking, while
- EXTREMITIES - PAIN - sore, bruised - Thigh - Inner side
- EXTREMITIES - PAIN - sore, bruised - Knee - right
- EXTREMITIES - PAIN - stitching - needles, as from
- EXTREMITIES - PAIN - stitching - Hand
- EXTREMITIES - PAIN - stitching - Hand - pricking
- EXTREMITIES - PERSPIRATION - clammy
- EXTREMITIES - PERSPIRATION - Hand - clammy
- EXTREMITIES - PERSPIRATION - Foot - clammy
- EXTREMITIES - RESTLESSNESS - Lower limbs
- EXTREMITIES - RESTLESSNESS - Lower limbs - swing feet; must
- EXTREMITIES - SWELLING - Fingers - Joints
- EXTREMITIES - TINGLING - Upper limbs
- EXTREMITIES - TINGLING - Forearm
- EXTREMITIES - TINGLING - Hand
- EXTREMITIES - TINGLING - Fingers
- EXTREMITIES - TINGLING - Leg - Calf
- EXTREMITIES - TINGLING - Foot
- EXTREMITIES - TREMBLING - Upper arm
- EXTREMITIES - WEAKNESS - Ankle

SLEEP

- SLEEP - DEEP
- SLEEP - POSITION - changed frequently
- SLEEP - RESTLESS
- SLEEP - RISE - aversion to
- SLEEP - SLEEPINESS
- SLEEP - SLEEPINESS - afternoon
- SLEEP - SLEEPINESS - afternoon - 14 h
- SLEEP - SLEEPINESS - afternoon - 15 h
- SLEEP - SLEEPINESS - restlessness, with
- SLEEP - SLEEPLESSNESS - anxiety, from
- SLEEP - SLEEPLESSNESS - thoughts - activity of thoughts; from
- SLEEP - UNREFRESHING
- SLEEP - WAKING - night - midnight - after - 5 h
- SLEEP - WAKING - early; too
- SLEEP - WAKING - frequent
- SLEEP - WAKING - sudden
- SLEEP - YAWNING
- SLEEP - YAWNING - constant

CHILL

- CHILL - CHILLINESS
- CHILL - CHILLINESS - night
- CHILL - CREEPING

PERSPIRATION

- PERSPIRATION - ODOR - offensive
- PERSPIRATION - SLEEP - waking, after

SKIN

- SKIN - CICATRICES - painful - sore; become
- SKIN - CICATRICES - painful - touch; on
- SKIN - CICATRICES - red; become
- SKIN - DRY
- SKIN - ERUPTIONS - scaly
- SKIN - ERUPTIONS - scaly - silvery
- SKIN - GOOSE FLESH
- SKIN - ITCHING
- SKIN - ITCHING - fleabites; like
- SKIN - ITCHING - spots
- SKIN - ITCHING - wandering
- SKIN - PAIN - bruised
- SKIN - SENSITIVENESS
- SKIN - SENSITIVENESS - touch; to
- SKIN - WARTS - pedunculated

DREAMS

- DREAMS - ACCUSATIONS - affair; of having an
- DREAMS - ACCUSATIONS - crime, wrongful of
- DREAMS - AMOROUS
- DREAMS - ANXIOUS
- DREAMS - ARGUMENTS
- DREAMS - BED - someone is sleeping in her bed
- DREAMS - BOYFRIEND - old boyfriend
- DREAMS - BULLYING
- DREAMS - CANCER
- DREAMS - CHILDREN; about - danger; in
- DREAMS - COLORED
- DREAMS - COLORED - red
- DREAMS - CRIME - committing a crime
- DREAMS - CUTTING - others; cutting or mutilating - betrayed her; those who
- DREAMS - DEAD BODIES
- DREAMS - DIFFICULTIES - journeys, on
- DREAMS - DISEASE
- DREAMS - DOGS - puppies
- DREAMS - EAVESDROPPING
- DREAMS - EVIL; of
- DREAMS - EXAMINATIONS
- DREAMS - EXCREMENTS - dog
- DREAMS - EXCREMENTS - closets
- DREAMS - EXPLOSION
- DREAMS - FATHER - disowned by her father; she is

- DREAMS - FIGHTS
- DREAMS - FISH
- DREAMS - FLOOD
- DREAMS - GIVING things away - money
- DREAMS - GUNS
- DREAMS - HIGH places
- DREAMS - HOUSE - sold; being
- DREAMS - IGNORED, she is
- DREAMS - JEALOUSY
- DREAMS - JEWELRY
- DREAMS - MAPS
- DREAMS - MEAT - raw
- DREAMS - MOLES - underground
- DREAMS - MONEY
- DREAMS - MOTHER - ill
- DREAMS - MOTION; of - undulating
- DREAMS - MURDER
- DREAMS - NAKED people
- DREAMS - PLEASANT
- DREAMS - POISONED, being
- DREAMS - POVERTY
- DREAMS - POWERFUL - she is
- DREAMS - PURSUED, being
- DREAMS - PURSUED, being - police; by
- DREAMS - RINGS
- DREAMS - ROBBERS
- DREAMS - SHARKS
- DREAMS - SHOES - baby shoes that fit perfectly
- DREAMS - SHOPPING
- DREAMS - SILVER
- DREAMS - SPEAK; unable to
- DREAMS - SPIDERS
- DREAMS - SPIES; about - she is a spy
- DREAMS - STEALING - money
- DREAMS - TEETH - falling out
- DREAMS - THEFT
- DREAMS - TIGERS
- DREAMS - URINATING
- DREAMS - VOMITING
- DREAMS - WAR
- DREAMS - WAVES
- DREAMS - WEAKNESS
- DREAMS - WORMS

GENERALS

- GENERALS - BATHING - amel.
- GENERALS - BATHING - cold bathing - agg.

