

Full Didelphis virginiana journal

1	00/00:00	DREAMS	I saw my nosey neighbor out in my garden digging up my plants, I went out to see what the heck she was doing, she had enlisted the help of a nice friend of hers and they were not stealing my plants but were moving them to places where they got more nourishment instead, they also were pulling weeds as they were doing this, they were being helpful instead of stealing from me
1	00/00:00	DREAMS	Was aware there were many things to get done, anxious dream
1	00/00:00	DREAMS	Was trying to listen to something on the computer, a carpet / upholstery cleaner was working around me and the noise was preventing me from listening to what I wanted, he got done and I asked if he found any blood on the couch, he said Of course he did, considering.... I went to check my cat who had been on the couch. A research person was monitoring him for something that I thought was simple and here I find that they had cut the skin and fur off his upper front leg, it was an open bloody wound with probes attached, feelings were frustration with trying to get something done and being hindered and concern that something I thought was simple and non-invasive was much more serious and they had caused great suffering to my poor cat
1	00/00:00	MIND	got my bottle--I wanted to hold my bottle and I did for 45 minutes, had lots of happy releasing tears, feeling happy, healing, releasing, joy, delight, feel like I am glowing, laughing, feel radiant and glowing, want to laugh
1	00/00:00	MIND	proving kick off day--before I even got my bottle, I knew that there would be plenty of healing tears shed
1	00/00:00	MIND	Then last night I had some problems with phone calls - unable to connect or nobody there. When master prover was taking out the proving vials I KNEW the first one would be mine and my eyes welled up and I thought "there is going to be a lot of healing tears with this" and I couldn't wait to get my hands on it and I just held the vial for the first 30-45 minutes and I felt a lot of joy and delight. I think homeopathy is wonderful but do I want to do it - thinking about it - like GOD was talking to me and I am starting a program in the Fall to be a Spiritual counselor in the Fall - a 2-yr program. I didn't want to set the vial down - I felt happy - laughing- radiant and glowing and I want to laugh!! One of my classmates came and asked "are you OK?". I brought the vial home and put it in my desk drawer and I miss it!! I was in a pretty lousy state in Nov - I suddenly just had to retire - I thought it would be in June but there was stuff going on so it had to be sooner. I thought June would give them time for a nice transition - then came my Mom's Memorial Service - work didn't even acknowledge My Mom's Death - I had to fight for the time off for her service - I was hurt and angry feeling and I thought I'm not even interested in this work any more and it would be injurious to my health - I gave them just 2 weeks notice - quick - shocking - get out of there. I was really happy and then a few weeks later I went back to visit and I picked up so much negative energy. I was busy but sort of floundering - I had loved that job! I kept saying "I don't know how I feel". I was doing yoga - yoga kind of made me feel toxic - I was getting headaches like when my blood pressure medicine is messed up . I didn't want to take a remedy right before the proving but my homeopath said OK so now I am back to myself.
1	01/11: 45	GENERALS	I just notice that periodically I have to scratch various places - just a small thing.
1	01/11:07	MIND	This morning sitting here - the bird feeders were right out in front of me and I noticed the feeders were empty and I decided I had to fill them right then hoping I could attract the cardinal back.
1	01/11:11	MIND	I thought I would be crying - I did when I got the substance!
1	01/11:12	EXTREMIT IES	Itching inside my right forearm - it just lasted very briefly.

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1	01/11:12	MIND	I have felt so happy - happy in anticipation - a light hearted cheerful state - not silly or giddy. One thing I'm excited about since retiring is that there is this church near here where they have mini-courses on Theology and the Bible - they bring in professors from the seminaries - I am excited about that - for me that's nourishing - feeding, nourishment for me. Then yesterday I went to the Humane Society and had a tour - In my retirement I thought I might want to volunteer there but was also afraid it would be upsetting or I would want to bring home too many animals. But the people were friendly and it was a clean, happy place. They said they had an 81% adoption rate - maybe I could volunteer and it wouldn't be an emotionally devastating thing for me. We talked more and it seemed there might be some opportunities there for me to learn more about dogs and for some homeopathy sharing, too. So one of the last couple of pieces of the picture of what my retirement is for me. So - these are the feelings going into this happy anticipation and I've finally had the opportunity to investigate these things. So I feel like I've been laughing and giggling more these last couple of weeks.
1	01/11:15	SKIN	itching in spots, scalp, armpit, right forearm, little itch, scratch and that's all
1	01/11:32	EXTREMITIES	Itching under left arm
1	01/11:33	MIND	Laughing; it would be fun to laugh more.
1	01/11:45	EXTREMITIES	left knee area, pain in muscle just to the inside of knee cap, bruised feeling like kicked, want to massage to see if it feels better but it doesn't help, extends downward a bit, feels like it could continue and leg could "give out"
1	01/11:47	EXTREMITIES	Just to the inside of the left knee-cap - the muscle feels tight - I just want to massage it. It's surprisingly painful - it hurts to massage it, too.
1	01/11:48	MIND	Prover leaves to go to the rest room.
1	01/11:50	EXTREMITIES	In that spot on my left leg - feels like I actually got kicked or something - kind of painful.
1	01/11:58	EXTREMITIES	The leg pain is still sort of there but not as intense.
1	01/12:00	MIND	The cats are sacked out in the sunshine - I feel like I would like to be sacked out in the sunshine. This morning I really wanted to get at cleaning the house today - I could hardly wait - now I am not as excited about it. This was such a build up to taking the remedy and now - I feel kind of tired - not much has happened - is THIS IT!?!?!?
1	02/01:00	BLADDER	had to urinate sooner than normal
1	02/01:00	EXTREMITIES	feet were cold, had to put on socks
1	02/01:00	THROAT	thin discharge running down my throat, unusual for me, woke me up
1	02/01:00	THROAT	Unusual to wake this early (I usually awake ONCE in the night) - there was a thin discharge running down my throat (I had an episode sometime ago where I felt like I would drown in discharge running down my throat but it was not like that) THIN discharge is unusual for me. Then I got up and went to the bathroom - that is a really early time for me. My feet were cold but I had fallen asleep without socks on so I had to put them on now.
1	02/05:00	DREAMS	I had gone back to work in the lab but the lab was like an army field operation so it was confusing. Some lab things weren't working out the way I thought they should - it was just confusing. Then I was getting ready to leave and my coat was olive green (like army) and it was too tight over my abdomen (which I think COULD be an issue with my spring coat this year. I didn't like it, it was not the red coat that I wanted it to be.
1	02/05:00	DREAMS	quick flash dream of this shape, >. It is almost like I just saw the dots connecting 1-2-3 to this shape - I just observed this but it was part of nothing - like just 1-2-3 and then I saw the shape - like a pendant. I am thinking OH - maybe we ARE proving cardinal (the crest?)
1	02/05:00	EXTREMITIES	feet hot, removed socks
1	02/05:00	EXTREMITIES	This is my usual waking time. Now my feet were hot and I had to kick off the socks.

1	02/09:00	MIND	I don't know how I should write about my day - I attended a new church today - it was the first time for a Sunday AM although I had been there previously for a couple of events and then I had used some underground parking that was available. But I realized now that the area I had parked in before was now set aside for handicapped so I drove around looking for something else - I didn't know where to go. Finally I found a really small one and I actually was unable to get out of my car and I had to reposition my car so that I could get out. Also in this area the ceiling was a little low and I got a little claustrophobia so that I felt like I couldn't breathe - I get this some but this was worse than usual. Then I found another spot for parking - now they had opened up more spots again in the handicapped area so I was able to park there. I have to investigate this parking situation more before the next time. I was going to this church today to go into the Adult Ed program - I picked this church for their Adult Ed program. I didn't know what room they were in but the woman I had emailed with was waiting outside for me - she was extremely welcoming (I made this contact through a friend on the board). While we were going in she told me about a tour they have going to Turkey in 2 months but I would have to decide this weekend!! Then I was in the class with my friend - taking notes - having so much fun!! Some one else came up to greet me - it was all fantastic but all hitting me so much all at once. Something feels happening so fast! Then out in the hall after class was a young gal that I use to baby-sit for in a small town - SHE'S here!!! We hug and she was talking about how important my mother was to her. This was incredible!!!! Then I go in to the service and sat with my friend Kathy - after the service we spend 45 minutes more chatting about the level of education in this church - I was just kind of flying high on all of this!!! This church is more about LEARNING - not so conservative. The minister, the welcoming and the enthusiasm - I've never been greeted like this before!!! They're talking about what MY LEADERSHIP could do for this church!! It was VERY stimulating but very tiring. This trip to Turkey - it would be a lot of money but I could borrow some from my Dad until I could borrow from this IRA. My Passport is all OK - I would have to cancel some things but no big deal - I've been to Turkey before but it was 20 years ago - OH - but my CATS!!! and 3 of my cats are pee-ers but I have ways to manage that and one of the other students is a pet sitter and I am still waiting to hear back from her on this - would she be able to put up with the peeing situation? But then - really - I don't want to be gone from my cats for so long. And this is KIND of embarrassing but it (the trip) sounds kind of tiring - it's fun to do things but then to be able to come home and rest in your own bed. Use to do this all the time but I don't know about it now - It has been so tiring
1	02/09:00	MIND	parked in an underground lot in a tight space, couldn't get my car door open, felt claustrophobic, stuck, maybe I couldn't breathe, reparked in a different space that had more room and was closer to the exit door
1	02/10:30	MIND	exhilarating time of meeting new people and old friends, feeling of delight and expectation
1	02/12:30	MIND	mental exertion over new possibility to pursue, made me very tired!
1	02/16:30	MIND	too tired to go for normal walk even though it is a lovely day
1	02/20:00	STOMACH	craved only carbs, tried eggs for protein, tried milk and that restored my energy, need to drink more milk!
1	03/02:45	MIND	Prover calls at 2:45 PM as planned. Much better today!!
1	03/02:47	MIND	My first thought on waking this morning was "I haven't been to church in a LONG time" - but then I thought - I was just there yesterday! But church is so much a part of my life - Leaving my longstanding church for this new church with the good Adult Ed program is a big thing - a huge emotional issue for me. So a LONGING for church is kind of a guiding thing for me to pay attention to what my soul is saying. So today I took a re-centering approach - it was lovely - I don't have a headache!!! I do have a runny nose though - it is clear (the drainage). I focused on this issue hugely today. Since my absolute delight with the Adult Ed I signed up for a seminary course starting in April (so I won't be going on the Turkey tour) and I just feel I don't want to have anything to do with homeopathy right now!!! This is semi-disturbing but if it IS the way I am open to that. I feel this is all swirling around me - I'm in the mix - I'm open to it.
1	03/02:47	SLEEP	Wonderful!!! Slept fine
1	03/08:00	MIND	good night's sleep, no dreams, want to recenter myself after the past days of swirling changes and possibilities to consider
1	03/11:00	EYE	feel like my vision has been clearer since starting on the remedy, print has not been blurry on the edges, especially at night, objects have seemed sharper and brighter

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1	03/12:00	MIND	my waking thought this morning was "It has been a long time since I went to church" --it was a longing feeling, that I was missing it, yet I had been to a different church just yesterday and had missed due to class the week before. Since all the mental stewing I was doing yesterday had to do with where I was going to attend given the new education opportunities I now had, I felt my spirit was letting me know a strong feeling it had and I should pay attention to what I was really feeling.
1	03/13:00	HEAD	no head aches today
1	03/14:00	NOSE	nose has been running today, clear watery discharge, no other symptoms with it
1	03/15:00	STOMACH	milk has really tasted good, it makes me feel happy and satisfied, want to drink more
1	03/20:00	MIND	I have been laughing whenever I have had conversations with people today, I feel like laughing, I enjoy laughing and I seem to be doing it more. I think it started with proving kick off day. I like the fact that I feel like laughing, feel joyous, more carefree. In the same vein, I also want to only do what I want to do-- what I am currently interested in. If I'm not interested in the job or work, I have been having a very hard time trying to make myself do it. Right now I'm avoiding every thing I can get by with that is related to homeopathy. I only want to do my theology studies. The house is not getting cleaned either. Only a time pressure or a commitment on my part to do something is a reason to do something I don't feel like doing.
1	04/00:00	DREAMS	I dreamed about an Aunt and Uncle I never think about - the only time I have seen them in recent years was at my Mom's funeral last Fall. In this dream they were showing me a bunch of potholders that my Grandmother had crocheted and they were telling me the names of all my grandmother's siblings. My feelings about this dream were that this was SO unusual that I would be thinking/dreaming about them that it made me wonder if something was going to happen to them.
1	04/08:00	NECK	stiff upon getting up, better with hot shower, don't know if this is remedy or simply some posture issue with working on the computer
1	04/08:00	RECTUM	sore anus, not sure if due to frequency or if stool is excoriating
1	04/08:00	STOOL	softer and more frequent
1	04/09:00	HEAD	headache in occiput, a new symptom for me from the beginning of the year so not sure this is proving symptom
1	04/09:30	MIND	feel like my mood is settling down now, it had been in a more excitable state since proving kick off, don't hate homeopathy today, had fun exploring new learning possibilities and the excitement of some new classes was greatly stimulating for me, now it feels like I can incorporate what I want to into my life
1	04/12:00	MIND	took a follow up on a case that I have not found a good remedy for yet, the client said how therapeutic these sessions were for her and how they helped more than other medical procedures were doing, I finally felt the encouragement of helping someone with homeopathy even though I haven't found a good remedy yet
1	04/16:45	NECK	I woke this morning with a stiff neck - the muscles leading up to the base of the skull - it was better with hot stuff on them.
1	04/16:46	STOOL	The past couple of days I have had more frequent stools and they are softer than usual.
1	04/16:47	RECTUM	The anus has been a little sore - I didn't notice that the stools were excoriating - maybe just that they were more frequent?
1	04/16:48	HEAD	Also this morning I had a headache in the occiput area.
1	04/16:49	MIND	Met with a client this morning - she said "this seems to help more than anything else I have done" - but the remedy didn't work - she must have meant just the talking> It was very pleasant and it got me more back in the homeopath mode- and now I have 2 cases to work on. The last couple of days there was so much excitement with all the things I was doing - today was more about my mood settling down - it felt a little more normal. But I know that sometimes in provings a second dose of the substance is taken - why is that done? I'm feeling like things are quieting down now and do I need another dose?
1	04/16:50	GENERALS	Yes - I always like milk - the thing about this (since the start of the proving) is that I FEEL so much better from drinking the milk.

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1	05/08:00	MIND	feel like I have explored numerous possibilities of involvement for me in retirement but am still in school. With recent developments, I feel I have reached what I can handle and can't incorporate anything more, reached the limit and put a boundary on any more than I can take on, I had that limit established when I was working and I have been without that limit for several months, now it is there again and it is comforting, I have "filled up my space" and have my boundaries in place again (my structure is in place again and it feels good--ahh, such mineral language, huh! this is nothing new for me)
1	05/09:20	MIND	I feel busy now with these 2 clients and my new (theology) classes. I feel like I've hit my limit. After I retired things felt so open-ended and I was exploring all these different things that I might do but this morning it feels like I can't take on any more - so my space has its boundaries now and it's COMFORTING - this is it - now we work with that. And I think the surprise to me was the COMFORT that I feel from this!!
1	05/09:20	SLEEP	Last night I was working on cases: when I do that then I have a restless night of sleep! - this is my usual reaction to working on cases in the evening. .
1	05/17:00	BACK	on day 1 of the proving, I had a sharp pain in the lumbar region to the right of the back bone while I was taking a walk, it came and went and I forgot about writing it down. Today I have had continuing pain in that area. I try to rub the pain away but it is staying with me
1	05/17:00	MIND	I found myself missing some of my daily exercise times since the proving kick off, I didn't mean to miss but it seemed like the schedule got in the way. Normally, I get them in every day. Today I realized that even when I get them in, I am not putting much effort in to them, nor do I get my usual feel good effect from them. I just don't feel like making the effort. I don't feel like making the effort for anything now. I would like a day with no commitments, nothing I HAVE to do so I can just stare out the window and get this lack of inertia and desire to do nothing urge satisfied so I can get it out of my system. Maybe then I will feel productive and accomplish something. I would rather interact with people than try to get stuff done at home. Now that is different for me! Yup, just realized this...I have been enjoying being with or talking with people the most, not home by myself or getting my normal good feeling of accomplishment of things. I'm not lonely, not feeling alone, not depressed but more blah without the stimulation of interacting with other people. To think of me as a social butterfly???? Where is my needing alone time to rejuvenate? Oh my, this is big! (Well, you asked for a thoughtful time each day!) Maybe I can trick myself into "doing my chores first so then I can go out and play with my friends". This is so very opposite of the way I usually am, it just blows my mind. Would rather talk and laugh instead of work! Play and feel good--how much can I get by with not doing??? Tish, tish, not a very responsible attitude to have!
1	06/09:20	BACK	That pain that I had had to the right of my spine after taking the proving substance is not there today.
1	06/09:20	EXTREMITIES	Tuesday the snow was very heavy - I knew that I had to shovel and wondered how I would deal with the shoveling pain - I didn't want to take Ibuprofen while I was on the Proving, which is what I would usually do - but there was NO PAIN from shoveling at all!!
1	06/09:20	GENERALS	I continue to drink milk and to feel BETTER from it.
1	06/09:20	MIND	Yesterday was a big revelation about how I was feeling - putting a name on it. Recognition of wanting social contact - not wanting to apply self other than talking to people! I usually want to get home and recharge the batteries but not it was "when can I go out again!". But I do have commitments and deadlines - I DO my responsibilities - so last night I planned out my whole next week. But it feels like I'm more light-hearted and social things are more energizing and appealing than usual for me. For so long I've been ill-at-ease in social situations so this feeling that I'm not HELD in that - it's kind of a GIFT, a change. I went out to another Church service last night - it was more contemplative - then I stayed late talking to friends, then came home and studied and I got something DONE!! Felt it was OK to acknowledge the feelings and get something done!!
1	06/09:22	MIND	The cardinal is out at the feeder in front of me and I think that crest looks just like that Pendant shape that I saw.
1	06/09:23	MIND	This proving is kind of a nice break for me - usually I'm a Calc - all about work and responsibility - it's kind of a lighthearted change - it is fun - I didn't know? It's fun! Talking to people is fun!

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1	06/09:25	STOOL	I wonder - I had been eating licorice (from school) - I don't usually eat that but one of my classmates had some and it was really good and I got both some black and some red - I wonder if maybe that affected by stools? I ate PLENTY of it!!!
1	06/22:00	MIND	cheerful all day, not impatient with a few things that didn't turn out the way I wanted, enjoyed interacting with people, With understanding what has been occurring for me during the proving so far, I was able to acknowledge my desire to do only what I wanted and move ahead; the next 5 days are planned with the activities I was avoiding and the desire is to get back on track and get it all done, am accepting it and not fighting it now; no physical symptoms to note
1	07/09:00	COUGH	dry choking cough in first hours of my day
1	07/09:00	SLEEP	one of those rare nights where I sleep through the night without getting up, minimal waking time, no dreams
1	07/09:30	MIND	eagerly anticipating a productive day at home (hope it happens)
1	07/11:00	MIND	yesterday was just a nice-going' day. I saw my homeopath for lunch - our time was not as long as planned though because she got asked to take a case. She was very interested in what this proving substance might be - before I even SAID anything she said "you're looking REALLY good!!!" Then I worked on one of my supervisory cases and I called a clinic client so I feel like my cases are coming along.
1	07/11:01	MIND	This morning one of my cats jumped up and his claws REALLY dug in - he didn't mean anything - but I got SO FURIOUS, really quick and I gave him a kind of disciplinary squeeze and he took off and hid behind the couch!! I would have made up with him right away but the phone rang and then he came over crying around me like he does when I'm on the phone. But this quick flash of anger is UNUSUAL for me. Then it made me think about another episode - yesterday I stepped on one of the cat's foots and instead of my usual feeling of love and compassion it was also a quick flash of anger - usually I would feel so sorry and pick him up and comfort him but this time it was like "get out of the way!!!" . So there is a lot of patience on this remedy substance in so many ways but this quick flash of anger - just furious!!! It dissipated really fast both times but this is not me! I feel like I am feeling some contrasts - this flash of anger with my kitties who I love dearly and also the wanting to get out and be social which is really nice.
1	07/11:02	MIND	Well what I would really want from a remedy right now would be a remedy to make me eat more healthy foods - my regular remedy really doesn't help with that either!
1	07/11:03	NECK	No - nothing going on with physicals at all - although my neck is sore right now from typing up a case on the computer but I think I need to figure out a different set-up for working on the computer.
1	07/11:30	COUGH	cough disappeared with having breakfast
1	07/20:00	FEMALE	had an eruption that developed in a normally very sensitive spot and I wasn't aware of it until it broke, pus and blood tinged discharge, significant amount, how could I have not had any pain or awareness from this?
1	07/23:30	MIND	last thing I did before bed was to transfer samples of 15 remedies to small bottles as a gift, have never had so many remedies open before, wondered if this was a wise thing to do
1	08/05:00	DREAMS	I was being sent to a convention with along with 2 men, one of whom I knew and was romantically interested in many years ago, I never saw him in the dream, however. He and I were assigned to a room together. I wondered if something might happen between us that night. The room had 2 bunk beds and his stuff was on the one furthest from the door. My bed was right near the door. The door was a "saloon type" door that swung open from either side, was open on the top and the bottom and had no lock. I was most concerned about safety with this door at night. Would someone come and steal my stuff? How could I arrange my stuff to protect it and to be aware if someone came in? The room was facing the hotel desk and it had a little element of safety but not enough. The feeling was of great vulnerability. . I had to arrange my things, hide them a bit, so that somebody wouldn't take my stuff.
1	08/07:30	MIND	waking thought was feeling I knocked myself out of the proving with contact with all those remedies, want to take another dose, will ask master prover this morning, I want to keep proving, feel blah and lethargic, not the normal cheerfulness I have been experiencing, have a social event this afternoon that I was looking forward to and now feel apathetic about

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1	08/09:00	MIND	The feeling of delight of interacting with people, happy, cheerful, laughing, spontaneous, quite delightful. A relief, or release or breaking free of my normal vigilance or guardedness around people.
1	08/09:01	MIND	I have not wanted to stay home as I normal do, I have felt quite wonderful.
1	08/09:02	MIND	This is very unusual. I love to laugh, but this is so giggly, I am just delighted. It is easy to laugh and I've been delighted.
1	08/09:03	MIND	Delighted, lightness, to be taking a rich pleasure in experiences of life and meaningful interaction with people. Normally I would become tired out and depleted around people, this is not happening. Or when I am home, I usually feel heavy, down, "When do I have to go out next?" It's freeing. Why did I ever have those guards up in the first place?
1	08/09:05	MIND	Guards are there to protect myself, my energy, it takes energy, but I would immediately have to retreat to my home to retreat and rebuild, recharge. Enough stimulation. A protection of my energy, not a fear of energy, I am wiped. I love it. This is so delightful.
1	08/09:07	MIND	It just made me feel vulnerable (tears begin flowing) I didn't want to give up those nice feelings and being open and bright and cheerful with people. More of a fear that I lost all of the goodness of the proving substance. Will I go back into hiding, fear of the people, having to retreat or go home?
1	08/09:12	MIND	Delightful openness. I can be free with people and more spontaneous, I do not have to guard myself. Letting go of preconceived notions of me. I can engage with people without being reserved. Others are responding well to me.
1	08/09:12	MIND	It's been delightful to be different.
1	08/09:15	MIND	My homeopath said that I really look good and I feel good. She said we are going to have to find out what this substance is.
1	08/09:17	MIND	You can be free, you can grow, and explore, without the constraints and guards, to be open and free and it's good.
1	08/09:18	FEMALE	An eruption formed on my genitals, there was a great deal of pus and blood and I was unaware of it.
1	08/09:30	MIND	I keep thinking this is related to a Cardinal, a reddish-orange, happy cheerful bird. Listening to the song of the Cardinal as I was filling the bird-feeders.
1	08/09:33	MIND	Yesterday, I spent the whole day working on cases, I felt like I was spinning my wheels, I had a great feeling of discouragement. There is a sense of I can illicit symptoms from my patients and follow them, but I don't have lovely insights and connection with the remedy. Translating it, there is a big gap from understanding the person and the nuisances and subtlety of the remedies.
1	08/09:35	MIND	Overwhelming, how can I see this? A fear I don't have intuition. I am too sequential. It's hard to see the subtle.
1	08/09:36	MIND	I can't push and push and push. It's quite discouraging, how the hell can I practice homeopathy? It's quite discouraging.
1	08/09:36	MIND	I get caught in being unable to figure the case out. I feel crippled by the process.
1	08/09:37	MIND	Crippled, unable to understand to that depth, my sense of my own lack of understanding comes up, I can't figure it out. I don't have that intuition that seems necessary in homeopathy. I've tried to push it and I've finally learned you can't push the process. I am establishing new brain waves.
1	08/09:39	MIND	I begin to compare myself to others. Others come to it quickly and I have to get it done. The pace is too fast for me. Way too fast. I make myself vulnerable. I sometimes feel taken over by others.
1	08/10:30	MIND	After I talked on the phone with him I had a number of pretty serious sobbing sessions - I don't want to go back to the way I was - it was crippling (the way I was) - this way I am more free to interact with people.
1	08/10:30	MIND	After talking to Master Prover - he said there was still a lightness in my voice and that he felt I was still proving the substance so we should wait a few more days to check on if I might have antidoted the substance with all those remedies.
1	08/10:31	FEMALE	The sore that I found was on the outside of the genitalia near my thigh - the AMAZING thing is that I didn't even know it was there!!! I didn't FEEL anything!
1	08/10:32	MIND	I LIKE who I seem to have become - don't take it away from me (she laughs). Yes - I had already arranged to talk to Master Prover this morning.

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1	08/10:33	MIND	I feel drained now!! Yes - OK - I had said when I first got the vial of the substance that there were going to be a lot of healing tears with this - NOW - HERE are the healing tears!
1	08/10:34	MIND	I have a social time scheduled this afternoon with my very very favorite friend - earlier this morning - I didn't know if I could even go. I feel better now - now I'm better - I haven't lost it!!! (the new way she is feeling)
1	08/10:35	MIND	The way I was - I was inhibited, hindered, a sense that I had unknowingly shackled myself this way - you know- you get tired with other people but I would come home and rest and go back. The only word I can think of to describe it is "crippled" - I was feeling "crippled" by social stuff but now I see how freeing this is and I don't have to retreat to gather up my energy again - People are delightful - I ENJOY their company - this sense of not having to protect yourself - so what if you get home a little later than you planned - it's FUN!!!
1	08/10:36	MIND	This feels to me like a Flowering - when the flower opens up and you can then see what's inside - I didn't KNOW that - It's OK - it's even PRETTY!! There's no reason to hide it - I didn't KNOW! I think I'm fine!
1	08/10:37	FEMALE	The eruption! And I saw the pus and the blood and I thought - Oh! Good! I didn't even KNOW I had something! Something so good about the pus cleaning out - I didn't feel ANY PAIN - I didn't even know it was there and there was SO MUCH PUS!!
1	08/12:30	MIND	master prover thought I was still proving, still had state of lightness, could take more dose later if needed but wait and see, got very emotional after interview, sobbed and sobbed, "I like how I have become, don't take this away from me, I don't want to go back to the way I was before!" this is freeing, I don't have to have all the guards up, I enjoy interacting with people, it is stimulating and not tiring as before, before was crippling and I didn't know it, now is like a flower opening up, it's beautiful and should be enjoyed, I am a beautiful person.
1	08/18:00	COUGH	cough went deeper in volume and deeper into bronchial tubes
1	08/18:00	MIND	5 hours at a baby shower! Came home wiped, felt like I talked too much about myself and this process, only a homeopath understands and cares about the details
1	08/20:00	STOMACH	desire salt and hot drinks for the cough, ate too much salty food but it tasted so good
1	08/22:00	HEAD	headache started up again, occiput, vertex, strong, tried to apply pressure but it didn't help, I think these headaches are appearing when I eat too much salt
1	09/05:00	DREAMS	Was walking around naked, seemed to have made a decision each morning not to wear clothes, first days people stared at me, was uncomfortable, later people ignored me but I still wished I had put on clothes, it was not a pretty sight! Felt very exposed and uncomfortable
1	09/05:00	GENERALS	I'm tired today from everything yesterday.
1	09/05:01	MIND	Yeh - I had a nice time with friends - it was a 5 hour baby shower!! I felt like I talked about myself too much - they wanted to know about the proving and what I was doing and so then to balance that I felt I needed to ask about THEM - I wanted to be sure I put out interest in the other people too - but then I felt like I was doing too much talking.
1	09/05:02	MIND	Yesterday after I had talked to you and to master prover - then my teacher called me about my clinic client - I had come up with a different remedy for the client than the rest of my group and I just didn't feel comfortable with what they wanted to give - she said "let's wait" - we both felt we didn't have enough. So when she called me then yesterday she came up with the same remedy that I had wanted. So - I was kind of elated about that - but then I was tired after the shower and worn out from so much yesterday.
1	09/05:03	COUGH	The cough has gone deeper but it's not in the lungs - it's still a "tickle" cough - I wanted salt and hot drinks.
1	09/05:04	MIND	Then I was trying to download something and my internet speed isn't that fast - I didn't know I would be doing things like this - so I had a hard time down loading it and it took 5 hours and then somehow overnight I lost it so I had to do the whole thing again today.
1	09/05:05	HEAD	So then I think I ate too much salt because it made the throat feel better and then after the computer problems I got a headache before I went to bed. It lasted all night and finally went away in church this morning. When I woke up in the morning the headache was still so bad but I didn't want to miss church - but the headache went away in church.

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1	09/05:07	DREAMS	I was driving in my car near a swimming pool that had rotten edges and - I don't know why I was so close to the rotten edges but because of that my car started to go into the pool. In the midst of that I fell out of the car and into the pool and thereby was able to push my car back up out of the pool. The feeling was that I didn't want the car to fall all the way in - that I wouldn't be able to get it out and it wouldn't work well if it got wet. Also - it definitely stood out that the wood on the side of the pool was ROTTEN.
1	09/05:08	MIND	Going back to the Syphilis miasm thing that Master Prover brought up - Syphilis was a big surprise thought to me - could I need THAT!?! Also - I had been doing a lot of hard up and down cleaning and the panty edge would have definitely been rubbing on the sore a lot and it should have hurt!!?? I didn't feel it at all!!
1	09/05:10	MIND	I try to investigate the tiredness she feels after the shower - how is this different from the way she says she use to be after being out with people - that she has to come home and "recharge".
1	09/05:11	MIND	Well at this shower - this was a shower for someone ELSE - I was not the center of attention there and then of course the rest of the world is not so into homeopathy and also even though this was a shower with work people there is not the same work talk that there use to be before I retired and I don't really care to have that anymore either. Still I ask them about their lives and they're not volunteering anything - I ask them and they will say "same old same old". For me there is a lot of emotional stuff going on so this exhaustion is more of an emotional exhaustion - I just need to REST - it's not a recharging like before. When I went home from work I would feel so DRAINED and I needed to get energy - to RECHARGE - Then I was DEPLETED - this time I was not DEPLETED of energy. Before after work - my energy was used up and I would have to do "energy budgeting" - that's how I did life - have to spread the events or activities out to different days because that situation used up all my energy and I just wanted to go home and eat, and feel comfortable, and be calm. NOW - I just need to rest the body - I have been pushing too hard these last few days on the proving substance and I have a cough - the tiredness is APPROPRIATE - I don't feel DRAINED. When you are TIRED you know that rest will make you better; but when you are DRAINED - you don't know where you're going to get your energy again - get it back up to where you can function again - work would do that to me - I would want to come home and eat until I was almost DRUGGED with the food - then I knew I would sleep well - stuff myself with food so I could fall into a deep comfortable sleep.
1	09/07:30	HEAD	headache with me all night, pain kept waking me up, didn't get better with lying down which is unusual, cough is jarring the headache and making it worse
1	09/09:00	MIND	mood down, emotionally wiped, need some mental rest time
1	09/09:44	MIND	Comparing and judging myself against others who are articulate. I want to be able to access my intuition.
1	09/23:00	CHILL	so cold in my legs, hard to go to sleep, normal when I don't feel good
1	09/23:00	COUGH	cough comes on suddenly, wakes me from sleep
1	10/01:30	GENERALALS	Yes - today I have a cold. I don't think I had a fever. Other times when I would get things I would have the chills with fever and feel cold and awful all over but today it's just the cold legs.
1	10/01:31	HEAD	This headache is different than I usually get but usually I would have taken Ibuprofen if I weren't doing the proving. When things get uncomfortable I don't see any value in riding them out - I would take Ibuprofen (she laughs).
1	10/01:31	NOSE	Nose is running now - just clear ;some bloodiness - not unusual for me.
1	10/01:34	DREAMS	Couple of fragmented dreams - one was about some minister and he was trying to be funny but it wasn't that funny - feeling - I don't know WHAT that was about!
1	10/01:35	DREAMS	Before I went to bed I was thinking about giving a client Arsenicum - then I was so cold in bed and I think I dreamt that the substance I am proving is Arsenicum.
1	10/08:00	HEAD	constant dull headache, top and sides, coughing agg. head congested
1	10/09:00	MIND	more aware of cold symptoms, fatigue, gratefulness that I don't have to go to work while fighting this, wish I could take some ibuprofen to stop the headache, but I'm proving now, have to wait it out, don't usually get the stuff that is going around, is this a healing thing or a huge annoyance? delight in personal breakthroughs is put on back burner while I experience the cold symptoms
1	10/10:00	NOSE	nose running, clear and watery

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1	11/02:00	COUGH	sudden insistent cough wakes me out of sleep, call it a "panic" cough, have to cough or I could die (?) maybe I would choke but I didn't feel like I was choking
1	11/06:00	DREAMS	my husband was in SD where he lived, we had not talked to each other since Christmas, had this feeling we had called an end to the relationship but couldn't remember doing so, woke wondering why we hadn't talked at all, then remembered he died 12 years ago, makes me cry to write this but I don't know why, just feeling tender, more healing tears?? But the reason I got talking about my case from last night - everyone keeps asking this woman why she doesn't leave her husband - why didn't she divorce him. My husband had mental illness and people asked ME that question too - I LOVED him but I didn't want to live with him. I was worried about causing us unnecessary pain - then just when I thought I couldn't stand it any more he died!
1	11/10:00	HEAD	congestion more in front of head now like normal cold, would rather the pain be there than in the back of my head, this is normal, wasn't sure what the back of the head pain was, before was possibly a signal that my BP was up
1	11/10:00	PERSPIRAT	cold sweat this morning
1	11/11:00	MIND	frustrated with being sick, trying to look on the positive side, maybe this is healing stuff coming out, also this is the first time I can be sick and not have the added pressure of balancing work schedules, I have needed a rest from the last 3 years events and haven't taken one
1	11/11:01	GENERALS	I am sick. I have a cold. I didn't take anything for it.
1	11/11:02	HEAD	The congested headache in the back of my head was the worst part of the cold - now that has moved more to the front of the head and now that is more like NORMAL cold so I am OK with it. When it was in the back of my head like that it made me feel like maybe my blood pressure was high.
1	11/11:03	GENERALS	I am just resting.
1	11/11:04	MIND	I am just trying to think - is this some healing thing and if it IS - then you want it to happen. It's just UNCOMFORTABLE - it's not like I have to show up at work. I was suppose to teach Bible studies today to some older ladies but they had already cancelled something for tomorrow because of the weather and they called wondering if they should cancel this today so I was fine with that. I don't have to go anywhere - everything is fine - I can just stay home and rest and get better - this is really different.
1	11/11:05	MIND	Last night I had (homeopathy) study group and we talked about one person's problem case and another one "solved" it - we hadn't planned to do that but then we decided to work on MY problem case.
1	11/11:08	MIND	I guess that's about all for right now - I'm just trying to relax into this being sick and not take anything for it that could disrupt the proving.
1	12/08:00	EYE	right eye crusty when woke up, itchy, reddened, this is not a normal cold symptom for me
1	12/09:00	NOSE	constantly feel like I'm going to sneeze
1	12/10:00	EYE	Congestion has moved to eye.... (crusty - right side) - the eye was red-rimmed (the eye involvement is unusual for me).
1	12/10:01	NOSE	and to the nose (I just keep feeling like sneezing now.
1	12/10:02	HEAD	No headache now
1	12/10:03	GENERALS	The rest of the body is fine - no aches and pains with this like usually with a cold.
1	12/10:04	COUGH	Just a little cough - not down in the lungs - not much
1	12/10:05	EYES	The progression of this cold is sort of different - why itchy eyes and sneezy nose NOW?
1	12/10:06	MIND	Just resting yesterday and this morning - sat in a chair - watched some old TV episodes; read a book.
1	12/10:08	GENERALS	Felt kind of restless.
1	12/10:10	MIND	I wasn't sure if I wanted to put this in...over January and the first part of Feb. I was all excited about growing spiritually - now I have the time and all these exciting things were coming up - the new church and classes and all - and now with getting sick and starting like on Sunday - I feel like God is THERE and - he's just giving me a rest. He says "You've been through a lot and I'm just backing off". Just sort of a different take on everything.