- GENERALS - CLOTHES - tight; too
- GENERALS - FAINTNESS
- GENERALS - FOOD and DRINKS - ginger - desire
- GENERALS - FOOD and DRINKS - chocolate - desire
- GENERALS - FOOD and DRINKS - coffee - aversion
- GENERALS - FOOD and DRINKS - cold drink, cold water - desire
- GENERALS - FOOD and DRINKS - eggs - desire
- GENERALS - FOOD and DRINKS - garlic - desire
- GENERALS - FOOD and DRINKS - meat - desire
- GENERALS - FOOD and DRINKS - potatoes - desire
- GENERALS - FOOD and DRINKS - rice - desire
- GENERALS - FOOD and DRINKS - spices - desire
- GENERALS - FOOD and DRINKS - sugar - desire
- GENERALS - FOOD and DRINKS - warm drinks - aversion - hot
- GENERALS - FOOD and DRINKS - warm drinks - desire
- GENERALS - HEAT - lack of vital heat
- GENERALS - HEAT - sensation of
- GENERALS - HEAT - sensation of - waking, on
- GENERALS - HEATED, becoming
- GENERALS - HEAVINESS
- GENERALS - NUMBNESS - spots, in
- GENERALS - PAIN - sore, bruised
- GENERALS - PULSATION - Internally
- GENERALS - RESTLESSNESS
- GENERALS - STASIS of the venous system
- GENERALS - STRETCHING - overstretched; sensation as if
- GENERALS - SWELLING - Glands; of
- GENERALS - TINGLING
- GENERALS - TOBACCO - aversion to - smoking his accustomed cigar
- GENERALS - TREMBLING - Externally
- GENERALS - TREMBLING - Internally

Overview

This is an overview of some of the themes that arose from the proving of Reindeer Moss by students at The School of Homœopathy.

It has been compiled by one person who has read all of the proving diaries and so it is a personal impression of some of the themes of the remedy with a very small selection of proving symptoms that illustrate those themes.

It is not a picture that has had any clinical verification and so must remain speculative: a working hypothesis.

It is no way a substitute for the full proving that is also published on this site.

The central preoccupation of the remedy would seem to be a deep sense of insecurity.

Began the drive home - had the sensation of a lump in my chest and throat as if about to cry. Felt very, very low and underconfident. Very small and insecure. Wanted to cry. 01P 03 7.00 NS

Feel lonely and fed up. I'm tired of doing all the parenting on my own, I feel like I'm not equipped for it, working blind all the time and the goalposts keep moving. 05P 25 XX.XX NS

Burst into tears when spoke to supervisor and found it hard to stop sobbing throughout call. Felt very weak and over emotional. Felt better after crying. Was looking for and better for sympathy. Followed boyfriend around flat all evening. Didn't want to be on own. 07P 28 XX.XX NS

Dream: I was trying to do some yoga but I was too weak and tired and couldn't do any of the moves/poses - kept shaking and collapsing. 07P 02

and a feeling of vulnerability.

Went for a walk in a place where I did not like the atmosphere and even looked behind me several times to see if I was being followed - I didn't feel safe. 02P 20 XX.XX NS

Not really aware of anything until afternoon break. Have a cold feeling inside - for some reason it reminds me of when I was a teenager - that feeling of not quite belonging, feeling vulnerable, feeling different somehow. I feel like I want to put on a nice fluffy all in one suit, zip it up and curl up alone somewhere. 10P 02 4:3:0 NS

Feel very shaky, small, fragile, breaking. I'm going to get hurt. Am I making mistakes? 17P 20 XX.XX NS

Dreamt of an awkward mother criticising her child's education, and the child crying in my arms and showing fear for his mother. 02P 12

Dream: I was in a film set in the 1950's. I was an American high school leaver and rebelled against my parents to go on holiday with some girlfriends. However, my boyfriend kidnapped me and I was very scared and also felt very foolish because my parents had been right in not wanting me to go. 07P 02

This can even become a feeling of invisibility.

Nearly had 2 crashes in the car today, not my fault. I keep saying to myself "I don't believe this, can't they see me or something". 10P 05 XX.XX NS

Walking along and a wild animal came running passed, ignored me - interested in other things. I looked behind and saw a bear running towards me - as if to pass me but I was scared that it would attack me so in fact the bear had not noticed me it was too busy collecting snow. 06P 05

This insecurity leads to considerable anxiety.

Feeling of tremendous anxiety and dread, anything I think of that I need to do today feel to be too much and I can't cope with it. Feel quite depressed and de-motivated. 03P 14 8.00 NS

Everyone was speaking into the video camera about the past month's symptoms, there was no way I could have spoken even off camera. This anxiety is so intense I think it should be called fear, even terror. 03P 30 XX.XX NS

Feeling freaked out - about life, diet, being toxic, not having any money, not doing any homework, well freaked out about just about everything really. 15P 39 XX.XX NS

It also results in feelings of detachment

Felt very detached, separate, not really there, for the whole journey home. 01P 03 8.00 NS

Ate little food for lunch then walked in the garden alone, wanted to be alone, felt I could not 'connect' with people. 03P 03 XX.XX NS

Feel distant. Detached. Want to be left alone, want to go to bed and curl up alone. Feel quite ill, can't get warm. 17P 02 XX.XX NS

and eventually complete isolation.

A strong feature was the way in which I dealt with being on my own. Normally something I am perfectly comfortable with, I have felt very isolated and uncomfortable whenever I have been alone throughout the proving. 02P 00 XX.XX NS

Looked up at group and it felt like everyone was a stranger - I was not connected with them. Felt very ill at ease. 07P 01 7.00 NS

Others in the class seem smaller, further away. 17P 01 8.00 NS

In the intellectual sphere it causes confusion,

Very confused feeling - just can't settle to my work at all. Can't think about even basic organisational things, such as where I've filed certain papers, or how to approach the homework question. Foggy. Confused. Can't concentrate. 01P 08 4.00 NS

Misread some letters on a van - realised this is about the third time I've done this in the last week. 02P 09 XX.XX NS

Fuzzy headed in supermarket - got confused easily. Music playing and tills beeping all merged together - felt absorbed by it. 07P 01 8.00 NS

Effort to do anything. Completely disorganized. Things keep happening unexpectedly and I can't seem to plan. 13P 22 XX.XX NS

Dream: I was with 3 colleagues from work and we all swapped identities. I had trouble remembering who was actually who or which body I was in. 07P 11

and forgetfulness.

Forgetful - carried a letter up to the village to post & forgot to do so, despite being in the Post Office! Carried it back towards home & posted it on the way, but then 2 minutes later couldn't remember whether I'd posted it or not. 01P 05 XX.XX NS

Supervisor commented that I was absent-minded/forgetful which made me realise that I am not trusting my memory as much as usual and am concerned about writing down important things 02P 15 XX.XX NS

Keep losing things, keys etc. Keep ferreting about in bags and pockets, can't find things that were there a moment ago. 14P 02 XX.XX NS

Lost car keys. Checked for keys before leaving college. Had left keys on kitchen table. 17P 01 8.00 NS

This is physically manifested as clumsiness.

Very clumsy this morning - dropping things in the kitchen; tried to pull open the front door while the security chain was still on it, etc. 01P 06 XX.XX NS

Spilt a mug of coffee I didn't see all down left leg. Bag of apples fell off checkout in supermarket. Left purse at home when I went shopping. 02P 05 12.00 NS

Feel clumsy - always stumbling and dropping things. 13P 12 XX.XX NS

One area of compensation for this insecurity is through a Soul Mate and a symbiotic relationship with a partner. The substance is not a true moss but a lichen, which consists of a fungus and an algae in a symbiotic relationship. The fungus provides protection and structure; while the algae photosynthesizes carbohydrates that feed them both. There is also a great dependency on the lichen by the reindeer (which are known as caribou in North America), as in turn there is on the reindeer by the Laplanders and the Inuit. In the extreme Arctic conditions such dependencies are absolute and any failing in them would undoubtedly result in annihilation.

Felt quite lonely on arriving back home; desired company, and a partner. 02P 38 XX.XX NS

A strong feeling during the proving, which has remained, was of a very deep bond with my husband, that I couldn't exist without him. There was a fear that I would lose him, that he would leave me, and a jealousy that was totally irrational, that something would divide us and I would not be able to exist without him. 17P 00 XX.XX NS

The ongoing insecurity means that there is a continuous jealousy,

Episode of real jealousy in the evening. It seemed really out of context something that would normally go over my head just made me see red. Partner seemed quite shocked at the way I was questioning him over a woman that he had been working with. I was making out that he was keeping things from me - deep inside I knew he wasn't and that it was all nonsense but somehow I couldn't seem to stop myself pursuing this jealous thing. 10P 19 XX.XX NS

Jealousy - unfounded and foolish. The feeling is there's only room for two, him and me. Jealousy with a pain in the centre of the chest. 12P 00 XX.XX NS

Felt very upset again by female friend's attitude, style, behaviour on Friday evening. Felt she had been attempting "intellectual sex" with boyfriend. Re-heard her saying "I was worried you felt left out" as really "I wanted to push you out". Saw her as a predatory female - Shiva - sex and destruction. Felt displaced and needing my nest.

14P 10 XX.XX NS

Feel annoyed with the friend who keeps asking me for things. She hangs around with my boyfriend and I, asks me again for tobacco and wine, and then won't leave. Once the wine is finished, she asks if there is any more, and then asks for more tobacco. Dreamt that boyfriend and the friend were trying to have an affair, but that I was in the way. 15P 21 XX.XX NS

Asked partner about who he was meeting on Friday, he merely said "a friend". Feel rejected, not trusted, reminds me of previous husbands tricks. 17P 20 XX.XX NS

Very jealous of cat on partner's lap. 17P 23 XX.XX NS

Dream: Partner had a daughter called Laurie, a tall girl with blond curly hair. He received a letter from his ex wife - Laurie's mother and I realised that he left his wife for no reason at all. I feel very insecure and feel he will go back to her. He cries as he reads the letter. 03P 02

Dream: my partner met and married another woman but he was still living with me. He was with her a lot and I felt like an outsider even though I was included in what they were doing, like a friend or a sister. I could not understand why he was married to her and did not live with her. She had moved into an old terraced house requiring a lot of work on it. I was despondent knowing my partner would be round there a lot doing it up for her. Eventually I got round to thinking about me and what I wanted and whether or not I would put up with the situation. I arrived at no solution. I woke up then. 03P 25

Dream - about my partner's ex wife whom I have never met - I find out that she is studying homoeopathy too. Then she turns up at partner's mums very smartly dressed with her hair done nicely. She looks very attractive but has this smirk on her face. I feel really angry and jealous - I feel like I am dressed like a frump, unattractive fat. I feel really intensely jealous and start jumping about making a fool of myself, calling her names, thumping her car, I can't believe how stupid and childish I am being but I can't control myself. She is just smirking at me all the time and her friends are laughing at me. 10P 27

Dream tonight about my partner and this woman who has a young son. He introduces me to her and I feel really uncomfortable with her - I feel really jealous like there has been something going on behind my back although its more her than him. The little boy seems to know him well and runs up to him, she has a kind of grin on her face like she knows I am jealous of her, I start saying really nasty things to her but she just laughs and he looks really annoyed with me. I think he likes her and I realise how precious he is to me. 10P 48

and a dwelling on the breaking down of partner relationships.

Allow myself to dwell on old failed disastrous relationship I had when I used to garden for a living. I've not wanted or allowed myself to dwell on this before or explore feelings. 04P 22 XX.XX NS

Woke feeling desolate about boyfriend leaving. Is it worth the pain? He said, "At least you can cry". Both sad. I feel OK to cry, which isn't usual. Usually I try and bottle it up. 14P 10 XX.XX NS

Went to view a house and partner suggested that we might need to live apart so that he can keep his rented home going and I move into the one we buy with my children - to keep his council tenancy. I am furious and hurt. It feels like keeping his 2 Bedroom council house is more important than us all being together in a bigger place. 17P 22 XX.XX NS

Dreamed that I told friends that I did not think that partner and I would be together for long - that I wanted to have a kid on my own and was not in the relationship for the right reasons, and that I felt that my partner would be married to someone with kids very shortly. The image of my partner was actually my sister - weird. 06P 18

Dream: Feel like I am being accused of having an affair with this person who I know is a real womaniser. I am crying trying to convince his wife that I am not. I feel really frustrated and misrepresented. I feel why should I have to justify myself to these people. 10P 03

Dream: My ex husband is in it, he looks really young like when we first met about the age of 19. He is moving towards me as if to kiss me, I don't feel like resisting but there is a nagging feeling inside me - its a mixture of I must avoid this kiss and so avoid all the pain I know we went through or it could actually be a new beginning. It is like a conflict, as if I have seconds to make the right choice. 10P 25