1	12/10:11	MIND	I just thought the last day was kind of boring. Then I got to thinking - I use to always listen to Classical Music on NPR - when I would drive some where - or at work on the sly (we weren't suppose to) and now I realize that since I retired I haven't been making time at home to listen to music. I want to do that!
1	12/11:00	EYE	intense itching, watering, want to rub, reddish, want to keep eyes partially closed--squint
1	12/11:00	MIND	haven't been listening to classical music in the last 5 days, I need to do that to nourish my soul!
1	12/11:00	NOSE	sneeze, sneeze, sneeze, drip, drip drip, itch, stuffed up, nasal pressure
1	12/12:00	MIND	these are not normal symptoms for me, this has got to be a good allergy remedy! Experiencing this has really given me compassion for people who suffer from this type of allergy symptoms
1	12/16:00	EYE	right eye turning mattery and red, used calendula wash to clean it up, all other symptoms have decreased in intensity
1	13/06:00	PERSPIRAT	woke up sweating significantly on chest and neck
1	13/08:00	ABDOMEN	muscles over stomach sore from sneezing so much
1	13/08:00	EYE	right eye, red sclera and inner eyelids, itchy, slightly irritated, tearing; squeezed eyelids tightly together and was a sharp pain, maybe like something released? Only happened once. Background history--had eyelid surgery in 12/08 to remove excess skin and fat but more important to pull the eyelids back up, droopiness was interfering with vision, in the last 6 months the right eye has had spasms that pull the eyelid down like a wink, I could bring it on with a tightly squeezing eyelids shut, vision has also been blurry in that eye especially at night, glasses prescription had to be changed several times to accommodate the changes to the eyeball with the surrounding tissue changes, have been wondering if I need a new prescription again but was OK last summer with check up, have not been able to bring on the spasm with tight blinking this morning, dare I hope for healing???
1	13/11:15	ABDOMEN	Abdominal muscles were sore from sneezing!!! Usually I would expect sore muscles from COUGHING - not SNEEZING! These symptoms are so much different from what I would normally get with a cold - I don't get continual sneezing like that - and I don't get red eyes. NEW SYMPTOMS for sure
1	13/11:16	EYE	Eyes red - itching and watering and matter in the eyes. I NEVER have that. These are new symptoms - even if they are part of a cold.
1	13/11:17	NOSE	The sneezing decreased as the day went on yesterday - by evening it was more just normal sneezing.
1	13/11:18	HEAD	With the eye symptoms - I DID spend most of the day reading yesterday - still this is unusual for me.
1	13/11:19	GENERALS	I did go out and shovel all that heavy snow yesterday - It was nice to get out. And just as with the snow earlier in the proving - usually I would ache so much from shoveling but NOTHING - no muscle pain from shoveling at all!
1	13/11:20	EYE	I did do a calendula tincture wash - that kind of cleaned out the Matter - if this was an infection I didn't want it to get out of hand and I didn't want to go to work tonight with a red eye. Now it is just a minor irritation - a little red - it feels good to RUB it but I try not to.
1	13/11:21	VISION	My vision was more blurry last night - both eyes. Remember early in the proving my vision was so much clearer!!
1	13/11:22	EYE	The sharp pain I felt when I squeezed my eyelid shut that one time - I can't even tell you where the pain was - not in the eyeball - maybe the tissues around the eye. Also - now when I squeeze the eyelid shut I can't cause the eyelid spasm that I have been having trouble with lately - maybe healing? But it's only been a few hours yet (that it has been like this).
1	13/11:23	DREAMS	There MIGHT have been a dream but I just couldn't pull it together (to remember anything).
1	13/11:24	SLEEP	I slept well until I woke with the sweat! I have sweat in the night before but this was different - so intense. And I hadn't even put on socks or anything extra when I went to bed as I sometimes do - so this was beyond normal sweating - and I didn't have any feeling of being sick with it.
1	13/13:30	MIND	do not feel sore (yet) from shoveling all that watery snowfall yesterday--really unusual, happened earlier in proving, too, also notice lack of any kind of back or extremity or muscle pains during this proving time. I feel this is also quite unusual for me
1	13/15:00	PERSPIRAT	noticed episodes of cold foot sweat even using the cotton socks that normally prevent this from happening, no smell, though

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1	14/05:00	DREAMS	on a car trip though a hilly barren land, came to a new development that incorporated condos into the natural landscaping, had to look carefully to realize that some of the structure was actually a condo complex, structure was somewhat reminiscent of a sea serpent head, went to look at the condo, was kind of shabby on the inside and not appealing, the screened in patio overlooking the Judean hills (the location finally came to me) had black screen with holes in it, it was winter season now, but I thought how hot this will be in the blazing summer heat, was not appealing in the slightest bit, no feelings about this dream and don't know where it came from
1	14/09:00	EYE	eyes are less dry and irritated and less red, skin around them looked old and wrinkled last night, applied lots of coconut oil before bed and allowed oil to get into eyes too and slept that way, used that to help heal eyes after eyelid surgery 3 years ago.
1	14/10:30	MIND	I don't know whether it is after effects of the cold symptoms or what but this morning I would like to just go back to normal, enough new stuff, just go back to normal but with a lighter heart would be nice, get rid of the last of the congestion, get my sense of smell back and some energy and go back to normal with more cheerfulness and light heartedness--that would be good
1	14/10:35	EYE	I felt like I looked around 100 years old and just awful at work last night after all the eye stuff. I think actually the calendula tincture wash wasn't so good for the skin around the eyes. When I got home I put the coconut oil around them and let it seep into my eyes - then ended up staying up until about 2AM reading.
1	14/10:38	GENERALS	The cold and congestion is much better.
1	14/10:39	MOUTH	I can taste again some.
1	14/10:40	NOSE	I would like my smelling back!
1	14/10:41	MIND	I would just kind of like to wrap up my cleaning that I haven't been able to get done and then I would have next week before school that I could delve into the work from the spirituality class - listen to the tapes and read the book.
1	14/10:42	MIND	I have a feeling of - it's been 2 weeks of the proving now plus almost the entire week for me, too, with emotional stuff and I would like to see how all this plays out - will I have lasting healing - is this my remedy and I will need more doses, etc., are things going to go back the way they were or will they stay this way, etc.?
1	14/20:00	EYE	eyelid edges are itchy, vision is blurry, worse in evening--these symptoms are so much like the post surgery recovery time, sclera is only slightly red
1	15/06:00	DREAMS	was at someone else's house at night, streets were actually canals, had foot bridges across the canal, wanted to swim at night but insisted on going out naked, think I took a towel along, had to be careful about not getting arrested for indecent exposure, dream stopped before I got in water, in both "naked" dreams, I am observing myself--just realized that I think that point is important. The person who owned the home was trying to dissuade me from doing it.
1	15/10:00	EYE	Yesterday the eyes were getting less red and itchy. Last night I did a lot of reading again - in the right eye the focal length of my glasses prescription was not good - things were quite blurry. I put a lot of coconut cream on the lids last night - the lids are itchy this morning and less red. So this is proceeding so like the healing after my surgery - if I hadn't experienced THAT this would really be bothering me - at least I am thinking this is maybe bringing some healing.
1	15/10:01	MIND	Had a wonderful time out socializing with a friend for lunch yesterday.
1	15/10:03	DREAMS	There were three words - no story, nothing visual around it - I just woke up with these three words in my head. The words were Gideon, Black, and Bismuth. I don't know WHERE these came from - I know there was some story in the bible about a Gideon and I was going to look it up but I haven't. (This is the second time she has had an experience around THREE - before it was the appearance of three dots - 1-2-3 forming a pendant shape).
1	15/10:05	GENERALS	No - milk is not having that affect that it had earlier in the proving - where it was just SO GOOD and brought so much COMFORT. I've always really liked milk and I still do - but the feeling is more normal for me now.

1	15/12:00	MIND	this experience of having strange dreams so unlike ones I usually have and feeling like I am being taken on a path that is different than one I would normally go down is an unusual experience for me; most of my thoughts, dreams and experiences are easily seen as normal and natural consequences of life choices I have made, both large and small, dreams are often expressions of something I have felt or experienced recently; now I'm in a "land unknown to me", it has been exciting so far but I'm beginning to get a little apprehensive about where this is leading me, I know growth is good and it is a journey--definitely not static, so I am not to make a judgment based on one point of reference. Right now I wanted to explore the uncertainty that is nibbling around the edges and then I can go on
1	15/13:00	MIND	I reread the Gideon story and found these notes I wrote in the margins "Gideon wasn't a skeptic, he just needed his faith boosted, God didn't chide him but helped him get over his inferiority complex. God removed all the props upon which Gideon might have trusted for victory--army reduced 99%, weapons reduced to pitchers, torches and trumpets, strategy reduced to one command "Stand still"
1	16/06:00	DREAMS	I was going to set up practice in a room that had wallpaper--white background with little red roses all over--on walls and ceiling. The wallpaper would be happy and cheerful and make people feel comfortable. (I don't like wallpaper and would never do this in real life) my feeling in the dream was that that would be so nice - people are going to feel so happy and comfortable in there -
1	16/09:00	EYE	eyes are finally back to normal
1	16/14:46	COUGH	I went to the opera last night - I was trying not to cough all through the opera - the cough is better with liquids - sucking on things or eating or drinking - just not letting it be dry. I've been talking on the phone a lot this afternoon so I think it is a little worse from that.
1	16/14:47	GENERALS	I feel HUGELY better!!
1	16/14:48	COUGH	Just this annoying cough now.
1	16/14:50	EYE	My eyes are back to normal
1	16/14:51	MIND	The opera was extremely well done but in the end - she goes mad and kills her husband that she didn't want - then she kills herself - then her lover finds out and he is in the process of killing HIMSELF!!! Then - my friend that I went to the opera with - was telling me that her daughter had just been date-raped and her Dad had had to be put in a Home out East and she had to get a truck and go out there within one week to get things out of the house she had grown up in and wasn't able to bring back (or to store) all the wonderful things she would like to have kept but she brought what she COULD and put it in her basement and the very next day her basement flooded because the Sump Pump froze - everything wasn't lost but it was very hard. Then I come home and dream about this rose-colored Wallpaper!!!
1	16/14:52	MIND	I still haven't cleaned my house - this is very unusual for me - I think it HAS to be part of the proving. It has been an entire month since I decided I HAD to clean and I still haven't done it - I think it is part of this feeling that I just do what I want to do! I had study group here last Monday night and I walked through the places I knew they would be going or looking and I just cleaned that!! (she laughs) - this is really not like me!!!
1	16/15:00	COUGH	dry tickling cough, worse cold outside air, worse talking, better with water or sucking on something, chest is not congested
1	16/18:00	MIND	I needed to vacuum and dust long before the proving started and during the proving have found any excuse possible not to do it. I have never pushed it off like this before. I know it is the proving--I am doing only the things I am interested it doing and nothing I don't want to--unless I'm responsible to other people for something. I'm really going to try and overcome this tendency tomorrow. Maybe when I go back to doing what I plan on doing and not just what I feel like doing, I'll know the remedy has worn off.
1	17/06:00	DREAMS	pretty fragmented--felt like I was learning a new healing practice; also presence of an Abyssinian kitten--I hope to have another one at some point in the future

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1	17/10:00	MIND	REALLY want to do the vacuuming and dusting that I have been avoiding, and get my class notes typed-- I DO NOT want to get side tracked; I am tired of this self-indulgent attitude now, I want to see some action with following through with plans, this also extends to food choices--choose to eat healthy and follow through instead of whatever carbs I want, whenever and in whatever quantities; I'm on the verge of frustration and I won't have to go there if I just follow through today; then the schedule is free for indulging theology / Bible study to my heart's content for the rest of the week until school starts
1	17/10:00	NOSE	blew a copious amount of thick stuff out after my shower, felt satisfying to clean it out, good that is out now
1	17/17:00	MIND	finally did the housework, did a good job and it felt great
1	18/22:00	MIND	amazingly productive day--surprised me with what I got done, stuck with it and got it done, feel like I'm back to my normal self, focuses on accomplishing, not so much interest in socializing
1	19/12:00	MIND	dark rainy day, feel like being reflective, where have I been, where am I going, but it feels like I'm trying to make decisions about things it is not time to make decisions about so of course I am not getting anywhere with this type of reflection, the only option is to be reflective about the present and the present feels like a bunch of question marks, it would be more fun to be reflective with someone else
1	19/15:00	COUGH	tickle cough aggravating back of head--head ache with coughing
1	19/15:00	NECK	sore muscle front left of trachea running up under jaw and into throat, hurts when swallowing, may have pulled it lifting heavy vacuum cleaner
1	19/15:00	NOSE	nosebleed spontaneously, harder than normal to stop, bright red blood, clots and keeps bleeding
1	19/20:00	HEAD	tired of the headache jarred by coughing, took ibuprofen and the headache went away
1	20/01:45	DREAMS	The dream was just black fire - like an artist's rendition of black fire - on a white background- that was all. at first I thought it was an upside down claw but the fire shape seems more accurate--but all black on a white background. Again - no story, no feeling - just kind of a picture in my mind. Couldn't think of anything during the day before the relate to it. Interesting - had gotten supervisor's email that day not to think you're done! (She laughs).
1	20/01:46	COUGH	the tickle cough is still hanging on - the congestion is not so bad. Yesterday the headache started to come back (I had this BEFORE the proving) - I could stand it but the coughing jars it so I took Ibuprofen.
1	20/01:47	MIND	Yesterday - attitude-wise I felt I was back to my normal self - not that big wonderful feeling inside like when we started the proving - that was kind of an excited state - this was more normal.
1	20/01:48	GENERALS	Yesterday a lot came on all at once - I went to the Y and I was in the pool - then the headache came back - then a nosebleed - then the cough. Then that night I was suppose to go down to Westminster Presbyterian to a program but I was feeling not so good and I almost didn't go - but then when I got there the MUSIC was SO BEAUTIFUL - and I got the last outside parking place so I didn't have to go in the ramp and get claustrophobia. Then after the service I spent some time looking in their resource library.
1	20/01:49	MIND	Today I spent hours working on some of my Mom's stuff - Dad is trying to get all the legal stuff taken care of - there is some land to deal with - one of my aunts got confused so I called her and we had a good talk and then I spent a lot of the day trying to write up a letter that would explain the situation better for everyone.
1	20/06:00	DREAMS	dreamed I understood all the plant remedy tinctures and could finally help people heal
1	21/06:00	DREAMS	I was doing pleasant activities with my husband, nothing special, feeling was a longing for his company, (he is deceased)
1	22/08:00	MIND	desired to wear black today to school (not normal), thought people would notice I was not in my bright colors but apparently, people noticed and thought I looked more elegant, that was not the effect I was planning on, I thought I would look more dark, wanted it to fit my mood which was dark (the day turned out better than I was anticipating--nice!)
1	22/15:00	COUGH	tickle cough was particularly bad at school, would be using ignatia if I could

Full Didelphis virginiana journal

1	23/06:00	DREAMS	another dream about my deceased husband, in the dream he was in our house, I was irritated because he was imposing some rules on how things should be, at some point he dies when I am out of the house, a neighbor tells me that he had died and I am trying to figure out the details of his death--how it could have happened, then I wake up and have to get it straight in my head again that he had died 12 years ago. This was the second of this type of dream during this proving--dreaming he dies in my dream and waking up trying to figure out the details and then remembering he had really died 12 years ago. This is upsetting to have to keep figuring out as I wake up. It is bothering me that I am dreaming this way. What is coming up??? I thought I dealt with it long ago.
1	23/16:00	MIND	have been unusually quiet all day, fairly mellow and OK with things, not entering into discussions with class mates, wore brown today--another dark color, have been contemplating these dreams, have I been longing for my husband's presence in my dreams but not in my waking life? Maybe it is the other side of the proving, death, dark, withdrawn as opposite happy, light and engaged.
1	23/20:00	MIND	Almost called you tonight after school but I suppose I should be doing my case analysis
1	23/20:00	MIND	still not interested in exercise, don't feel like moving my body
1	23/20:00	STOMACH	still continue to not be interested in eating vegetables, barely interested in getting in my fruit, want carbs and dairy, my weight is going up--not happy with that
1	23/20:15	MIND	I'm just tired of the dark and the death and the black.
1	23/20:30	MIND	I don't know. Do I tough it out? Is it healing for me? I think the accumulative effect is bothering me tonight. I REALLY didn't like the dream of the black fire and it is very disconcerting to have to keep remembering upon waking that my husband did indeed die years ago, not in the dream that seemed so real, to have to keep working it through. Tomorrow's another day. Thanks for your concern.
1	24/08:00	MIND	want to be done with this, don't like this energy, want to hold my own constitutional in my hand and go back to normal
1	25/12:00	MIND	proving is stopped!!!! Ecstatic!!
1	25/19:00	MIND	held bottle and said goodbye to energy, not used to doing this sort of thing, did it work?
1	26/06:00	DREAMS	was driving a car and making a sharp turn, was going to graze another car and cause damage but I didn't care--that would not be normal for me
1	26/20:00	COUGH	had to leave church with a tickling choking cough, sounded like I wouldn't be able to breathe
1	27/06:00	DREAMS	opened food container after food container, all food was moldy
1	27/08:00	MIND	took 30C of my constitutional, felt emotionally better, cough gradually got better over a few days
1	27/12:00	EXTREMITIES	backs of hands itching, no rash
1	29/10:00	MIND	FINALLY I feel like exercising again, like moving my body, like I don't have to struggle trying to overcome the inertia, like I want to move again and not be just an inert blob
1	29/12:00	MIND	purchased lots of sparkly crystals to make earrings as post-proving therapy, one is to be made of all the lightest, brightest crystals I can find to dispel the dark and black of the proving
1	37/09:00	EXTREMITIES	developed pain in right shoulder, muscles, tendons and ligaments, not joint, can't come up with a cause
1	41/09:00	EXTREMITIES	reached around my back with right arm during shower and heard cracking / crunching of bone or joint or ligament in right shoulder, painful, don't know if things went out of place or back into place, range of motion seems OK but muscles hurt, this has never happened to me before
1	53/09:00	DREAMS	I dream every single night now since the proving was "ended", mostly they are just processing the day's events. I haven't had any disturbing dreams since the proving was "ended" but it is significant to me that I dream every night now. There has been a reoccurring theme that has to do with school--the dean is always in the dream and there is some aspect of school where I am not measuring up in these dreams.
1	53/09:00	EXTREMITIES	right shoulder tendons and ligaments are no longer painful but the arm / shoulder muscles are still painful and weak but are better than they were before
1	60/00:00	MIND	a darkness coming into my life that was never there before. I was flat-lining
1	60/00:00	MIND	adjective summary--ecstatic, laughing, apathy, lack of inertia, black, dark
1	60/00:00	MIND	anger as a flash. Flash anger. Came so quickly, it just happened.
1	60/00:00	MIND	Didn't want to move, inertia

Full Didelphis virginiana journal

1	60/00:00	MIND	I want sparkles and lightness, over the top sparkly earrings
1	60/00:00	MIND	only doing what I want to do. Ignoring responsibility.
1	60/00:00	MIND	Radiant, thought would I change into this outgoing person.
1	60/00:00	MIND	starting to pull back.
2	00/00:00	DREAMS	Dreamt I called my business partner Ursula very late at night and woke her up. I don't remember why I called. (Feeling in the dream?) Something I wanted to tell her. (Feeling upon waking?) Nothing in particular.
2	00/00:00	DREAMS	Dreamt I was with the consciousness of the universe, although a separate, embodied being. Was reminded how to fly. Decided with the consciousness that I wasn't ready to leave earth yet.
2	00/00:00	GENERALS	Throat sort of mildly scratchy, nose a bit stuffy. Really feeling run down, didn't want to do anything. Went to Naturopath for treatment and it resolved.
2	00/00:00	MIND	Disconnection. Realized I am feeling a general sense of disconnection. This is not new, and it is not distressing, but it feels stronger.
2	00/00:00	MIND	I just got asked to write a book and offered an advance and royalties. They have asked to put a co-author on the book who has a bigger name than I do (but who will do none of the writing), and I am gently (but firmly) renegotiating that. (How different?) Addressed with non-attachment, curiosity. Feel light about it...a place I've gotten to, but feels easy now. No reaction, no visceral reaction; just what made sense.
2	00/00:00	MIND	My facebook friend sent me a beautiful scarf as a gift. It is pink and orange and yellow silk and says "deliciousness".
2	00/00:00	MIND	Went to see my friend's son in a play. He was great, the play was awful. Didn't hold back from saying how I felt about the play while honestly admiring the son. (How different?) Liked that we had interesting conversation about how bad the play was; again, curiosity. Didn't have to try to be there or to tell myself to be charitable.
2	00/00:00	NOSE	Throat sort of mildly scratchy, nose a bit stuffy.
2	00/00:00	THROAT	Throat sort of mildly scratchy, nose a bit stuffy.
02	01/11:05	NOSE	Prover has runny nose.
02	01/11:08	MIND	Starting to notice this one [proving] feels gentle, gentleness.
02	01/11:08	MIND	Walking out the door yesterday there was envelope in the mailbox from friend I don't know. I wrote a poem for her. She sent a scarf [that P is wearing] that says deliciousness. She (friend) asked "what do you want to be wrapped in?" Deliciousness, interesting that it came at beginning of proving...deliciousness. Been aware of it in the last year, in particular, he interplay within me of masculine and feminine energy. Deliciousness feels feminine – scarf is feminine colors (pastel pink and orange). I would be more blues, greens and grays. I love that it's so totally different.

02	01/11:10	DREAMS	<p>Dream I had – wrote about it in my journal – was about choosing to stay here. Doesn't happen often, couple times in my life, dream felt like possession, not awake, not dream state...much more present. Could feel entity pulling me. Said if you're benevolent, you can stay. If not, go away. If dark energy go away (laughs). Really clear about it – don't fuck with me! Similar to other things in my life. Felt like floating, flying, bumping into the ceiling in my bedroom, my house. Can't do this here. If going to float have to go outside. Cats will get out, but they'll be okay. It's February. Very conscious of relating normally, literally my house. Knew I'd remember how to make myself warm. I'm remembering how to fly, float, up to top of pine tree consciously moving myself in space, how to go higher and higher to the stars, but not the stars...in between. Separate, not part of this entity, not merged into oneness – lonely. Having a conversation (with entity), not verbal. Am I done? Can I go home yet? Not done. That's great. I have 15 year old son, strong soul contract. Calling out to friend, a light spirit...I'm alone up here. Not devastating, just aware of oneness and I am separate. Up in the stars, then alone and back in bed. (Feeling in the dream?) Good...wasn't bliss, but peaceful, safe – created safety for self, if dark nasty go away. Clarity – okay, yep, know why I'm here and not leaving. I knew that already, no surprise. I remember how to fly, to be an angel. Not shocking. Analogy is oh, yeah, that's how you play hopscotch, not like riding a bike. Oh, those are the rules of hopscotch, that's when you jump...I remember that now. (Feeling when you woke up?) That was really cool (laughs). Great! Not enlightenment, already knew not my time to go and that I'm not from here – so okay – that was the conversation. At one point, I could've chosen to not come back, when I was in the room floating could choose to leave. Didn't see my body in bed – not like that. Wanted to check in: should I leave? No. Anyone else – friends, work, poetry could be complete (if I left). One thing, my son – who during the last proving altered completely – major intellectual change. Told master prover who was doing my astrological chart – he said (my son and I have) psychic link. My son thinks, "you're going to take an unidentified substance?" he thinks life is rational. "Remember, you went crazy last time (last proving)." He's trying to mess with my head, I'm not going to go crazy.</p>
02	01/11:15	MIND	<p>One thing, my son – who during the last proving altered completely – major intellectual change. Told master prover who was doing my astrological chart – he said (my son and I have) psychic link. My son thinks, "you're going to take an unidentified substance?" he thinks life is rational. "Remember, you went crazy last time (last proving)." He's trying to mess with my head, I'm not going to go crazy.</p>
02	01/11:15	MIND	<p>Other part, as I ramble on, as I've been in position focusing on being clear and at peace with making boundaries. If here for good, fine, energies come in – no judgment – if dark spirit, no problem. I'm not available for that kind of possession or conversation. More at home with that than ever.</p>
02	01/11:15	MIND	<p>To a man – I'm dating – great. That's what you want; it's not my thing. Feels good, challenging. I'm aware if people push back it's where they are in the world, I don't take it personally. This winter, really stepped into this – The Four Agreements – don't take things personally. I'm in it at a deep level – nothing anyone says is personal – in a really, real way...it's actual, not conceptual, it's real.</p>
02	01/11:20	MIND	<p>So, if make boundaries and person has a reaction it tells me where they're at, but also piece where I'm working on relationships. Have I calibrated too far the other side. Want to step in more. As a woman have acquiesced to men, common archetype, want to make things nice for their man. Give and flow is fair. Coming to a point, look real carefully at what really fits (G – taps chest 2x). Connected with man on base in Thailand, said "Meet me in Thailand on Valentine's Day. A woman like you deserves more than flowers." Really romantic, but I couldn't do the dates...and he put all these rules. What the fuck? You want to back off? Not being reactive, not how I do that. My relationships involve transparency – (this situation) not good, I don't do it that way (laughs).</p>

02	01/11:25	MIND	I study bio-neuroscience, help people understand how emotions affect system (mind-body), to be aware of it, how fight or flight is activated. Am I in fight or flight now, acting from my heart, or from emotional reaction. Pretty sure not reaction – boundaries – try to take a step. Not a vibrational match for me – if you want to go hide because your plan didn't work...both stubborn, both take step to the middle, no attachment. I had some deeper sense not done. He stepped back in, so we'll see. I wondered, maybe I've gone to rigidity, without abandoning principles or values, let's meet here, explore if anything there. No idea if the right thing, often my first intuition is right. Felt right about softening, but not all the way, not "whatever it takes."
02	01/11:30	MIND	Done lots of work with teachers in education. Former teacher hadn't seen in years who is not a coach said "You are so at home in your skin. You are the embodiment of someone living what they are here to do." It was wonderful to have it reflected back to me and to have it articulated that in the last four years I'm more solid. Another friend said, "there's a solidity about you."
02	01/11:30	MIND	Feel I'm better able to serve, for a spirit who's not sure I want to be here – not from – human beings are entertaining. Last year akashic reader asked if I wanted to know where I was from – from the Pleiades.
02	01/11:30	MIND	Last month new place of calmness and integration. A week ago – I'm a life coach for a living and teaching life coaching on faculty – I'm their neuroscience consultant. Teach a series of workshops...look at values. Really fun. 40 people came, usually fewer. People don't usually come for me, they come for the company name (laughs). Friend said lots of people came to see you (repeats "people don't come for me, they come for company).
02	01/11:30	MIND	Separated from husband 3 years ago May, been fast track spiritually past 10 years – whole life. One time tried to be normal (laughs) – being a suburban housewife was boring. 2001 was intentional, disciplined. Last 3 years of leaving husband has been huge growth. Now I'm here, who knew! (smiles/laughs)
02	01/11:30	MIND	Solidity, groundedness – can serve more readily. My clarity – one thing clear on is that money is only energy and really doesn't matter. In this world many healers focus on how to make money. Fear, when feel fear in world of others, fear, uncertainty around money. It's releasing, it's energy – all going to be fun and learn how to work with it as energy. Lots of teaching about how to get more – The Secret – couldn't watch it, good, but for me the wrong conversation – how get more, not addressing the foundation of fear that there's not enough. True prosperity in not having anything.
02	01/11:40	MIND	(noticing my books) We have some of the same books – Sacred Path Cards, Vibrational Medicine, Rumi books.
02	01/11:40	MIND	He found on the web "the greatest mistake humanity ever made" = agriculture because for millions of years we lived tribally, hunter-gatherers, no acquisition, no hierarchy, no owning/wealth because can't carry it with you. More, what do I need today? Like the book, Message Down Under" – burn your watch, burn xxx...whatever I need next will come to me. Not \$100,000 in the bank, nothing. Whatever I need next will come to me...wanting to unfold. Having less and knowing I can be naked and completely taken care of in any moment, to experience in this lifetime = freedom. Not lose everything. (Spiritual teachers) often try to help people get more without understanding when things are a way to create a sense of security that leads to peace, so why not go right to the feeling (of peace).
02	01/11:40	MIND	How links to strength (solidity), out with friend who was saying "where is the answer? I bought this, attended this workshop...where is it?" Strength and groundedness is knowing in my core that it is very simple. Because everything in the world runs through capitalism, even spiritual growth, and people deserve this energy (money) exchange. If I come to you as a homeopath – if no energy exchange, you will be depleted. We've agreed that this paper (money) has value. I don't believe in depletion – we can't do on like this. accumulation.
02	01/11:40	MIND	I want two experiences in my life: to know I can do what I want to do and peace and serenity. Know I can do what I want to do, want peace and security. Want a direct line – if feel peace and security don't need anything. That's the edge I'm playing with. You can see why it's hard to date (laughs)...not on Match.com!
02	01/11:40	MIND	My son, has no compassion, but spiritual. He thinks humans are bugs, if gets compassion he will be (amazing). He calls in knowledge, accesses...masterful, blows me away. Emotionally still a 15 year old.

02	01/11:50	MIND	I'm drawn to your books – my attention is on your books. No titles jump out. Looking at them like friends, how friendly to you. Your little friends...saying “don't worry, we'll hold on to this little piece”. I see them with little hands and feet – not intimidating – weird. Not intimidating or threatening, friends, here for you, like “whatever you need, we've got it”. Like a group of kids on the playground “come play with us”, not should play, but anytime “let's play”. You must have a good relationship with them, nothing intimidating, not separate from you. See you in a circle holding hands. All the knowledge holding hands – big theme in my life for awhile.
02	01/11:50	MIND	Some things I don't believe anymore – hierarchy and you can't talk me into it. Part of this strength, the last proving. Know so deep in my core, understanding how someone might want to go into an organization to (work on issues of hierarchy). People think it's a thing – cannot possibly be a thing, cannot possibly be that anything is better than anything else. It's just impossible. Things come into my life like gravity – not sure – could more easily talk me out of gravity than hierarchy – could talk about quantum theories of gravity (drops Kleenex box on floor)
02	01/11:50	MIND	Spaciness – just as you asked me – that fuzziness in my head, dreamy place as I'm pontificating at how the world should be.
02	01/12:00	MIND	(observe she is looking out the window, has been for a while as she talks)
02	01/12:00	MIND	Always so struck that there is no hierarchy in nature. Even if take one part away – take away ants, earthworms – one part of the food chain, we'd all die. It's not just the sun, it's the symbiosis of how all life works together. People live lives as if their part doesn't matter or not as much as someone richer, more spiritually evolved.
02	01/12:00	MIND	Heartbreaking think about hierarchy is that it causes us to compare ourselves, rather than knowing where we are is perfect right now. Don't like being on either side of it, I compare myself to others; others compare themselves to me, even compliments are saying I wish I could be more like you...better, more evolved, something.
02	01/12:00	MIND	They say in brain research that what's most threatening to people is a threat to their status. We're always looking at status. Interesting no gender studies, telling, really? Neuroscience studies – none of it looks at people at different levels of consciousness, like the Dalai Lama. If someone disrespects him, does he have the same limbic reaction? (laughs) Don't think so. Research shows us what's not been researched. Research shows us what we don't know. In brain research is not about how we evolve consciousness. In neuroscience of leadership, status is a big deal. If I'm disturbed, it's something's not right. I wonder if threat is disconnection, not status. Or not longing for status, but to be part of a tribe. Don't know.
02	01/12:05	MIND	Brain is three parts: (1) Brain stem – automatic (breathing, heart), though we can affect it, (2) limbic = reptilian brain = fight or flight. I've been studying this one and a half years and don't understand all the connections (HG –interlacing fingers), understand well enough. (3) Amygdala – scans for threats and it's really good at its job, I wonder if we'll evolve to a less adept amygdala because it's no longer evolutionarily (effective). Walking in park and see a stick up the path, the amygdala says is it a snake or a stick? Amygdala will say it's a snake first, stick later. And, through a series of connections it activates adrenaline and cortisol, takes energy from the core to the extremities, and increases the heart rate to make us stronger and faster for fight or flight. Shuts down the core, example the immune system, and makes the brain fuzzy so we cannot think, because the brain would say “a stick would look like this...” and there's no time to process logically, need to react pre-thought. Like when I've been in my car driving (and have to respond to something), I feel adrenaline in my hands, hands are prickly and I think, “oh, I'm having an adrenaline response...my hands are prickly,” then I get the chance to think (after it's over).
02	01/12:05	MIND	But, this response is counterproductive because we live in an environment under stress, fight or flight, the more you react the more you react. If I'm calm and my son comes by and says “you're stupid” (I'm fine). If chemically, I'm already in system because of a misunderstanding and he says that...I react.
02	01/12:05	MIND	Higher brain – prefrontal cortex – usually makes good decisions unless (damaged). Takes until mid-20s to develop in kids – last thing for us to develop as human beings.
02	01/12:05	MIND	How reconcile neuroscience? Higher brain and the reptile brain.

02	01/12:05	STOMACH	Feeling like I'm now in this mystical place, coming back. Tiny burning in stomach associate with nervousness, not absolute calm in my core. Talking about things that are clear, then about things that are not clear. At a point, my body was absolutely calm. Then, into these other pieces...bothers me, don't know why. Physical disturbances because I can't reconcile. We have a pleasure/dopamine response to an increase in our status. Fight or flight.
02	01/12:10	MIND	I make tools to help people engage higher areas of thinking with body-based reactions. Stop and breathe. Tell me how this fits with your values, makes it hard to not engage up here (HG to forehead)...like Pepto Bismol for the brain, calming chemicals calms fight or flight and gets into rationale brain. Can't say think about this when in fight or flight, but ask them for a metaphor to engage higher brain.
02	01/12:15	MIND	Another friend on the bookshelf. Every ___ is the essential truth of oneness, one brain, we're separated now – maybe more learning about oneness through separation.
02	01/12:15	MIND	Fascinating to see where we are in reptilian and mammal because of capacity for thought...(HG up and down) where going to be? Homeopathy helps people integrate, helps people be in their highest brain.
02	01/12:15	MIND	Neuroscience is helping me understand these wonderful human bodies with chemicals going through you. Not working with chemicals, working with energy fields shifts it – like you do (with homeopathy) – not chemicals. Counter evolutionary because fight or flight kills us, we're not designed to sustain it. Biochemical response to emotions. Homeopathy reshapes on most core level. Feel anxious so give anti-anxiety chemical and have chemicals battle it out in poor abused body. That's what pharmaceutical companies want.
02	01/12:30	CHEST	Noticing heart burning, nervous.
02	01/12:30	MIND	Heavy if can't connect with someone, especially if energy is dark, darker than ____, heavy in my chest. (HG down from head) lose clarity. No problem when teaching because I'm intentional, it's my field, you come into my class, this is my energy field. In groups, no one is intentionally shaping energy so things happen without consciousness. Makes me upset just to talk about it. Heavy and muddy, remembering this party.
02	01/12:30	MIND	Heavy, oh, like plaster a smile on my face and talk about things that don't matter. If just my step dad, mom or brother I'd enjoy it. We go to deep places.
02	01/12:30	MIND	Lost my center talking about it. Takes me out of loving space to talk/remember. Maybe I'm still challenged by a little programming for being judged for being anti-social, not interested in being social. Last Saturday was my birthday, supposed to have family over for dinner. Love being with myself, in my house writing poetry, so got a little sick, tired, easily exhausted...supposed to cook. Didn't like (how I handled it), didn't have courage to say I don't want to be with anyone on my birthday, I like my family. People saying sorry I was sick. I watched Net Flicks (movies) and gave myself permission to go to bed. It was great. Totally fulfilled, didn't want a family gathering.
02	01/12:30	MIND	Much more careful about who I spend time with because don't care to be buffeted. Oppressive. Was at a party with progressive people. It was over the holidays and I was just wanting to be in the shift from 2011 to 2012, going through a doorway, a baby, tender. Didn't feel like being social, usually I'm very social. Become more introverted, feels like a way of managing energy.
02	01/12:30	MIND	Neuroscience says we're designed to feel each other. I love paradox – good – this is where we should be, some deep truth there. In therapy say no one makes you feel anything, we're responsible for our own emotional state. Last month, I questioned it. People do make us feel things (laughs). Nervousness to anticipation, protective; it's back to tribal life. We have the ability to smell fear on others. If we're with someone who's afraid, we will have a biochemical reaction. If from tribes, we have to know how others respond...so much around that. How to work with the paradox of our responsibility for our emotions and (this). (HG interwoven fingers) Co-create vibrational field, that's more profound...allows some things to happen and others not. Never appropriate to blame others for our feelings, but if live in community with depression, will be depressed. With my ex-husband, who was depressed, when I was with him life looked hopeless, when not with him I was fine. The more sensitive you are the easier it is to be moved energy fields. I can't live in toxic environments, those boundaries have to make. Just walking through the world, I can feel it. In a different country, feel that energy. Feel energy wherever I am. Musing on how I learned to manage it. Don't know.