Dream about coming back from somewhere and someone is in my bed when I want to get into it. 15P 10

Dream about bumping into an ex-boyfriend and despising him. 15P 11

Keep having dreams about boyfriend trying to kill me (in reality he's very non-violent). Running after me with a meat cleaver, pretending he was just carrying it and that it wasn't a weapon. I managed to lock myself behind a glass door. He was on the other side telling me not to be so stupid, that he wasn't going to hurt me. He made as if to put the cleaver down, not noticing that I was unbolting the door to let him in. Before I'd unbolted the door he picked it up again, screaming something like "oh fuck it, of course I'm going to kill you" and swung the cleaver at the door. I woke up with boyfriend lying next to me - I woke him to tell him - he wasn't greatly amused. Another one a couple of weeks ago. Boyfriend had a group of us (whoever 'us' is) hostage in a room with a gun to someone's head. I knew that if I intervened I could grab the gun and shoot it off somewhere else. I think I lunged for it but realised someone would get killed if I persisted. Then he had the gun to my head. Eventually I said something like "okay, pull the trigger", he did and it suddenly became clear that it was a harmless cardboard gun. 15P 74

Suspicion,

Suspicious of others' motives - someone is waiting to jump into my shoes. 12P 00 XX.XX NS

Feeling like I'm being 'got at' by others. 15P 03 XX.XX NS

Suspicious, I feel that plans are being hatched, traps are being laid. 17P 00 XX.XX NS

and a feeling of being used, duped or badly treated are found within partner relationships,

Have an argument with husband about his high social life, whilst I am left at home to do all the work and ferry the children. Still have the feeling of refusing to be dumped on unless it suits me. 09P 08 XX.XX NS

Feel very anti boyfriend. Feel used, picked up and put down again. Feel very resentful. There is nothing objectively to support it viewed in one way but it is my feeling response. I feel angry. I would like to say it's all over, let's forget it but also feel now is not the time to react. Am finding it hard to work, concentrate. I hate him so much and want to finish it. I would like to scream. There is nowhere to put it. 14P 18 XX.XX NS

Boyfriend wakes me with tea and sexual advances. I feel very much in the mood to have sex, but feel indignant when it becomes clear that he only wants me to make him come. I feel he's a selfish fuck - literally. Angry, pissed off, leave without saying goodbye. Feeling taken very taken for granted by friends and by boyfriend. 15P 42 XX.XX NS

but are also projected onto the wider world.

Irritated by company, need to be on my own. Get very cold when the fire goes out. I have lent my blanket to someone else in the class and now feel that I can't ask for it back. Feel irritated that she doesn't notice how cold I am. 15P 02 XX.XX NS

Fed up with a certain friend who keeps asking me to do her 'favours'. She always asks for something within 10 seconds of seeing me. The phone rings twice and I don't answer it because I think it might be her. 15P 07 XX.XX NS

Dreams within dreams. Woke up in my dream, and the B&B room had been changed around. When I figured it was a trick, I went back to sleep within my dream, and woke up again with the room changed once more. This occurred 2-3 times, and when I finally woke up, I wasn't sure if it was reality or not. The whole theme was disguise, trickery, deceit. 13P 02

Curiosity is, perhaps, a less negative aspect of this suspicion.

We arrive in B&B kitchen and I start to look inside all the tins that in the kitchen. She has a table with lots of different coloured tins that probably had biscuits or chocolates in them at one time. Some of them are very pretty. I am opening them and looking inside. Then I open her freezer and start pulling out drawers in the freezer. What am I doing, this is just not me? It is like I want to know what is inside. 10P 01 9.00 NS

On the way to work I'm suddenly very curious about the walled gardens of the houses lining on of the streets. It feels like I need to know what's behind the walls. Wish I was a cat walking along the walls from one walled garden to the next. Get to work without even noticing that I'm there. 15P 07 XX.XX NS

Dreamt I was eavesdropping. 02P 03

Dreamt something about miniature X-rays being distributed to a group of us - can see skeletons and bones in hands - something to do with solving an age-old murder. 15P 05

Not all authorities believe that the relationship between the fungus and the algae is a symbiotic one. I am grateful to Frans Vermeulen for the following quote from M.C. Cooke - *Romance of Low Life Amongst Plants*; London 1893. In which another view of the relationship is expressed. This interpretation perhaps illuminates the feeling of being used and abused.

"As the result of my researches, all these growths [lichens] are not simple plants, not individuals, in the ordinary sense of the word; they are rather colonies, which consist of hundreds and thousands of individuals, of which, however, one alone plays the master, whilst the rest in perpetual captivity prepare the nutriment for themselves and their master. This master is a fungus of the class Ascomyces, a parasite which is accustomed to live upon others' work; its slaves are green algae, which it has sought out, or indeed caught hold of, and compelled into its service. It surrounds them as a spider its prey, with a fibrous net of narrow meshes, which is gradually converted into an impenetrable covering; but whilst the spider sucks its prey and leaves it dead, the fungus incites the

algae found in its net to more rapid activity; nay, to more vigorous increase."

The second main compensation would seem to be around money and materialism.

Dream of being in a shop and there are shelves with lots of objects, I think most of them are made from wood. I find a nice wooden planter with a plant inside - it was £50.00 and now it is down to 58p. I think what a bargain and hold onto it - other people in the shop come up and ask me where I got it. I say over on that shelf and then I look somewhere else and find some big wooden pepper mills that were £17.00 and are now down to 70p. I seem to be the only one that can find these bargains. 10P 02

I was a Spanish child with other Spanish children. We found money. We were dressed in rags. 13P 02

Dreamt I was giving money away (£2 coins) to local people in Finland. There's a feeling that this is a very poor country and that £2 would be a year's salary for them - this will keep them alive, but I'm worried that I won't have enough money left for me. 15P 03

Gold and shiny things were important.

Golden yellow has attracted my attention this evening, and seems to be more obvious than other colours. 02P 01 XX.XX NS

Sang a new song with 'gold' in it. 02P 05 XX.XX NS

Noticing all the shiny objects about, taps, door knobs, my bracelet. 17P 02 XX.XX NS

And there was anxiety about money.

Very, very anxious about money again. Getting hot flushes at the thought of money - how much we've been spending lately (even though it's all been on necessities). Panicky. 01P 12 XX.XX OS

I feel easily upset, fragile and weepy. Extremely anxious about money - I'm running out! On being presented with the Access bill I experienced rapid heart rate, feeling of stress, trembling, dry mouth, desire to open bowels, slight nausea. 03P 05 XX.XX NS

My old fears and insecurities about money are coming back - yet I am spending money I shouldn't. Not like me at all. 05P 19 XX.XX NS

Dreaming about mother being robbed of her jewellery and feeling a sense of personal loss. 03P 09

Dream: Black man tries to give me and my friend some money. She says no and I say yes. He seems friendly and nice. As soon as he has given me the money he changes, he seems suddenly menacing - it is as if I now owe him something. I try to give him the money back but he will not take it. He wants me to do something for him but I am not sure what it is, I try to get away from him but I can't. Get the feeling of "there's nothing for nothing" and "no such thing as a free lunch". 10P 11

Thieving is related to this theme.

Went to a charity shop and took a book without paying for it. Very out of character. No moral value

attached. 14P 07 XX.XX NS

Vague dream of being in school as a teacher I think. One aspect was really vivid though: picked up someone's gold and amethyst earrings to admire, then realised she'd gone and I'd still got them. 02P 11

Dream: Staying with family. When downstairs in room with the family, someone put one of the young guy's money down on the floor for him to collect along with his clothes, etc. I took the £5.00 note and hid it - felt that my need was greater - poverty, fear of. But then when he came in I thought that he would know that it was missing so I said, 'look I found this money, is it yours?' so that I could put it back without being seen doing it. 06P 05

As probably are Magpies which have a love of shiny things and a reputation for thieving.

For my piece of mind I have to record something that I have been aware of all through the proving. It may be nothing. It is magpies. A few days before the proving started a Magpie actually sat outside my window looking into my study. It gave me a real fright at the time. I am just so aware of them all the time. I can guarantee that every time I look out of my window - there he is one single magpie either hopping over the road or just sitting in front of me. Weird. 10P 00 XX.XX NS

The two compensations come together in rings which have a material value and are also representative of the partner relationship.

Fiddled with my ring a lot this evening. 02P 01 XX.XX NS

One of our regular customers came in and I immediately noticed a new gold (wedding) ring on her ring finger. As I served her it came out in conversation that she had been recently married, last Saturday - the ring was new. 11P 04 XX.XX NS

Insecurity leads to strong feelings of guilt.

Feel panicky and very anxious, trapped, as if I can't do anything, afraid to move - as if afraid what ever I do is wrong and inviting punishment. 03P 07 XX.XX OS

I've felt guilty for the past two weeks, seemingly addicted to a stupid game on the computer which I keep switching into instead of working. This is not what I do! I'm still doing it and trying to hide it from my family and not even telling my proving supervisor; it's too embarrassing. 04P 21 XX.XX NS

Saw another parent at school, moaning to her, wasn't interested in her problems I just offloaded onto her. I felt guilty afterwards. 05P 22 XX.XX NS

Feeling of being slightly out of it. Don't feel in control - want to run away from work before get told off for any mistakes. 07P 05 XX.XX NS

Dream: In a sort of smoky club or pub. There is a man sitting with his back to me on a stool at the bar. He has red hair. I see a knife on the floor - I know it is his and I pick it up. It has traces of blood on it. I try to give it to him. I ask him if he has the sheath for it. He just ignores me and will not take the knife off me. Suddenly the bar starts to fill up with lots of people. I am afraid that someone will crush against the knife and I will stab them. I beg him to take it off me. He will not. I suddenly think Oh God it has got my fingerprints on it, I will get the blame if this knife had killed anyone. I want to throw it back down on the floor, but I think I can't

because my prints are all over it. Feel like I have been stitched up. 10P 23

Dream: of a war, I was on a military ship (in space?), I was being pursued for something that I had done wrong. 11P 06

These feelings are made manifest in issues of dirt,

The water has been off all day for maintenance in the area. I've been feeling filthy, grimy, dirty, diseased, itchy. Really, really want to get clean, but there hasn't been even any cold water, let alone any for a bath. I feel disgusting. I stink. I repulse myself. Water finally back on - had bath. The water was soothing. Felt slightly better, able to get dressed & face leaving the house. 01P 13 XX.XX NS

The house is untidy and dirty, I'm getting no help with cleaning and cooking (but I'm not asking for it and don't feel I should have to lower myself to ask). 04P 15 XX.XX NS

Generally untidy and unmotivated - my desk is in a terrible mess and the flat is very untidy but it's not bothering me (unusual). 07P 15 XX.XX NS

Strange thing is that I do not want to bath and wash as much as usual. Usually bath every other day and strip wash or shower every day, but I do not fancy lying in the bath or even having a shower. I do not want to undress and get colder. 09P 00 XX.XX NS

Drank too much wine. Pissed in a saucepan in the kitchen (not one I use for cooking!) because I wanted to carry on listening to something on the radio. I feel beyond morals. 14P 16 XX.XX NS

Dog shit figured in my dream. We were sitting at a table outside to eat food and to work in exercise books and there was dog shit on the table, it was very dried up and hard. My partner moved it to the end of the table. I felt as if the whole table was contaminated, I also felt his hands were contaminated, I was most uncomfortable. There was other lumps of it around on the ground, not a lot but enough to make the area smell of it. 03P 19

My son was in the bath, I go over to him, the water is filthy and there are clusters of worms right beside him. He's got underpants on but I remember reading that worms can get in your orifices. In a terrible panic I scoop him out of the bath and run him under fresh water. 05P 29

Picking at things,

Very conscious of bits off fluff on my clothes must pick them off,, never realised before that they were there. 09P 01 XX.XX NS

Very fidgety, especially feet. Picking at clothes - pulling the dog hairs out of my jumper, feel as if I'm looking for fleas! Even wanted to pick the hairs out of my neighbour's socks. 11P 01 7:30 NS

Cleaning and organizing,

Decided to have another bath - the idea of being in lots of hot, soothing water seems like a good one - the only thing I can think of which even vaguely appeals. 01P 16 XX.XX NS

Finished sorting out kitchen then moved on to other cupboards, clearing out games, books, clothes etc. 02P 24 XX.XX NS

Urge to move furniture and pictures around - carried it out. Pleased with the results. 08P 04 11.00 NS

Very efficient and single minded. Organised my jobs for the day before the school run and going straight to town to sort out banking, etc. Instead of beings involved in every last detail of everyone's lives I am just getting on with any things. 09P 04 XX.XX NS

Dream. Something to do with Tupperware, sorting left-overs into plastic tubs. 01P 08

And purification.