02	01/12:30	MIND	Other research he did in the 1980s with people in their 80s, had them reminisce. Away at a retreat for a month, half asked to reminisce about the good ol' days of the 50s. Did health tests, blood pressure, etc. Other group, decorated the center to look like, dress like, eat like the 1950's. Said pretend living in the 1950s. The pretend group all had huge health benefits. Showed before and after pictures to a group without identifying which was which...looked 15 years older in the before (15 years younger in the after). Deepak Chopra imagines himself as a healthy 48 year old, holds it as his mental map. I'm 48 now, going for 38. I think you can. We have way more impact on our bodies than before. Scratching the surface, less limited than we think. Bible says live 500 years. Don't know if I want to – tried to leave the other night. Served my tour of duty in this particular place, watch people age at such different rates. Seen in dating, meet someone who's 50 and looks 40 or 60, men age much more poorly, see the toxicity in their system. Conscious people age better, not about managing chemicals. (Laughs) The world according to me.
02	01/12:30	MIND	Want to hear a fun fact? Mario Martinez teaches biocognition – studies centenarians. I love the man. Works with Catholic priests and Tibetan lamas. Catholic priests and nuns have higher incidence of cancer of the reproductive organs. Tibetan lamas have higher incidence of diabetes than rest of the exiled Tibetans. He asks what is it that puts them at higher risk? Catholic priests and nuns = not supposed to be sexual. Tibetan lamas say, “Oh ho ho... I'm having a sexual feeling” and move it into their heart, so the energy is not stuck. So, he's working with Catholic priests on meditation technique to be with their sexual energy. The younger ones are grateful, the older ones are mad = the devil. Tibetan Buddhist's have too much compassion, not enough anger. They say, “Chinese burned my temple, oh I love them.” He's teaching them to be angry first, then compassionate to move the energy in the body. Suppressed anger activates the adrenals so not able to process glucose. All about letting the energy move.
02	01/12:45	MIND	Brother is interested in Abraham Hicks – deep spiritual awareness, interested in what I'm doing and the connections I'm making. Dad is a retired psychologist, started studying meditation. He can go deeper than science and into the heart. He taught group process for years – gave me a Hallmark card, Hallmark but what it said was (just right)...”so great to watch you're doing in the world, that you took what I learned and made it better”...I felt really loved, he gets my contribution...never tries to make me smaller. Recent phone conversation with brother he was challenging me, dominant, debating – I hate debate – (he realized it and stopped) opened it up, said no one has to be right. They (step dad, bro, mom) go to softer heart space with me, not when all 3 together. Mom not intellectually, but in her heart. With them, I'm fully seen
02	01/12:50	MIND	(What's it feel like to not be trusted?) Like Velcro that doesn't stick. (HG fingers intertwined) Used to know how to play at different levels – just connect there. Not for years, now. Like swimming through dark (HG hands move outward like moving through water). Don't like feeling of not being present, aware I'm not always present, but generally pretty present. Not usually on autopilot – not how I work anymore. So, don't know how to have those conversations and be in autopilot – it costs me something. If I'm present and the other person is not = energy imbalance. Before, I'd bring all my tools (from her work)...draw them out, they'd wake up. Now, they need to bring it, I don't want to excavate to find the real person, dig down with nothing coming back, it's out-of-balance. In work there's an exchange (money). In personal...years did that...never came back. Now, just sad.
02	01/12:50	MIND	Brother's wife lives in her head. Step sister was a big piece of Saturday (not wanting the family at birthday). She hasn't asked anything personal about me for years. Come to the point where that's N, she's a psychiatrist at university, working her way up the ladder. I've said I'm studying neuroscience and (no interest). Impact is I don't know how to be around her, don't want to be around her. Feel disconnected. Persona there rather than a person. Asked my brother to “help me out here, need a reality check.” He said she doesn't ask about me either.
02	01/12:50	MIND	I'm not interested in interacting with personas. Someone clearly protected, doing what they should do/say. At a dinner party, everyone was relaxed and open. This person did what should do at a corporate dinner – what's appropriate. What I want – poem something like: what we long to see are faces that sweat, hearts that trust, the realness in even this. Love that my brother, step dad will tell me where in pain, in joy. I feel trusted. Don't like feeling of not being trusted.
02	01/12:55	MIND	Prover also liked the paint color I have picked out for the bathroom, commenting that she liked the name “Heavenly Sky” on the paint chip.

02	01/12:55	MIND	Prover also noticed a photograph of a shaman I met with in Peru and asked, "is that Tibet?" Noticed statue of Bast on my desk, and mentioned that over the holidays when "I was taking space" she picked 9 goddesses, including Bast, and was painting them.
02	01/12:55	MIND	Prover seems to be done, wanted to use bathroom. On the way through the house, she noticed a painting I have (see attached) "Protectress" by Kimberly Webber and said, "that is a woman to be admired." Note: Kimberly Webber - Contemporary Symbolist Paintings: The ancient Egyptians dedicated special temples to the sacred art of dreaming. Today, the world shamans and elders encourage humanity to dream the world that we want to see emerge; to dream into reality healing, balance and peace. Taos artist Kimberly Webber's paintings are meditations on the sacred vision of dreams, the mystery, power and magic of the natural world and the realms of the archetypes who reside in our collective super-consciousness. Kimberly Webber's paintings are exhibited and collected internationally.
2	01/22:00	ABDOMEN	Bloated.
2	01/22:00	HEAD	Mild frontal headache, possibly related to drinking 2 glasses red wine
2	01/22:00	SLEEP	Tired early tonight, 10 pm instead of the usual 11:30.
2	02/00:00	DREAMS	Water, rain, a river. Dreamt I was playing an old woman in some sort of pageant. (Feeling during?) Vague...dressed up as old woman with flimsy cane made of coat hanger; had to walk across bridge. Like a murder mystery show, some dressed up as member of the cast. After walking across the bridge, didn't have lines on my face, didn't look old. So, had to draw lines on face. Surprised, I was supposed to feel old. (Feeling upon waking?) Nothing.
2	02/09:00	HEAD	Woke up with same mild frontal headache, cleared after I drank some black tea
2	02/09:00	MIND	Finding it easier to set boundaries without guilt. Was supposed to have breakfast with a guy, but didn't feel like it so I just said no.
2	02/09:50	MIND	<i>Poem: Snow Fences</i>
2	02/12:00	ABDOMEN	Bloated -- this is not atypical for me, but generally it is clear what food triggered it, and I am not sure right now why I am having a reaction. I find this very annoying!
2	02/12:40	FEMALE	Lots of hot flashes during day and night -- this has been under control but recently kicked up again. Hoping my naturopath can get it back under control. Very uncomfortable/annoyed to be hot and sweaty. Makes me feel a bit sick -- very very slightly nauseous until it passes.
2	03/00:00	DREAMS	Dreamt I was eating strawberries. I didn't wash them first. No feeling on waking about this.
2	03/10:00	MIND	Took my son to the orthodontist this morning. He is with his dad this week, but we hung out for the morning. After I dropped him off, I felt a tremendous welling up of love in my heart, and I even started to cry. I felt (and even said out loud) thank you for giving me this kid. I love my son very much (obviously) but am not a sentimental mom at all. But for the past two days in particular, I have been very aware of how privileged I am to be his mom.
2	03/14:30	MIND	<i>Poem: Polishing</i>
2	03/18:00	MIND	<i>Poem: It's so simple</i>
2	03/20:00	MIND	Strange back and forth with someone I was supposed to go out with. I found myself being very flakey and indecisive. Something wasn't right and I couldn't figure it out. I usually do what I say I will do, but I sort of blew him off and in a way made it his fault. I felt very chaotic and confused. I did not like the communication and I was not sure exactly why.
2	03/23:00	MIND	Was chatting with a romantic interest who is Afghanistan right now. We've been trying to get to know each other through chat and Skype. He said something about all my "Quaker" photos -- that I am covered up in my pictures and he wanted one that showed more. So I sent him to my FB page (tons of photos) but he said it was basically the same. I started looking in my files for a more revealing photo but then realized I was getting irritated by this. Not only did I not have a picture of me in a bathing suit, it just started getting annoying that me in jeans wasn't enough. And it isn't that I object AT ALL to sexual innuendo or flirtation -- I don't. But I was very aware that something felt off in the communication. A lack of appreciation and a grabbing for more that feels crappy. It wasn't coming from -- wow, you're beautiful. It felt more like show me your body. Ick.
2	04/0:9:30	ABDOMEN	Also bloated today
2	04/0:9:30	BACK	Low back ache, mild

2	04/10:00	MIND	<i>Poem: Something Shattered (a strong one...felt very about the heartbreaking open, felt very real that's what this proving is about for me, the heart breaking open...feeling it very strongly, shocked if only me...clear and strong...if had to use my intuition...this poem would capture)</i>
2	04/11:00	MIND	Taught class this morning 8 to 9:30, then worked on the outline for the new book -- EXTREMELY tired after sending it off. Had to go meditate. Feel wiped out. Meditation helped a bit, but still very tired. Nap time?
2	04/16:00	MIND	Amazing experience while I was at the coffee shop. I was waiting for someone to get coffee, sitting and looking out at the street and the desolate trees. All of a sudden I was overwhelmed by a very real sense of being loved and protected by the universe. My heart felt full and my eyes started to well up.
2	04/17:10	MIND	When I left the coffee shop I saw I had note on my windshield saying that I had parked in front of an alley and that I should not do that because they would have me towed. I didn't mean to -- thought the meter was in back of me not in front -- but isn't it great that I DIDN'T get towed??
2	04/18:30	GENERALS	Had one small glass of red wine with dinner and felt strangely drunk.
2	05/00:00	DREAMS	Dreamed I was working for someone as an office assistant. We were moving shelves around to make sort of a wall in the office. Very vague. At one point I was negotiating a slightly larger salary -- like \$50 a week more. This is so far from what I do now or how I see money (what's different is that that amount of money wouldn't make any difference to me) -- it felt a little strange when I woke up, and even during the dream.
2	05/00:00	GENERALS	(any change in sexual energy?) Not really. Not less or more.
2	05/00:00	GENERALS	(Appetite?) A little hungrier than usual.
2	05/00:00	GENERALS	(Cravings) Eating a lot of chocolate, addicted to it. Generally not food oriented, feel my body. Don't eat a lot of crap. Found chocolate left over from training. Chocolate feels like weakness, shouldn't be doing it, evolved to place where what I eat (is good for me). Not feeling guilty, a little out of control. Chocolate, it's what's for dinner. Kale it's what's for dinner to balance out the chocolate.
2	05/00:00	GENERALS	(energy overall?) Today is good. Tiredness...unaccountably tired, strange dips...because I tend to be high energy. Bodily and mentally tired. Yesterday taught a class, taught it a number of years. New curriculum so a little nervous and these groups feel a little more high maintenance -- I'm creating that (high maintenance) because new curriculum so nervous, overcompensation. By mid-morning (was tired), when mentally drained get physically drained. Usually go meditate or nap and it helps, helped a little, not fully restored. (what is mentally drained?) physical tiredness in my core, brain fuzzy, can't think or take in. A lot of my work, what I like about it, most requires deep level of analytical thinking...sorting and deciding put in right order, when mentally drained...can't take more in, can't figure out. In my core, heart and lungs, shoulders...my head to solar plexus heaviness like I've giving everything I can...depletion...feeling like I can't give any more, can't think any more, can't give anymore...can't make any sense out of anything. (ever felt this other times?) when I leave workshops...fairly familiar feeling, if too much extroversion, too much time holding the energy for other people...can do it as long as need to, then done. Love working at that intensity...move a lot of energy, though. This class was trying to bring my energy to something I didn't
2	05/00:00	GENERALS	(I noticed a sound) Shadow (her cat) meowed...Shadow and Light my kitties. He's very vocal. He's been particularly vocal...more than usual. Shadow being loud.
2	05/00:00	GENERALS	Beautiful sweet thing with my son...emailing on FB last night, he said at the end "I love u" (unusual). I thought, cool. Then he writes "it's my favorite vowel, of course I love "I" too. Makes it safe for him, because I know he really does. Don't know whether to crack up or smack him. This (good relationship) emerging for a couple of years. We've done some shifting. Can't remember the last time we had a fight. He's a teen, not in control of his reactions...brain developing. (I commented on "I" and "U") Yeah, that's how it should be.

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2	05/00:00	MIND	(any sx gone away?) Reactivity. Hard to get me to react right now emotionally. Everything is just interesting, for example negotiating the book, they suggested maybe not a book, just some papers. Instead of getting mad or defensive I just noticed, took a couple of minutes...was able to hold really strong in my clarity on why it does need to be a book and how we come together. Non-defensive and able to hold my own boundaries. That's a really strong theme. Like the guy at the car place...I don't want to participate in your victim stories. Not mad, bemusing how hard he was trying to engage me in isn't life sucky, shit. Reading my book and having a great time and I don't care, I'm not going to get sucked in. In the past, have been overly nice, give compassion, give part of myself...commiserate. Now no compunction (Laughs). No amygdala flooding in. These are the boundaries that I need regarding the book...interesting that's your idea, this is my idea...let's meet. Used to be nice one, don't need to be. I like this remedy.
2	05/00:00	MIND	(attention more or less than usual on XYZ) Nothing feels really different...pretty darn content to be with self. Noticing my attention shifts, rapid attention shifts, I usually multi-task but am noticing it more. Need a fair amount of information flow or I get...on a conference call...hard to focus on conference call. Good mediator, one point focus. Noticing hard to stay engaged...flow in and flow out. Conflicted about it not being the most effective.
2	05/11:50	MIND	<i>Poem: I No Longer Deal</i>
2	05/15:30	MIND	Waiting for my car to be serviced, guy who was also waiting and annoyed by it tried to engage me. Very aware I had no interest in commiserating with his victim story. He tried HARD though! I just read my book.
2	06/00:00	DREAMS	Sort of in, sort of watching a dream that was like an action movie. We were part of a gang that was helping a woman escape from Turkey and make it to the U.S. Involved a jail, German prison guards, and blowing up a subway tunnel. Neutral feeling during the dream and upon waking.
2	06/00:00	MIND	Woke up with the word "defenestration" in my mind. I think it's what they do to separate DNA strands. (Note: "defenestration" actually means "the act of throwing something or someone out the window".)
2	06/21:00	MIND	My son has been needing me a bit more than usual. Even though he's with his dad this week, we've spent more time together than usual, which I am really enjoying. Now he asked if he could come here tomorrow night (2 days early) and instead of feeling intruded upon, I am really glad to have him. I usually feel like my time alone is really precious -- and I do enjoy it very much -- but it's really different that being with my son more is making me feel happy. I can say yes from a loving place instead of feeling dutiful.
2	06/21:00	MIND	So, I have been dating a lot lately. Tonight I went out with someone who it turned out had had a traumatic brain injury. Sort of nice guy and very open about it. Anyway, we talked about him for 40 minutes and then he finally asked me something about myself and I talked about myself for about ten minutes and then he said (literally) ok, now ask me something. I was so happy to get out of there. He was really pushing to see me again. I didn't say straight out no way, but I did say let's see what happens when I am back from all my travel. As usual, I didn't want to hurt his feelings... Sigh.
2	07/00:00	DREAMS	Very disturbing dream of being part of a strange sexual thing involving tying woman up and leaving her to be assaulted by someone -- it's vague -- but I was part of the staging although not the assault. It seems like we did it more than once, but the one time it worked out, the woman felt it was a sexy role play and it didn't end up being an assault at all... Very odd. Left me feeling disturbed.
2	07/17:00	MIND	Got home from leading a training all day, very drained and physically tired.
2	07/19:00	MIND	Got an email from someone (a date) I am supposed to have dinner with tomorrow canceling with very little explanation. Am feeling sort of disgusted and taken for granted.
2	08/00:00	DREAMS	Dreamt someone hacked into my Wells Fargo account so that when I called in to get my voice messages I ended up giving my ATM pin. Then I couldn't find the Wells Fargo number to call and my whole computer was all messed up. I was frantic, because I thought they were going to drain my account, and tried to get my family to help me, but they sort of tried and sort of were unhelpful. Frustrating.
2	08/00:00	MIND	Feeling discouraged and frustrated today around all the stupid things that have been happening in my dating life.

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2	08/00:00	MIND	Realized that there is this whole interesting activation around my Nepali friends. A few days ago I started helping my friend figure out how to get into graduate school in the U.S. (a fairly big project), my other friends in VERY rural Nepal froneded me on Facebook -- I was so happy to see they have internet access now -- and another friend from Kathmandu also found me on FB.
2	08/00:00	MIND	Woke up with the phrase "that which you are seeking is seeking you"
2	08/09:00	ABDOMEN	Still a bit bloated, but not as bad as it was. Feeling closer to normal.
2	08/09:00	GENERALALS	Tired this morning, hard to get going.
2	08/09:40	MIND	<i>Poem: Somehow I Have Learned</i>
2	08/14:00	MIND	My friend did a channeled reading for me. Very powerful, mostly confirmation of things I already felt happening within me. Part of what they said is "Ann is playing a pivotal role in aligning energetic wisdom and knowledge from this current dimension...into the next 2-3 dimensions...(with) great avatars and masters who have already ascended...and are working through her to accelerate the transformation in others." The core of the reading was about truly standing in this space. Talked with M. a lot about the feeling that there is no road map for it all. That there is a bigger space that is calling me, but it doesn't look ANYTHING like the way it has been to be a teacher or leader. Am noticing I don't much like the word leader any longer, it feels inaccurate.
2	08/16:00	ABDOMEN	Ate gluten-free, dairy-free pizza and still became bloated.
2	08/19:30	MIND	Had an urge to go dancing, so found a place to go folk dancing. Was acutely aware of all the energy in the room, each person's field as I danced with them. So many were lost, not present, some were even angry. Because in contra dancing you move from person to person, I was touching a lot of people, women and men. There was every possible emotion in that room, and as the evening progressed, it seemed to lighten a bit. While I loved moving my body and making the patterns was very cool, I am not sure I want to interact with all those levels of energy again. There was almost no one truly happy and unshielded.
2	08/22:00	GENERALALS	Did not have much stamina for the dancing. Danced three dances (maybe 20 minutes each) and my body ached and I was really tired. Came home and went to bed.
2	09/00:00	DREAMS	Dreamt I was at the super bowl looking for a lost child. Dreamt I was camping with some people in an RV, and also then driving with a different couple in their RV. We got stuck on Summit Avenue in St. Paul by the University Club -- there was sort of a roundabout and we could not find the driveway that connected to the street. Felt fairly neutral about it all. No feeling on waking.
2	09/09:15	MIND	Just updated yesterday and all my dreams last night and Excel quit and lost the new data. Sigh. Re-entering now.
2	09/09:30	ABDOMEN	Yes, bloated again today. Feeling resigned.
2	09/22:00	MIND	Just completed a very good blog post on the brain and integration (I have a blog that is gaining popularity in the coaching field called "yourcoachingbrain.") I started out writing one on the power of stories, but then I realized I really needed to focus on the integration aspect. So the post is all about how we flow between chaos and rigidity and can get caught on either side. Coaching (as well as many other modalities) specifically helps us integrate the two so we can flow in the middle. Right after I posted, one of my friends in Australia sent me a message on Skype saying "you're a bit of a rock star, you know." That was lovely. And another of my coaching colleagues -- someone very prominent in the field -- also posted a comment about how helpful it was.
2	10/08:00	ABDOMEN	Still bloated today perhaps very slightly improved. Wondering if I am allergic to all grains. Last two times I had gluten free pizza it kicked me off (two different types). Ah well. Don't care so much about what I can't eat, just prefer to know what the triggers are, and my naturopath isn't finding much. She did say I am highly sensitive to preservatives, which I avoid awfully well, but perhaps now that I think of it, in the "all natural frozen pizza"....?
2	10/08:00	DREAMS	Having long and complex dreams lately which fade easily upon waking. I am just left with the memory that it was a long one! Last night I dreamt I was in some sort of family drama involving a mean boss who turned out to be my boyfriend's long-lost mother. We were all sharing a large hotel room. Also earlier in the dream I was somehow abandoned in a hurricane.
2	10/09:30	MIND	<i>Poem: Ceiling</i>
2	10/18:30	ABDOMEN	Considering breatharianism.... Ate dinner -- organic grass-fed beef, organic sweet potatoes, salad. Horribly bloated.

2	10/20:30	MIND	Annoyed. The guy who invited me to go to Thailand just emailed to say he's not interested in pursuing things any further. It's fine -- I wasn't feeling a huge amount of possibility, but unexpected. The last interaction we had had he told me he was really getting more and more into me and deepening his appreciation. This really came out of nowhere.
2	11/03:30	THROAT	Woke up in the middle of the night with my throat itching terribly. Must have been an allergic reaction because also had to blow my nose.
2	11/07:30	ABDOMEN	Very bloated and uncomfortable.
2	12/00:00	DREAMS	Epic dreams again. Dreamt I was on a military ship and ended up in the water, trying to stay afloat for a very long time There was some debris I hung on to, and it really wasn't terribly hard to do. I knew we would be rescued so I wasn't upset or panicked.
2	12/08:30	ABDOMEN	Again very bloated, a bit worse than yesterday. Better after bowel movement.
2	12/08:45	MIND	<i>Poem: The Corner Turns</i>
2	12/09:45	MIND	<i>Poem: Today</i>
2	15/00:00	DREAMS	Vivid dreams, felt like all night long. Dreamt I was 17 again and angry with my father because I was doing everything and my mom had died (not true, she died a few years ago). I was yelling at him that it wasn't fair. In the dream, I could see my neural pathways reconfiguring. Later had a dream that I was back in high school and was not going to most of my classes. I wanted to find my history class because I liked it, but I couldn't find it. I remember thinking in the dream, wait a minute, I've had a successful career for 20 years, why do I need a high school diploma. In reality, I dropped out of high school but later went on to college. Also in the dream I was trying to figure out if I was attracted to women or not. There was an attractive woman who kept saying people had told her I was a lesbian.
2	15/00:00	GENERALS	Bloating really bizarre to me. Something I've struggled with but all of a sudden eating blow up eating things normally okay.
2	15/00:00	GENERALS	Energy good.
2	15/00:00	MIND	Going to intense coaching retreat. Because of the proving that I'm going, during proving last minute request for people to go and assist. Interesting, came up at last minute, not on my bucket list...amazingly I had the time available for all four retreats. Part of this whole bigger thing of consulting on neuroscience. Feels right that I'm going to this other program that they offer.
2	15/03:30	NOSE	Woke up in the middle of the night and had to blow my nose (clear).
2	15/09:30	ABDOMEN	Finally feeling less bloated.
2	15/16:00	ABDOMEN	Was feeling like I finally back to normal, then ate lunch at Panera -- things that DO NOT AFFECT me. Horribly bloated again. Baffled. All I had was lettuce and chicken and tomatoes and bacon.... A few potato chips. What WAS it? Non-organic? What?? Clothes don't fit. It's like gaining 6 or 7 pounds immediately, and I have a very small frame.
2	16/09:00	ABDOMEN	Slightly better today. Bloating diminished over the evening yesterday.
2	16/09:00	MIND	<i>Poem: You are learning</i> (NOTE: this was written for a friend's client on her request)
2	18/00:00	MIND	Am now assisting at a Leadership retreat in California for 6 days. The group is called the Caribou. I agreed to assist Feb 10, which was fairly last minute. Decided to do it very much based on a gut reaction that it was the right thing.
2	20/00:00	DREAMS	Dreamt I was God on the ceiling of the Sistine Chapel reaching out to someone in the Leadership group with the spark of life
2	24/00:00	MIND	Just got home from the Leadership retreat. It was very easy and smooth. Lots of attention needed, but very little stress or drama. I actually went with a clear intention to have it be easy, and thus it was.
2	25/00:00	ABDOMEN	Bloating cleared up at retreat -- heavenly food. Feeling lean again.
2	25/00:00	MIND	Had a meeting yesterday about the book I was asked to write before the proving. Am very excited because it is turning out to take a new and much more interesting direction. Feels like a huge new area is opening in my life.
2	27/08:00	MIND	<i>Poem: if the reaching</i>
2	28/09:30	MIND	<i>Poem: these are not just poems</i>
2	30/00:00	ABDOMEN	Bloated.
2	30/00:00	DREAMS	Lucid dreams of being aware of being able to fly, it is as though I remembered my capacity for flying.

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2	30/00:00	DREAMS	Lucid dreams of being aware of exactly how to go outside of my body.
2	30/00:00	MIND	A choices as to whether or not to stay to really stay in my body, flying is not the right word, it's about not having to stay in my body. The lucid dream had a markedly different quality than regular dreams. I was up bumping against the ceiling. Oh, I am here by choice. It wasn't a major aha!, but more of a confirmation.
2	30/00:00	MIND	An amazing experience of being loved by the universe. It wasn't about oneness, it was about aware of separateness and being loved. I was going on this date for the first time, wanting to sink into this experience, and this guy walks in the door, I wanted to sit in that for 15-20 minutes.
2	30/00:00	MIND	Boundaries and connected and detached.
2	30/00:00	MIND	Detached, becoming aware of another layer of not taking things personally.
2	30/00:00	MIND	Dropping my son off for an appointment, I was welling up, so happy to be his mom, this is embarrassing, but, that is not the kind of mom that I am, I have never been an emotional mom. Dropping him off at day care was never hard for me. I felt compassion, but I have never had this kind of sentimental quality. That really surprised me. It's a little embarrassing to say.
2	30/00:00	MIND	How do you let your guard down? How do you let your fences down? These questions came up in a conversation with someone regarding safety, how do we know when we need to have these defenses and when we don't?
2	30/00:00	MIND	I felt more in touch with the privilege of being my son's mom, he's 15 going on 16 years old. I was drawn to spend more time with him during the proving, actually liking being the mom of a teenager, but that has dissipated as the the proving substance wore off.
2	30/00:00	MIND	I know this is not about me, but you're in my space! In my energetic space, "You need to stop."
2	30/00:00	MIND	It doesn't serve me or my son for me to leave the world right now.
2	30/00:00	MIND	It wasn't like it was bad or anything. I have a lot of challenges with food allergies.
2	30/00:00	MIND	Usually when my son is with his dad, that's my introvert time, I could tell he was lonely one afternoon, he reached out to me, we went for a walk. His dad was having a dinner party and he wasn't invited and so he came back to my house, it was heart-breaking, his dad made it clear that he needed to find something else to do, it came down to not being wanted. My automatic response was, "Yes, come early, this is okay, absolutely, you should be here." I think that I would have been more like, "Jeez, I've got other stuff going on, how come he's needing me now?" It was an automatic extension of my heart rather than trying to get myself there.
2	30/00:00	SLEEP	Tiredness, going to bed so early, I am more of a night owl, wanting to crash out at 10 pm rather than midnight. It felt significant and different. That quality of tiredness of "Wow, I really have to go to bed right now, I am so tired."
3	00/00:00	DREAMS	a big container of spiders tipped over and a huge tarantula was crawling out. I screamed and ran. The feeling was icky, like I hope it doesn't crawl on me. I was quite panicked.
3	00/00:00	DREAMS	Dream about bats. Was in an open carriage. Sun was beating down, so harsh I had a towel held over my head. A flock of bats flew by close to me. Ick. This sucks. Don't have a bra on-I want to find a bra to put on under towel in this open carriage. I can't handle all this. Why am I in this situation?
3	00/00:00	DREAMS	I accidentally left my kids home alone, and was having trouble getting back to them. Absolute panic and anguish, a horrible feeling in the center of my chest and the pit of my stomach, like a constant scream of terror. It was so horrible and anguishing to think of them wandering out into the street and getting kidnapped or something. I kept encountering obstacles on my way and it was awful, horrible grief and regret like they were dead.
3	00/00:00	DREAMS	Racing another couple, trying to get to a series of apartments before they did so we had a chance to look at them first. also, there was a prize for the favorite couple. Dirty - it was in a city and not clean. Then later dream that I ran into my midwife from children's births - so happy to see her.
3	00/00:00	DREAMS	Trying to find out a way to kill a dangerous and abusive man. he was very powerful and strong so it was scary.
3	00/00:00	MIND	Felt panic when leaving the house, because I was sure house was going to be robbed. Made an unexpected trip home to make sure all was ok. As if I left things undone. Vulnerability. I should have been able to take the house with me. Totally unprotected.

3	00/00:00	MIND	Had a peculiar sensation of being very present in my body - more so than ever before. I felt the softness of the pillow and blanket in bed, and was very cozy and content as I fell asleep. Very in my body and happy.
3	00/00:00	MIND	I am having the feeling that this process is like childbirth, and that I am slowly entering into something very powerful that will take over my being for a while.
3	00/00:00	MIND	I feel rather dense, and I can only take in a small amount of information at a time. If I am talking to someone about planning a meeting, I couldn't plan anything, because I couldn't take in everything that they were saying they had planned for the day. I could only say I'll call them back and then I had to set the alarm on my phone to call her later. I couldn't think of the whole day at once and plan anything. It was like I could only see what was immediately in front of me, and I had to just take a little at a time. Anything outside of that was blurry. like if someone were to have looked at me from far away, being able to see what I am able to understand, there would be a clear spot around me, with the rest being blurry. It's kind of nice, actually, because I am able to just do the next thing, because that is all I can really see. Not worried about the rest of the day, I will figure it out when it happens. My scope of vision has been reduced, and the realm of what's immediately in front of me is much less than usual. It feels like, Well maybe I'm missing something but at least I'll know that I can do this well whatever I am doing right now. It's a calm feeling, like things are coming toward me in the correct order. I don't have to worry because it fill float to me when the time is right. it's like I'm underwater, moving very slowly and gently, and everything is buffered, softened, dulled a little but in a nice way.
3	00/00:00	SLEEP	Have napped, which I never do, 2 of the past 3 days. Also sleeping really well at night.
3	01/10:30	MIND	Downloading cheesy songs. It feels so important to hear these songs. So beautiful. Watching Grey's Anatomy season 7. I don't even like that show. But it seems so profound. SO GOOD> What is the matter with me? So meaningful.
3	01/10:30	MIND	Feeling confused. Need to focus on what is in front of me (hg holding hands in front as if grasping a football). Overwhelmed. Can't look outside, can only handle a little amount. Can't take in the big picture (hg out and around). In a big body of water, clearing around in front of me (hg out). Don't want to look around. Too difficult. Almost panicked. Can't....I try to talk about what it feels like, but that's going into the space out here. Hard. Can only tell you the little bit right here (hg in front). Manageable space.
3	01/10:35	CHEST	Left lower chest pain. Heavy. Face is heavy.
3	01/10:35	FACE	Feel pressure from sides diagonally from side/front of my face. (Covers face).
3	01/10:40	MIND	Big black wall all around. so much out her, been blocked off. I can't consider all this information. Small pieces to deal with. Like I could make a list of three things and do them. Reminds me of school last weekend. I cried all day. People would ask me a question-that's too hard. Every time teacher looked at me I would cry. I couldn't believe that was what is asked of me. Too hard. (O: she is talking slowly and very purposefully all through her stories.)
3	01/10:40	MIND	Usually struggle with brain fog and forehead feels heavy but this is different. I can plan days far in advance, but right now, so much, what is out there. In front of me is manageable. It is simple. I am able to say things like "today I will do something at noon." But I can't make a plan of what I will do at 3. I can't plan that yet. Too far ahead. Can't plan until a couple hours before. I can't even imagine. I need small, manageable chunks. Only take a few things at a time.
3	01/11:00	MIND	What I can express and say is clear and deliberate. It is okay to talk slow. I am so patient with kids right now. I take time to say ok, I can avoid this tantrum. Stop rushing her, see what happens. Very. Simple. Steps. Simple and slow and very important.
3	01/11:20	MIND	Normally I have 10-30 things going on at once. Do each thing (hg) now carefully. More weight to everything. I need to go to the store to buy creamer. Seems really profound. Like I will drive to the store and buy creamer and I will HAVE it. It will be HERE. What else could you want? My needs and scope of awareness is reduced. I focus in (hg). Totally present. My mission is to buy creamer (O: talking very slow and simple, child-like, has peaceful and wondrous look on face.)

3	01/11:30	MIND	Really grounded in experiences. Material, tactile, details are tethering me to the earth in a good way. Soul firmly pulled into my body and I experience things fully and deeply. Not good or bad, no judgment. EXPERIENCE. Like take a potato sack and just feel it. The roughness of material world, process of friction, where it happens. I feel something, the moment of rubbing, friction, feeling, base moment, feet touch earth, bond between person and spirit and earth (hands flat together) energy of connection, explosion, reverse of bond so strong, so grounding. Not damaging or hurtful, want to rub it (has been rubbing palms together). Straw, hay bales, bare feet in leather sandals. Feel just energy of not seeing big picture. One small part, deal with right in front of me. Energy basic but super important piece. Content being in that. Experience something really pouring energy into a foundation, cement into my being. Feel like anything can be built. Can try to fluff or make pretty, but when solid foundation, strong base, you can do anything, never fail because you can always build.
3	01/11:40	MIND	I can sink to being in me. I don't want to reach, pull together, assimilate thoughts. Reach & pull pieces together and make it workable so I can deliver the thought to you? Why? When I can look here at my shirt. SO much easier than my life story. I feel you want something from me and I need to retreat a bit. You look at me and I want to pull back, curl up (hands over face) and be with myself in a safe place. Just twist in like if you roll paper up from both edges. Twist in and be protected. Something will keep me safe. I can talk to you but you can't get through this (has eyes closed and hands still over face). I don't want to connect up here (face level) with someone, I want to be down here (gesture mid-chest with eyes still closed). Tiny ball, dark and happy.
3	01/11:40	MIND	Starting to feel things falling into place. Feel good about myself. I'm me. I'm....(pauses a while and looks into distance) I have to reach too far to tell you that story. I can't. If you were to ask me a question, but I don't know. I would have to reach super far and grab for what I try to tell you. Even to remember what I was going to say seems too hard right now.
3	01/11:50	MIND	I wore a shirt so people could see my neck. Flesh is exquisitely beautiful. This area so important, delicate beauty. So sensual and very precious.
3	01/12:00	MIND	Doing reiki. Such an ability to be present with people's energy. I can tell something is so precious in them, jewel of special, big blue diamond in every person. Special place of golden special nugget (making hg, as holding, back and forth).
3	01/12:00	MIND	Don't like when people complicate simple things. This is so pure, mind and ego exclude people, love, separate. All we have to do is connect with basic things. Don't need to know anything. A baby can do it. That energy in everyone, everything, all that matters. Come into space and look and experience. Feel plugged into basic thing. Compassion for self, a lady I wouldn't normally have given the time of day to -I can see her essence now, but she has the same thing like I have inside of me. But hard. I want to be special. When I think of someone else having that-hers is dirty because she smokes. I have this need right now to be very clean. Want pure foods.
3	01/12:00	MIND	Go in and out of clarity. When focus in, very clear. Can't narrate experience, but holding energy here. Feeling of (hg) so pregnant with going forward, stay in this powerful, haven't spent energy in a reaction or decision. Steep in it. Want to grind my butt into the couch, dig myself in, something like friction (flattens hands) real. Sandpaper. Want to rub it. Friction connects you, bond. Not stuck but rubbing makes stuck. Can't settle, so much possibility. Feel of tremendous power. If I harness power it would be too much, too easy. Such a powerful being. Don't want to be too perfect. Need a bit of imperfection to be grounded.
3	01/12:00	MIND	If everything is too perfect there is no connection to ground. Something so beautiful about slightly dirty hair or a sweater with a hole, a scar or a blemish-but not a big pussy one-but something so human. Love it when imperfect. So important. If too polished, boring. Want to puke. So exciting to have a friend not in prettiest perfect clothes. Essence of body, way they sweat, do stuff. Live in body. Something about scruffy, more beautiful if you are. So visceral. raw. Want to take sandpaper and rub skin off. Noticed a teacher wore the same socks three days in a row. SO GREAT. She's not dirty but has that...not super clean. So real. So important. But that lady that smokes I don't like. I also don't want to be around fat people. Unhealthy, scary. It's so much.
3	01/12:00	MIND	Obsessed with the song Chasing Cars. Have listened to it at least 7 times already today.
3	01/12:30	MIND	Want to get binoculars to look at birds. Listening to calls on YouTube. Exquisite. Wonderful.

3	01/12:30	MIND	When someone is fat it is hard for beauty to shine out. Actually, only if fat is between chin and chest. Need to have a clear path to the throat, need to be able (rubbing neck softly) to have the option of touching someone's throat, such an important powerful part. Soul cord connects here. Fat mucks things up. Don't want that.
3	01/19:14	NOSE	Nose is tingly and runny on Left side only. post nasal drip.
3	01/19:17	EXTREMITIES	Left wrist sore, achy. stabbing pain right on the pulse point.
3	02/07:02	DREAMS	I was at class and all of the teachers were there all talking at once, and I couldn't understand what they were saying. I asked them to stop talking and interrupting because I couldn't hear any of them. Then everyone got quiet and looked at me. It was like I had made some terrible mistake by speaking out against them and they turned on me. Someone was laughing at me, and I started to cry. I felt so misunderstood and angry, like how could they be so cruel. I was sobbing and crying and sure that my career would be ruined. it was agonizing. no one would show me any understanding or compassion, and I wanted them to say, "Oh, it's ok, this is because of the proving." but nobody did. Unfairly victimized. Mad. I can't get the information because you are jabbering over each other. Some man, the dean of the school, wanted to talk to me after class. Betrayed. Misunderstood. Have compassion for me! Cast out of the group. Sobbing. So sad I am wrongly treated.
3	02/07:02	DREAMS	Someone was trying to escape from a house. She was on the run from the police so they had the house surrounded –a SWAT team of men. They were trying to capture her, but she was not a criminal, just persecuted. Why target her? They wouldn't listen to reason. I hoped she would escape. I was trying to sneak out of the house too, just to see if I could find a way to escape. Snuck down to a dock in a lake-saw 6 policemen, told them I was testing that the police were doing their jobs. I was kind of scared of the police and hoped she would escape, because she was being treated unfairly. The feeling was that men you thought were nice could turn on you any minute. Also careful of actions because if I did something wrong I guilty and they would turn on me.
3	02/07:12	EXTREMITIES	The tendon on the outside of my thumb on the inside side hurts like it's too short when I stretch my arm. It's like that tendon has reduced in size and is pulling on all of the tissue around it, but only when I stretch my arm out on front of me, and flex my hand. Feels tissue connecting the tendon has ripped. Surprising pain catches me off guard. Tight. Vibrating and joint sore.
3	02/07:31	MIND	Still feel like I can only focus on what's in front of me. But it's nice because I feel like I have everything I need.
3	03/00:00	EXTREMITIES	My feet have been hot at night since the proving started. I have had to take my socks off and stick my feet out of the covers. My feet are usually cold at night. Last night it felt like they were close to a fire, that's how hot they were. It feels so good to stick them out of the covers into the chilly room.
3	03/00:00	GENERALS	Feet so hot at night in bed, like holding them up to fire. Have to take socks off, put feet out of covers. Feels great to walk on cold floor.
3	03/00:00	GENERALS	Pain in left foot, pain in left thumb, sharp, intense, stabbing, deep inside, took breath away. Sudden and painful. Pulsating. All pain left side. Makes me feel vulnerable.
3	03/00:00	MIND	Think about layers of our being. A glowing orb of spirit is what heaven is. Layers of physical body/mind. Definition of heaven is the divine space inside. Hell is the physical being including the mental part of the physical being.
3	03/00:00	MIND	What is wrong with me? Try to write things down, forget on the way.
3	03/00:00	STOMACH	Eating less meals, changes in appetite. Just want meat and veggies-what is best for me. Craving pure fuel for body. Taking in nutrients and fuel for self.
3	03/00:00	STOMACH	Stomach is sore, gripping pain, as if someone grabs it. Soreness, moves down digestive tract. Bad gas last night. Feel popping inside intestines. Sense of pass gas but inside. Like bubbles popping.
3	03/07:16	EXTREMITIES	My left thumb is getting worse. It has radiating pain and is worse from jarring and movement and stretching, and even when I am not moving it has a tingly sore tight feeling. When I do move it a certain way or rub the top of it there is a sharp stabbing pain that reminds me of sciatica, even though this isn't nerve pain. It catches me off guard and takes my breath away for a second.

3	04/00:00	BACK	My back and shoulders are so sore. It really hurts and it is upsetting because I don't like having pain and I am worried that maybe it's not the proving and that something is wrong.
3	04/00:00	MIND	Back/shoulders hurt. Maybe I'm sick, something is wrong. Confused, blurry, what is pain doing? Why do shoulders/back hurt Upsetting. Not clear, not fair. No one is concerned enough about me Why aren't they calling to check on me, see how it's happening? Disorganized. Feel isolated. Am I crazy or why have pain? Want to rub pain or heat it.
3	04/00:00	MIND	I don't know, don't ask me, I can only handle what I try to do. Draw curtain because to see past it is a big effort I don't have.
3	04/00:00	MIND	I don't want you to look at me. Want to hide behind hand. Too exposed. I feel you are poking at me (reassures supervisor that supervisor is doing a good job) at a higher part I understand, parts experience it like something else. Part is able to oversee everything happening and be fine. The other part is irritated, angry. Stop calling and asking me questions. Cranky with it.
3	04/00:00	MIND	Is this pain inflammation? Is body being damaged? I need reassurance. (Supervisor O: She often says things and then reassures me that I shouldn't take them personally. If I reassure her about anything, she says she knows.)
3	04/00:00	MIND	It is important you know that I'm not like the things I say. In an elevator, mirrors, see a million of yourself. Not feeling what not feeling. Need to say I feel something but it is not me. The real me is not like that. Every feeling I tell you I also have 2 explanations but I get lost and cannot explain or compensate for each of them.
3	04/00:00	MIND	There are layers of information and I have to explain each, but want to not have to. It's complicated. Crazy. Makes me paranoid.
3	05/00:00	MIND	Keeping me here, not let me go where I want. Force to stay in uncomfortable place and expecting me to. This is what normal people do, they stay in classroom until class done. So mad. I don't want to. I want to get up and leave and I should be able to, don't want to be uncomfy. Expectation that is what everybody does.
3	05/00:00	MIND	(Invasive means) I'm not really clear about what exactly I'm supposed to be doing. You are saying "you are doing great", but feeling is someone should be here stepping me through it. Thrown out on own to sink or swim. Irritation. No definite concrete guidance. Even though there is, I feel there isn't. Irritated. Don't want to do it anymore.
3	05/00:00	EYE	Sore spot in my eye. Styte or something, put hot rag on it and seemed to go away.
3	05/00:00	EYE	I have a sore spot, like a styte, on my right upper eyelid. It hurts to blink and I just am so tired of this proving. I am ready for it to be over and I am feeling very irritated with it.
3	05/00:00	MIND	Feeling of being in math class and some really hard math problem. Too complicated. I don't care, get me out of here (hg). Get when I'm in a case and the teacher is taking case and it goes on and on and on. You have to be kidding me. It's like the fourth hour? Who can listen to this? UUgh. Who even cares? Can't take in anymore. Feels so convoluted, no point, so messed up that there is not straightening it out. NO clear progression and I'm already doing a bad job because not doing journal well. I better just write something. But nothing to write. Feeling of STOP BOTHERING ME, stop looking at me, (hg) get away, I'm done.
3	05/00:00	MIND	Felt better after massage, back felt all better. Thumb feeling better now too.
3	05/00:00	MIND	Forget it. I know I signed up for this, but I guess I don't want a part of this. Too invasive. Too much. I already went through a lot of experience with this talking to you and taking proving. Took all energy I had. To keep dragging it out...why do you want me to do more? I already did a lot. Nothing else to happen here.
3	05/00:00	MIND	Had to get haircut, hair irritating me so bad. So thick, had to have them thin half it out. All tangly, snarly, just had to go, just like the proving (hg). Just has to go. I can't tell more, so mad, don't want to talk about it. I want to puke on this proving, so dumb and stupid. Too much, can't remember to write in here. Can't think of anything, so STUPID. Really? Got to write some stupid bullshit? So confusing. Irritated because I'm so confused and I sit down and write and get feeling of "this is so fucking stupid I can't even attempt."
3	05/00:00	MIND	Husband keeps telling me to stop the proving. Don't want people telling me what to do. Three or four times he said that. He was kind of kidding, but I was able to say I need your support. This is a commitment I made and I'm struggling to follow through. Then he started tot take it seriously. Oh, enough with the skypeing. I am the one who has to do it and juggle everything.

3	05/00:00	MIND	I am not taking another dose after this. I feel that this whole last week I'm not myself. Worried everything I've said to you is not what other people saying. OMG she is crazy. Wicked. Personal, homeopathic interview. Everyone is looking at what I'm saying. Why won't this go away? I could maybe pretend to be fine and write stuff down, but It would be faking or making stuff up. Oh God, I'm' going to be a big failure. She didn't take time to write in her journal. Outcast.
3	05/00:00	MIND	I can't just say screw you, I'm done without looking like an asshole or it will ruin how I look to other people. So I am so confused. Is this my reaction and I am asshole and I am proving? Confused and mad, nothing makes sense. I'm the problem person. Yet I'm not making any huge effort to appear like perfect person, irritated, stop.
3	05/00:00	MIND	I have symptoms and I don't go write it down because I think not important even though never had before. Get confused, then irritated, then pissed. Then don't even remember anymore. All at once. Going to wreck whole proving because missed everything.
3	05/00:00	MIND	Minnesota thing. I'm just going to suffer, I'm sacrificing my own comfort for what? Who knows? No reward that's why so stupid. Reward is to take lunch break and feel happy but culture of "gosh, I worked through lunch and stayed late" and expectation that you better too or you are asshole. You are making choice to stay and you expect me to because you made choice to stay? (almost yelling) puritanical weird unhappiness. Who can be most unhappy, suffer most without asking for help. Ridiculous. So mad I live in that. I don't so much, layers of it. Very prominent in corporate world. In homeopathy world take care of self, but also must put your needs aside while in case with client. So what if you go 8 hours without eating? Homeopathy will feed you? Fuck no it won't. Not how I operate (angry tone). I need to meet my needs first.
3	05/00:00	MIND	Outcast? They will be mad at me. Want to push (hg) away, don't want to have to be....whenever I'm expected to do something I get really pissed off. You can't tell me to do that. At least I'm writing in the journal. You're lucky I'm even doing this. So to ask me to do all these little details, and I know this makes me sound like an asshole, you try to keep hold of me, (Hg like holding football in front of her) being held prisoner
3	05/00:00	MIND	So irritated at this super journal. So irritated by it can't write in it. Nothing comes to me, so (hands up, talking angrily) nothing personal, but I am so irritated with it. This proving can just go away. So sick of it, so annoying. Feel like it's setting me up for failure. Cannot come up with anything to write down.
3	05/00:00	MIND	Having a really hard time writing in this journal. When I sit down to write, I cant think of anything.
3	05/00:00	MIND	I am really feeling irritated that I even have to think about this proving anymore. I feel so done with it, and like it doesn't even matter anymore. I feel like it's no use to even write anything down because it all seems too complicated, and I have no idea what is what so I really just want it to be over.
3	06/00:00	DREAMS	I also had a dream that I was with my dad and he wanted me to have sex with him, had been doing it for a while, but was so disgusted it finally was to point where I can't do this anymore, even if you don't give me money anymore. In dream feeling of UUUGH, get away from me. Same feeling. Get away from me, stop bothering me, don't...ick. So sick of it. shut down.
3	06/00:00	MIND	Everyone will be disappointed in me. I did everything wrong. Could take opportunity to do good job and didn't. Shut down, pushed it away, stop get away, push a big thing away. (hg) Resistance, hold back, hold something down.
3	06/00:00	MIND	Feel inconveniencing you. I am not writing anything down, I should have known it was important. Guilt, icky. Why would I worry so much about that? Feels I'm sickly twisted, not a straightforward communication. Feel you are mad at me for not doing it right. Inadequate. I'm a child and everyone else is an adult.
3	06/00:00	MIND	Feel you want something from me and there's nothing to reach in and give you. Expectations for some amazing profound experience and I am struggling to come up with anything. Empty-handed. Nothing, nothing, nothing, just nothing.

Full Didelphis virginiana journal

3	06/00:00	MIND	Find it really hard to let guard down or something. Feel very guarded (hand in front of camera), tiredness is barrier. A wall that I'm putting up or it's there so I can't get to what is underneath it. Want to access what's happening but energetic shield or barrier. Can't go underneath it. Reaction is frustration, exhaustion. What's wrong with me that I can't access it. Tight wall inside body that is making a barrier. Not let things in, deflecting (hg open and close hands) my inquiries into what's happening inside.
3	06/00:00	MIND	I don't like you looking at me at all. Feel better talking to you via phone. Huge relief that you can't see me right now. Feel you are peeping at me through the computer, as if you are voyeur. Invading, creepy, feels safer to me, I can talk more freely. The tired feeling has gone, the yawning was me trying to retreat, pulling back into tired feeling to remove myself from having you look at me.
3	06/00:00	MIND	I should have sat here all day and focused on what I feel (yawn) but I sit and try to write, mind blank. Wish I could start over, eat right.
3	06/00:00	MIND	Numb inside. So tired and really numb in the middle at solar plexus. Numb feel of...block. Can't go under what is there. Even surface that I think is maintained by me eating food that makes me feel like this (hangs head back) not lively, not engaged, just so tired (yawns).
3	06/00:00	MIND	Poison? It's going to be a while before can clear all this out. I can function well when I eat well, but not eating well. Feeling uncomfortable so eat. All too much, don't know what is happening. I thought this proving was going to be good, something beautiful and magical happen, I would be star of proving, wonderful for me, now I feel like I wrecked it.
3	06/00:00	MIND	So hard to think, talk, want to stare. Lethargic.
3	06/00:00	MIND	Tired, nothing abnormal. Yesterday ate coconut bar and today ate pizza, don't feel good. Tired, sluggish, like a foggy mind. Feel shut down. (talking slow, propping self up on hand). Doing bare minimum. Just trying to get through day until things are easier.
3	06/00:00	MIND	Tired, wanting to nap. Feel like a loser smoking bong hits. Tried to nap, laying in bed and like I imagined myself, looked different than usually do, annoying. Picturing myself, what I look like when I walk around, was different. My hair was darker, face shaped differently. Having feelings (when talks, breaths out a lot while talking.) Maybe people perceive me totally different than I think they do. Question what I always thought people perceive in me in different areas. Suspicion that what other people see is something totally different. They notice things I don't think they notice. Feel stupid if they notice something I shouldn't be doing.
3	06/00:00	SLEEP	So tired, stare at picture of myself, need to make it go away.
3	06/00:00	SLEEP	Tired, wanting to nap.
3	06/00:00	STOMACH	Some sort of wall, block inside that is cutting me off from my spirit. Usually connected. Useless. I'm just a fat lump. So heavy in my head, face, arms, want to hang head because too hard to hold it up. Hurting my own body when I eat something I shouldn't. Punishing myself-you don't feel good so don't get anything better than cookie bar.
3	06/00:00	STOMACH	Tired, don't feel good. Eaten so much junk feel insides are dirty and poisoned. (smacks tongue) feels terrible in stomach, like I will have to recover from it. Have to drink special tea from Chinese medicine doctor. Mouth when I eat sugar I get soreness in mouth and gums. Not treating body well, shoving food in it.
3	07/00:00	DREAMS	Was no longer a choice to drop it because people know about it. Wrecked our friendship. She's totally screwed up.
3	07/00:00	MIND	I am starting to really feel like my privacy is being invaded and life my private life is on display for everyone to see. I feel like everyone is discussing my innermost feelings in a way that is uncaring and not compassionate. I can picture everyone reading notes about me and then looking at each other thinking I'm crazy. It's the idea of a group of people ganging up on me, making decisions about me or for me. Like a witch hunt, they are deciding what is true about me, and they could get the wrong idea and it could get out of hand and before I know it, I'm being carried off to be burned alive. I am being scrutinized, under a microscope. I can feel eyes always watching me, noticing my every move. I do not like this at all. It's like there are eyes all around me, waiting for me to mess up so the alarms can be sounded and then a big group of people will swoop in and carry me away. My fate will have been decided because of a misunderstanding and I will not be able to explain to anyone, no one will listen.

3	07/00:00	MIND	Like at any moment, a switch could flip and there is no talking everyone out of it. One little thing happens and whole mob mentality takes over and that's it for you. Like when trying to sneak through pack of wild animals and they aren't looking at you, but you snap a twig and heads all look at you and they all will kill and eat you. You're never getting away. You're going down. Lot of suffering.
3	07/08:13	DREAMS	My husband and I had 2 male friends who were our good friends. They raped me and I was mad at the time, but I felt like they had just made a mistake and I missed being friends with them. But I felt like I had to go through the process of calling the police, etc. or else I would be treating myself badly. I really just wanted to forget the whole thing because it didn't really even bother me. They were just going to apologize and I was glad, but I was afraid that if I dropped the charges I would be seen as weak. It was interesting because the rape didn't really bother me that much, it was like, "yeah, but I'm fine." the concern was more about how I was viewed.
3	08/00:00	DREAMS	Need to be home with the family. What am I doing out here? Wrong turns, weird slippery turns, skidding because of snow, couldn't get car to go. Not getting there. Not panic, but I just want to reach them.
3	08/00:00	EYE	Bald spot by lashes where the stye/bump thing was a few days ago.
3	08/00:00	MIND	Brought on by me not feeling sharp, so brings on paranoia. Remedy makes me react to feeling my brain fog, the reaction to having to communicate during brain fog is the feeling to I can't have you look, so uncomfortable, want to scream. Stop looking at me! I have nothing for you, I can't get to it yourself. You want to suck something out of me I don't have. Stop. Worry that reaction and shutting down is being viewed as lazy or asshole or maybe something is seriously wrong and we need to huddle in a group and talk about it. Think about teachers sitting in coats, writing on clipboards, want to have an intervention with me and cart me off to crazy house. Something is not right with her (they all think). Too late, nothing you can do. All these people were standing around talking about you. Feeling miserable, agony with this feeling, dread of being alive. So desperate to escape any way that I could.
3	08/00:00	MIND	I am feeling much more like myself today, happy and energetic. I have been putting really good food into my body and exercising and feel so much better than I did a few days ago.
3	08/00:00	MIND	States are alternating depending on what food is being processed by my body. When I eat healthy food I have clear mind, feel good, patient, fun, nice. When I get a foggy mind, paranoia, weird you're looking at me and I can't engage, cut off when not feeling well, haven't felt good since took the remedy. Haven't felt clear since taking the remedy. Felt so good after yoga yesterday, I have restored my whole spirit with these moves.
3	08/08:00	DREAMS	I was trying to get home to my husband and kids. I was out drinking with friends and I just wanted to go home but couldn't get a hold of my husband on the phone and my car wouldn't drive right. I was mad at my husband for not answering the phone and I just wanted to be with the people I cared about. I knew my friends would be mad that I was going home, but I didn't care because it was very important for me to get to my family. Thinking of them without me was very lonely and I felt lost and all alone out in the world, vulnerable and unprotected.
3	10/00:00	MIND	Consumed with this. Trying to rest. Dealing with this scar revision. Pain is itchy, very weirdly itchy.
3	10/00:00	MIND	Daughter has been falling a lot, over and over. When that happens something gets lodged in her body and presses on her brain and she gets Jekyll & Hyde personality. I was so pissed at her. Are you an idiot? She kept falling in the same spot in the pool, same spot on her butt. Spent the whole day screaming at her. My voice is so sore and tired. The kids are assholes, don't listen.
3	10/00:00	MIND	H is one big overgrown baby I have to manage. He so obtuse, ridiculous. So glad they are all going away later. Bye bye, I couldn't be happier.
3	10/00:00	MIND	If it hurts bad I will take pain meds, but makes me more irritable, but really bad pain, OMG it really hurts. In one spot, hurts when move or touch it by elbow or by armpit. Icing helps.
3	10/00:00	MIND	Irritable, I cannot use my arm. Daughter been difficult, she is disagreeable. I don't have time to deal with you changing your mind every second. She has to have purple socks, sometimes a specific color purple. She is really immediately screaming if she doesn't like something. She screams loud, growly scream instead of saying it is bothering her.

3	10/00:00	MIND	They cry about the most ridiculous things. Oh, I want to go, don't want to. Shut up, just go, I cannot be patient. I can't deal with you. Go away, I don't feel good. My arm hurts and itches, want to scratch the skin off, itchy and painful at the same time. I'm surprised it hurts this much (post-surgery). My homeopath won't call me back, I won't even bother to call her. I will try to find a remedy for myself. Whatever.
3	10/00:00	MIND	Voice sore from having to talk to people. Husband annoying, he supposed to take care of kids, he's so stupid, can't do anything without. He is just an idiot. I can't even talk about it so annoying and stupid. Such poor time planning capabilities. Huge overgrown retarded person right now. I love my husband, but so irritated. He may as well not be here he's so retarded and incompetent I have to do everything anyway.
3	10/00:00	MIND	You are not worth the time of me trying to communicate with you. You are a lost cause.
3	12/00:00	DREAMS	long complicated dream - I encountered my deceased grandparents and I went back in time to when I was a baby and I was taking care of myself. In my dream the baby (me) wasn't very healthy and the feeling was sort of sickening, like this inner disgust. the baby had pooped this gross green poop and it was everywhere so I had to change it and bathe it and it was gross dirty water and all the soap was old and gross. The feeling was that it was all a waste because the baby was sick and would never get clean and wasn't worth the trouble because it wouldn't have a good life anyway. A sick feeling of something being wrong inside, like as if the baby had birth defects, like born with the organs on the outside of the body, just something so devastating and hopeless and sickening. There is no chance the child would be able to live with those kind of birth defects. So to dream that that was what I felt about myself as a baby is that I was born with something wrong, with poor energy, and I've had to work really hard to fix myself, to get to be a whole person who doesn't have something wrong.
3	12/00:00	MIND	I kept telling kids I would flick them in the head if they didn't stop SCREAMING. Now I am at the office, no one is bothering me. Perfect. The kids are super annoying, screaming, throwing tantrums. Son screaming, slamming door, every time I talk to him he screams at the top of his lungs, loud, crying, meltdown after meltdown. Too much activity, like a frenzy of activity I can't handle right now. So overwhelmed with what is going on with me. Feeling depleted.
3	12/00:00	MIND	No one mentioned to me beforehand that I might take another remedy. Feels sheisty to me. Stop making me try to take another dose. People are just bothering me. I can't give anything else.
3	12/00:00	MIND	Watching a show about a psychic lady. It's not very good.
3	12/00:00	MIND	Writing the dream down was such an effort, big accomplishment.
3	16/00:00	MIND	Attracted and obsessively watching show Medium. I like it when murder, kidnapping, torture ones because not like horror movie graphic. Feel safe outlet to experience that is to watch show that is not scary but touch that theme in me of liking that. Sometimes I am wrapped up in it, think about characters when think about other things.
3	16/00:00	MIND	For a while I was irritated, uugh, friends annoying me, but now that has gone too. Feel on top of things, can deal with, have expressed concerns about being overworked.
3	16/00:00	MIND	Mostly overwhelm is okay. I feel I am clearer in communication, easily able to articulate what I am thinking, be deliberate about my expression. Word choices, not saying extra words. Can't bear to listen to my husband go on and on. He takes to long to tell a story. You know what? I don't need to know every detail of your thought process.
3	16/00:00	MIND	Still really like that song, played it for a friend today, friend said I didn't get mom to give me love and attention and that is why I liked it.
3	16/00:00	MIND	Today I got 5 messages from friends that weren't supposed to come to me. Happened all at once, seemed odd. Had feeling some sort of magnetic energy happen that people want to send me weird text messages. Weird force caused all this to happen. Mistakenly sent all this at once. What is the message in it for me? Why would it happen? Weird. Is this some altered reality? Is this something I should...what will happen? Not scary, but interesting.
3	16/00:00	MIND	Went to mom's for weekend, arm healing up, so happy with it, healed quickly. Kids gone, not irritable, Others going out of their way, helpful, really appreciate that. Other people's supervisors just want money, she goes out of her way, really wants to help me. Feel so lucky all the time with everything. Appreciative, humble, don't feel I deserve, but just great, graceful acceptance and thankfulness.

Full Didelphis virginiana journal

3	19/00:00	MIND	I realize that lately I have been really fat and ugly. I haven't gained any weight, but I feel as though I have and that my clothes won't fit, even though they do. I really want to exercise, to run, but it is hard to find the time.
3	19/00:00	MIND	In my body, not how people are viewing. Sluggish, bloated, not fit and trim. Eating donuts, then eat well for couple days, then eat donuts or something again. Don't usually do that. Need to get serious exercise, but feel like it's never a good time, very inconvenient. Feel mostly in stomach. Just lumpy blob.
3	19/00:00	MIND	Usually get tired of being somewhere, get panicked to leave, but today didn't feel that when out with kids. Didn't feel rushed. Normally rushed for no reason. Patient, more okay being there, didn't have to leave.
3	19/07:32	DREAMS	There was a snake, a frog, and an oversized praying mantis. The snake and the praying mantis both wanted to eat the frog, and they both were eating it, each from a different end. Suddenly I was the one they were eating. The snake had its teeth sunk into my hand, and the pain was horrible. My legs were in the mouth of the praying mantis and I knew it was already starting to digest me. I could feel the venom from the snake dissolving my hand. The feeling was terror, but I felt like I could get out of the situation of I could struggle free. I knew my body parts would be badly damaged, but I would live, so I started to focus on yanking my hand out of the snake's mouth, but I had to be very careful to do it at the correct angle. There was sort of a disgust or a sick to my stomach dread about the condition of my hand, like it was unbelievable mangled, and the sickening feeling of realizing that it was my own body. It's a very helpless, vulnerable feeling, like this body is so vulnerable, and at any moment it could be torn apart. I could also feel the snake's feelings during the dream - it had a cold determination to kill me and eat me. Its eyes were cold and cloudy, and it had absolutely no compassion for my suffering - just a killing machine like the Terminator. There was no reasoning with it, so I had to fight for my life, which was the last resort.
3	21/06:10	DREAMS	Again about the praying mantis! I was at my grandmother's house with my mom and there was a cougar getting ready to fight with a large praying mantis. My daughter was standing close to them and I was afraid she would be attacked. My mom then went near them and I was afraid she would be attacked as well. The feeling was very out of control and panicked because I was sure that my daughter would be ripped apart by the cougar. The cougar was not smart, it didn't understand that we didn't want to hurt it, and it was very unpredictable. The dream felt like it was touching a very old and deep place inside of me because it was taking place in my grandparent's house. The feeling is of something almost untouchable, very elusive, like a secret. The energy of the dream was also about this circling that the two animals were doing. They weren't fighting yet, but they could start at any moment, so it felt like a very precarious position to be near them, because anything could happen.
3	21/06:10	DREAMS	I was with my husband's aunt and uncle and the uncle was going on and on about things in the past, which he always does in reality; he is very nostalgic. I suggested that he take a remedy because we have several good remedies for people who are excessively nostalgic. He got mad and said no, and so did the aunt. She said, "well, you gave me something once that didn't help at all." I felt so hurt and embarrassed and humiliated. It was like she had struck me where I was most vulnerable. I was overcome by anger and had to leave. I felt very insulted, like she had been just waiting for the opportunity to hurt me.
3	60/00:00	FEMALE	Very very heavy period. Huge clots.
3	60/00:00	MIND	I can't think very well. Not connecting with anything, a black curtain pulled down here and here. What are you talking about. My body is doing so much work by having this period right now if you knew what I was going thru you would not be asking me. super irritated.
3	60/00:00	MIND	I don't even know what's happening. Getting clients and getting busy and fun. Not pervading my whole life. Right now, connected to cycle, come back so strongly.
3	60/00:00	MIND	it's too hard. I can't access information very well. It's so messed up, papers jumbled and not doing a good job. Very vulnerable and exposed. In wrote lab coats writing notes about me, people coming and taking me away. Back off stop looking at me, stop asking so much of me, I can't do anything else. I can't get any perspective, I can't get any perspective, all this stuff piled on top of me, there is nothing.
3	60/00:00	MIND	my destiny. All for me. Like going thru labor, so exhilarating.

Full Didelphis virginiana journal

4	00/00:00	DREAMS	Once again back at the resort I used to own: I am gathering together staff, having a meeting, getting the To-Do list set up in a prominent, accessible place. I try to learn a little bit about them, it feels like we are going to be able to really have a good year if I can enlist them well. One staffer from previous years is helping us thru the beginning pinch but won't be staying for the season, so I will have all new energies. Another staffer from last year wants to take the boat he used with him, it is sticky with neglect but I feel we should use some oil-based product to lift the grease and restore it for use by others as well.
4	00/00:00	EXTREMITIES	L middle toe sends up a shooting pain when I walk
4	00/00:00	GENERALS	Feeling more of a yearning to go outside, go for a walk, feel my body moving through the air. As if I had to get a breath. Want to walk faster and faster, like an airplane heading down the runway, building up steam to take off.
4	00/00:00	GENERALS	Had a free hour, first choice was to go for a walk around the lake, which I did. Feels good to be moving.
4	00/00:00	MIND	On a quick walk before work, a cemetery across the street draws me, and I wander through it. Seen it many times, but have never been at all drawn to walk inside it. I find a tombstone with the last name of an old, special lover, and also there is my full first name, and both my son and his dad's first names all on this tombstone. I am struck by people, like a spouse, having the dead spouse's information on the tombstone, and then their name and birth date, with a space for the date when they die. As if they are already half-dead, just waiting around for it to happen. Today I talked with a woman who is having a double mastectomy next week. She talked about how she felt her time was near, implying she might die of complications, heart failure, etc. during the surgery.
4	00/00:00	MIND	Taking more time with my mom, just sitting around, talking. Usually I am "too busy" to just hang out with anyone. We talk about my dad's death, and also the different houses they lived in those first years when I was a baby. I realize I am currently living in a house just a few blocks away from the house I first lived in as a baby. Today is my mom and dad's wedding anniversary. This is something we have only very rarely paid attention to.
4	00/00:00	MIND	Talking with a good friend of my mom's, how the reason she wants to fix up her house is so it is ready when she dies. We discuss my dad's death and how I was flying in from overseas and got there too late for the funeral.
4	00/00:00	STOMACH	Have been trying to belch up big burps, hard to get them out
4	01/00:00	BACK	Back wants pressure.
4	01/00:00	BACK	Have to do yoga pose. Feel weird, wait here feel something will happen. What feels good is back of shoulders being pulled back, distance between scapula is less, shortening distance in upper back and it feels good.
4	01/00:00	CHEST	Now upper chest sternum feel like an older big bosomed lady, like bird no distinct breast but chest feels fuller with one more united line of curve. Tightness sensation moved through drawn upper chest a fullness
4	01/00:00	CHEST	Sternum rib attachment feels kind of achy. Chest feeling almost more constricted. Feel like it would be better with pressure, as if there were a gaping wound and almost want to pull as if a jacket you want to pull together, stay close to keep warm Definitely better with pressure easier to breath, especially with pressure when push in on sternum. (arch back...pressing hands over chest) Interesting kind of achy, can't take hands away, push sternum, want to push it in, want to reach arms over really stretch but can't stop holding it in. Like a feeling of being wounded
4	01/00:00	CHEST	Symptom had feels more exaggerated feels bigger more expanded (arms out and back, deep breaths)
4	01/00:00	CHEST	Upper chest starting to feel tight again, a digestive bubble moving through as it displaces tissue pushing through from inside more superficial layers ached.
4	01/00:00	EXTREMITIES	Not clear sensation, arms twisting and rotating back. More like held back, not coming from me as if they were put back, somebody holding on to them.
4	01/00:00	EXTREMITIES	Pressing up into my shine like it really wants pressure all along the tibia.
4	01/00:00	GENERALS	Have a hankering for ice cream, stop and buy some on my drive home.
4	01/00:00	HEAD	Have had inklings of headaches, a bit last night at forehead, and now more at temple, esp. R side. Subtle, but a pulling, or a sticking, or a pricking.

Full Didelphis virginiana journal

4	01/00:00	MIND	A big opening up like a flower, a daisy with many pedals like on kids cartoon feeling out stretched extremities, star fish legs arched back, open , open ready to go happy expanded sense, swelling out everything stretched and open, extended. A vulnerability with that, not scared, a safe, a safe feeling, with not an issue to worry about. Upper chest is open like the center of the flower that kids draw.
4	01/00:00	MIND	A desire to collapse into that cushiony nest and just curl up in there and be despairing, a feeling of discouragement of I should just give up weary, weary of doing it all alone, a quarter teaspoon bitter resentment and some regret. Like could lay there and feel sorry for self and cry at missed opportunities, really pissy, started innocent now like fuck you, like I've been wronged.
4	01/00:00	MIND	A feeling like being in love but without any of the anguish, just rich full feeling of love, calm, felt assured, confident in that love like home and all is right in the world. Everything feels soft as if in soft bed with pillows all around and feeling loved. Not big, just feeling of being loved and all is right in the world. Must say that I'm in my nest, pillowy, feeling supported and held and safe and know that it is good... wish that on all the neighbors. When standing was a little feeling as if my curves had a little feeling, a flash of a flock or others connected. Interesting with this good will towards humanity , like we're all in this together. all a part of it.
4	01/00:00	MIND	Back from 10 days away, drove by my lover's house just to see if his car was there, but I don't feel excited OR anxious about reconnecting with him. He will call when he's ready, he did leave a nice message, and I feel calmly confident that our reconnecting will work out without me needing to worry about it.
4	01/00:00	MIND	Decide with my mother to eliminate my safety deposit box at one bank and just share hers which is at another bank. Noticing I used to need to have more privacy from her but now it's not an issue.
4	01/00:00	MIND	Eating my orange by keeping a whole section in my mouth, working out the seeds, setting them to one side of my mouth, just doing the whole eating operation in there, moving things around. Unusual for me. Have also noticed today I am eating more things with my hands. This continues all day into supper.
4	01/00:00	MIND	Even though ocean feeling a swelling in sense of expansion growing, increasing molecules less dense apart so it all takes more room like an expanding swelling as opposed to a pulling... more airy, less oozing of a swollen more energy body than fluid filling so it's not dense.
4	01/00:00	MIND	Feel should walk like a rooster in this position, this position is a part of how I am. Feel should turn into something moving head back and forth like eating grains picking them off the ground. Like wings clipped and can't fly, like a domesticated bird that's been clipped so they can't. Want to say something more on the right side but I don't know because my left arm, so try to differentiate .
4	01/00:00	MIND	Feeling of sadness, kind of a slightly purulent little girl but for her it's sincere a little bit of a whimper. Feel a little bit stunned as if something exploded, rubble found self on ground and not knowing what had happened, that kind of stunned shock. Since not sure what happened feeling don't want to draw attention to self, feeling not want to move so much so no one would notice me
4	01/00:00	MIND	Interesting about swell feeling slowness and amplitude, feeling up in breath filling up all tentacles of who you are lengthened so swell undulate back to where you were then the swell of another breath comes. A similar feeling of denseness felt palpable nothingness a thickness a viscosity, a substantialness of all this. Feels very incarnated in all this, not feeling uncertainty, anxiousness, fear has a prim evil basic feel to it a sort of oneness with what life brings. The swells brought even in constriction or in disappointment or in knowing you are loved there's no doubt of your existence or who you are that's a given you don't even worry about.
4	01/00:00	MIND	Just feel real calm, real still, and calm.
4	01/00:00	MIND	Just wants, it feels like a decent connection with self in moments, in stillness, or being in pillowy nest. Don't feel lost or space nothingness, feel pretty present. In the stillness sometimes not a lot happening.
4	01/00:00	MIND	Long drive home today didn't feel tiring like it usually does. Fit a few errands in, got home on time, and unpacked most of my stuff more efficiently - usually drag it out and feel overwhelmed. I feel calm, nothing is a big deal, it feels simple.
4	01/00:00	MIND	More attached rooted, grown attachments graphed on structure that holds you to it.

4	01/00:00	MIND	Returning late to my mother's apartment where I am staying, I start to worry: did I lock the door like she asked me to after I went out? I'm not sure, Oh, my God, what if she was killed, what if someone went in there and now she is lying in a pool of blood. I have never had a thought or fear like this that I can recall.
4	01/00:00	MIND	So far a very non mineral feeling, not feelings of incomplete, not loss, not uncertainty. Feels real simple, like lower order of existence makes me kind of nostalgic for an era like that did not know that time in universe distinction being simple as alive just not so complicated. Like people who come from who would be good friends you could count on, same energy prehistoric friends you can count on.
4	01/00:00	MIND	Swelling feeling does have like ocean a breathing cycle feeling, like when you blow on a balloon like take breath can enlarge more with each breath, each time, a little fuller, tranquil, subtle, but certain rhythm doesn't feel protected. Vulnerable by definition, open self up not need protection knowing accessible people can get at you, can be seen, an awareness, a consequence, but not a concern. To be seen feels like not an issue, like a flock tribe one of a group, safety, not fear, ...not standing out, seen but not a danger to it.
4	01/00:00	MIND	Talking with someone this eve, she says "If there is a heaven" on the subject of someone's life ending.
4	01/00:00	MIND	That expanded feeling love for everything, open expanded, out, and feeling closed in, licking your wounds really feeling sorry for yourself.
4	01/00:00	MIND	Three conversations about death, mostly in sense about what people do or think in preparation for when people die.
4	01/00:00	MOUTH	Mouth feels full , little bit swollen, lips all around mouth.
4	01/00:00	RESPIRATIO	Also a feeling of constraint, a feeling umm like I can't quite freely get a breath or like I'm holding my breath so nobody knows I'm there. Get this feeling of the constriction of breathing, got this image of seaweed or coral attached to the bottom the undulated breathing but somehow not really free, somehow I'm attached to the bottom. Like really big swell would come and try to take me away but I can't like I'm attached and then it would come back and just let me go
4	01/00:00	RESPIRATIO	Sternum feels fuller, kind of like get breath almost like pushing out a bit. It's like not just in exhale, in inhale like it pushes further down, further inhale, further exhale, a more luxurious amount of time. Like a water like in the ocean, feel a swell in subterranean a slow swell, it's subtle. Really long exhale ... comes stop, then body naturally inhales again. Down a long slow down, takes a long time then in breath comes.
4	01/00:00	SLEEP	Just can't drag myself out of bed. Very slow to emerge, physically, and from the state of sleep. Want to remember dreams but can't.
4	01/00:00	THROAT	Dry cough, slightly to right in throat. Nagging, Like something you can't quite dislodge. Doesn't last long.
4	01/00:00	VISION	Lateral, peripheral vision feels reduced. Still in there less constricted has passed, feels still feels like upper eyelids lateral side are hanging down bigger puffy, trouble adjusting or something especially the right side.
4	02/00:00	DREAMS	Not judgment, shame, or blame, attracted to in dream.. don't question morality.. all felt I should do.
4	02/00:00	MIND	A whole new phase thrown up at me by this person in this event that he's dying. If I choose to eat cake for dinner or cookies that also feels like I have to own that choice every time. It's confusing, but feels something moving forward, feels calming, centering grounding, structuring, its settling me down rather than feeling pulled in so many directions rather than overwhelmed pulled in every direction.
4	02/00:00	MIND	Almost dangerous tension quickly what do I need to do to stave off the inevitable end of things, feels like someone inflamed it, feeling fire inside me.
4	02/00:00	MIND	Anticipatory anxiety, feel at a loss how do I respond to this, how do I live, make choices, priorities, if I start looking at this it could totally chaotically bubble over and change my life. Like standing in the middle of a busy intersection, I can't move, don't know which way to turn, how to respond, it really embraces this fragile nature of life and my life, feeling like maybe I should make huge revolutionary changes, don't think I can keep death at bay. Used to say if I had cancer I would eat macrobiotic, why wait?

4	02/00:00	MIND	At an intersection have to, to decide what matters to me and what to do, feel really at a loss, stunned, pinned down, perplexed. I feel shocked I think.. in a mild sort of way I feel terrified, very odd. Not really panicky its terrified, terror has eyes bugged out like my feet are glued to the street, cars going by, body turns, look around, blown, turned, blurred movement going one way and other turning.
4	02/00:00	MIND	Behind me or in me are accumulating, an accumulation that at some point it's going to bubble over or spill over and really having an effect on my life, have a disorder on my life, disorder that I will have to make all sorts of choices about. Bumbling along things inside me out of balance, growing, unaware going to reach that tipping point where I'm going to have to really change my life.
4	02/00:00	MIND	Don't feel afraid to cross the street, going all directions, not knowing which to choose, feel I don't have the elements, feel I guess powerless, more it's ok I don't have resources, don't have the where withal, don't have a clue where to start I'm lost, lost lacking direction. Astonished, immobilized, frozen, my mind is blank and it's emotional, oh my god, I have no idea what to do. Powerless, not I want, I don't know. Shattered lost part of the confusion but now what do I do, it's distressing because now what I do I do a feeling like when my supervisor lets me give a remedy but doesn't tell me what he thinks, oh my god, I have to decide this on my own now. Matters what is my priority, what matters to me I have to make a conscious decision, not go along with the situation. Shattered the delusion I'm not the decision maker of my life forces make me choose. Shattered like directionless, throws up at me in a burst that I'm on one hand I'm not going to play the victim to that boiling over. I don't know the other hand I'm master of my life I have to acknowledge it, make choices. Goes deep, energy flows, thoughts basic. Feels like destiny is saying you have to on your own decide.
4	02/00:00	MIND	Feel like stepping into that bubble of age where things start happening to people. An underlying fear of what sorts of diseases, growth, dysfunction do I have inside me, can I saunter down the road and ignore it but it could reach a boiling over point. Feeling like my life and past, how I lived things., like it's been piling up or tossed into a pot getting fuller of an unknown imbalance or unknown, unawareness playing on.
4	02/00:00	MIND	Feeling draw, need a connection to be aware, tried to contribute more to people, places things, to those need like in my way need to live. That's interesting that concern, responsibility, want to reach out support, be a part of greater concern of humanity, yearning more connected to and belief that it's important to be or a should comes from outside and a yearning come from inside that wants to extend.
4	02/00:00	MIND	Feeling slow deliberate stepping behind me sanding of fire thing is being calmed, told to settle down a reactive panic part that is relieved that she doesn't have to respond and answer to everything is being told settle down just do this that relieved. Home things feel simple, talking feels more orderly simple; can turn to each thing, something just starting to emerge. Put pressure to handle, respond, something more deliberate, calmer, more orderly, understand, more forgiving, as if world stepping into my support before not possible to make my own choices but... respond to felt imposed from the outside.
4	02/00:00	MIND	Feels very calming like there's another person or part of me, not conflict of wills, my aunt, good friend, mom, teacher, young son, even dad put hand on my shoulder a say it's ok, just do this... all roles people calming, reassuring me, help settle, calm, help make steps, learning, slow deliberate steps, just do what you can. Feel supported, not forsaken, and backed. In space of great unknown, all I can do and being reassured by allied people is do best I can and do what really matters to me in each moment helps make choices feels real calming.
4	02/00:00	MIND	In house with candles, no light, dark, sitting in dark looking at house cant remember when let get dark and feels different than normal, mix of space feeling fully comforting and also coming to the end, function as light darker, come to the end, also comfort, grounding space, odd to be in house with no light also like day coming to end, really feel it. Last few days death in some way and feeling about... resonate with something pretty deep.
4	02/00:00	MIND	Sad a melancholic, umm, nostalgic wishful, sadness, umm, feeling of being at a loss, resentful, a real sadness to lose someone and as if you lose a whole world with them, feel really distant, also literally across the ocean, like one could feel about political events, knowing that thinking and wars, all this stuff going on and here I am in my little world able to be cut off ignorantly, richness, suffering.