Feel kind of restless to do something, but I don't know what. Feel that things are moving slowly. I feel frustrated - I want to clean and purify everything. 13P 17 XX.XX NS

I want to lead a clean life, have lots of fresh air and exercise but not swimming. Really don't like the idea of cold cool or tepid water. 14P 12 XX.XX NS

There appear to be two paths of increasing pathology in the remedy, one active and one passive.

The active pattern can be positive in being mischievous,

Spoke to husband on 'phone - he said that I sounded frisky, which sums up how I've been feeling all evening. I want to be naughty, mischievous. 11P 01 1.00 NS

More daring and jesting in class. 13P 00 XX.XX NS

Dream: I had a food fight with my boss at work and won. I felt very cheeky and mischievous but knew I would get away with it. 07P 05

And in being forthright and standing up for oneself.

It has occurred to me that my mother chooses to say the things she says and treat me as she does. This has never happened to me before, it is a revelation - I have decided that I won't put up with that treatment anymore. 05P 22 XX.XX NS

Will not do anything unless I want to do it: do not argue or shout just look at the person and carry on with my own work. Haughty. 09P 07 XX.XX NS

More outspoken and less diplomatic than usual. Met a teacher from my daughter's old school and told her why daughter had left instead of the usual platitudes. 09P 08 XX.XX NS

At work today I feel as if I am being unfairly treated. I feel really annoyed about it and later I go to her to put the record straight. I almost feel like I don't care about the consequences. My normal reaction would have been just to have been annoyed but thought oh well never mind its not worth getting worked up about but for some reason I couldn't just leave it like that this time. I feel like I am just expressing myself as I feel it rather than filtering it out as much as I usually do. It feels quite liberating. 10P 25 XX.XX NS

I feel more carefree with what I say. I am not choosing my words so cautiously. 13P 05 XX.XX NS

Feel very in control. Feel able to control the love valve so that I'm not pouring out unconditional love. Feel much more able to stand up for myself. Funny how wonderfully healthy conditional love feels - "I'll love you if you love me" type thing. 15P 11 XX.XX NS

It deteriorates through restlessness,

Very restless around music - need to tap to it and wanted to dance (unusual for me). 02P 01 XX.XX NS

And a feeling of being trapped.

Felt I was pacing like an animal. 13P 01 1.00 NS

Daughter poorly. Feel totally trapped in house. 14P 46 XX.XX NS

Dream: A big tough looking man was pulling small monkeys up a rope ladder, shouting at them and forcing them all into tiny cages. All the monkeys look petrified and scrawny. I felt really sorry for them but didn't even think of trying to help them because the man was too big and fierce. 07P 16

Dreams of being imprisoned behind bars. 15P 02

To irritability,

Easily irritated by small things - not being able to fit something into the fridge, knocking something over, people getting in my way at the supermarket, etc. 01P 08 XX.XX NS

Very irritable - swearing at other drivers, at anything which annoys me. 01P 12 XX.XX NS

Felt very irritable and cross when I had to answer the phone this evening. Unusual for me. 03P 04 XX.XX NS

Started to feel quite impatient - wanted to get the lecture finished - didn't like other people interrupting. Feel more edgy, slightly irritable. Intolerant and tired. 07P 02 12.00 NS

Snappy with people and easily annoyed. Showed it more than I usually would. 13P 28 XX.XX NS

Very rude and impatient with train service researcher. Cannot tolerate anything which smacks of interference or interruption. 16P 04 XX.XX NS

Censoriousness,

Extremely irritable. Thinking very unkind, uncharitable thoughts about my husband's friend, who has come to stay for a couple of days. Although I'm perfectly nice to him, I can't stop myself from thinking about what a loser, waster, stupid drunken useless jerk he is. I normally don't mind him, though I do find his constant smoking & drinking annoying - but today my thoughts about him so are vicious that I surprise myself. 01P 07 XX.XX NS

Confrontation,

Confrontational - aware that I feel very confrontational all the the time - trying to moderate it as I do not want to cause unnecessary trouble. On three separate occasions have stood up for myself where I would normally have swallowed my indignation. 08P 20 XX.XX NS

Dreamed that I was in the cast of 'Friends', talking to one of the female cast members while she was having a bubble-bath. She was pregnant & the Father of the child didn't want anything to do with it / her. He came in; I confronted him; pinned him to the wall by his neck & gave him hell. 01P 16

Anger,

Met daughter out of school. She had a scowl on face, it was all downhill from there. Everyone, everything is irritating. I feel so angry. I haven't felt this angry for ages. It's all deep, simmering away like a cauldron. Want to be left alone. Just want to sit, feel put upon and neglected. Just want to sit and stare out of window. 14P 18 XX.XX NS

Feeling really fucking contrary. Don't like writing proving diary - don't know whether I should write on the left or the right hand side - don't understand the guidelines for writing this. Don't know where to go when I turn the page. Hate it. Hate this book. Hate having to monitor every fucking emotion. Feel sick and sad and irritable. Feel very contrary. 15P 08 4.30 NS

And violence

Watched a violent film and enjoyed it, especially hand grenades throwing men into the air - I don't usually enjoy such stuff. 02P 01 XX.XX NS

Wanted to snarl, wanted to bite something. 07P 01 7:3:0 NS

Tantrums - pinching and throwing things around the room. Hysterical crying - hate everyone at work and want to make them feel the same pain as I do. 13P 43 XX.XX NS

Feeling excessive anger- hate everyone and want to kill. 13P 43 XX.XX NS

Dreamt of cutting those who betrayed me with a knife. 13P 43

The passive pattern is positive in contentment,

Feeling of great contentment all day - would really like to stay at Yondercott, to be here with all these wonderful people every day. Beautiful. 01P 03 XX.XX NS

Fell good, cheerful - really want to be out in the sun. 07P 03 XX.XX NS

Have been quite content on days when have been on my own in the flat - usually get a bit down if others haven't been around. 07P 15 XX.XX NS

I'm self-contained, contented but not to the exclusion of other people and things. Time is a human construct, it doesn't matter. Things are much slower. 14P 04 XX.XX NS

And calmness.

Told I am calmer since starting this proving, and less bothered by the things which usually bother me. 02P 21 XX.XX NS

Partner says I'm calmer, more patient since weekend. 04P 04 XX.XX NS

Felt very calm and relaxed driving home - very unusual. 08P 01 8.00 NS

Have been leaning back in chair watching the birds flying and clouds moving. Could just sit and watch all day. 14P 20 XX.XX NS

This can be expressed in earthy,

Felt physically close to the ground when out walking. 02P 05 XX.XX NS

The first two nights of the proving I woke at four am just at the first glimmerings of light and thought I had to go scuffling in the bushes, for a scabble in the earth. 14P 02 XX.XX NS

Feel like a small furry prickly animal that would like to nest down and hide. 14P 18 XX.XX NS

*Non-stop gardening, tons of energy. Felt very loving towards the earth and plant, etc. 14P 38 XX.XX NS
Dreamt I was a mole underground. 02P 18*

And velvety imagery.

Meditating after dose - got strong sudden image of my cat with a feeling of warm, black furry-ness. Had a real desire to cuddle him, to bury my face in his fur. 03P 01 7.30 NS

Very drawn to dark/black hair. People's eyes look dark and beautiful. 15P 01 1.00 NS

I'm wearing black - it feels like a very strange colour to be wearing. Black feels velvety - like a hole or a burrow, comforting and earthy. I'm very drawn to black. Dark colours seem velvety. Feeling warm, fuzzy and safe in my head. Everyone's become smaller. Want to go down a black hole and hibernate in a swirling burrow. Soft black fur and warm furry feeling. 15P 01 XX.XX NS

It deteriorates into apathy,

Generally a bit foggy & dull. Would like to go back to bed, or just watch TV all day, something that takes no brain-power. 01P 05 XX.XX NS

In the afternoon I felt very dopey and contented. Couldn't concentrate for extended periods - mind totally drifted off. Felt drowsy and languid and just wanted to bask in the sun at lunch-time. 07P 02 XX.XX NS

Exhausted - don't want to talk to anyone, I just want to sit and stare into space. Takes forever and hurts to do a simple task. Want to stay in bed all day. 13P 37 XX.XX NS

And procrastination.

Can't seem to click things together, very laid back and lethargic, no sense of urgency. 05P 10 XX.XX NS

I was supposed to be visiting a friend, I just couldn't be bothered to go, I didn't want to go out. I felt like letting her down completely not even bothering to call her. I could quite happily have done just that not worried about her feelings at all. I just didn't want to see anyone. 05P 22 XX.XX NS

I know this is a good opportunity today to get on with some homework etc. but I just can't get motivated. The strange thing is usually I would be getting really uptight about it and forcing myself to do something but I am just not worrying about it. I am sort of forgiving myself - you can't do it all etc. don't worry about it, it will be okay. These are the kind of statements flowing through my mind. It feels good, I am not being as hard on myself, I feel like well I am doing my best and that's good enough, what will be will be. 10P 23 XX.XX NS

And deepens into depression

Sick of being an adult, of having so many responsibilities, things to sort out, pay for, take care of. Too many worries. I'd like to be 14 again, to be back living with my parents, all responsibilities lifted from me, nothing important to worry about. I guess I'm still basically feeling that I can't really cope with anything. Everything seems too much. Went to yoga class, in the hope that that would somehow help me to make a connection with myself - I feel so detached, as if I'm barely functioning, & even then only on auto-pilot. I feel like I'm just going through the motions of being alive, but am totally unable to connect with who I really am, or with what I'm doing. I feel depressed, like nothing's really worth bothering with anyway. Seriously thinking of trying to antidote the proving, or of phoning Misha & saying that I want out of this - I really don't know how much longer I can go on feeling like this. Two weeks ago I was so happy & confident & focused - now I feel like a trembling, despairing, hopeless, frightened mess. Whenever I try to talk to someone I find myself having to struggle not to cry. 01P 18 XX.XX NS

Not doing very well at all on the remedy. Spent most of this morning in tears, feeling alone & empty. 12P 04 XX.XX NS

And despair.

On the verge of tears all day - I have a lump in my throat & my chest aches as if there's some sort of huge obstruction there. I feel as though something has died within me. The least thing makes my eyes fill with tears. Unable to think of a single good / positive thing in the world. 01P 12 XX.XX NS

Very, very oversensitive and emotional. Everything my husband said I took as a direct, personal attack. Weeping constantly. The least thing made me burst into tears. Irritable. Furious with husband. Wished he weren't here. Wished I'd never met him or married him. Hated him. Arguing with husband - very, very unusual for us. I felt desperate. As though everything important to me was coming to an end. Hopeless. Increasingly bad as day went on. I felt dead. Completely dead inside. Wanted to die. Contemplated it - thought about how nice, what a relief it would be, not to exist any more. Just to be dead. Thought about taking all the old prescription pain-killers in the back of the bathroom cupboard. Wanted not to exist any more. Even the thought of what effect this would have on others (even my Mother) meant nothing. Didn't care what they felt - I just wanted to be dead, not to have to cope with living any more. It would be such a relief to be dead. Unable to do anything at all. So apathetic, didn't care at all about not doing any work. Couldn't answer phone - don't want to deal with anyone. Couldn't face talking to anyone. Too depressed to phone my proving supervisor. No point in making any diary entries. Can't face anything or anyone. Unable to

do anything. Felt dead inside. Numb. Lay on the bed all afternoon. I was really cold, but was too apathetic to reach down & pull the duvet over me. No point. I'm dying. Thought about cutting my arms - deep & hard - with a razor-blade or a knife. Pictured the flesh opening up, gaping red. Perhaps it might provide some form of release. Need to try & make contact with myself, but I can't. I'm already dead. Evening: went out to see my husband's band playing. My mood entirely lifted - I felt great again, so proud of him & happy - Alive! 01P 13 XX.XX NS

My emotional state is worse on Tuesdays, I feel suicidal. 17P 00 XX.XX NS

The physical symptoms of the remedy are fairly hard to categorise. Although they were heavy, oppressive and long lasting, they were not well differentiated. They were often the reappearance of old symptoms rather than new ones. It was almost as if the remedy symptom was being ill more than the exact nature of the illness.