4	02/00:00	MIND	Something chewing me... death lots of death last few days. Got an email of a guy... has prostate cancer that spread to his liver, in the hospital too weak to let know talked... we shared an intense concentrated time together, had feeling like crying and getting stronger. Feels like my human ego assumption that bad things happen to others and my friends have a long and happy life is shattered. Friends aging, feels like this death thing can come out of the blue, try to live healthful but there's no guarantee, nothing's full proof.
4	02/00:00	MIND	The fact that I have little to no idea, disquieting, anxious. Anxious state... that you never know should I change my diet, make this decision, shift into should daily choices be more deliberate. Should I go, may never see him again (tearful).
4	02/08:00	DREAMS	Wanting to make love with these two men I know, just once the three of us. One of them used to be married to my good friend. Concern it would be seen as disloyal to her. But some sort of consummation, drive to a sort of completion that wants to happen in what feels in the dream like a moment of stopped time. Like it's meant to be.
4	02/10:00	MIND	Just learned that a good friend and colleague is dying of pancreatic cancer. This also means I will probably not be out of the country all summer working on a project with him. His state brings death close to home in several ways and I can feel his suppressed panic and denial from afar. Having to revise my summer plans is intimidating as I must now take full ownership of my choices (vs. saying that if the project is on, how can I not go even if I would love to stay home all summer). Oddly enough, I am feeling fear at the prospect of being at the helm of my life's priorities, rather than (willing) victim of having to respond to the expectations of others.
4	02/17:00	MIND	Repotted a plant I'd been meaning to deal with for months. Separated out into several nice, fresh, young shoots. Spacious, uncrowded. Able to each have their own lives.
4	02/20:00	MIND	Talked with my supervisor this afternoon, exploring my experience of Death, as it has been coming up several times. My friend's looming mortality carries with it a certain end to the (albeit part-time) life I have maintained in that country. Endings, endings, endings! I feel my life reducing itself, narrowing, and I both want that simpler, clearer focus, yearn for it, breathing space - and yet feel sharp pains of mourning for all that is no more. Countries, lives, worlds I could go back and walk through yet is there still a place for me there? Or do I meet with those still alive, and dear to me, in the ethers somewhere, in the paused moments of time? I feel an urge to revisit everywhere, everyone. Not so much my past in a linear way, but the still existing connections, still alive relationships, that are not a part of my daily life, or the town I live in, but that still feel "lit" in my being. As I write this my sternum aches, as if nudged awake by these thoughts. I am also aware how this is nothing unique to me, really, we all must face death and that letting go/hanging on struggle. But my feelings seem like a surprisingly new discovery, as if no one has spoken of such yearnings before, to my awareness. Shocked awake after having lived in some oozing jelly all my life.
4	03/00:00	EXTREMITIES	Left arm has been painful for months, all tightness constriction, want to rip away, a tingling, an intensity, not able to stand it. Left arm not new symptom, feel could just smash it, stretch it out, and have you bang at it with rubber mallet to extinguish that irritation. Irritation, tingling, numbness, it feels more irritating.
4	03/00:00	MIND	Feel crabby, snappy. Watched French political miniseries, it just irritated me, I don't need to learn about it, or need to be politically aware. Just bratty, crabby, little bit rebelling, a certain youthfulness. Felt impatient with it, impatient with the effort of paying attention and following it and it's just too much effort, I don't care. Last time I was in France there was some political thing I barely remember, they were shocked I wasn't more aware, I just don't care, fuck it. It was about terrorists and bombings in France, something about the characters I didn't feel sympathy for, bring it up because it's the third time politically aware, social consciousness thing, felt important and should watch, way the characters, terrorists found irritating, now that I think about it I just want to toss it out.
4	03/00:00	MIND	Grounded, calming, wash of unconcern, not fight or flight, no need to watch out. I'm horrible to shop with, 3 others, unimaginable the fact they'd do it and I don't feel apologetic. Part valued seen don't need to be attentive to their needs oddly how I am considered grown up just becoming grown up. No longer having to prove myself as I am with unconventional, don't have to defend, can let down my guard, grown up feel most like struggled to be as I am, I feel seen and accepted, can just relax, and not concerned in convincing them.
4	03/00:00	MIND	Just irritated, back what need to do, feeling things moved in easily, mostly around proving and arm bothering me, reaction to arm suffering through feel more revolt, resentful sort of thing.

4	03/00:00	MIND	Really irritable, feeling irritated, don't know what to say, don't want to bother, why did I do the proving?
4	03/00:00	MIND	Still impacted with dying friend, I left message. Moving because could hear his voice, sounded vital, said hi hear you were dying, what do I say not very eloquent, felt bit relieved did my duty, made a gesture, didn't have a potentially awkward conversation over the phone... guilty feeling only call when know dying, it's embarrassing, maybe it would be better to not call, bit of a vulture feeling, I always have that though.
4	03/00:00	MIND	Thinking about him and moments spent in his company does feel like that piece of my life is taken away from me with his passing as if I don't have the right to go there without this project, as if I have no right to go there, that's irrational. Going somewhere is supposed to be anchored and rooted and if you're not you don't have a reason to go. It's not legitimate to be there, before pass through but legitimate, but now it's meaningless, without purpose as if I could only go if I had purpose. Like I don't exist, count, like I don't belong, like I don't have an identity. Not enough to just be me., visit people I know care about, or not sure if they care about me, if I'm not the funky American actress, uncertainty if I'll be valued, welcomed without my badge.
4	03/09:00	DREAMS	I decide to marry this man. His somewhat upper-class family, esp. the mom, decides, surprisingly, that they approve of me. I feel seen and validated in who I am by a world I have never felt a part of. The man looks like a typical tall, athletic "Biff," the type of American I am totally NOT attracted to. We realize we have barely related sexually although we are now engaged, as if that wasn't the big factor here. We stand close to each other in the street and slowly kiss, and the delicate listening of our two mouths moves me to tears as I write this. That is all we need for now, everything is going to be just fine. We are in Paris, shopping with his mom and some sister/friend. There had been an angle, a kind of corner in the sidewalk because one building stuck out more than the other and provided a sort of recess where we had been kissing, and now we all happen on this old milliner's shop with silk blouses and underwear in the window - it, too, is tucked in between deeper buildings, like a recess. We go inside and I look amongst the dusty piles for the right blouse. The others are patient, I do not feel rushed although I am taking my own sweet time ferreting in the corners of the shop.
4	03/09:00	GENERALS	Banged my head on an open cupboard, smashed my fingers twice this morning getting breakfast ready. Not usually this awkward. As if I had blinders on the sides of my eyes and lacked perspective, lacked breadth of vision.
4	03/09:00	MIND	Have probably never used the word "ferreting" in my life before this. Ferrets have always creeped me out.
4	03/09:00	THROAT	Slightly rough cough a bit last night on going to sleep. Nagging, dry, yet a bit of phlegm. Persistent, but short-lived.
4	03/16:30	MIND	Feeling irritated at the prospect of having to check in with my supervisor. I have nothing to say and don't want to bother! Why did I do this stupid proving anyway.
4	03/17:00	EXTREMITIES	My Left arm has been painful for months. Today I feel like I just can't stand it any longer, I want to burst out of my skin. All these areas of tightness, restriction, pulling-in of the connective tissue around the muscles and bones are just driving me crazy and I need to force my way out of these nets of constriction. AAAARGH! I grit my teeth and wince. I want to rip away the connective tissue nets and leave myself raw but freed from their grip. It's tingling like an electrical short-circuit. Some of these sensations I have had for months, but this intensity of not being able to stand it is new. VERY irritated.
4	03/23:49	MIND	I want to find something else I could write about today, but I feel a bit like a blank. I feel very literal, one-dimensional, devoid of complication. Nothing much to say to anyone, nothing much to feel. Things inside me and outside me seem simple and self-evident.
4	04/00:00	MIND	A little irritated. Just irritated at proving, feeling a childish rebelliousness, more at you than at remedy. A salty attitude that's not my normal at all. Errands not irritable, not irritable at anybody else. Feels like this rebelliousness at authority figure, restriction, it's not huge, a little I'll show them, a shadow of it, no big issue, I'll do it my way.
4	04/00:00	MIND	Almost an indignation against whatever authority that these tests, that these numbers, of what not doing. As if I could have argued with that woman, that can't be me, my numbers, heavy indignation not weak, stunned, shocked, this rebellious indignation, disbelief, and refusal.
4	04/00:00	MIND	Bit of resigned overwhelmed just at the idea that I'd have to, I'm not a cook, feel don't find for me, like eating them, don't like prepping. This feeling got my head in my hand, as if trying to figure out family budget and under \$2,000.

4	04/00:00	MIND	Coincidentally, had a physical a couple weeks ago.. elevated levels of blood sugar, that shouldn't happen to me. This real denial. Read 7 books on diabetes now back in midst of proving reading making decisions looking more responsible about my health, full in it, in my health and proving. Almost never cook, work on plan cook, self-care, maintenance things. I mostly eat well, not horrible, I could exercise. Ties into feeling yesterday play canceled go or not, before choices made for me, concern about health feeling obligated to be more focused, deliberate about my health. Shocked, embarrassed, stunned. Look at choice have a little brownie seem harmless seem I eat decently, this disbelief, this denial that all those things could make a difference.
4	04/00:00	MIND	In a way if ignore anything that might be there then it can't get me. Always acted assumed I was immune, the rules don't apply to me.
4	04/00:00	MIND	Interesting to read learn, how want to align self feels depressingly restricted to imagine. Need to purchase and prepare, not what most people are eating this resigned ok life's not going to be fun anymore, this pouty.
4	04/00:00	MIND	It's like now feeling satisfied, wanted to get to cases this morning and was a free day to do that but didn't. Satisfied to be taking care of several more mundane things, groceries, home management level of accomplishment, feels satisfying, normally things like that don't count. Interesting in proving, loops to calm, rooted, grounded, simple, today it showed up in going to the drug store and taking care of things for mail, books, felt valid and satisfying. Calmed, steadied, satisfied, and didn't seem to be about judging accomplishment normally my evaluative focus normally would, feels more mundane in a satisfying way.
4	04/00:00	MIND	Part of me thinks I'm the one can control and kick in and read all these things, do this, pretend I'm doing something, I assume it's under my control, exercise, change diet then under control. Don't feel jumping to extreme. How can I change lifestyle and not give it up, figure there outta be a way to get out of this. When NP showed the number and said, I don't want to find paper and see how bad they are, used a word that started with D I couldn't say diabetes in my mind, my image of diabetics horrible... Total disbelief and refusal doesn't make sense in the way I see my world. Bit of a time stopping, all my hair just stood straight up. Uh-huh, out of consultation wasn't going o go home with some pills, part in back of head running how can I handle this and get under control, MD's say illusory to think you can.
4	04/00:00	MIND	Still that bit resentful distress that I think I'm going to have to prioritize and put more energy into myself. Can feel this little person emerging, now I have a motivating reason have to shift priorities and t more work into yourself. Eating a corner piece of brownie now from co-op.
4	04/00:00	MIND	This book about juicing gives this mini chapter about moderation, have to do the whole thing. Hanging on to foods and ways of eating that are comforting to me, have to find another way comfort, to live because can't be harming myself.
4	04/14:00	MIND	Boy am I moody today. I feel listless, lost, aimless, pick up one thing then set it down, pick up another. Having trouble getting going on any work projects. I want to just cry. I feel defeated. I give up. It's all too much. I don't know where to begin. I move these little pawns forward but am I really getting anywhere? The littlest things feel like too much effort.
4	04/17:00	MIND	In a disagreement with someone today I engaged in a persistent but straightforward way, and he actually followed the conversation where normally he would be evasive, not listen to me, and refuse to say barely anything. I "argued my case" and we had one of the most engaged, shared exchanges ever. I felt respected rather than blown off, as if I existed and warranted being listened to. I "stood up" to his resistance in a calm, reasoned way rather than just letting it go as I usually do with him.
4	05/00:00	CHEST	There's an aching in my chest, whole both sides of ribs and sternum as if being worn out immobilized needing to be on guard in a sense, a lurking pressure, a deadline not meeting, some obligation not meeting, vibrational hummm to a more nervous strain.
4	05/00:00	GENERALS	Just feel literally irritable like my nerve endings easily irritated.
4	05/00:00	MIND	Hard to relax from that let it go all leashes pulled in web, have to keep that going not just let it drop becomes more of a strain that kind of exhausting. Would really like to stop time and days, just sleep, eat, read, and just go with what comes in the moment. A tension, heightened awareness, so you don't get jumped from behind, lose something or drop something.

4	05/00:00	MIND	A real burning, crawling, burning, smoldering peat moss red and almost spreading under the ground, the end of a cigarette glow, slowly makes like slow volcano very entrenching.
4	05/00:00	MIND	Added pressure have to make big effort now, one more thing to do and handle all the extra things of this, more than that feeling of failed.
4	05/00:00	MIND	Crabby, arm keeps bothering me, more thin skinned, short fused about it. Feeling of restriction. Went into room and screamed, wanting it to be done, going away. Restricted feeling more proving related.
4	05/00:00	MIND	Feeling of hovering and a flitting of one thing to the other have to keep your eyes, have to watch out, the constant coming and going and never feeling settled in an ambient tension have to keep yourself a float, fly, feeling a little exhausting.
4	05/00:00	MIND	Got an email from a friend remind me ... a walk in the woods could be Lyme's disease. Thinking arm could be something more systemic, virus, not just sore muscles or need time for healing. Feeling don't really know what is out to get you, what's in, so from outside, from in.
4	05/00:00	MIND	Had a client that's stuck and needs to move through, left arm so interfering with things able flow through. One hand something try to stop things from moving partly things too much partly things that would be scary if they moved or moved through. Client she felt afraid of her own creative process she's stopping it. Arm saying stop doing too much, a new suspicion afraid to go forward stopping, blocking, pulling in, instead of expanding, flowing out.
4	05/00:00	MIND	I can feel self put pressure on self in a way that just sort of jumped out of the woods, I do think there's more a denial than blame, have to make an effort, struggle, don't feel like you've failed yourself, honestly though still might be in denial. Dismaying how much I feel need, part slow and steady part turn into a big deal, especially dietary. If I were to eat restricted, don't want to take the time, hassle into doing all that. Fanning the flames turning into a bigger deal then it needs to be.
4	05/00:00	MIND	If someone jumped from behind I'd drop all strings, drop everything or they'd be unhappy I hadn't performed as promised I think just the dismay that one more thing don't do well, remember, keep up on, frustrating in real emotional, more than pouty way, I'm disappointed in myself when I don't give and do everything I thought I should so that I would let people down not be reliable, not make better for them... failed them and myself, of theirs and my expectations of me.
4	05/00:00	MIND	Really aching persistent nothing seems to affect it. Little bit of desperation actually and just its very distracting its very it's like its pulling me away from being able to be present distracting and preoccupying.
4	05/00:00	MIND	Saw acupuncturist... age 60 things fall apart, other same age and things happen not in relation to how you take care of self, death is out of control realities, you never know, can't just rely on a great vital force I won't be a statistic... now 61 I'm aware, disconcerting, don't know what I can count on anymore, an obsession with health and death this week.
4	05/00:00	MIND	Thinking about France thing, getting really weary having to travel to school pack, unpack, wearing me down, feeling restricted. If I don't do the play in France or not. I'm home 2 ½ weeks gone 10 days... feel like I can never get, always catching up, never just a nice long nettle feeling, restriction of arm is how the rhythm of my life feels, feel chasing, not serving, not clear. I can see parts just me and how I always have been and it's feeling really frustrating, constricting, I don't get a breath that exhale, that tension always on the go, a lack of grounded.
4	05/00:00	RESPIRATIO	Now that I think of it this week walking up hill I can walk further uphill before starting to get short of breath.
4	05/09:00	SLEEP	Continuing to have a hard time emerging from sleep in the morning. Not a big change from usual but seems more extreme.
4	05/10:00	MIND	Neglected to get my journals to supervisor on time; having a hard time keeping on top of things. Yesterday I had to call her and postpone our talk by 30 mn as I took too long running errands.
4	05/10:00	MIND	This morning, half-way into an acupuncture session I just booked a few days ago, I realized it was probably not a good idea to be treated with another energy modality in the first week of the proving! I also let her use essential oils and give me a topical Chinese herb formula I plan to use tonight. After a brief moment of guilt, I actually felt devilishly like screwing up the proving. My attitude felt cavalier, like "Ah who cares! Too bad!" Like a rebellious teenager who doesn't really get or care about consequences.

Full Didelphis virginiana journal

4	05/16:00	MIND	Feeling very restricted in the work/school monthly rhythm I have had for over 3 years now. It's all startings and endings, no settled consistency, so little possibility for any follow-through unless you stay "on guard" through all the transitions and just handle everything on the fly. My chronically sore arm continues to personify the feeling of being caught in a net, the mesh getting steadily tighter until you want to just scream and scream. I see the repetitive grid, no mercy, all cut up in bite-sized pieces. When will this ever end. When will I ever get a "breather" that is not more work to make happen than it's worth. What have I gotten myself into??
4	05/16:00	STOMACH	Got nauseous during "Contra" dancing last night. It's the spinning turns, but I can still feel a bit of nausea today, which is unusual.
4	05/17:00	MIND	Acupuncturist talking about age-related symptoms, people who were always fine until they hit 60, then "Boom!" health issues even though they hadn't changed their healthy habits. Not being able to count on the resilient vital force you took for granted most of your life. This is an unexpected reality I hadn't banked on. I am anxious now that this might change my ability to continue my life as imagined. Another restriction, another lack of control, another little death. Death, death, death. Over, over, over. Gone, gone, gone. No!!!!!!!!!!!!!!!!!!!!!!
4	06/00:00	CHEST	Feeling pressure on sternum like first day sternum pressure.
4	06/00:00	CHEST	Upper chest aches as if had big bubble of gas top upper part of chest lots of pressing. Pressing in pressing down pressing.
4	06/00:00	EXTREMITIES	Before hurt sat tried lift right leg spasm. Move right arm, spasm.
4	06/00:00	EXTREMITIES	It feels like a tingling, especially lower half of arm. Burning whole arm, shoulder girdle tingling on and off.
4	06/00:00	EXTREMITIES	Knuckles feel like they are inflamed kind of hurts to make fist tight and puffy in the wrist hurt before.
4	06/00:00	EXTREMITIES	Lifted right arm and turned a bit got flash cramping gripping pain. Restricting movement more and more.
4	06/00:00	EXTREMITIES	Now feeling like can move 1 arm easily still achy can't easily. Better with moving, not better with motion something...
4	06/00:00	EXTREMITIES	Part want pull in part spread stretch extend afraid to do it slowly more as if could worm my way around micro extend as if get to place. Want pull in and wait too dangerous extend. Arm socket back totally pull in and won't let things extend out.
4	06/00:00	EXTREMITIES	Skin back hands tender, feels raw, feels tender and fragile.
4	06/00:00	GENERALS	Do a lot of wincing, everything pulls in contracts for a minute. So weary of this. As if I could pull away from life makes me feel like crying to say that it hurts feels stabbed at attacked... umm. There's a pulling back a swollen my left hand feels really tight to turn head other way lift arm feeling like I can't do I dare do anything. In the wincing pull in want lighten brace body part body so won't go into spasm. Keep at bay.
4	06/00:00	GENERALS	Had offer sauna... tend want heat feeling like I'm inflamed...ice uncomfortable tend avoid...feeling swollen inflamed arm joints had stiffening up...
4	06/00:00	GENERALS	Lay down on pillow sink into it, arm and shoulder started screaming and I started screaming...spasm in pain. When I moved out of the position I was ok. I can walk, move.
4	06/00:00	GENERALS	Like all the membranes are shrinking.
4	06/00:00	GENERALS	Limiting my range of motion, limiting.
4	06/00:00	HEAD	Could go get tea, walk, but I don't know if it moving and the feeling back of head neck if had hood on as if hood rigid pushing down can't lift head hood pushing head forward and down, really rigid... whole hood is rigid shutting me down.
4	06/00:00	MIND	Bodily response to feel less puts in hunched over, give up teen being yelled at that's how this physical constriction pulls me in not getting breath in whole upper half of lung. Walking around like an old person slowly and carefully.
4	06/00:00	MIND	Hard for me to expect others to focus on me just me for a bit, when canceled felt bad I don't feel that I really feel the right to take care of myself. Now the blood sugar and left wing are going you have to, like putting pressure on my arm back to feeling discouraged... It's sort of like being told something I can't be who I expect myself to be or who I should be.

4	06/00:00	MIND	Home gone restriction, try work on cases more, like I don't have my life any more, makes me cry, feel should be able to adapt feel can't settle in anywhere, in transition, I'm a transient, back got to go, feels closing in on me, don't see end to obligations committees events... can't get out of until late summer cant free self up or liberate from constraints, even though doing more, there's no breath no free breath no spare breath I see my body needs be reminded more acutely, not move arm getting spasms aching again so.
4	06/00:00	MIND	I so tired of reporting that I'm crappy. I'm really hurting, confused because it's a preexisting condition, but it's happening so. It's just, it's exacerbating and it's getting worse. Really distracting me, I canceled session after this because I don't feel could use my arm. Noticing it more, coming on earlier in the day and stronger
4	06/00:00	MIND	It's like its encroaching little by little as if a conium thing... this restriction started in some places and slowly taking over more and more area entrenching more and more area can't move spontaneously. Like my life is can't afford take spontaneous cant rest of obligations catch up with me. Hard to get a full breath.
4	06/00:00	MIND	Moments with the pain like with the cat want to push him off throw arm off smash something pushing away movement no energy.
4	06/00:00	MIND	New if move other half body never know what position is going to throw body off . Never know what kind of position going to throw, like never know what going to get you.
4	06/00:00	MIND	New throw left wing in some spasm. I keep making all these slow movements like I'm wanting to slowly stretch areas out slowly move body in one place or another and tune into them as if would alleviate past discomfort it hurts, want take something allopathic.
4	06/00:00	MIND	That's something remember couple other times hard say no a relationship hard to say no, part of me could open window and say no no no a forth of anger with it of pushing away of rejecting like the world know because some nos not put up self, can't do anymore, can't be me as if say no for hours and say for people need me say and those that didn't, that huge of a no.
4	06/00:00	MIND	The other thing about arm feeling of no relief there's no I'm never done relieve one duty one area got another duty in another area feelings like they're immobilizing me. Feel like in chair don't know what to do with arm for motion standing up... Even have blow nose carefully moderately otherwise hurt. All way up my arm, whole arm like a pressure like it was being smashed...
4	06/00:00	MIND	Try bend elbow bring hand back head lots of pulling in whole forearm barely anything relieve. Can find position not hurt, want to pull at it stretch can't really. Real feeling like no relief, just want some relief I can sleep.
4	06/00:00	MIND	Very on guard cautious weary fearful of least movement yet desire to move slowly. It like I can't relax take a break I can't not be vigilant I have to be vigilant.
4	06/00:00	MIND	Want to cry hopeless feeling, achiness emotional achiness to whole being.
4	06/00:00	THROAT	Feeling the front part of throat choked, upper part of sternum upper heart chakra constricted, throat constricted too.
4	06/00:00	THROAT	Throat constricted. Hand on it and two hands reaching around pushing... purpose is to clamp down on it.
4	06/09:00	SLEEP	woke up and got right out of bed, easily. Previous days it has been a struggle, like I didn't want to emerge. Now I am up and ready to step into the world.
4	06/14:00	MIND	Feeling an added and more consistent amount of constriction in the front of my neck and high/upper chest. I want to lean, arch back and get a deeper breath but it's as if the back of my head down to the trunk is in a vise, a brace, a rigid hood that forces my head/face down, as if I have to bow, or not meet the king's eyes. I am becoming even more restricted in what I can do. this reminds me how, in my personal and work life, I have been feeling more and more constriction, as if I am forced into submission and can't get out of my obligations. It feels almost fated, this last week, like there is no escape, I have gotten myself into this web and can't see a way out.

4	06/19:00	MIND	Feeling stiff and tight today, and fearing the vulnerability of aging, and it raises uncertainties about life, about what might be out to get me. odd to worry about something I have ignored all my life. like life is throwing some unexpected challenges my way, and what if they were too much. help! there's a bit of feeling despairing, weary, afraid of some unidentified illness invading me. I feel at a loss, undefended, and it's surprisingly frustrating. I'm having trouble getting to things, and I feel somehow incapacitated, unable to act, to handle things, unable to be who I am, who I think I should be. limited. I feel limited and don't know how to get out of it.
4	06/21:00	MIND	Last night and tonight watching "Elizabeth I" at home alone. I like the passion with Jeremy Irons, the artfulness of Helen Mirrin's acting, the intricate beauty of the costumes and sets. Talk about being caught in your obligations! Her determination, standing alone for days not eating as she prepared to die, really moved me. What more universal power of life, and death, did she tap into?
4	07/00:00	MIND	Have agreed to help a good friend out "manning" the concession stand for the local high school basketball game tonight. I have never been asked and never been at all interested in doing something like that in all the years I have lived in this small town. I accept mostly to support my friend, but also think it might be kind of fun. Seeing other locals I might know, being less isolated and restricted in my social life. Feeling like I've done my good deed for the month. A part of the community I rarely have much interest in connecting with. Am also considering going to a concert event this weekend, it's quite rare that I make that choice with my time.
4	07/07:30	DREAMS	At a workshop, it's the first day, and they are starting 1/2 hour sooner than I expected. We slept in the workshop space and I have not yet showered. Fortunately I am not the only one, but I have trouble wrapping a towel around myself, it slips off, then doesn't cover my breasts, and here I am in front of everyone. I am more concerned if it's bothering the others, don't want to make a spectacle of myself. I ask someone else to go get my toiletry bag so I don't have to walk around in front of everyone with my inadequate towel coverage. The person is slow, doesn't see it at first, and then when she finally brings it, it's my pencil case, no shampoo in there. I search the shower stalls for someone else's shampoo I can borrow, the floor is actually at a very steep angle, I wonder why we are not slipping more, and the walls are in really cool mosaics. How could they afford to build this, they must have enlisted talented friends. They must have lots of talented friends to help them do their work. We find the manual for the first activity of the morning, but it's too late, we've done it already, no time for any more. Do we save it for future use or send it back? Aside from the first part, the manual seems pretty much like what we already have, what we know to do already.
4	07/07:30	SLEEP	again, am instantly awake after having slept a moderate amount of time
4	07/15:00	MIND	Feeling dedicated to the proving even though it is becoming inconvenient and restricting my life. I have to keep my word, people have to be able to count on me. There is a sense of greater good making my choices self-evident. Interesting, it's like doing the play or not this summer: if the project stays viable, I "have" to do it, I don't have any choice. It feels like I have to do the proving if at all possible. I can't cancel a client if I am not feeling good, I owe it to her to be there. How far do I expect myself to go in denying my own well-being for the sake of others, or a cause.
4	08/00:00	MIND	A real confusion,, the places I orient myself, where are my cardinal points that help me make sense of everything, feel like just one step from, if took one more step back from self and I would see, feel in a very confused space with that feeling that instability, concerned it makes me an inappropriate prover.
4	08/00:00	MIND	Experience of believing or knowing could, feels immobilizing not so much unaware, unalert, immobilizing freezing, bound down. Perplexing , white, silent, still, there's a strain to hear something more than the white, it's a interruption, a pause in time waiting, feel it in my spine shoulder blades and down to my sacrum some sort of suspension in the waiting a physical suspension...

4	08/00:00	MIND	Feel like I can't depend on myself anymore (crying), how say...if go to France to be in play what if my arm bothers me, I can't assume, something out get me, can't assume something could be round the corner, consume how I live daily life, can't move forward knowing that could...Experiencing acutely and what thought could depend on self for. ...in my inner self feel not sure what I can count on and that's terrifying. (tears)
4	08/00:00	MIND	Feel like left with a certain feeling and couple images that I'm excited to take into coming moments of life and see how my life can embrace this awareness feels like something big, and just invite self to try out, .. not tall decision maker... state to back into ... see what being is able to do with this.... Feel kind of of humbled and there's something mysterious about this and just let it be...feels great.
4	08/00:00	MIND	Feeling raked back in... by bringing it back to my experience of I think it's done and listening to how is that to feel that way umm, there's definitely a needing to serve for the common good, don't want to say no let anybody down, don't want to jeopardize what feel loyal and bound to, so maybe the worry. I think I wrote about the acupuncturist and aging,.. I feel like I'm hitting this moment in my life where I'm being shown by a greater physical, difficulty managing keeping so many plates in the air this moment where I can't, I can't assume I'm strong independent self that I won't be sick, ill, or incapacitated self in some way scary because I won't be in the world way I want to be because I would have some physical limitation, don't know what I can depend on, brings back proving symptoms, can I depend on how listen to my sense, what's legitimate, what's not, feel like getting off track...
4	08/00:00	MIND	Most of all a love for you and homeopathy that that kind of question can be asked. All of me, as if the mask forced me to just be part of me ...every spec and every moment of me is there once I'm demasked.. and that's the meaning of life. Feels wonder expansive relief and big huge breath because every atom of every moment and everything is all there and all available to me in those moments of transformation, in moments of change is where all of the life is....
4	08/00:00	MIND	My house is warm. Used an infrared sauna... did I do that because I am warm or what? Until day 11 I'll note symptoms rather than hold out to wait and see others responses... note things that strike me, so much going on it could be the remedy, cold be on its own. I want to be respectful. Have to trust so much inner movement it feels scary or unstable or unnerving. Feel I can trust what's coming out in proving symptoms but it maybe nothing to do with remedy. I hate muddy waters, feel relatively stable, my life experience, life instability, influences isn't clear, not the best terrain, not clear liquid pool...
4	08/00:00	MIND	Not a nice deep breath, my breath soft and shallow, as not to be discerned and then when something comes around the corner it changes me and my life, and there indignation in that, how could you possible change things and that really takes my power away, my illusion of power away... and so the fact that something coming round corner would change my illusion of my power of choice, ability sustain and maintain and hold it together that illusion is demasked.
4	08/00:00	MIND	Not like something bad wouldn't happen. Thought I always have way to respond in very survivor like way, don't know if can count on and what if others not able to count on me. I would lose faith, no longer be person want to be for them they would so it's really ok, we understand because I can't think of anyone I know that doesn't respect and care about me and they would mean it and make due without me and this tension I can't let them down like that and I know it's no big deal. Maybe realize not so important after all... maybe I would be ordinary...
4	08/00:00	MIND	There's a feeling of a weight being lifted, an excitement and anticipation of facing into that fear and resistance towards change and being willing to stand at that precipitous with your back to that void and be willing to take a step back off, fall void usually don't have to, just experience of being willing to do it.
4	08/00:00	MIND	There's tears, arms wrapped around chest, snuggling myself, this kind of blank disbelief, like I just fell off a cliff, was walking backward, trying to understand, one too many steps, fell down starring... now starring at a wall don't know what to do, to count on. Naked ... arms crossed in front of me as if no hands, can't use, hands don't have all my faculties or what I used know as faculties. Self never gets sick, not so much that won't happen to me, it's this shock that what that would do to me, couldn't go class next month, not fulfill obligations, people couldn't count on me, feel like a big part of who I am, always thought I was. It kind of pisses me off, feel kind of indignant about it.

4	08/00:00	MIND	Thinking about friend, I have not called since and he could slip away, I would be sad, flash on him, and I could do the same...Something about that feels like a real opportune chance to notice in the name of what am I doing things, everything. Wonder if would be possible to prioritize human relations in daily and life choices and not yet manage escape feeling obligated, tied down not ...not feel should, could be compassionate with how you do it..
4	08/00:00	MIND	Umm, I don't know perplexed on what to do... let everybody down, tough it through. This afternoon I thought I'm done, in my being I'm done. Don't want to accept it. I know 10 days is important... not sold if I take a remedy it will be magic or help, I'll do mechanic things then and little things. Hearing system say I'm done. I am better, want keep doing, but intuitively I'm done.
4	08/00:00	SLEEP	I took 2 naps.
4	08/17:00	DREAMS	Woke up from nap with a start, dreaming I slipped and was falling. My right leg literally slid out from under me as I woke.
4	08/17:00	GENERALS	Ate 2 waffles with lots of maple syrup, butter, and chopped walnuts. The first one was so good I had to have another.
4	08/17:00	GENERALS	took 2 naps this afternoon, and turned the heat up, not that I was cold, but I wanted to feel really warm. Am also wearing 2 cozy layers, in the house, and it's not that cold outside.
4	08/20:30	GENERALS	ate lots of rice today, several helpings.
4	08/20:30	GENERALS	cooked a coconut curry tempeh dish today, rare that I do something that complex.
4	08/20:30	MIND	Had the feeling today that the proving was Over for me. That my symptoms were no longer reliably related to the proving but to the fact that I went and had an infra-red sauna at a friend's, or am starting a new batch of supplements. Over, something over, my intuition said. Then in talking with my supervisor, she brilliantly invited me to explore the experience of the proving being over for me, and Bam! there we were back in proving symptoms. I felt like she raked me back in, gathered me in her arms and brought me back into the fold. It was very moving, as if I had been a lost sheep, perhaps a black sheep, that was reunited with the flock, my experience validated, my supervisor holding the container, unmoved by my doubts in a steady way. Very reassuring, I have a place. It also boosted my trust in the homeopathic process.
4	08/20:30	MIND	Exploring with my supervisor the fear of something just around the corner, out to get me, and then a feeling of being unmasked, as I just stepped around the corner. What is that feeling, of being unmasked? One would expect the answer to be about some vulnerability, some lacking in oneself that can no longer be hidden. Instead, I had the clear sensation of being totally whole, every atom that has ever been a part of my being coming back to wholeness. That in these moments of transition, we are ALL of ourselves as we face into them. Whereas, in day-to-day existence we are just parts of ourselves. I could literally feel the cells of my body realizing this awareness and I knew I will never be the same, I will enlist this awareness to more courageously embrace the chaos of my shifting becoming. As if harnessing all of me, gathering all of me into that flock to move forward.
4	09/00:00	CHEST	Something is really changing making a qualitative shift in this sense of completeness, my sternum is aching as I say that, like its being called on to expand a little bit like a little bit bigger sternum breast bone
4	09/00:00	MIND	A sensation here of feeling satisfied, of feeling kind of simply myself, usually always snacking on something, grazing, kind of like I always want more, something is not enough, I need to eat certain foods, more better for body feel should take next batch supplements feel full and satisfied. Perplexing because my mind thinks I should, I need to make effort ingest certain things and body saying not any room or we don't need that. Before mind say not eat so much but body want more. I'm missing something sensation of not missing something or being balanced or complete or whole. Ask self if want chocolate and body say no, so used to eating anything, it's a disconcerting feeling really.
4	09/00:00	MIND	Also noticing usually want to see my lover more than it happens on its own, feel I have to make it happen, feeling of wanting something more missing, grasping at something this week I hadn't felt the lacking and felt there could be more and now I don't need it and not need physical connection in bed naked all night long to charge, fill up, now can put foot on leg.. it's not satisfied but not dissatisfying, you've had enough.... going to see person or have chocolate....

4	09/00:00	MIND	Can only hope with desperation this will continue in my life and hopefully go into my work life excitedly anticipating ,moving into school and work satiety wonderful to have a shift there... A huge relief my arm just dropped to my sides and I could just sob umm don't know how answer relates how I am anticipating what it would be if it shift, what would be wonderful to not be holding to do list at bay or postponing or you should of bad person letting people down that you promised would do things for that the weight of that be gone a lightness not making it more thorough uncomplicated in for a feeling of underwhelm... what I would contribute would be enough and cease imagining ways I could do more be more, more ways I should do or that it would be totally what I could handle
4	09/00:00	MIND	It feels like a pressure I exert on self, an expectation of how thoroughly perfectly excellently should carry out everything, who I am, a this feeling yesterday demasked and similar to eating and relationship today, would be rather than going back to case need to re read .. that it would just feel like it was all there, sit with it a little, that it would be just clear and just work out, in mind made a 2 day marathon, in mind made thorough, put off addressing because it's so overwhelming, like I'm putting blinders on and refusing to go around corner and see because I fell going to be more than I am able to give.
4	09/00:00	MIND	It's great, even though I'm not, I know have several projects to work on now, feeling of being caught up and even more than caught up can afford to stockpile it's enough, feeling of thing s is enough, I'm enough , others enough, I'm enough even the a feeling of there's more. Perplexing of that pressure I should take advantage of going to see him... not that it's sort of enough similar the feeling last night of going round corner and being demasked and feeling of wholeness and completeness where on imagine lack, slightly eerie because level of awareness of completeness and wholeness of this I don't usually live in.. all cells of me... something new to this will stick with... interesting to see it in the food and the relationship also.
4	09/00:00	MIND	Like maybe experience is as if something in me can turn in any direction in room there's piles and list of things I want to do think should do so many piling up more pre prove... idea is that some people stand in house and think I can freely choose that that's almost like a cruel joke that somehow I bought into wrong understanding of what means to live that I've bought into certain viewpoint inevitable, if could turn corner and see cant imaging something there the sensation of all of me something there don't get it s, don't know feeling when get it will change how I practice my work I hesitate to name it before I feel it don't want to name it from old me just want watch for it...
4	09/00:00	MIND	Like somebody switched me a new manual trouble deciphering it I know it's there know it's in me. And I will say it also feels like a 2012 thing, the thought is occurring to me that in the moment that 2012 is bringing some sort of major transition, at the very least our world, something about being demasked and facing transformation and bringing lots of things into this world and that's as clear as I can see right now. Grateful proving opportunity to help this emerge.
4	09/00:00	MIND	One more thing I get these emails.. there was one where get covers for iphone, never effort get involved much politically, fun to walk around with next few months... funny I think that unusual... not way outta character unusual.. like in that idea taking a stand and passively bring to everyone's awareness of being, vote.. support Obama another feeling greater responsibility, to greater community, humanity provoke people a bit, feel certain responsibility a silly way to do my part
4	09/00:00	MIND	Something about value, that when you excel work and provide then you have value, feels like old value, proving potential breath of fresh air.. possibility of being sufficient of self if were to damask was to legitimize for self if just being could be sufficient and easy and fun would be huge transformation would be like a new spring it feels almost good to ever be able to hope for...it feels like that would provide the opportunity for choice and the freedom to choose in each moment the fun and easy without it costing, without it just delaying or encumbering the idea that it lays or looms right around the corner it would just be a whole new game a whole new life, and in that I feel a little bit stunned.
4	09/00:00	MIND	Something in the way the wind is snowing the blown round good way restlessness chaos stirring pot of everything embody of everything one can reconfigure self if want to, even if don't choose, a certain gentle loving in it... eye of hurricane I feel in stillness but also feel it in my life...

4	09/00:00	MIND	Yesterday I'm enough and just be moving into that shifting working energy is all I really need to do. My current personality doesn't buy that, is convinced had to be harder, been a part of me for a long time, even now part is saying that not going to work for work and school, this shoot of fresh green plant really yearning to feel free of self imposed weight of obligation. Feels like I have no choice, hearing in head you have to, so it's not something thought was good idea, there is no alternative and choice that's the attitude I'd love to turn the corner on and feel lifted.
4	09/03:00	MIND	Stayed up until 3 am watching a "chick flick" about relationships. It wasn't my usual fare and not that interesting but I really wanted to just lie around and the story did hold my interest: what are they going to do now? Choices. What really matters?
4	09/11:00	MIND	Snow and lots of wind today although not that cold. I step outside several times to inhale the cool vigor of that wind. The protection of my home at my back, I sniff and feel my chest expand. I will walk around town later, I just love the power of this swirling energy, so fresh. Mother Nature reminding me of her juicyness. Of my juicy-ness. Feeling how I am a part of her.
4	09/14:00	MIND	Trying to eat more decently, paying attention to what would be beneficial to ingest daily vs. what I "shouldn't" eat. And it seems like a lot of work to fit all that food in every day! Most of my life I have been an over-eater, a bit like yesterday, but when I first eat the "right" foods I feel satiated and don't want more. So recently feeling like I am over-stocked, too much (good) food in the fridge how will I ever eat it all. How can I ever drink enough fluids to take all the supplements I have decided are a good idea to take. I feel full, full. Am not describing it well, because it's a different sensation than over-eating.
4	09/23:00	MIND	Happened to be sitting near some people today who now have a place in Mexico in the same village where we used to. I haven't been there for years and know I have some grieving and letting go to do. Usually I ignore and don't want to hear about that part of my past, but tonight I ended up asking lots of questions and catching up on several people there, the town itself, etc. It was less painful than I had anticipated and while lots has changed, it sounds like it's the same old patterns that we dealt with when we lived there, but that I could not have sustained even if I had wanted to. So what is the loss, I am feeling and remembering more the richness, and that it was life-affirming for me to leave when I did.
4	09/23:00	MIND	Instigated an Oscars viewing at a local bar and gave it all my evening time even though I have lots of other things to do that I am behind on. Usually I want to watch but somehow miss the date or just don't make it happen. Did see part of it last year, invited myself to a friend's house who has a TV. This year was even more deliberate. It's the recognition, the artist being honored that always draws me, and makes me cry. This time I was more taken by the times people, the artists, expressed appreciation for others or for the experience itself that they had had. Subtle, but a shift here.
4	10/00:00	MIND	Always fascinated driven look deeper, it's like I don't know there's something about transition being lost and pausing that's a vital state that I think I've judged and pushed away most of my life and it just feels like there something really important about being something, not try to knock yourself off it's a portal just like facing into your fears is a portal.. Looking at library table and it has a tarnished look, like lost brightness, gone into sleep mode, can't use as a portal for now, interesting whole different energy to the table... Think that's it.....
4	10/00:00	MIND	Feels kind of like lost in thought, just kind of stand there, and feel kind of blanked out, stunned, like you were in your kitchen and not oh forgot what I was doing, slowed down to where, as if materialness of cupboards counters kitchen just a movie set not real just an illusion and I'm just standing here slowing, I'm just in that slowed down, blob melting ameba like environment, I'm some element of that in there, as if I were a part of the cell ameba and not that I have consciousness, I have conscious, when I feel lost its like a time warp or stop or suspension so everything I look at doesn't have any relevance to me or my state as if I'm not really here yet I find myself here. So maybe here is not where I belong, maybe here is not my dimension
4	10/00:00	MIND	It's funny I'm grateful I can say things don't have makes sense. Looking at this desk and have been wanting a library table for a long time and the grain on the library table and as look at that desk its odd two handle almost look like eyes, carved arch mouth.. feet as if feet.. interesting energy mouth pulling in... as if table entered into my house as a portal and I have been looking for a portal as if not knowing and this is a portal.

4	10/00:00	MIND	My lover broke ankle, laid up kept trying to make meaningful conversation, I'm in this state can't do anything if try it won't go anywhere, he was in state of irritation won't go anywhere, similarity to what I'm feeling couldn't make conversation talk do anything.. no point, for me I'm wondering, for him it feels like state is lost time has to kill until over it... for me wondering if that's not where the gold is and if I could open up and embrace moments lost rather than whip into productivity which could keep me from understanding things deeper.. it's a duh factor but interesting to experience.
4	10/00:00	MIND	So depth.. it's as if the wounds of life the cuts and the scratches the marring also give us little chasmy entry points into something deeper and the feeling also is that I don't know if there's one specific deeper waiting on table for me its saying to me that in there stunned lost staring blankly at wood patterns moments that will bring me to greater depths of understanding like going round corner that stunned lost state is important to embrace rather than try to whip yourself out of.
4	10/00:00	MIND	Yeah, so it's not like a disconnect it's like a total my chest more than my solar plexus area is feeling a compression as I speak of not being here in this dimension, as if I could walk out of my body right now into some other shimmering dimension and yet I'm here and I don't know quite what the fuck I'm doing here, as if I've come at some other dimension and playing human so be obligating myself cause that's what you do, been doing to excess and now a feeling like maybe that's not what I'm supposed to be doing maybe some other aspect of humanness and its connection to my true dimension that I've been kind of missing, some sort of bridge thing and the obligation and to do things are the acute.. but not really the focus but I should pay more attention look deeply in to the wood cause I might be missing the boat which would be a waste.
4	10/10:00	MIND	Feeling myself slipping, sliding into this stunned overwhelm state. I want my(constitutional) remedy back! The days are slipping by, I am accomplishing almost nothing of my work and obligations. How long can I keep my head in the sand before my inertia lets other people down. I am so tired of having others depend on me!
4	10/10:00	MIND	I feel like I am slowing down, all my systems are yearning to come to a standstill. Not dead, but on very low simmer. Like a viscous medium I must move through. I feel lost. A bit stunned. As if it's all I can do to just keep going. The desire to just stop, and the involuntary persistence to just keep going, one foot in front of the other, doggedly, but not forcing. The answer to the overwhelm: just put your blinders on and keep moving forward, no matter how slowly. Keep moving through the plasma.
4	10/10:00	MIND	In a bit of a daze, I look down at the old oak desk and feel drawn into its patterns, into the markings, the so-called-damage that in fact gives the depth. It's like a grid of horizontal vibrational lines and then these rivers that pull you in, deep underneath somewhere. Like with clouds, I see patterns, shapes: a seahorse, a deep, deep gully. How long could I sit and just stare at this wood, the exhaustion of my mind reflected in a body that wants to just.....do.....nothing. And as if the answers are there, in these patterns in the wood, in the energy and substance of the wood. The answers are anywhere, you just have to let yourself really look and they will emerge.
4	10/10:00	MIND	Woke up thinking I need to call this friend who is dying, and the thought of calling brings this wave of almost hysterical tears. How could I possibly talk with him without sobbing? What must he be going through! I recognize that this experience is inevitable for us all, both when we ourselves die and as those we love start to die around us. I feel a wave of panic at the prospect. Something inside of me is screaming "No! No! I didn't sign on for this, I don't want to be mortal after all!"
4	10/10:00	NOSE	Some sneezing and nose-blowing the past few days, very occasional, wet, I can sniffle it up usually.
4	10/10:00	THROAT	A bit of rough, dry cough again. Very occasional.
4	11/00:00	DREAMS	I'm ok feeling... found self thinking not much happening... had a dream but by the time I got to the computer I lost it.

4	11/00:00	MIND	I worked today, busy day, not much to say to put it simply... Trickiness to separate arm thing, started several herbal supplements result of which I'm feeling a little better morally, in mind or attitude, suspect it's supplements rather than my arm or the proving. Today day feel like proving wise, feel ethical obligation to separate so arm does not interfere, trying to discern that, be authentic and discern the difference, wait and see what prevails other than that don't have a whole lot.
4	11/00:00	MIND	Today was an ok lets rev up and get functional kind of a day, maybe supplements or boosting energy level, got some business things done, first time felt enthusiasm for working on cases and stuff whereas before not managing to get to anything. I hadn't really noticed that I wasn't enthusiastic, but that I just wasn't managing to get to anything. Umm, just feel like don't have anything tonight, shift into being more functional today, shift in state, hate to say state exactly, shifting into being more functional feels like shifting into another level not paying attention to proving too much today, looking that element just doesn't feel like it's here today.
4	11/11:00	DREAMS	In a foreign land, with others, damn! I lost the rest of the dream.
4	11/11:00	SKIN	Have been wondering for several days if I do not see a slight tinge of grey in my skin. Like a wash. A "deathly pallor." Nah.....
4	11/17:00	MIND	Caught myself almost flirting with the radiology tech guy today, evaluating his potential as a boyfriend. Also felt little stirrings of tenderness for the apparently confirmed bachelor who has been my partner recently in ballroom dancing classes.
4	11/17:30	MIND	My grandmother clock keeps stopping today. I re-set, get the clicker clicking, and 20 minutes later she has stopped again.
4	11/18:00	MIND	Feeling more functional today, handling a few things, becoming more enthusiastic about working on client cases, as if it could be fun rather than a challenging chore.
4	11/18:00	MIND	Singing in Ritter's Requiem for Easter. While raised Christian, I have never really resonated with the Jesus stuff. During rehearsal, paying attention to the words got me wondering what this all might mean to some of the people here who are church-going. Had half a mind to run a little survey and ask around, how DO you relate to Jesus? How does it become sincerely, personally significant to you?
4	11/18:00	MIND	Talked with a friend last night, it was the 5th anniversary of her brother's death, and she was really feeling the loss. There's that darn death again!
4	12/13:00	MIND	A slightly desperate flurry, needing to get organized, get my ducks in a row. I've got to get this pulled together.
4	12/13:04	MIND	I felt the need to quickly vacuum this big rug in my house to lay on.
4	12/13:05	MIND	Taking dietary supplements and drink water and feeling saturated.
4	12/13:08	MIND	Asking for help more. A flurry of appointments that eat up my days.
4	12/13:08	MIND	Wanting more energetic support. Healing touch, rather than deep tissue. Less penetrating. Less manually penetrating, less energetically penetrating work to ease my body's state.
4	12/13:11	GENERALS	Driving to sit in someone's Infrared Sauna. Something to let go of my guard, wanting to saturate myself with the heat of those rays. Wanting to let things out and through.
4	12/13:11	MIND	I am not multi-tasking in anyway, just sitting there in the sauna. As I am talking about this, I am fading back, as though I were stepping back, moving back, which floats me out of materialness, still in it, but floating back. My breath is slowing. A little more interactive. It's calming, not on guard.
4	12/13:14	MIND	I had this clear and distinct feeling that the proving was over for me. My supervisor asked me, "What's the experience?"
4	12/13:15	MIND	I felt on guard, then demasked. I feel vulnerable. It was so great.
4	12/13:17	MIND	At those moments of transition, all of us is available, is there. To allow something to transform, to change, to happen, to embrace something without a defense, that feeling of everything being available was just astoundingly moving.
4	12/13:18	MIND	Facing into my fears, this experience, with the proving, and the unmasking, that moment of turning the corner and facing the transformation and change, it is from all of that, that one can step into change and transformation. That resource is so rich and available.
4	12/13:23	MIND	A relinquishing... ..this is a big thing. What allowed this to come through was the my supervisor's openness.

4	12/13:24	MIND	Something came in, I heard it clearly enough to listen to it, "It's over." A portal. By saying, "It's over," and looking at it allowed me to turn a corner and look at me. It's not a container, it's a passage way. A way in!
4	12/13:26	MIND	A way into yourself, taking what you are feeling, duh! This is the feeling, it's just so different when you experience it in such a vast way. It was my experience, let me feel it now, sigh, it's elusive. Like the whole human race is confused about content versus the medium. Being in the medium we can go somewhere, the portal, the passage way, the form not the content, the what is rather than the what does it mean.
4	12/13:28	MIND	Wanting to face into my fear, to turn the corner, and face the unknown, that which is scary. To face it rather than say, "No, no!", "No, I don't want to hear you!", so many ways that we dig in and resist turning the corner, letting go of what we imagine. You just take the steps. It's just so vast you are all there. Totally present. To go back, around the corner, it's as though that fear, to take a chance, it's keeping you from yourself.
4	12/13:30	MIND	When I am doing bodywork on someone, I can feel when they are holding back from themselves, really crimping, shrinking, collective net pulling in, reigning back, tightening, shrinking. The cells of me are less able to float. My boarders become thicker, get thicker.
4	12/13:32	MIND	To float, is to go into the expansive, the light, the undeterred, that suspended feeling. A highly magnified pointillist painting. One with the universe. One with all of my universe.
4	12/13:36	MIND	A different viscosity feeling all of my cells available, just say the word, just call out the configuration that you want. We are here for you. When you consider you are willing to transform or think it's over. An ameba like viscosity that connects all the me cells.
4	12/13:40	MIND	That's enough for now.
4	12/14:00	MIND	had a moment of nigh-panic as I try to attack some work projects that need to get done soon. I feel like the main man on the airplane tower, needing to coordinate and make sure I don't miss anything. That level of detail, that level of urgency. My plate is saturated, it's all I can do to get by. Overwhelmed but from within.
4	12/14:00	MIND	needing to plan out summer decisions in relation to someone else and I feel totally incapable of deciding so far ahead. I need to wait and let it shake out, reveal itself. Once again I feel like I'm standing in the middle of a busy intersection, with "option-cars" whizzing by in all directions, too much information, too many choices. I yearn for simplicity, for ordinariness. For a dull, hum-drum existence where I could get it all done and have no obligations.
4	12/14:00	MIND	talked with master prover today about my experience of turning the corner unmasked and feeling how every cell of my life's experiences was there with me to make the transformation. This experience is "sticking" with me and feels like the start of something big in my own personal/spiritual development.
4	12/16:00	STOMACH	taking lots of supplements right now for some health goals, and it's so much work to drink all that water to take all those little pills! I feel saturated, full, as if I could almost not eat. Saturated. No space left.
4	13/00:00	MIND	A story, an illustration how this feels, years ago a colleague died, I sat with her, she was afraid let go, die...she was not sure what she believed in after death... I said I guess you'll find out wont you... at the service door with nave... I was in bathroom on stool and there's my colleague, foolishly not want lose my cool I said oh hi, she said too many people here I'm hiding out, asked her what it's like she went out nave looked back and said, "Its soo exciting, so much to do," then went out the door and left... "I really have to go now there's so much to do," and she was so complete and excited for what to do because there was so much there ahead of her.... It's so interesting to feel the feeling she discerned, ever since there's no doubt in my mind, always stuck with me, its very.. trembling to feel that feeling myself and to have experiences of going round the corner, through the door, stepping off the precipitous. Feel that excitement in these moments transition don't know what I'm going to, its rich and exciting and full of possibility just stepping through the door. Totally fulfilled, at one, integrated, at peace being now in the time where we get to open the door.
4	13/00:00	MIND	And there's something about having this woman stay in my house this summer and even stay when I'm gone to school as if I'm transitioning out of being fully attached to this house and transitioning other people and systems to care for the materiality of this house and its garden...

4	13/00:00	MIND	At precipitous, need to be at next step, need to be doing feeling the energy, start rolling and winding up of the anticipation of what I need to be doing, feel like the tension, the pressure, the heightened awareness, the wakefulness, the anticipation, there's a clarity, feels like the air is clear, it's not foggy, and it's like suspension of huh it's not like I need to step forward or step around the corner the feeling is being having put your suit on and being ready to open door and there are people or a convention on the other side of door and feeling of I need to step into play a part or be a part, not feeling a trepidation and readying and revving up of readying of opening the door and stepping into it, last minute check hair brush off jacket, readying to step in, oh its seems to be letting it in allowing it to come in, not step I need to take just, need to open the door and allowing it to come in to emerge.
4	13/00:00	MIND	I feel the opportunity for, invitation for, transitioning beyond normal human changing, grateful the proving is keeping me immersed in the awareness of this level of shifting because it would be easy to just not pay attention but hopefully it will show us, fasten your seatbelts...
4	13/00:00	MIND	Part of me wonders if I shouldn't be scared if I'm going to die, it's not my core, that's my patterns of humanness that doesn't feel like what it's about.
4	13/00:00	MIND	There is a feeling of a little more energy, a little more vitality, the current has been amped up, a bit I'm a little more operable energy level I'm just feeling that first part that urgency or prodding to get going and it's not an oh geez got to get going, it's a come on got to get going there's things you better be doing, pay attention, a revving up feeling, got to rev myself up a feeling of it even thinking about it.
4	13/00:00	MIND	There's a million birds pecking at crabapple tree lots in tree 2/3/4 just hit window all flying off and flying around, feel slightly stunned that was something no idea what 5.. it's like they're sitting in tree banging on my window telling me to come out and play...
4	13/00:00	MIND	There's a slight feeling of suspension, a feeling of my antenna, my feelers, like a flower, a ball that would open into many pedals, an in breath and the exhale would be of opening door, slow motion in breath, feeling swells in ocean in breath and one of those creatures open turn all around just ready and waiting and a pause or a suspension that integral part of breathing, its pausing need stepping back and slightly pausing is needed..... convention comes in portal disappears and we're all one. My experience of that is gleeful excitement this a is going to be really fun. I feel warm and soft and ready... and right now I feel totally in this doorway world and totally knowing I should go wash the dishes feeling I'm both in these moments of describing how this feeling, I'm in both the borders of how this softening are intermixing. My title for this whole experience would be transition.
4	13/00:00	MIND	Two experiences, first is to bring everything up to date, reconnect, dot the I, cross off list, details ready, a pressure and a tension to that I'm not suffering, its more an awareness that needs to be done now than at moment of readying to open door, there's nothing more, nothing, nothing trembling about it, it's just time, it's the time, time to open the door, the experience is a sense of something clicking into place, of me clicking into to place with the moment, and gathering up all the little details at least right not, not overwhelming it just needs to be done, it's not about having an experience of that, it just is and my experience of it being just is there's not a choice, it's not an option, it's just time now, it's just inevitable. The sensation is that it is I'm participating that I'm not I need to make the decision to open the door but I signed on for that a long time ago and it's just that it's time now.
4	13/00:00	MIND	What's happening, I had a flurry yesterday of feeling like I can't keep flowing with the moments, I have to get it done, felt like I was an airplane control person I have to get this done, connecting with others, coordinating with others, I have to give more acute attention to a seizing up, I need take the reins here, gather up the net and get hopping, sort of like a parent would say to a child you can't just be playing in the yard you have to come in, reprimanding myself, feeling a sudden urgency to reassume my responsibilities, that I had been neglecting them.

4	13/11:00	MIND	Meeting with someone who might stay in my house while I am gone over the summer, and maybe even monthly when I am gone for school. Feeling how I might experience this house more as a way-station as my life transforms; I would be less attached to this being MY HOME. Feeling as if the house is floating slightly on its foundation. Detaching itself from clinging. Some tears gather behind my eyes at that thought. A memory comes back, a good friend who had taken me to the airport, many years ago, showing me my clenched hand and suggesting I was trying to "let go" with the same sort of clenching as how I hold on. "If you could just....." she said gently, and opened my palm. This feels like the core dynamic of my life, this clenching, and I want desperately to discover what it would be like if I could just let that go. As I round the corner. How is life trying to transition in me. What part am I hanging on to. Yes, it would be a little death. Hm. What wants to die.
4	14/16:00	MIND	A friend from my women's group sent me a "Pondering Pool" card with this text: "Because her original pattern was so worn the last time she flew apart, she was forced to let the pieces reattach as they pleased. Once the shock wore off, she welcomed the change." I had not told her anything of my experience of transitioning being accompanied by all your cells.
4	15/13:00	MIND	Discussing with a colleague our role as elders, and making choices of what we do based on how we want to be of service in our community, how we want to interface with others. Also evoking the potential interconnectedness up here of the "white" community and the native community, and working towards others experiencing how we are all one.
4	16/10:00	MIND	more death and especially illness, dying things coming up, in conversations, other people bringing that focus into my life.
4	16/13:00	MIND	I find my bodywork colleague/friend irritating, insensitive. Her massage work no longer feels helpful. She is too sure of herself, not refined enough, she just blasts in there full of her own energy. I want her to listen, delicately, to mine. I want her to touch in a spirit of discovery, of listening, and she has switched into doing. she didn't used to be like that. hm. or maybe she just seemed to be less invasive, but in fact has always been.....what. I don't know. she just doesn't seem helpful, I don't want her kind of help.
4	17/00:00	EXTREMITIES	Now watching time when go leave chiropractor, don't want talk anymore too bad some sort of diva, have everyone follow her whims interesting, weird strong feeling eating bowl of fruit cut up would like diva pick each moment and not justify to anyone why picked what picked, could be whimsical, like it would really be ok take a lot of space or the attention or huh, and it feels like if I really let myself be the diva that my arm shoulder neck would really line up and wouldn't notice any stiffness, my body just be and not into doing which body tend be more contracted.. I think that's it...
4	17/00:00	MIND	...What's hard for me is not getting to this, little irritation. Been home since day started proving... on day 17 a hell of a time getting to anything. Try sit down work on things, happen only have 45 min so not able get into it, put off, determined to get into but next day same. Alot of time self care as far as working on sore arm, spent more trades on appointments trying to work on than I have ever done, taken a lot of time and attention, barely working cancelled appointments but still a lot of time and attention just not getting to anything, really irritating, irritated with self feel flustered with self like I'm misbehaving and don't know how to handle self, like I'm a distracted child and I'm kind of almost in awe in astonishment at how little I manage to take care of in a day.
4	17/00:00	MIND	And I'm not setting up my life scheduling my life very well in terms goals... haven't even emailed that I'm going to be available, partly don't know if feel I should do body work I don't know structure each day as get to it I don't know what to say... an I stand in front of this room and see several books projects cases and would like to be settled in immersed in and just can't manage to do in, will go chiropractor, community, corral, stop by friends by time get home will feel too late to do anything...

4	17/00:00	MIND	Another shift in making time do proving made several clear choices, harder to get to other things, interesting see what negotiable or not in sense putting off although feel pressure of needing to do them, conference in June, better get going, on this, name there, don't recognize myself, I can partly of course see yeah put things off yeah pressure get to in sort of floating fog oh well didn't get to today again almost a nonchalant that I'm surprised don't find shocking, not get down on self for, not judging ragging on self, almost don't know if I'll be in car driving down to Minneapolis in 3 days, and there's a bit of that rebellious, yeah maybe I won't drive down .. but yeah I'm pretty sure I'm going to go, this is something been choosing be more and more in moment, choosing more in moment, exaggerated in last two weeks, its more, carrying more on its wave, not sure how got onto oh well, now want start talking case taking...
4	17/00:00	MIND	Another thing that I do choose to make time for is singing in this community corral, go to ball room, yoga except when arm hurts.. exercise fun for me feel better those things make time for, making lots time to take care self not giving those up to get this case done those things aren't negotiable.
4	17/00:00	MIND	I've also been making time to hang out with my lover, putting some time into just hanging out with someone making the choice to cook more hang with people and take care of my painful body, but truly can't be all the time one would have in the day. I'm confused I don't understand how I can't get to anything, makes me cry so teary I don't understand I don't know how t handle myself. I feel very scattered, it popped up today...
4	17/00:00	MIND	It's like I'm not very well embodies in spirit of putting focus on self care, relationships... it's almost like I've lost myself... and yet I'm not willing to force things not willing to bull myself into you have to stay up tonight, set alarm... for awhile now been trying to live honor energy wake up when want.. this not even an option tell self have to stay up...this astonishes me I'm not even willing to consider that cause not listening to self, listening to self quite a bit but... am I avoiding, am I just making other choices and there's no time left, there this feeling that somehow it's ok if I don't get to it in some way just how it is ..other way concerned not getting to days keep going by, back wall got to do it and a voice that immediately said and what if I didn't just do it a rebellious kind of voice...
4	17/00:00	MIND	Something about I don't know where to go. Accentuating challenges with this line of work, elusiveness also feeling in client, started today wonder if might be important to remedy choice person is quite elusive really, scattered lost and umm trying to move forward but just don't have a lot of capacity, I don't feel depleted but don't have a performance energy doing, I've been a doer all my life, to me this just feels like I'm not getting to the doing, disconcerting , to watch self feel not a brain fog in a bit fog wander I don't quite get a grasp on things not handling things ... just observing an area thinking might be good if I panic but I'm not I'm not happy with it but I'm not panicking.....
4	17/00:00	MIND	Today as I'm speaking I don't have sensation whizzing past something in that slightly suspended don't know what way to go kind of do, kind of don't.. can't quite make step move forward puck a direction I see them.. huh.. amazing, disconcerting, umm, unclear, cloudy, perplexing, umm, it's like it's like you're a grade school kid and you find yourself on the stage and it's the school concert and know supposed to do something don't know how got there, what should do, not like screwed up got part ... not know what to do next, yeah.. there's something there I have no idea what to do next....
4	17/00:00	MIND	Took early Feb, sent week or so later...few after Minneapolis, school...start days after proving... had 2 weeks home, 2 weeks... I don't know I mean, I can procrastinate and every month moment have go down school soon, shoot didn't get to this always, have too many commitments feel like focusing a lot of attention on caring for self I've never, I've canceled appointments and I got to other smaller cases.

4	17/09:00	DREAMS	The first time the getaway car made it down the hill and out the gate, and we were able to steal lots of food and cases of wine. This time I am driving one of the two trucks, and everything goes wrong, the taser to stun the guard wasn't charged, there was little in the truck to warrant the risk of stealing, just some very small bunches of berries and other refined, unusual fruits and vegetables. so we are caught at the bottom of the hill, before the gate, no escape possible, a failed mission. things were not prepared adequately by others, the back-up was faulty. I keep trying to figure out a way to turn around and drive back up the hill before they catch us. not too worried about severe consequences. the driver of the other truck calls me over, the benches inside the trailer he was pulling seem a bit too short for the spectators who will be sitting there later, what do I think? the guards are just standing around at some distance, keeping an eye on us. uncertain what will happen.
4	17/09:00	DREAMS	we are in a large building, a retreat center. but in the private quarters on the end. I spill wine on my new, unusual dress and walk thru to the retreat kitchen and dining room to get something to wash it out. I find a bag of some great lettuces and some leftover cooked pasta to take back for us to eat while we watch the movie. having trouble finding a pot to mix things in, bowls to use to eat. By the time I get back they will not have waited for me, might even not be hungry anymore. But I am hungry, I want to eat. I need to wash the wine out of this cool dress, even if the darker, intricate pattern might disguise it. I also need to tell the other two girls that their clothing got some wine spilled on it also, and they should do something about it before it sets.
4	17/17:00	MIND	A project I had to revise started the day I started the proving: I just cannot get into this project! I keep putting it off, or work it but am not satisfied with the results. I am dismayed and afraid I might be hopeless at this whole process.
4	17/17:00	MIND	Am realizing I have been putting a lot of effort into self-care: eating well, getting lots of bodywork, going to dance and yoga classes - even if I am not getting my other work done, I will still make time to go to yoga or dance. Having a strong motivation to take care of, maintain myself better, even if there is so much more I can do, I am clearly prioritizing my self over my work, to a point I almost find worrying. Hm. And I find that statement worrying, too!
4	18/07:00	MIND	Picking up a mechanical calendar to change the month, it was my grandfather's. Pausing a long moment, feeling his energy, mourning his no longer being on this earth. Wanting someone to care about having this when I am gone. The cycles of life and death.
4	19/09:00	SLEEP	The person I slept with told me I talked in my sleep all night.
4	19/14:00	MIND	Seriously considered not going to class this weekend. Just taking a break. Quitting for a little while.
4	19/17:00	GENERALS	Lots to prep and pack getting ready to leave home for 10 days, important work issues to address. And what do I do? Get up and henna my hair, go to the Laundromat and wash some braid rugs and all my winter coats, help my friend out with some computer stuff, make time for a dance class, and walk everywhere to get more exercise even if I should drive to save time. Especially washing the rugs and coats, very unusual that I choose that when I have urgent work to do. And did the dance class as much out of loyalty to the teachers who were counting on me being there .I also saw a client even though I had decided I couldn't take any more sessions this week. She is also a friend and I felt she needed what I could offer so I made it work anyway.
4	19/17:00	MIND	Sad, feeling lots of sad.
4	19/21:00	MIND	Having a lot of trouble focusing, I seem to wander around my house, can't quite get functional. Easily distracted. Can't settle down, settle in. I am confused by this, mystified, I don't get it, I can't seem to wrap my head around it.
4	19/21:00	MIND	I am really wondering if I will ever be able to practice this profession. I just can't seem to manage the different aspects and don't see how I could ever become "efficient" enough to make a go of it. It seems worse than ever these last few weeks.
4	20/11:00	MIND	Listening to MPR on the drive down today, feeling more than usually concerned about conditions in the world, all the wars. Also talk of concussions on hockey players as kids. I am caring more about these things, feeling the aching sympathy for their suffering, or how this will harm them for their whole life. Again that greater societal concern that has been coming up these last few weeks.

4	20/15:00	MIND	For the first time had a frank conversation with my step-son about his drinking, and he recognized that he used alcohol to numb the feelings of difficulty in his life. I have been seriously considering going to al-anon as there are several people in my life who drink to excess. This time I think I will really go. A new and scary experience for me.
4	20/20:00	MIND	A friend said jokingly we should just both go to Mexico for a week. I would almost consider it. Just go. Get away.
4	21/07:30	MIND	Just sent an email to a client, really hedgy, I feel committed, don't feel obligated, dancing around that responsibility and obligation issue. It seemed excessive, but that's how it came out.
4	21/07:30	MIND	Ordered an Obama/Biden Iphone case today, have never broadcasted my political leanings in such a way. A bit concerned it might off-put a client, but in many countries, it is not seen as offensive to express your beliefs when another might disagree. Here's for more open dialogue around important social issues!
4	21/09:00	MIND	had dinner and went to a movie with my mom last night, laid around last night and this morning talking about life experiences, which we rarely do. I am staying with her this week, and making a point of being more available for conversation and shared moments than I usually am. I can see she wants to talk: before I would be inwardly irritated and chafe at losing time.
4	21/09:00	MIND	have had a few more slightly spooky feelings that someone might jump out and get me, follow me, grab me from behind, just out of my line of vision.
4	21/09:00	RECTUM	noticing I have been farting and belching more often these last few days. Might be from some bodywork I received, but it's really more farting than I usually do, and more energetic, less subtle.
4	21/20:00	GENERALS	I have lost over 5 pounds in the last month, without taking any extreme measures, and it seems to be stabilizing. Feels like it's due to some metabolism switch, as well as some different eating/exercising choices, steady but moderate.
4	21/20:00	GENERALS	recently learned my blood sugars are high and have been for some time. my response is to extensively research diabetes and plan to do a relatively extreme juice fast the last 10 days of this month, probably just about when I stop the proving. Reactive response, thinking it's all up to me to fix, believing I can fix it all on my own, going extreme, and adding another project requiring attention to an already busy life.
4	21/20:00	MIND	Continuing to make the choice in favor of human relating rather than work productivity or my own agenda. Responding graciously to others who want to enter into some conversation, even if I had planned to do something else in that moment.
4	22/09:00	GENERALS	Have been taking lots of supplements so my new pains go away and I become healthier. I want to live lots more years and realize I can't just sluff my way through. Taking more responsibility for actually making time for what I know is best.
4	22/18:00	MIND	Thinking I need to seriously consider quitting this program, that I will never manage to execute it successfully. I feel quite rational about it, I am simply observing what I manage to do and not do. I just don't see how I could do it, really.
4	22/18:00	MIND	unwilling to over-extend myself to meet my excess self-expectations. Feeling more able to "own" my choices of how much time I can offer, more able to be forgiving and realistic about how much I can accomplish in a day. I'll do what I can do, and that will just have to be sufficient.
4	22/23:00	GENERALS	Have been taking a few Tylenol daily for over a week. First time I have ever resorted to " pain meds" in my life for more than the occasional headache.
4	22/23:00	MIND	Skyped with my son in Japan. Amazing how interconnected we can be in this world, how close we all actually are. Perplexing to experience that and yet at the same time recognize how far apart we all are, also.
4	23/00:00	GENERALS	Feel in back spine like something coming from there more, more anchored in myself so I can let things in, feel more anchored in myself so can let things in, feel more anchored more in yin female receptor mode than doing pressure. A softness, spaciousness, lack of pressure, bit swan lake ballerina feel weightless light on stage, on water without ruffling creating waves without disturbing greater harmony s light, have to be able to suspend in back where suspend lift up enough, not be heavy, a light. An intriguing sensation like more to come there.
4	23/00:00	MIND	Can abandon myself to my own structure, can trust cage of myself to support me. Clean, limpid, safe alive

4	23/00:00	MIND	Continue to notice that I'm making more time to connect with people rather than keep blinders on to do list. My mom and I were talking about family or whatever more than we normally do, yesterday I ended up sit and eat with someone rather than take out, talked after class rather than work on cases, so much pressure these days, I don't hang out focus work, choose to hang out, open, response indicator want to communicate.
4	23/00:00	MIND	Embarrassed who hell do you think you are, implied judgment, mundane, lesser than my more lofty spiritual healing interest, most of my life mundane felt awkward, like my energy has to drop down, to like most life felt like waste of time more feel... relinquishing attention, relinquish, accept, allowing, saying yes whereas before said no in many ways and doesn't feel like a loss, before felt loss losing time, wasting time, loss things came up feels kind of like pendulum stage from 1st days of proving loss, death, now feeling like take moments feel, feel what I have to feel what is there.
4	23/00:00	MIND	Feels nice part of self watching do it, more making that choice, then ride moments ,right at just hovering above water level, bit hovering riding it, can do for a moment see how long I give before give. Feels good feels like the right choice to make (teary) more attentive, open, willing to respond to let in, rather than keep people at bay because too busy... Feels softer, feel more diffuse like there's, like willing to blend more.
4	23/00:00	MIND	Just like everything inside floating, not tied down cramped in not full, not overwhelmed, very easy. Think I'm feeling more tolerant of people , I am working on judgment thing, people find irritating not much to do with they are not bothering me, more open accepting their humanness as just my own.
4	23/00:00	MIND	Like a concert thinking music singing for Easter... like rising from the dead (little tears behind eyes)
4	23/00:00	MIND	Obama case for I phone, mentioned they not is appropriate display my political meanings France... always disagree, fun of it not make uncomfortable... wrong/right now add broadcast support be aware of difference and tolerate. A brattiness can feel had on ...table... the delight of it...
4	23/00:00	MIND	Part lightness, change attitude toward school and work recognize clearly ways this situation clearly not life affirming. Openly acknowledging for self, can own choice, continue anyway but can change expectations of self put less pressure on self. Can choose how to make life work for me, sort of boundary getting thing I think have seen physically out of balance because feeling forced to accommodate way of functioning refused all my life and paid a price now here having to do it by seeing and choosing to do it feels more like free choice less dissonant in myself feel important and valuable. Like my life was driving me and now taking more ownership of it coherently.
4	23/00:00	MIND	Something in back opening up, softening everything is thinner more... empty, shallow, kind of like a ghost of myself without, without the deadly connotations, like the essence, cloud of myself just so light not as material and can feel that being held by my case of me not torn that is so all qualities feel really light, something more not finding how to say it
4	23/00:00	MIND	There it's, uhh, I'm still resisting still desperately try to have meaningful conversation which is virtually impossible, still judging, still going a bit kicking and screaming, I'll still get outta when can guess I'm acknowledge societal not new prove not that costly just go.
4	23/00:00	MIND	Thinking lightening on ground, water, swan lie angel back pedal, lighten up drop in without cling. Something about back pedaling.
4	23/00:00	MIND	Willing cancel dinner good friend offered family B-day part for me a costly choice; don't do family B-days. Feels like acknowledge their existence putting self on same plane as them prefer caught up in other planes of existence find more interesting. Feel giving in a bit relinquishing power, willingly relinquish self determination, more available to others for whom it matters.
4	23/00:00	MIND	Wooden curved slats, ummm, like framing for making a barrel suspended, like one suspended swing cocoon into very neat and orderly curved structure hold me within that have lack of weight, lightness. Pulled up pulled into be lit up turned on floating uplifted, uplifted like at great classical concert.
4	23/00:00	MIND	Feel like when talked to master prover, the sky closed over.
4	23/00:00	MIND	Note to Master Prover Assistant: yes the proving is not over, good to hang in there.
4	23/08:00	BACK	My back, and even sometimes my shoulder or ankle or hip joints are cracking more easily when I first get up in the morning. In new places they normally don't. As if the muscles are letting the bones shift more easily.