Heaviness and congestion were experienced in almost every possible way.

Almost all provers experienced bloating and flatulence which was very smelly.

Offensive odours were found not only in farts and stool but throughout the remedy: breath, feet, axillae, perspiration, leucorrhoea and menses were all reported as smelly. The smell of garlic on the person or perceived in the environment and a desire for garlic were experience by several provers.

Numbness, tingling and pins and needles were experienced in all the extremities and in the back.

There was general sleepiness and heavy sleep, but particularly exhaustion in the afternoon.

The remedy was generally a chilly one but there was heat at night and particularly in the morning.

Cured Cases

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

E-mail: provings@hominf.org

or write to:

Peter Fraser 69 Elton Road Bishopston Bristol BS7 8DG

Appendices

A proving of Reindeer Moss conducted within the clinical workshop with 3 male and 19 female subjects. The unpotentised moss, gathered from the immediate vicinity, was passed around the group. A period of ten minutes introspection then followed, after which sub-groups discussed their experiences and later reported back their 'findings' to all of us.

Group One

Frontal headaches.

Frontal headaches with eyes watering, nose burning, tingling and running. Difficulty with breathing, sensation of lack of oxygen, sensation of suffocation, aware of respiration rate. Strong sensation of heart beat going down one side of the body, especially left side. Sense of great heaviness both

physical and mental.

Distortion of size - felt vast and felt very small. Huge thing to do with size, between an openness and smallness: sometimes positive and vast, or could be desolate and isolated, felt vulnerable and small.

Vulnerable with a sense of strength; vulnerable yet indestructible, that I would survive.

Darkness.

I had a sensation of boredom, or ennui, not tired or lethargy just boredom.

Sense of beauty and openness at the desolation and darkness.

Group Two

Fragility and a sense of strength as well 'I will survive feeling'.

Waves as if of tentacles in the lungs (3 people said that).

Beathing, feeling like wanting to stretch lungs.

Feeling beat of heart throughout body, more in left side.

Tingling legs and hand.

Wanting to grasp and reaching out.

Water, wetness - I had tears flowing the whole time, it felt good cleansing feeling.

Solidity, heaviness on the earth.

Feeling of 'leave me alone'.

Sweet sadness, calmness.

Tightness and tension in the back, and the back side of the lungs. Hard to breathe and get enough air.

Had a burning tingling at opening of the urethra.

Pale blue light, calm feeling

Group Three

Tentacle thing, reaching , searching and clinging, strong and tenacious.

Sense of being under water.

Nausea, a feeling as if it would fill you up and take you over.

Vulnerability.

Peace, warm, content.

Overpowering heaviness.

Eyes itching and burning.

Tingling in the lower legs that later became a crawling sensation.

Breathing quickened and shallow.

Feeling that I would be poisoned.

Group Four

Physical heart beat powerfully, after 7 minutes heartbeat settled.

Pulsation left shoulder, left part of chest.

Upper teeth aching, concomitant with pins and needles in upper left lip.

Fullness in forehead.

Sensation of heaviness (grounded) yet lightness at the same time.

Feeling of isolation.

External hardness, internal softness.

Had persistent cough from deep in the bronchii.

Group Five

Two were feeling very anxious.

Heart pounding.

Eyes burning, nose burning.

Scattered feeling.

Anxiety attack, worse eyes closed.

Strong sense of being disconnected, with anxiety.

Contrary.

Heart beating really strongly.

Feeling of community, feeling absolutely at peace or isolated and separate.

Feeling disconnected and separate; the physical symptoms arose out of that.

J's experience: extremely peaceful, contented, feeling part of the whole. I had an image of a web, of leaf veins meeting at the notocord, rich purple veins, like a wine; sense of being an individual in an very integrated way, as if all things in nature were woven together. Aware of the vast sky and my own smallness. Harmony. A dew drop of water - so special this dew drop on the body of this little leaf. The dew drop was wanting to absorb, to drink it all in, to be part of me yet knowing it wasn't part of me. With time, it was having it roll off and a sadness arose in me, and a wisdom: knowing it would come again, being a ball, a dew drop of God. I became aware of the room - we were all a little leaf web. I felt at peace. I had a ball sensation in the throat, just above my stomach, I had to drink to get it down. Pressure in temples, as if eyes were bulging.

Group Six
Strong heartbeat.

Mouth watering from under the tongue.

Fullness in the temples, pressure extending to the back of the head.

Tingling pressure at vertex, down side, bit of dizziness, lightheaded; goes along with not quite being able to walk - no anxiety with that.

Sensation as if don't know how to walk, stumbling like getting off a boat.

Feeling of pressure left side of chest.

Deep breathing, sighing, needing to get a breath.

Heavy feeling in chest, hard breathing.

Still, quiet.

People were very quiet and serious.

Dry eyes, heavy, burning.

Weakness.

Feeling of being drawn into the water and wanting to be part of the water. To be at one with the water,
with nature. Cuddling with the forest.

All had to urinate more than usual.

Group Seven
Throat, raspy, feeling of a crumb from throat.

Persistent sore throat.

Sighing.

Experience of detachment, I felt the differences, each of us is different.

No sense of urgency, detached from things that normally have more impact - initially this was all right, then I felt anxious to be so detached.

Pressure and tingeling at vertex, extending down the sides of head, concomitant with not knowing how to move feet, not knowing how to walk.

Feel uncoordinated.

Feeling of being connected, vs. disconnected.

Upper teeth were aching.

Aching, burning sensation in a wide band across lumbar back.

Aching deep in left ear.

Had tingling at the opening of the nostrils.

I don't know how to make my legs move; had I wanted to run away I wouldn't be able to; later had a feeling of a lot of energy in my thighs.

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