4	23/08:00	EXTREMITIES	These last few weeks, I have been noticing my legs seem to be a bit stronger, especially the quadriceps. I notice it is easier for me to walk up hills, and more effortless to stand up after sitting on the toilet. Just, hum, that used to be harder, and it's not now.
4	23/15:00	GENERALIS	This might be a far stretch, but I noticed one of my clients, who is usually quite tense and contained, looked and felt looser, softer, more fluid. A marked change from how I have ever seen her.
4	24/09:00	GENERALIS	Wore my hair in braids, pigtales today, like a young girl. I have not done that for many years.
4	24/18:00	MIND	Have been thinking about how I am stuck in a work situation with some conditions that, all my life, I have refused to accept anywhere else; often paying the price in less income, productivity, or recognition. I feel I have no choice for the moment, but that incongruence has really been wearing on me and is starting to come out in physical pain symptoms. Today I realized that when I : a) really become aware of what I am doing/feeling, and then b) take responsibility for the fact that I can choose to continue or not, - then I do not feel so stuck, or can live more coherently with the fact that I am choosing to continue something I do not like, for some greater good. And "all of a sudden" I feel much more aligned with myself - even if I am still caught in a challenging situation. First there is the awareness, then the owning that I have the power to choose, so then if I choose to continue something that I have been struggling with, the struggle is no longer there, I am congruent with myself. I'm not capturing this very well, but it feels like a major realization I am excited about this realization and look forward to feeling it apply in many moments of my life
4	24/18:00	MIND	I feel like I am becoming more calm, steady, confident, available," in myself." I am interfacing with people, even on elevators, or in a restaurant, more than before, more sincerely interested to meet them as fellow humans. Before I frankly could care less to learn where they lived, went to school, etc. I was not there to meet others, so I suppose I objectified them more. How embarrassing to admit. Now I see more the value in making a connection.
4	25/08:00	MIND	Am staying with my mom. She just left, and told me to be sure to lock the door so that guy from the Movie Psycho doesn't come in and slash me to pieces while I am in the shower. She said it in a joking tone, but what an odd thing to say, first time. We were instructed to end the proving yesterday, and I am just entering a few odds and ends here this morning. I am struck down, stunned by her comment. A bit uneasy, as if it augures misfortune. I want to run away scared, even as I tell myself this is silly.
4	25/08:00	MIND	I will miss not journaling anymore. I feel a stronger connection to this process than in other provings. A tie to the journal, to my supervisor, as if I can reveal deep, dark secrets that I normally don't invite in. What an odd comment, as I don't think I have had any "secrets" come up, nor do I in my life have a hard time "revealing" things about myself. Feeling an uncanny pull, draw right now as I write. Like I might end up being driven to write for hours, for the entire day .As if I am addicted to my "Dear Diary!"
4	25/08:00	MIND	While this proving had some uncomfortable aspects early on, I feel like I have turned the corner and am lightening, having some big integrative realizations, and am more able to be stepping into myself even more, things flowing more easily, and me more at ease just floating along, riding the current. I have mixed feelings about stopping, want to hang on, stay in here a little longer, as if for me it feels like a protected, charmed place where things just work out with much less demand on my part than is usually the case.
4	30/00:00	GENERALIS	Experiencing more energy. A lightness, a vertical-linearness that is lighter and clearer. Things relaxing down and are straighten up.
4	30/00:00	GENERALIS	finding bits and pieces, literally, of paper with notes from the proving. Did I ever talk about these I wonder. Like how when I went to the vet to pick up cat food, she started talking about getting old. Like a good friend who witnessed a deer kill, by wolves, in her front yard last month. She said it was very dramatic and compelling. "Death seems to be sitting with me" she said. Or a client who feels she is all bad, doesn't deserve life. Another, yesterday, a health care provider, talking non-stop thru the session about traumas with young kids she has witnessed as an EMT. Or my colleagues who have recently started locking the door to their treatment room - we share a small waiting space. Fear. Suspicion. Death. Just showing up more. Within an hour of writing this I receive an email from my mother telling me about the bad health of 2 of her friends. "What a waste of a wonderful woman" and, It's a shame she has to go through this "

Full Didelphis virginiana journal

4	30/00:00	GENERALS	Transformation. A client yesterday who mourned her dead husband, let him go like never before, plus baby male twins who died, plus anger at her father. This woman is 60-something, these events years and years old. She felt real pain during the bodywork session, but by the time she left she was so ready to step more fully into her future. "Why did it take me 5 years to come and see you" she exclaimed. Why indeed.
4	30/00:00	MIND	A perplexing mystery of everything right here and how little it takes to engage into it or disconnect out of it as well.
4	30/00:00	MIND	Abraham, "Energy follows thought". How do we get to plugging in and engaging to that knowing. It's right there and we flail around, but it's right there. I feel incredibly humbled throughout my life, this whole life experience, and totally mystified by the experience.
4	30/00:00	MIND	continuing to make an inordinate amount of time available for people, for things I have been meaning to do for months, some times even several years, could never find the time, don't have it more now, but make the choice to do it. to finish it, complete it. like finally collecting on an old barter. or, to listen, to be present where before I would have skipped off after 10 minutes of conversation. several new clients calling this week, don't even know them, coming out of the woodwork. I say "Yes" even though I will now never have time to do what I think I need to do for work and other organizational commitments.
4	30/00:00	MIND	I know that we are both standing next to each other, both leaning in, both taking risks. We are there for ourselves, witnessing, if we get freaked out, we fluff ourselves back into our bodies, when one of us freaks out, we reach our arms around, like Jesus, "Gather 'round, I am going to talk about loaves and fishes," gathering the flock together. We're tending ourselves.
4	30/00:00	MIND	I think that I've met the man of my life, teenager like, connecting on Skype. Throwing myself in that chasm and swimming in it. Wow! Look what's happening, it's happening from somewhere else, it doesn't make any sense. It fits. The intensity is really shocking, it's startling both of us. I am 61 years old.
4	30/00:00	MIND	Riding the edge, standing at this precipice and jumping off. We are each of us on our own, separate, we are really lots of hands, that can hold on and jump together. There is a real feeling of eyes wide open and making that leap.
4	30/00:00	MIND	Singing in Rutter's Requiem as part of a community choir. Jesus, Easter, Death, Resurrection. The music is moving me to tears, I play it incessantly, on long drives, blasting, in my house, over and over. I am no longer a practicing Christian, but this music touches my soul.
4	30/00:00	MIND	Standing listening, paying attention.
4	30/00:00	MIND	Terrified of doing this proving, if I hadn't done this, would I not be madly in love now? Would all these people surrounding me not be talking of "death, death, death"? It's mind boggling it forces me to face the mystery. It is very, very perplexing, there really is another dimension a little bit off the skin on my back.
4	30/00:00	MIND	Terrified to let go of my guidelines and safety net and to be carried away by this us that we might be. I have to say it's out of control. There's the illusion, if you are strong and independent, you may have more control. To depend on someone else and horror of horrors what would that experience be. Hands pushing out, "Stay away, stay away," restraint of the relationship, that someone could ask or impose something of me or on me.
4	30/00:00	MIND	This man is dying, he wants to act in our play, how can we say no?
4	30/00:00	MIND	Very emotional.
4	30/00:00	MIND	What else is there to do but to jump, ever?
4	30/00:00	SLEEP	My energy is better and I am sleeping better, waking up earlier and feeling alert later into the evening. I am needing less sleep.
4	34/00:00	MIND	I go on a potluck blind date with someone. Within days I feel this could well be the "man of my life." I have resisted the idea of marriage, dependence, commitment, even being "vulnerably female," all of my life. This is totally unexpected but very real. I feel great, in myself, stable, open, ready to take risks and be in the moment, letting things unfold as they will. But this is a big deal, a culmination of a lifetime of spiritual and personal development, and it happened NOW. I love provings!
4	60/00:00	MIND	giving the priority to people and relationships.
4	60/00:00	MIND	in congruent with myself
4	60/00:00	MIND	in this protected, charmed place, where things would work out

4	60/00:00	MIND	locking doors. Death seems to be sitting with me
4	60/00:00	MIND	shocked awake after having liven in oozing jelly all my life
4	60/00:00	MIND	using fancy words, expanded vocabulary
5	00/00:00	DREAMS	Dreamed about some kind of dead body, but don't know what. There was this strong, rotting smell, that totally filled the area where I was. The smell implied a dead body to me, but I didn't see anything. Overwhelming, decaying smell and feeling of decay, but without much emotion.
5	00/00:00	MIND	A flash of bright light came through the bedroom before the proving started, white, bright yellow. Then I had the feeling of someone in the room or some darkness in the room. I was able to shrug it off. If I really felt that strongly how could I shrug it off.
5	00/00:00	MIND	Had trouble focusing when trying to analyze cases that night and the next few days.
5	00/00:00	SKIN	Noticed that a small area of my palm was very itchy; upper, center of palm, close to the fingers. I'm scratching it and almost breaking through the skin. Skin dry. This is not a normal symptom for me.
5	01/14:00	MIND	Very excited about taking remedy. Said she was feeling normal. Took remedy 14:10 talking about case and feeling more calm and not so much personal emotion. Good feeling. Little bit of weight body pushed down or back a bit. A very remote calm feeling. Not a lot of energy, just being there the remote heaviness is still there. feeling lack of emotion, no real feeling of joy, not present in body. feeling aloof. care but don't care.
5	01/14:30	MIND	There was a definite change in my mood; at first I thought it was peaceful or calming, but then I felt an aloofness; a distance; a sense of not being an active participant.
5	01/15:30	MIND	Needing to grab a quick bite; felt like a juicy burger; the quick restaurant had a 45 minute wait; I was most agreeable and reasonable to go to a place that my husband choice even though I'm not fond of the restaurant.
5	01/15:45	STOMACH	More mindful in my eating; ate slower than normal and noticed the burger more; did I really want to eat this "white flour" bun; the burger was dark and crispy at the edges, which I didn't really like; could taste the grease. Didn't have trouble not adding catsup due to the salt content, normally I add it; later did use some of husband's catsup that had dripped out of his burger.
5	01/19:30	MIND	At a barbershop show, a man I knew fell in the lobby. They made him sit down. I had Arnica and gave him two pills without explanation; then walked away. I've never been able to do that without thought or worry or explanation.
5	01/20:00	MIND	Out for the evening with a huge group at a barbershop show; feeling like a participant; more friendly than usual, i.e. desire to talk to people I didn't know, and curious about people I didn't know.
5	01/20:45	MIND	Sought out people during intermission that I knew, but I don't always make the effort. Comfortable.
5	01/21:20	MIND	After the show I easily agreed to go to a restaurant with the barber shoppers for a drink and a song. Normally, I might not be so agreeable. Husband amazed that I was so willing to go there. He said I was bubbly.
5	01/22:15	MIND	We drove a couple home form the show. Normally, I listen more than get involved, but was funny with timely quips. I felt like "one of the gang." These are people I don't know too well, but was very comfortable with them.
5	01/22:30	MIND	Husband hungry and I readily agreed to go to a restaurant for a snack. He was shocked that I would go to two restaurants in one day. My usual response is negative and I want to go home because we'll just eat junk when out.
5	02/09:00	MIND	Dragged myself our of bed. Seemed to have slept deeper and more easily than normal. Didn't want to get out of bed. Felt like was in a blissful stage where I just wanted to keep my eyes closed and shut out the world. Part of me felt comfortable, warm, lazy and in a "no-concern" attitude. I knew I had to get up and start the day.
5	02/09:00	SLEEP	Dragged myself our of bed. Seemed to have slept deeper and more easily than normal. Didn't want to get out of bed. Felt like was in a blissful stage where I just wanted to keep my eyes closed and shut out the world. Part of me felt comfortable, warm, lazy
5	02/20:30	STOMACH	My husband is stunned. I wanted to go out to dinner again! This is 3 restaurant meals in 24 hours! I couldn't find any food that I wanted in the frig and didn't feel like cooking. I wanted a steak! I think I'm craving meat. Normally, we'd stay home, and I'd cook something. But I had no desire to cook or didn't want to take the time.

Full Didelphis virginiana journal

5	02/21:00	STOMACH	It seems like I'm full sooner, and stopped eating while still comfortable. I usually eat fast, and more than I should.
5	02/22:30	URINARY	Have noticed that my urine is smelling like urine, but I'm more aware of the odor. The odor seems to fill the bathroom with its fragrance; not unpleasant, just there.
5	03/07:00	SLEEP	During the night I woke up about every one to one and a half hours and noted the time from my reclining position. I was always amazed that not that much time had passed. It was like time passed slowly. I noted it and went back to sleep.
5	03/07:30	MIND	My husband says I'm digging at him; why do you have to be so nasty at me. I'm annoyed at him for not understanding the situation, and I'm insistent that he understands. He doesn't want to hear about it anymore. I finally drop it. My feeling is that this is an important issue that I'd like to be clear about, and he's not getting it, so it's my duty to help him understand. I agree that I'm getting agitated.
5	03/08:30	GENERALS	Have noticed that my body is smelling more. "I need a bath" type of smell, under the arms. I'm not sweating more; either my smell is stronger, or I'm more sensitive to the underarm smell. It smells like I've been doing several hours of moderate work.
5	03/08:30	PERSPIRAT	Have noticed that my body is smelling more. "I need a bath" type of smell, under the arms. I'm not sweating more; either my smell is stronger, or I'm more sensitive to the underarm smell. It smells like I've been doing several hours of moderate work.
5	04/03:58	NOSE	(Don't know if this is where this belongs) Woke up, probably to the noise of our old, old dog who sleeps in the hallway outside of our bedroom. He has pooped in the house during the night before. I think I'm smelling poop so jump out of bed, but find the dog sitting up and ready to go outside, but there is no poop anywhere. Was it anxiety?
5	06/05:15	MIND	Woke up with a huge bladder, which is a little unusual, but when I got back to bed, I couldn't sleep. Anxiety set in. I've got so much to do before summer and I'll never get it done. There was a frustration and hopelessness. I felt it in my chest and stomach. By 5:30 a.m. I decided to get up and try to get something done.
5	06/05:15	SLEEP	Woke up with a huge bladder, which is a little unusual, but when I got back to bed, I couldn't sleep. Anxiety set in. I've got so much to do before summer and I'll never get it done. There was a frustration and hopelessness. I felt it in my chest and stomach. By 5:30 a.m. I decided to get up and try to get something done.
5	06/09:10	MIND	Husband wanted to go shooting this morning, and I spontaneously said yes! Lately, I've been too busy, but this morning I didn't give it any thought, other than that sounds like fun!
5	07/05:15	DREAMS	The dog woke me up out of a dream. A friend and I were involved in some kind of conference (?) where we would taste food or something with a bunch of other people (maybe all women) in a college-like atmosphere. We were joyful, having a great time of friendship, laughing and chatting. There was a feeling of oneness with each other. I don't usually have dreams like this.
5	07/17:20	MIND	Walking further along the tree line with the weight of the snow heavy on the boughs, the branches seemed to be reaching down to the ground as in a bow or curtsying to me walking by. They were the servant, very proper girls, stretching their arms down to the ground in reverence to me. I was special as arm after arm bowed down to me in recognition.
5	07/18:00	MOUTH	I was hungry and picked up a Macintosh apple. It was outstanding; juicy, tart/sweet; so delicious, I couldn't eat it fast enough; such pleasure in the mouth; soft; mealy, not hard or crisp, but almost melt in your mouth goodness. The flavor was just bursting.
5	07/19:20	EYE	My right eye has been watering for at least a year, but this was different. In addition to the watering, It felt like there was something in the eye. Not an eyelash that would hurt, but rather a soft distraction, that clouded the vision of the eye without being painful or obnoxious. I had trouble seeing out of the eye, and found myself dabbing at it or wiping it.
5	08/08:30	SLEEP	This sleep thing has been interesting I was sleeping better the days that I took the remedy. I slept five or six hours without waking up. A strong and marvelous couple of hours sleep. My husband even got up and I didn't notice this. That is unusual.
5	08/08:30	SLEEP	This sleep thing has been interesting. I was sleeping better the days that I took the remedy. I slept five or six hours without waking up. A strong and marvelous couple of hours sleep. My husband even got up and I didn't notice this. This is unusual.
5	08/08:34	NOSE	Strong odors, smell acute.
5	08/08:35	DREAMS	Cadavers or rotting human bodies in a dream, that was strange.
5	08/08:35	GENERALS	Strong body odors.

5	08/08:37	GENERALS	Apple was juicy, tart and sweet. It almost melted in my mouth the flavor was great. It was a wonderful experience. The flavor was just bursting.
5	08/08:37	MIND	Apple was juicy, tart and sweet. It almost melted in my mouth the flavor was great. It was a wonderful experience. The flavor was just bursting.
5	08/08:38	MIND	Walking by a row of trees, of pine trees, suddenly a branch jutted up in the air, it was like "Heil Hitler" the arm of one of Hitler's men.
5	08/08:40	MIND	Doing something without any thought or motive, something that has to come out of you. No connotations of any kind attached to the action.
5	08/08:40	MIND	Last night I felt goofy, bubbly, and spontaneous.
5	08/08:40	MIND	Trees were like bowing to me. Some reverence made to me, bowing or curtsying. Like little girls.
5	08/08:41	MIND	Word association: Itching, scratching, rotting, decaying, flash, juicy, greasy.
5	08/08:44	MIND	One of the gang. My husband is in the Barber Shop Chorus. We were driving in the car. I often feel like an outsider and my husband talks all around me. But I was throwing out quips, spontaneous. This notion of being collegial. I am not normally connected to the group.
5	08/08:45	MIND	Connected to the group, I felt excited, very present, I felt loved and accepted. I could not say anything wrong. A very warming and lovely feeling. Oneness with the group. Normally I feel less connected, an outsider, unable to get a word in edgewise. Forced out or not allowed in.
5	08/08:46	MIND	Insignificant, not important. Normally I feel as though I don't matter, that I could just as well not be there no importance or value, just there somebody taking up a seat.
5	08/08:48	CHEST	A slight weight in my chest, above the breast. A weight, sitting on top of me, I have to breathe to push against that, pretty steady. A slight feeling of suffocation, it's deep.
5	08/08:50	EXTREMITIES	Weight in the upper arms, as though as I am being pulled down, dropped down, pressed down, somebody is pulling me down, a steady gentle pressure or pull.
5	08/08:51	CHEST	Like strings attached to my chest, a very maintained pull down. Down to the ground, down to the base.
5	08/08:52	MIND	So involved in this pressure, it's constricting. I can't fight it. But, I am fighting it, I am pushing against it, or holding up against it. This steady pressure, how long can I oppose this, maintain a counter pressure, will I be able to overcome it or will it overcome me!?
5	08/08:54	MIND	Is this evil pushing me down onto the ground and good pushing me up into the light and brightness?
5	08/08:54	MIND	Trying to decide should I allow myself to sink down into this or maintain my steady presence to remain upright.
5	08/08:56	EXTREMITIES	A sense of shaking from holding my arms up so long that I am starting to get weak. A physical shaking.
5	08/08:57	ABDOMEN	It's pushing me down to the ground into the darkness, there is an inability to fight it off. All of this downward pull goes into my stomach region.
5	08/08:57	EXTREMITIES	Now there is a numbness and tingling into the legs, downward pulling sensation, into a dark hole, nothingness.
5	08/08:58	GENERALS	Numbness, tingling, a lot of tingling.
5	08/08:58	MIND	I press upward and it presses down, a steady strong not moving. I am resisting almost as much.
5	08/08:59	MIND	I am not sure that there is resolution for this. I am a strong person, I am able to resist no matter how hard or continuous this force is able to pull me down, I haven't given in. Still pulling down. That's my resistance: This force isn't greater than I!
5	08/09:00	MIND	That feels good. This feels wonderful. It is good to overcome evil. To be vigilant. To be a strong enough person. I have to be constantly on guard. It feels good to be on guard, to not give up, give in, or surrender. To conquer or at least meet the force... The battle is on. Force meeting force. Force holding back force. Being very present I would say.
5	08/09:03	GENERALS	I am still in this pulled down position. I want to blend with the chair. I feel so heavy. My weight is like dead-weight, I can't hold my weight up.
5	08/09:05	GENERALS	It's exiting, my chest is better, my arms are lighter, I am coming out of it. I am shaking, lightness of being it's returning. In waves going out my feet.
5	08/09:05	MIND	A brightness, light yellowish, whitish, freeing, released from the force.
5	08/09:05	MIND	I've been wearing a lot of red lately, that apple I ate last night was so delicious, it was a Macintosh Apple, a reddish-orange apple, so enticing.

5	08/21:30	MIND	Out to dinner with husband, daughter and her husband. I did have two glasses of wine and became quite silly. We were placed in a back room of the restaurant where a large group had just finished eating and left. I felt like a sneaky child checking out the group's table and taking a small loaf of untouched bread. My daughter was embarrassed and thought I was obnoxious. I was having so much fun going to that table without the staff's seeing me. It was adventurous, silly, and spontaneous; I didn't care what the others thought! A bit out of character.
5	09/10:15	BLADDER	Have noticed that my bladder seems to over-fill with urine. My bladder starts hurting and I've really got to go, and when I go I did have a full bladder. Usually I don't have such urgency; don't know if I'm digressing; or if I wait longer than normal or if I'm drinking more than normal. None of those seems to be the case.
5	09/15:10	MIND	(with my supervisor regarding my dinner out the night before) it was so silly. Wondered what were they eating. We were watching them and eating. We had also gotten the bread and it was so good. It was just intriguing. I felt like a little kid and no one was there so was I going to get caught or was someone going to walk in on me. the adventure of it. not getting caught. tingly & exciting, can I get away with this. it was fun to have someone tell me not to do it and do it anyway. a little risky that I might get caught by waitress. kind of thrilling, it was over in a minute, now it sounds silly. it was fun, getting away with something. It is carefree. Laughable, out of character, light airy. Opposite of heavy, grave and serious. Floaty, weightless in chest, light feeling in chest. floating in the air, free, no boundaries, nothing holding me down. the opposite of the other day when I felt weighty, that is interesting.
5	09/15:25	BLADDER	What is your experience of the full bladder? I have pain and why didn't I go. Why didn't I notice that before. There is that pain of needing to go. Feels like bladder is going to burst, pushing down on urethra and I don't get to bathroom, overstretched, something has to give, you are going to burst. can't put anymore in it and bladder has filled out and it will burst, tear, split. my body is splitting in two and pulling apart. my bladder would separate and become more than one part. uncomfortable. Like splitting down middle and it would be painful pulling and tearing and going right down the middle. When you notice your bladder being full what is your experience. I get chilled, shiver, notice the pain. urgency. chilled across abdomen and also the shiver, more drops of urine going into the bladder. the tension on the bladder, there is no more room. it is full, we are full. like the bladder is saying I can't hold anymore, I am starting to get cold, shake, get me to the bathroom. Getting full and feeling cold? I can see my nerves and by bladder, there is waves of cold, like an icy burn. overstretched get us to the toilet. don't know why my bladder is more than one.
5	09/15:25	MIND	What is your experience of the full bladder? I have pain and why didn't I go. Why didn't I notice that before. There is that pain of needing to go. Feels like bladder is going to burst, pushing down on urethra and I don't get to bathroom, overstretched, something has to give, you are going to burst. can't put anymore in it and bladder has filled out and it will burst, tear, split. my body is splitting in two and pulling apart. my bladder would separate and become more than one part. uncomfortable. Like splitting down middle and it would be painful pulling and tearing and going right down the middle. When you notice your bladder being full what is your experience. I get chilled, shiver, notice the pain. urgency. chilled across abdomen and also the shiver, more drops of urine going into the bladder. the tension on the bladder, there is no more room. it is full, we are full. like the bladder is saying I can't hold anymore, I am starting to get cold, shake, get me to the bathroom. Getting full and feeling cold? I can see my nerves and by bladder, there is waves of cold, like an icy burn. overstretched get us to the toilet. don't know why my bladder is more than one.
5	09/15:35	SLEEP	How was your sleep? Awful, my husband has this cold and I'm worried he will spread his germs to me and I'll get sick. The dog pooped in foyer & had to clean up. Not a good sleep.
5	09/16:10	MIND	I'm not sure if there's this "time" thing or not. My son took off of work on Friday and visited for two days. I was so messed up. I kept thinking that Friday was Saturday, and then Sat. was Sunday. Then I forgot to send my supervisor my journal on Sunday, and my "supervisor/my phone call time" snuck up on me. I completely didn't think it was that time.

5	10/11:30	MIND	A heaviness; so tired (due to lack of sleep/elderly dog); want to be left alone; feel rude. Don't tell me what to do; just leave me be. Pushing inward; upper arms heavy; head heavy; feel my pulse in scalp, tight, release; forehead pushes inward; top of forehead pushes in; not deep, an inch or so; resolution, you can only push me so far, then I stop the push from inside out; meet the force and it stops there.
5	11/01:45	MIND	I said she dug at me, picked on me, poked at me, provoked me, I felt shat on, attacked, battered, beaten, like dirt; I wanted to crawl away, slink away to a burrow or a cave, somewhere dark; that place is quiet, dark, there's nothing there, I'm alone there, it's empty and I can hide; I feel I need to go there to hide from the enemy, someone who is cruel, doesn't allow my feelings or thoughts, an overbearing person, they think they're superior and I'm inferior, they tell me what I can do or have to do; I feel like anything I want to do is taken away from me, they're stymieing me, I stop in my tracks because I don't know what to do; I can't move, stuck in a rut, don't know where to go; I feel lowly, useless, valueless, clueless; my way of fighting back is hurling words back and trying to stand up for myself; during the exchange I felt that words came easier to me
5	11/09:10	DREAMS	My husband, daughter, and I went to dinner in a huge square building; don't know why; had dinner with a middle-aged woman, pleasant; don't remember anything about it; feeling was pleasant. The woman wants to leave via a balcony or outside steps; I tell her I can't due to fear of heights. Later, this woman or another woman has died and we're doing an autopsy on her, but she can still talk. We're cutting her in slices from the head downward; she's all brown on the cut surface. She's telling us how to proceed. Feeling: weirdness; what are we doing; there was purpose, but confusion about why is this dead woman is talking, and has no pain. Need to continue with the autopsy, but strange feeling about why we're doing this. My thoughts this morning are that there is much that I have to do, but sometimes don't quite get the purpose; producing ambivalence, frustration, weight on my chest surface, pushing inward; the weight moves on top of shoulders pushing downward; then moves to the neck pushing inward, up to the eyes, pressure pushing inward; to the scalp, which tightens and to the occiput tightens; then pressure fades away. Relief.
5	11/12:30	MIND	Had a bitter fight with daughter. Felt attacked; can't do anything right; dug at; felt inferior; she's always right; my feelings are not respected; finger pointing; can't be who I am; feel pressure in the head and chest; weight pushing down; lowly, want to crawl away; throw in the towel; give up; cry. Feel useless; battered. Dirt.
5	13/11:20	MIND	Took a walk in the park. Noticed a tree that was coming out of the ground horizontally then gracefully turned upward. Looked like the neck of a snake. Not a lot of energy here, just noticed.
5	14/08:10	STOMACH	On reflection, think I've been desiring red meat over the last two weeks; my usual craving for salt is decreased.
5	14/09:00	MIND	Have been feeling lazy. I've got lots of anxiety for jobs needing to get done, but my motivation seems lacking. There's a confusion as to what and how I should proceed; not caring to actually do it; don't want to make the necessary decisions; if I decide to do something, then I must follow through; apathetic; am at a standstill; blocked; obstructed by myself; opposite would be digging into my projects and completing them; freeing myself from these obligations; becoming free; carefree.

5	14/10:30	MIND	lazy don't feel like doing anything. Everything is an effort. (sigh) don't want to do this. There are years of stuff and don't want to deal with. Don't want to make decisions about what to throw out. Cutting ties with the past, getting rid of things from years ago, moving on. living in past is difficult. it is stuck or being caught, this might be my old self. that weighted down and held to past, difficult, throwing things out, getting rid of and moving on. Moving on, release the past, stepping forward, freedom, excitement, new things, fresh. More about free. not tied down, strings cut that tie you down, able to fly, weight removed. Weight is all the obligations and chores and hold you down, suffocative and must be removed in order to be free. on my chest, heaviness, pressure pushing in, no problem with breathing yet suffocative feeling. upper chest on sternum. pushing down and inward. pushing, that weight that is so heavy or is it an outside force. dead weight that is pushing down. not a physical force pushing down, just the weight. Heaviness, oppressive, got to live and carry it, dead weight, have to surmount it. force to be reckoned with. Release opening up a balloon and letting what is inside go out, fly where ever it wants to go. removing the burden, the weight, job, responsibility. it goes back to the suffocative feeling, pressure, heavy obligation. goes back to pulling down, tying down, holding down. opposite is free and released, spontaneous, lively, carefree, no problems. feel lightness in chest and body, a joy. a lifting in chest in sternum.
5	15/19:20	FACE	Noticed that I've got a pimple on each cheek and one on my chin. This is very unusual; I rarely have any pimples. They are red and sore with little pus inside, but have been on face for two-three days. Little to no discharge and no odor.
5	15/19:20	SKIN	Noticed that I've got a pimple on each cheek and one on my chin. This is very unusual; I rarely have any pimples. They are red and sore with little pus inside, but have been on face for two-three days. Little to no discharge and no odor.
5	18/08:23	DREAMS	Don't remember much about this dream. My husband and I are sitting in the kitchen of this beautiful, country house. We're going through files or something. He decides he has to go to a meeting; I don't want him to go; he leaves; eerie feelings and thoughts come of a dark presence; evil around me; penetrating me; freaking me out; I become very aware; vigilant; then wake up.
5	19/09:00	MIND	Couldn't sleep last night; just couldn't turn off. Didn't have any caffeinated anything. Very restless; hot, throw off covers, then cold; cycle repeated. Mind busy with thoughts, but didn't concentrate on them; they were just there.
5	20/08:20	DREAMS	Dreamed of a man following me around this huge building; can't remember much other than he was evil. I had to be so aware and vigilant, otherwise something might happen to me. Extreme awareness; can't let my guard down; danger if I do; life-threatening; all alone; don't know what he's thinking; feel an eerie sense of danger; danger = sense that something harmful will happen if I'm not ready to counter anything that could come my way.
5	20/15:15	EXTREMITIES	Arm pain. Woke up with this sharp pain in the right shoulder where it meets the upper arm. Incredibly sore with sharp pain when I lift it or move arm quickly. Kind of a "why are you doing this to me." I didn't do anything to bring this on.
5	21/21:10	MIND	Over the last several weeks have noticed the shape of tree trunks, they catch my eye.
5	21/22:00	VISION	Still have occasional sensation of something in the right eye; a soft, square thing, that blurs my vision, makes my eye water. Not painful, just annoying. Get out of the way, I want to see. Confusion; am I loosing my sight?
5	22/08:00	EAR	Realize that I've had auditory depth perception issues for the last several weeks. A cell phone or computer, 5 or 10-feet away may make a sound, and I think the sound is right next to me. I'll be confused trying to find the source of the noise and realize it's not in my general body area. Last night a TV was on, but out of my sight; it seemed that the sound was coming from 10 feet away, and not the actual 25 feet.
5	23/22:20	EXTREMITIES	Noticed a discomfort coming from my left big toe. On examination, the outside, medial, part of the big toe, right by the nail is red, sore, and inflamed. It looked angry, like a neon beam, calling my attention to it. It was a warning of more to come as it will resolve over the next few days.
5	24/10:05	MIND	Have been pursing my lips and sending kisses to a classmate of mine! What a weird thing to do. I'm certainly comfortable to do this with her, but it's out of character. It's spontaneous, silly, and sweet.
5	30/09:00	FEMALE	(from about the 30th to the 35th day of the proving) Had leucorrhea, which was not quite as thick as egg-white, clear, no odor, slight irritation, very unusual.

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5	30/10:00	SKIN	(should be under SKIN), my itching in my left upper palm, just under the 2nd and 3rd fingers, continues; only notice it every 2nd or 3rd day; sometimes it's a tingle, other times I must scratch; more annoyance than discomfort.
5	30/11:00	SKIN	SKIN: Noticed on 35-45 days of the proving, tiny pimples on both thighs; roughly 10 per thigh and widespread; not bothersome, though don't disappear; small amount of pus in them; no inflame., redness, itching, etc. Unusual.
5	30/21:25	MIND	To end my proving, I sat down and tried to feel the substance; the weight was on my shoulders and chest. I asked it to leave me. Took a deep breath and got up. Immediately, I felt light and free, and incredibly happy. I went downstairs, and the knee that usually hurts to descend (before the proving) was gone. It was wonderful. I don't know how long that will last, but will relish for now.
5	60/00:00	MIND	slink or crawl into this cave or burrow.
6	00/00:00	MIND	More aware of mind, emotions, words as much as possible due to recent traumatic life events
6	01/00:00	THROAT	throat feels raw
6	01/00:00	URINARY	slight irritation, burning
6	01/15:15	THROAT	slight irritation
6	01/17:00	NOSE	slight nasal congestion
6	01/22:00	HEAD	cold headache; more definitive with decision making
6	01/22:00	HEAD	head feels internally cold. No pain
6	02/00:00	EYE	eyes are burning and irritated behind my eyebrows. Its both eyes and it feels like heat/warmth and dryness
6	02/00:00	EYE	my eyes were irritated behind my eyebrows
6	02/00:00	HEAD	my head feels water logged
6	02/00:00	SLEEP	slept well; I remember dreaming but no details
6	02/19:00	HEAD	head feels waterlogged. No pain. It feels heavy
6	02/19:30	EYE	slightly irritated
6	02/19:30	FEMALE	slight feeling of fullness
6	02/19:30	HEAD	feels water-logged
6	02/19:30	THROAT	slight irritation
6	02/19:30	URINARY	slight irritation, burning
6	03/00:00	BLADDER	subtle burning feeling right before urinating with urgency
6	03/00:00	FEMALE	it feels like fullness in my vulva
6	03/00:00	HEAD	pain in the head. Feels like a cold headache
6	03/00:00	MIND	I am so patient and sharp. I am on
6	03/00:00	MIND	I want to regroup and simplify my life. I no longer want my books or my internet. I don't want any outside input. I want to think for myself. Books and internet are a distraction from paying attention to this moment
6	03/00:00	MIND	My mind is very sharp. I am very definitive on things.
6	03/11:00	RECTUM	slight diarrhea
6	03/11:00	STOMACH	fluttery nervous feeling in stomach like I am hungry but I'm not
6	03/11:00	STOMACH	nervous feeling
6	03/11:00	STOOL	diarrhea at lunch time with the nervous, fluttery feeling. No pain
6	06/00:00	MIND	Everything flowed and my mind was clear. It was like the clearness in your head when you breathe in camphor
6	06/00:00	MIND	I am making good decisions
6	06/00:00	MIND	My every movement at work was so focused without any hesitation
6	06/00:00	MIND	My memory is improved. I am remembering things
6	06/00:00	MIND	My mind is feeling clearer. I am more definitive. I am not feeling as wishy washy. I'm going with it and not second guessing my decisions. I have had this feeling before but it is a much stronger pull this time
6	06/00:00	MIND	sharp is being definitive and making decisions. I went through a life threatening situation and have been given another chance. I don't have time to mess around.

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6	07/10:05	MIND	At work, I didn't feel as sharp.
6	08/07:01	DREAMS	I wasn't frantic, panicked or afraid, I was just an observer. This androgynous practitioner was helping. I wasn't sweating or heart racing.
6	08/07:01	DREAMS	This treatment was similar to blood letting. This was a therapeutic technique, it was not done in the spirit of violent. The patient's back was like a piece of meat. The practitioner was not intending harm, nonetheless the act was violent.
6	08/07:03	DREAMS	A bunch of small bags of candy before a friend of mine.
6	08/07:04	DREAMS	Saving a small child from drowning. I looked down at her, she was face up, still, I reached in and pulled her up and she was fine. She had long hair, she looked peaceful with her eyes closed underwater. I just knew what I needed to do.
6	09/10:00	MIND	Two things come to mind this morning. When I first started I was hyper-aware, experiencing nervousness.
6	09/10:00	THROAT	My throat was irritated. This was mostly in the evenings. Almost always in the afternoon into the evening feeling this irritation.
6	09/10:04	MIND	I have been unusually clear headed, very sharp, focused and I was able to stay with one thing at a time. That was fun.
6	09/10:06	THROAT	I am not aware when the throat irritation cleared, I was clearing my throat for a few days. I was more aware of it in the evening. It was so subtle, but as I stand here now, I have not been aware of it for a few days.
6	09/10:07	DREAMS	I have been dreaming a lot and when I wake I cannot remember them. As soon as I wake I think I ought to write this down, but then it's gone.
6	09/10:14	MIND	I had a traumatic family crisis before the proving started. I knew that I would be quite distracted. Thinking about what matters and what is valuable in life. This week has been unusual in that things are really heightened.
6	09/10:16	MIND	I am trying to not get hysterical. This week oddly, has been more balanced for me after an emotional experience. I have been more balanced than I would have been, is this the proving substance or my long years of Buddhist practice. I have not worried as much as I would have thought.
6	09/10:17	MIND	Hysterical means out of control, out of balance, hysterical, getting caught up, spouting off, speaking without mindfulness, erratic fast talking, being out of touch, not knowing what you are really feeling or saying. You are a loose... ..out of control.
6	09/10:19	MIND	An unconscious way to get away from that which is uncomfortable. It's like a defensive measure. Talking fast, moving fast...
6	09/10:19	MIND	Out of control, a disconnect. What happens is a reaction. A shallow reaction.
6	09/10:19	MIND	Physical hysteria is moving fast, restless, quick actions.
6	09/10:21	MIND	If one were in control you can articulate what you are truly feeling. I want to be balanced in my emotions. This has become clear: I want to be honest and balanced.
6	09/10:23	MIND	I want to be truthful and aware of what I am feeling and I want my bodily actions to reflect this, as well as my speech.
6	09/10:23	MIND	If my actions don't reflect this I would somehow draw attention to myself; then my follow through would be out of balance. I would set myself up for failure.
6	09/10:25	MIND	Being loud, wearing a big bright flower, bright colors, "Hey look at me!" You'd have to continue with a masquerade, doing this to get attention. I am not worthy of the attention that I get from such behaviors. I genuinely do not want attention. I don't really want attention. That doesn't serve me. Not so much love or compassion.
6	09/10:25	MIND	People would say I am light-hearted and try to say something funny, that I am spontaneous, but does that serve me well? What am I really feeling? I recently realized that I don't really want to be around a lot of people or groups of people.
6	09/10:26	MIND	I live alone, I am not lonely at all. But, I have thought this week that I have to be careful not to withdraw from groups. It's a push to join groups. I don't really want to be around others, but there is some value to having this connection.
6	09/10:28	MIND	I want genuine connection. Honesty and balance. I go to work and come home and live alone. Alone, but not alone.
6	09/10:29	MIND	Signing up and showing up.

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6	09/10:30	MIND	Bright colors, multi-colored, bold, bright, not muted grays, blacks, this season are all of these striking colors, vibrant colors. Yesterday, walking around the mall. Vibrationally they are "hysterical". Black, gray, whites, creams, are calmer, much more muted.
6	09/10:33	MIND	Orange, yellow, then there are dull and bright. Purples and reds. The oranges and reds are jumping out at me. Turquoise.
6	09/10:35	MIND	Aversion to going deeply into the substance. I don't want to go very emotional. I don't have the energy to go to the emotional. I have been very sensitive. This whole thing that I went through before the proving is very deep.
6	09/10:35	MIND	I got up, walked around, I left one spot, I was wandering around without realizing what I was doing. Just in the flow. Aware but not aware.
6	09/10:38	MIND	I am afraid of the open platform, I am afraid of what would spill out.
6	09/10:40	MIND	Did the proving substance keep me from going into shock and sadness? I was unusually clear. I was expecting negative consequences. This clarity was more obvious in my work setting. Usually, I have to say to myself, "What was I just doing?" This week, I could handle the interruptions. I was more agile, efficient with my thoughts and movements, completing my tasks easily. There isn't that urgency, I didn't try to do this, I just did it. (Laughter) I felt calm, balanced, empowered.
6	09/10:44	MIND	Nobody else would see this. This was a new inner awareness.
6	10/00:00	MIND	Freedom is being ok with whatever I am thinking or doing. I don't have to guard any emotion, cover anything up, justify or defend. I'm just ok.
6	10/00:00	MIND	I all of a sudden feel like I have this freedom. I don't need to scream. I just want to be still. I feel stable
6	10/00:00	MIND	If I were running or screaming, I would feel exhausted. It's like a protesting child at bedtime. Eventually they will fall asleep. I used to think this would help me but now realize there is no need for this release
6	10/00:00	MIND	In years past, when having an emotion, I felt the need to scream or yell. Needed some sort of release. I would go to the airport and get out of my car and scream. I am aware today that this feeling is gone
6	10/00:00	MIND	not being able to run fast or far enough is constricting and screaming is a release. Constricted is out of control. This feeling is gone. I feel more settled now.
6	10/00:00	MIND	release is being out of control and needing to run or scream. It was like I couldn't run fast enough or far enough.
6	10/00:00	MIND	when you aren't free you are dishonest and not truthful with yourself. Then you're hiding and emotionally restricted
6	12/00:00	HEAD	I got a headache from bending over. It was a tension headache with tension in my neck.
6	12/00:00	MIND	defend and guard is to cover up. Since the proving remedy, I feel so balanced and loving the place I am in. The people I mostly guard and defend are my children and their spouses. When my son in law had problems, I was so calm but normally I would have guarded and defended. I would try to fix it. this time, I didn't feel the need to fix it
6	12/00:00	MIND	defending and guarding is at any expense. At any expense, I would defend. I am now aware that I cant fix it for him or anyone anymore. I am balanced and rational
6	12/00:00	MIND	Defending means to protect. Defend at all costs. You protect without thinking.
6	12/00:00	MIND	guilt is a reaction without thinking. I want to be mindful and awake. It's a reaction that happens without thinking.
6	12/00:00	MIND	hiding is covering up and giving full disclosure
6	12/00:00	MIND	Protect comes back to guilt. Everything does. I knew emotionally and physically what it would cost to me but its what I was going to do anyway
6	12/00:00	MIND	The need to fix things would make me not honest with what was needed even to the detriment of myself. By doing that, I've gotten in the way of many peoples paths. I am patient now
6	12/00:00	NECK	tension in neck
6	12/00:00	SKIN	I've had a rash and dryness on my hands and a toe fungus. They are healing much quicker. The itching is less

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6	14/03:00	MIND	over the years, when I waken in the middle of the night, I sometimes have had worrisome thoughts about family members such as "oh, what if this happened to so-and-so". often times my thoughts have included visuals of someone being injured or attacked. and, of course, we always dread a phone call in the middle of the night about something terrible. what I realized it that recently, when I awaken, my worrisome thoughts are minimal and I rarely, I ever, have the visuals. I even tried to conjure them up last night and my brain wouldn't go there.
7	01/08:00	MIND	I clear a room (noting everyone has left)
7	01/17:00	MIND	Lost way in well-known area. Going to grocery store and missed my turn completely. Felt pretty dumb.
7	01/18:20	MIND	Feel like I'm in a bubble- I'm walking around the grocery store- everyone seems in such a rush, but I'm so relaxed and calm...kind of in my own little world...like I'm floating along. Time isn't even registering. I just am. I'm in the moment, no pressure, no time, no worries. Strolling through the isles with no purpose or specific list. I found myself very attracted to the clothing---especially the brightly colored items...I end up buying a sweater that is unneeded, but bright and happy. Makes me feel good. It really feels like time doesn't exist in a way---I'm thinking about how everyone else is living in a linear manner- by the clock- but I feel horizontal- like a long line without time chopping it up/interrupting my flow. I'm also having the experience that everyone I see reminds me of someone that I've known in my life---all the faces look familiar—I have to do double takes to see if I am seeing correctly.
7	01/18:20	MIND	I feel like I want delicacies- not with food necessarily, but pretty things. Little trinkets, clothing, beautiful fabrics with colors and designs. I want to smell wonderful smells, touch beautiful things.
7	01/18:30	ABDOMEN	Tightening/fatigued/weak feeling in abdomen after a sudden fright
7	01/18:30	MIND	Driving home, there's a calm. I'm witnessing everything in a happily detached manner---nothing is really going on in my mind---it's a very calm, flat feeling.
7	01/18:30	MIND	Emotionally and mentally I'm feeling very light, very bubbly, but physically, I'm very heavy.
7	01/19:00	EXTREMITIES	Pain in hip/leg returns- same modalities- pressure felt painful but better---it's a weird pain/amelioration by pressure feeling.
7	01/19:30	STOMACH	Hungry yet no desire for food. I finally made myself eat. After eating, I bent down to pick something up, burped and had acid reflux which came up into my mouth.
7	01/21:00	MIND	Feeling lazy and don't want to journal. Did it, but didn't want to do it.
7	01/21:00	STOMACH	I just ate an olive and was disgusted by the salt—it hit my tongue and was completely revolting. This is very odd as I am a salt/olive fanatic...
7	02/04:30	SLEEP	Woke up, extremely thirsty, couldn't fall back to sleep
7	02/04:40	DREAMS	Mundane, jobs, forgot to collect eggs from the chicken coop, not very exciting Felt bored, not exciting, dumb.
7	02/04:40	GENERALS	I am very cold in bed- even with my usual blankets/pj combination, I am finding myself to be very cold.
7	02/08:00	DREAMS	Had a dream I was at a lecture in India- was with all the Indian Gurus- Jayesh Shaw called to my phone. I went down to the conference- Rajan wanted me to sit by him- he was angry. He pulled my sweater, pulled me in close- said 'I'm on Adderall, what are you on?' When I said 'nothing' he got really mad, put me in a headlock and told me that if I ever told anyone he would destroy me. I told him 'I'm not judging you, I don't care what you are on, you need to survive, I get it, you need to do what you need to do to survive.' He relaxed, released my grip on me and we went back to the conference. Felt a little scared in the dream and confused. Very worried about what all the other people at the table we were at would think--I kept looking over for Laurie or someone I knew to help me out. I felt like I had to really be gentle and coax Rajan, that he was a complete nut. The emphasis was on the coaxing, on the comforting that it was okay that he was on Adderall. During a different part of the dream, there was also a situation where a member at the conference wanted to use someone's cell phone. I was very aware of the fact that it would mean there would be long distance charges. I felt very protective of the person and arranged an alternative plan, to use a cell phone from the same country.
7	02/09:00	STOMACH	I was hungry—went to the kitchen to make breakfast, but as soon as I got in there, I had empty burps and no desire to eat.

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7	02/10:00	STOMACH	Finally ate breakfast. Ate the same amount as I would normally eat, but my stomach felt much more full than usual.
7	02/12:00	STOOL	Had a bowel movement- very difficult to pass. The stool itself was not large, but there was much straining to pass it. This is unusual for me. No pain with the straining/passing of stool.
7	02/14:00	MIND	Strong desire to go shopping. Should be studying cases....don't want to. Want to be out, with colors and sounds and fun.
7	02/16:00	MIND	I feel much more playful than usual. Desire to flirt, attract attention, be lighthearted, have fun!
7	02/16:00	MIND	My relationship with time has totally shifted. I have no clear concept of time. I'm in my own world, on my own time. It's nice---it's affecting me in the way that in situations where I would normally feel compelled to rush, I feel the opposite- much more relaxed. It's improving my patience, especially in traffic---no desire to really speed or rush---on my own time, most likely slower than usual
7	02/21:00	GENERALS	Thirst today was much more increased than usual. Desire for water-not cold water, just room temperature. I feel pretty consistently thirsty. This is not usual for me.
7	03/06:20	DREAMS	Dreams were restless too---one dream where my office space was re-arranged---a few of my friends decided to visit me at work- they took all the furniture out of the lobby and moved it into the hallway to play a joke on me. I remember walking into the lobby with no furniture and saying 'am I on a different planet?' it was very confusing....and then when I found out what had happened- I remember laughing with my friends that they had fooled me. It was a funny/confusing sort of feeling.
7	03/06:20	SLEEP	Sleep last night was very restless. Woke up during various intervals.
7	03/09:00	EXTREMITIES	The backs of my thighs are feeling weak again today---it was hard climbing the stairs to work. The feeling is fatigued, sore, heavy, really weak. As if I had done some strenuous exercise and my muscles need to recover.
7	03/09:00	EXTREMITIES	Yesterday I was feeling some weakness in the hinge of my arms- the soft part of my arm, but thought nothing of it. Today, this feeling has persisted. There's a weakness in the hinge of my arm just on the other side of my elbow (don't know the technical term for this part of my body) and when I try to extend it, it feels rather tight, a bruised sensation, fatigued and strained. It feels better when it is left bent--extending it feels stiff, weak, sore, fatigued. I have a similar sensation (all though much less pronounced) in the joints of my fingers- the other side of my large knuckle, the soft part of my finger, but in the hinge-it's a feeling of soreness, tenderness, but not as pronounced as I'm feeling in the hinge of my arm.
7	03/09:00	MIND	Even though my general disposition has been playful, light, adventurous, the music I find myself attracted to is much more subdued, not fast/heavy beats, gentle, soft kind of music.
7	03/09:30	MIND	Boyfriend pissed me off--but I took on the regular way I would normally have with him---just coddled him and forgot about it.
7	03/12:00	STOMACH	Normally I don't make much effort in heating up my food, but today I felt like I needed to eat warm food. The thought of eating something cold was revolting.
7	03/16:00	EXTREMITIES	Hands and feet have been feeling much colder than usual.
7	03/16:00	GENERALS	Body temperature is colder than usual.
7	03/16:00	THROAT	Soreness in the throat pit- raw sensation. Hot/burning sensation at the back of my throat. Difficulty dry swallowing, swallowing liquids is fine. Feels like there is a lot of mucous back my throat, like a ball of mucous that I can't swallow down.
7	03/19:30	FEMALE	Spotting of my period. Faint pink/brownish-reddish color. I should not be having it this early. I just finished my last period last weekend.
7	03/19:30	MIND	Extremely irritated and pissed off about my period--- I'm a little more than irritated...I really, really, really, really don't want to get my period...I'm going on a trip to see my boyfriend in 2 days and having my period is just not something I was anticipating or wanting.
7	03/20:00	MIND	Just found out about supervisor change....felt sad, alone, forsaken, like a little kid who was left behind. Like the support was just taken right out from under me. As if I was a baby duck and my mother duck was drifting off without me. Very sad, heavy, heavy heart. Alone, isolated, silent crying/tears.
7	03/20:00	THROAT	Tight lump in my throat with emotional upset- hard to swallow.
7	04/06:00	GENERALS	More energy upon waking than usual. More energy in general than usual.

7	04/06:00	MIND	Constant feeling of forgetting something. I keep meaning to type this in---it's been throughout the proving—I just keep forgetting to type it. I have this feeling like I'm going to forget and lock my keys in my car—makes me on constant alert when exiting my car.
7	04/06:00	SLEEP	Woke up at 4:30 am. Fell back to sleep easily.
7	04/08:00	MIND	More ease around time. I don't feel rushed. I feel slowed down a bit- like I can't speed---not that I'm wanting to- but it's as if my speedometer won't go there. I also feel like the speed I'm going is fine—odd for me...I'm a bit of a speeder...
7	04/10:00	EXTREMITIES	Arm pain still there- especially in the left arm- feels tight, tender—just opposite of my elbow. Hurts to stretch it out- sprained/tense/fatigued feeling.
7	04/10:00	FEMALE	Spotting is much more light than it was last night- just a faint pinkish color in my discharge.
7	04/15:00	MIND	Such an odd manner, everything bottled up. SO irritated, guilt, didn't even want to talk to her. Pulling these symptoms out of you. What!
7	04/15:01	MIND	So irritable and bitchy, stop asking me these fucking questions. I have to answer. She was not getting it. If I have to say this one more time.
7	04/15:02	MIND	Resenting you for asking questions. Did I do something to you reason why I'm not your prover any more. Guilt and sad, confusion. All of a sudden she says, I'm not going to do this anymore. Am I making this difficult? Am I the reason why she's quitting? Because I've been irritable towards her. Did I do something wrong? Held it in. Blood left my head. Shock.
7	04/15:03	MIND	Sensation going down the body, heat in face, blood going down body. Hot in face. Sinking sensation. Can we just be fucking done! Sinking (gesture down) stomach falls, like everything fell in a way.
7	04/15:04	MIND	Apologetic, yet not outwardly. How can I fix it?
7	04/15:05	MIND	Leaving me, abandoning me, forsaken feeling. But you're my momma duck, can't just leave me behind..
7	04/15:06	MIND	She was leaving me behind in a way. Isolation. In a small room, completely alone, really sad. Lost. In a dark room. The bubble at mall a positive, this was opposite. Heaviness around my heart, why? Why? Like I'm so little I need protection, I can't do it by myself. really small (holding hands cupper) it's needs to be protected, it needs love and a cover. it needs warmth, gentle held. the protection so nothing can come in that would hurt.
7	04/15:07	MIND	It's safe in here, it's protected, it's warm and loving.
7	04/15:08	MIND	Like little yellow fuzzy, small thing, I need my egg I need my shell, to be safe.
7	04/15:09	MIND	If I get my period, on my weekend away... if this period comes, so mad... having to know I had to talk to her... why did I agree to do this. More complicated, more work, to have sex. Our moment to be together (HG) need outlet for that energy, bubbly and connecting and sparkling and warmth.
7	04/15:10	MIND	Delicacies, it's not food delicacies... it's more like, touch really beautiful things, see really beautiful things, have beautiful things. Little trinkets, all these colors, purples and silver and gold, and shiny, so beautiful it's the sparkle and the colors... a collector of fine little things
7	04/15:11	MIND	I get an image, of all these cute little things lined up on a shelf. Happiness, bubbly, unnecessary but so necessary in that beauty kind of a way. So bright and airy and bubbly and complete in a way, it ties things together somehow. Completes the room, ties everything together somehow.
7	04/15:12	MIND	light energy, uplifting somehow, it's exciting...
7	04/15:13	MIND	I don't want to explain my arm for 50th time, pulling me in. She's pulling me in, pulled down like that. Going to darkness, no sparkly shiny energy. Room, dark room. Like a cone shape, coming to that point, pulling getting narrower, falling in on itself. Falling in like that. Black, contained.
7	04/15:14	MIND	So great, bubble, stood in perfume aisle. Watched everyone frantically doing their business. I was looking at the lipsticks and little trinkety things. They all had a purpose, a mission, a purpose, collecting doing their business, I don't need any food I want to see the little things.
7	04/15:15	MIND	They all are going on the clock, having an agenda, somewhere to be, get their supplies in timely manner. I was horizontal, I wasn't in time in a way. Long line to it (HG straight), like in music each note or the phrase, I was the long line. I was unmeasured. Just floating. In the bubble, just floating along. Smooth long line.... Hey guys! You can come join me! No need to be in a rush. I didn't need to be alone in there. I was operating on a different plane.

7	04/15:16	MIND	I was above the earth a little bit. Just standing and smelling... I was there the whole time... no idea how many minutes went by. No idea that time existed.
7	04/15:17	MIND	This space around me, that wasn't being penetrated by idea of time, in this zone. No time. In this zone. In my bubble, with no time.
7	04/15:18	MIND	I had a lot of light around me, felt brighter. I was there but wasn't in a way. So happy. Penetrate would be a pop, like a needle going into my bubble.
7	04/15:19	MIND	Oh oh, when he called me over. I've done something wrong. He pulled my sweater in close. He flipped out. Oh my God! Scared! Looking for someone to help me. This is the dude, no one would question what he is doing. Scary, I didn't know what would happen, didn't know how safe I would be. He can do whatever he wants.
7	04/15:20	MIND	Contained, keep them there, they've done something. You need to hold them there, you are waiting for someone to come deal with them. They have done something wrong. Like if a shop owner has them cause they have shoplifted.
7	04/15:21	MIND	They can't get away, you are stuck there. You want to go up, you are being held down here.
7	04/15:22	MIND	Trespassed in some sort of a way.
7	04/15:23	MIND	Tricky, was sideways, shifty (HG) like a sly fox, crouching and running away. You have to find a way around the people who are impeding on you doing it.
7	04/15:24	DREAMS	They closed all the doors, they were laughing hysterically, they had moved all the furniture, they had closed all the doors so they could do this. What planet am I on? They had been caught... we tried to fool you! Everything was gone, am I in the right place? Where did everything go? Confused. Did I open the right door? am I in right part of building?
7	04/15:26	MIND	Keep feeling that I'm forgetting something. I'm convinced I'm going to lock my keys in car. Anticipating forgetting something. Constantly alert.
7	04/15:26	MIND	like lord of the rings...like I was holding onto the vial of the remedy and was playing with it---I didn't want to put it down---it was 'my precious'....I was kind of being jokey...I'm laughing as I type this...super funny...
7	04/16:00	EAR	Ringin in ears with head pain.
7	04/16:00	HEAD	Headache- it's increasing in pain- started in my frontal lobe and occiput. While driving home, I thought I might have to pull over and vomit. Head hurts so much- hurts to move it, hurts to touch the top of my head. Not one of those 'riding in a carriage ameliorates' kind of headaches- I feel every bump while my car is driving and it's absolutely stunning in my head. Hard to believe that pain can affect me this much-very atypical for me. My cold hands on my forehead makes it feel better. It's a dull ache in my frontal lobe---throbbing in quality. but stunning pain.
7	04/16:00	NOSE	Very sensitive to smells with head pain. Smell of car exhaust in traffic was the worst.
7	04/16:00	STOMACH	Nausea with head pain. Feel like I might throw up.
7	04/18:00	MIND	Gollum---he's kind of a thief. He's a creature. He's a person who (if I take it back to the dream/headlock) needs to be held, contained, captured. He's shifty. He's sneaky. A bit of a low life. He's dirty, kind of gross. Mostly, he's a thief.
7	04/18:00	MIND	My precious- it's like those trinkets. I see purple in my head for some reason. Purple, gold, silver trinkets. Glittering, shinning, sparkling. They grab your attention. You are called to them. You want to touch them, hold them. They are the delicacies. You can't help it, you just want to hold them, touch them, see them. It's an attraction. An awe. A need. Somehow, you need them. They need to be guarded, protected so no thief takes them. Purple, gold, silver, shiny, sparkling, light. Very light (shade, not weight). Bright. Draws your eye. Strong desire to be near it, to hold it. A need, like you can't pry yourself away from it. Other people want it, that's why you have to protect it- like Gollum and the ring.
7	04/18:00	MIND	Yeah---the dude. The word that comes to mind is mellow, smooth, cool. Really smooth--if I could do a hand gesture to you right now, it would be that one I made about the lake/water---palm down, horizontally drag my hand across---as if across a flat surface. Like the Fonz. Hahaha! It's weird, I don't know why, but the word soft also comes up--I think it's to do with the smoothness. Shiny. Smooth, mellow...yeah...those are the words---not quite sure why...
7	04/19:30	MIND	Fucking word document just 'unexpectedly quit' loosing all the info for the day I just typed up....I'm not amused. Weird things with technology- my phone calls with my boyfriend keep getting dropped- this never happened before.

7	04/22:00	CHEST	Heart beating irregularly—every few beats seem exaggerated as if my heart is shaking through my whole body. I'm laying down in bed, trying to fall asleep, but my heart is doing this odd, exaggerated beat thing.
7	04/22:00	CHEST	Pain in the sternum- sharp, wincing pain. Took my breath away. I had been leaning forward to type for a few minutes, when I straightened up, there was a sharp, stabbing pain in my sternum. Had to catch my breath- it caught me off guard.
7	04/22:00	HEAD	Pain still there- feels more left sided. Pulsating. Horrible pain- can't really move. Makes me wince to move. I can feel a throbbing sensation in my occiput as well as in my frontal lobe.
7	05/06:00	HEAD	Mild head pain, nothing like last night. Just a dull ache in the frontal lobe.
7	05/06:00	SLEEP	Woke up without alarm clock earlier than usual- good energy, happy to start the day
7	05/12:30	ABDOMEN	Slight very mild abdominal cramping with vaginal discharge.
7	05/12:30	FEMALE	Slight signs of my period again- pink/blood tinged discharge.
7	05/12:30	MIND	I forgot my wallet at home today- went to go out for lunch and realized I forgot my wallet. Last night, as I was packing, I made sure to tell myself 'don't put this in just yet, keep it in your purse.' But...even with that reminder, I still managed to leave it at home. Forgetting a lot of little things.
7	05/12:30	MIND	I keep forgetting to write- since starting the proving- I've been much more aware of my physical appearance- I've been wearing lipstick, using makeup and checking myself out in the mirror a lot more than usual.
7	05/12:30	MIND	Please, dear god, I don't want my period. I've been talking to the remedy- saying 'I get it, I get it....yes, this acts on the female reproductive tract...' but for some reason I'm still spotting. Very usual. Mentally, usually, I'm not so upset about getting my period. A lot of things are factoring in right now, but it's just such an annoyance because I'm not sure if it's actually going to be my period, or if I'm just going to continue spotting this whole damn time....super annoying.
7	05/12:30	MIND	With the forgetting feeling- I have been having a hard time speaking occasionally- it's like the words are on the tip of my tongue, but I can't articulate them. I'm usually pretty good at reaching into the recesses of my mind to pull out useless information, but as of late, the skill has eluded me.
7	05/19:30	EXTREMITIES	My feet are so cold...coldest they've ever been. They are white---I've never seen them look like this. Had to take a very long shower before they returned to somewhat normal. My big toe and toe next to big toe became completely white—it was a bit unnerving.
7	06/22:00	GENERALS	Even though I've been up since 3 in the morning (to catch an early morning flight) I still have plenty of energy- a surprising amount. Even at bedtime, I couldn't fall asleep right away.
7	06/22:00	MIND	I've had memory problems for really silly things- just regular words that are on the tip of my tongue, but I can't quite retrieve them.
7	07/00:00	FEMALE	Spotting as though I'm getting my period, but no other period-like symptoms.
7	07/09:00	GENERALS	Plenty of energy. Should feel tired, but awake and ready to go. In fact, I woke up before my boyfriend and he got more sleep than I did...normally I would be exhausted.
7	07/16:00	MIND	At the science museum with boyfriend- felt very protective over him. A female staff member was talking to him, I felt not included and like 'back off!' I wanted her to stop talking, to leave us alone---I wanted to tell her 'he's mine! Go away!' I'm not usually protective or possessive of him---I felt un-included, like there was a wall between them talking and me, like I was not being paid attention to- like I wasn't there. I felt sad, alone.
7	08/09:00	DREAMS	Had a dream boyfriend rode a scooter and got hit by a car---I remember I was half awake and asked him not to ride on a scooter...it was scary and upsetting—I want to keep him safe, protect him.
7	08/10:00	FEMALE	Spotting again.

7	08/19:00	MIND	Again- feeling protective of boyfriend. Finding myself being that way in general with him- I want to hold him, snuggle with him, caress him, especially hold and stroke his head/back of neck- I find myself wanting to shield him, protect him, keep him for myself, keep him in my bubble---there was an interaction with another female who was asking for directions---I don't feel jealous of these women- this woman was married and made comments about her husband several times---but it's like I want to keep him in this bubble---I want to protect him but I'm not sure from what...they are not threatening, these ladies, but there is a feeling in me like I want them to leave him alone, let him be, for them to just go away. It's very interesting- I've never felt this before. I don't feel like being social with them, or making small talk like he does---instead, I feel very cautious around them, I watch them carefully, I want to protect him.
7	09/10:00	FEMALE	period started. Heavy. Bright blood. No usual cramping/bloating/signs. Just came overnight. Not as clotted as usual. Small clots, bright blood, and more heavy---have had to change my tampon many times throughout the day.
7	09/19:00	BACK	pain in my lower back- have had this pain before- very difficult to move- changing positions takes my breath away. Felt like I would have to see a chiropractor- something was out of alignment. After I woke up the next day, pain was gone.
7	10/10:00	FEMALE	Period is heavy. Lots of bright red blood.
7	11/14:30	GENERALS	Energy super amazingly good. Next to no sleep and travel and all that jazz, and not exhausted. Normally would have been shot/dead, kaput.
7	11/14:31	GENERALS	I was waiting for the exhaustion, but didn't set in.
7	11/14:32	MIND	His furnace, broke while I was there. A thing about things malfunctioning.
7	11/14:33	MIND	I found myself irritated with him. I felt protective of him. Usually, I'm like "Hurray, He's out in the world! This time, I'm like "Why are you talking to him? He's mine!"
7	11/14:34	MIND	You can't have him, don't talk to him. This lady at museum by the brains and she ended up talking to him. Quit flirting with him! He's mine, he's taken, back off.
7	11/14:35	MIND	I would have liked to push her. Push her away, just go away, stop talking to him.
7	11/14:36	MIND	I didn't engage also, I was quiet and observing. I was waiting on him to pick up on my cues too. They didn't even see me. Like I was witnessing them but not active not part of not engaged.
7	11/14:37	MIND	Not there, not engaged, not active, like there was a wall, I was a step away in a way from them. They were meeting eyes but they didn't meet mine. They were engaging and I was just standing there. As if I was blending into background.
7	11/14:38	MIND	Like I was observing it, experiencing my feelings which were "BACK OFF!" but not engaged. I was not invited into their interaction.
7	11/14:39	MIND	Not invited, not part of, not welcome, shouldn't be there, removed. A step away. Like a wall, like an invisible wall. Before in the bubble, everyone else was welcomed. This wall is a boundary. You can't cross it.
7	11/14:40	MIND	Boundary, blocked, no flow, (HG) (hitting hands) no entry, you can't go past it, it's holding you, it's containing you.
7	11/14:40	MIND	No way of getting in or out, that's why it is containing you. no door. You want to break thru you want to get out, but you can't.
7	11/14:41	MIND	Being held, thinking of headlock in dream
7	11/14:42	MIND	I wanted to get her away from him. Wanted her to go away. Not normally protective. Some other girl came up and asked him for directions and he went over the top explaining to her. He was trying to engage me and I was like no just stop.
7	11/14:43	MIND	Protective, he's mine! Like those gems or jewels, you can't steal him, he's mine. Not jealous, Just the fact that he's mine and back off. They didn't have attributes that he would be admiring in them.
7	11/14:44	MIND	Just to stand there and watch it all happening,. A detachment. Your body is here and your being is not. It's not in your physical body. My emotional being and other jazz was at a different place. It was detached.
7	11/14:45	MIND	Detached is separate, not whole, sliced. A part, not whole. A circle that is cut in half, like that (separate) it should be together and it's taken apart. Cracked apart. It's broken. It was together, it's supposed to be together it's been taken apart, broken.

7	11/14:46	MIND	Sad, lump in throat, it's supposed to be together and it's not. It's supposed to belong but something has come along and split it, detached it, separated it. It's broken. I'm alone left behind, like the mother duck and baby.
7	11/14:47	MIND	Broken, shattered, like sharp edges, jagged edges (zig zag) it's messy. It's destructive, it's dark. These two halves, they are supposed to be and they are not together.
7	11/14:48	BACK	Low back pain, thought oh shit going to need a chiropractor, and then woke up and it was gone.
7	11/14:49	MIND	Feeling that they were going to steal him from me, the need to protect him/them, treasures, or someone will steal them.
7	11/16:00	MIND	feel foggy, in a daze. Really tired, forgetful, not quite all here.
7	12/00:00	DREAMS	I had a dream that I was going to be leaving my former student clinic group, but hadn't yet. They knew it was going to be happening, but instead of just coming in one month and being in different groups, they were going to try to 'transition' us out of our groups--meaning we would spend some time in our old groups, and some time in our new groups. What happened is that the whole small group, minus me, went out to lunch and left me behind. I felt so sad. I was completely devastated. I felt alone, separate, not part of, left out. I was crying and crying. When they came back, I told my friend how I felt and she told the rest of the group--we were in the big classroom- everyone came together and I was crying and so sad. Even though we were at our tables, as if we were in didactic, I felt really singled out, alone, not part of. Then, various people would look at me and try to give me sympathy- I remember saying 'I don't want sympathy, I'm not doing this for attention, I don't want consolation. I just want you to know how I felt- I felt very alone and left out.' It was extremely irritating to have the consolation- I didn't want them to pity me, I wanted them to understand what I was feeling, what I was experiencing, and it wasn't that I wanted to be coddled or consoled- I wanted to be part of, to be one of, to not be singled out in any sort of a way.
7	12/08:00	MIND	http://grooveshark.com/#!/search?q=Bon+Iver+Holocene it's Bon Iver and the song is Holocene
7	12/08:00	MIND	Okay---I'm obsessed with this song right now, even though I don't have a hot clue most of the time what he is saying, and when I googled the lyrics, I really don't have a clue what they mean...it's more the sound of his voice and the chord progression I'm loving...
7	12/08:00	MIND	So...I'm feeling apart from boyfriend...distant, not whole...behind. Alone. I'm sad...and this song...playing it this morning really brought those feelings on.
7	12/08:00	MIND	When I played it this morning as I was working, I got really, really sad....lump in my throat, overwhelmed feeling. I'm sure a lot of it has to do with the fact I'm sleep deprived and just came back from a really great vacation...but the feeling was 'what am I doing? Why am I doing this? I just want to move. I just want to be with boyfriend...' Not like me. I mean, maybe a little...but I'm not too girly/girly or idealistic with relationships most of the time...I've been scarily finding myself picking out (ugh...I really hate to admit this...) baby names....ugh!!!! Whv?
7	12/10:00	GENERALS	Appetite increased. I want to eat all day. Have to stop myself from munching all day long. Want chips, popcorn, junk food.
7	12/15:37	MIND	Distant = like far off, can't reach, can't touch, can't be near, cold, can't hold, there's a hole--it's dark, cold, no light, nobody near by, sunk in, caved in, can't get out, can't surface, can't see anyone, far away. Can't lift off, can't get out, can't move. Nobody is near---I feel it in my chest. It's a weight on my chest. It's lonely. It's quiet. No sounds and dark.
7	12/15:37	MIND	Not Whole = Apart. Not connected. Two halves that should be together, but aren't. They are separated, divided, they want to be together, but can't. They are distant. Should be one, but can't be. Something is preventing them from being whole, from being together, from being one. Whole is a circle. Not whole are two halves of that circle being held apart, being separated. Disconnected by force, not by will. Being only one of those halves---being part of not whole is lonely, it's isolated, it's separated by force, not by choice, it's distant---and distant is all those things above...
7	12/16:35	MIND	No...but I definitely want a pat on the back, some recognition that I'm doing it right...or that I'm doing it alright....I feel a bit unsure of myself...a bit vulnerable.
7	12/16:37	MIND	Open, not protected, no cover, not safe, wide open. Soft. Not formed. No defenses, little, small. Can't do it by myself. Need someone else. Need help, protection, cover, safety. Need someone else who is stronger, bigger, secure.

7	13/09:00	FEMALE	thought my period was done yesterday, but before I went to bed, noticed that I am spotting again. Some mild uterine cramping. Spotting throughout the day.
7	13/09:00	MOUTH	Tooth pain- sharp, nerve-like pain in my back/upper molars- has been happening for the past 2 days--- comes in waves---wasn't sure if it was just a cavity- feels better if I push my tongue into it.
7	13/15:30	MIND	It's amorphous---kind of like I have no container no structure around me--I feel it in my chest-it makes me have palpitations---it's scary--it's like I need to breathe, but there's something obstructing it...
7	13/15:31	MIND	It's weird in that I see a lot of light, and it's bright, but dim at the same time. It's like my eyes are foggy--- it's like when you wake up from a nap, you know it's bright, but you can't register it. Something is over my eyes in a way---it's bright, but foggy. Like I can't focus. It has a quality of feeling unsafe, but at the same time, I know I'm okay---it's not that I feel threatened or under attack, it's more like can my body do it? Can I breathe? Can my body do what it needs to do? That's the scary feeling---not that I've been attacked. but that can my body do it.
7	13/15:32	MIND	It's so small. I feel very, very small. There's a feeling of coming out, but uncertainty if I can come out. It's like there's ooze on me...it's like I'm being born---that's the feeling. As if I'm being born- can I take that first breath, can my eyes see or is there all that birthing matter all over them?
7	13/15:33	MIND	The weird thing is that I see some sort of a forest when I close my eyes. Like a clearing--an open part of a forest that's wide open, but yet, there are trees that create an edge, a border of sorts--the feeling is I'm in that clearing, on the edge of the clearing, and I need to get into the trees, into the protected area, the not exposed area, the not wide open area. I need the safety of the trees. It's bright- so I would be easily found in the clearing---I want to get somewhere safe, somewhere shaded, somewhere hidden, protected.
7	13/15:34	MIND	Opposite of those words would be blend in, covered up, camouflage, small, but hidden, safe, someone is with me and I'm protected by them. I see someone crouched over- kind of in a ready to pounce kind of position---it's alert, not slow, in a position of actively observing others---know where others are so you won't be surprised.
7	13/15:35	MIND	What rabbit hole did I fall into?
7	13/19:00	ABDOMEN	feel as though I will have diarrhea, but can't pass stool. Very uncomfortable feeling in my bowels- as if stool will escape, but when I go to the bathroom, nothing will pass out. No gas, just sensation as if I will have stool, but can't.
7	13/19:00	STOMACH	stomach pain- feels flu-like- stomach feels upset, don't want to eat, a lot of gurgling in my stomach. Feels like I might throw up, but can't.
7	14/09:00	FEMALE	uterine cramping. Spotting of my period, a lot of discharge that is very mucousy with blood.
7	14/14:00	GENERALS	Aches and pains in my body, as if I have the flu, but a more mild version. I want to lay down and do nothing but watch TV, but that seems boring to me. I'm moving around a lot, but my body is sore/stiff/achy- bruised feeling, like I need to stretch, but stretching doesn't help.
7	14/14:00	STOMACH	I was extremely hungry- ravenous even- after I ate, my stomach felt worse- much more gurgling, felt full beyond normal and felt as though I would throw up, but couldn't.
7	14/14:00	STOMACH	Stomachache with flu-like feeling- feel queasy, like I might throw up, but can't. A lot of gurgling noises coming from my stomach.
7	14/16:30	MIND	Caved in thing, falling in on each other, as if you've dug a hole in the sand and everything has caved into it. Can also be like if you shoot a bird in the sky and it falls like this (falls folded in caved in of itself, and falls into the water, suspended and caved in on itself. Suspended in water, one of those long necked birds, as if there is a weight right here and pulling it in half, and all of it is caved in on itself, suspended in water. It's pretty scary, it's just dark, the water is dark, the bird is dark, as if it is converged in oil. Because it's so black and it doesn't look right.
7	14/16:30	MIND	The trees are the protection. Right on the edge, I could see all around me, no concept of behind me being the same, only what was in front of me. Just go forward, there is only forward, just forward motion only (HG) no memory of back, no an option. Kind of like amnesia, you don't know it exists, or what came before, of where you are from. Like a nothingness, like a void, black and dark, it's back to caved in thing
7	14/16:30	MIND	Weird tooth pain in back molars, nervy. Feels better with pressure. Just the right side. Nerve pain, kind of electric, it comes and goes in waves.
7	14/16:30	MIND	You can see but you can't see, you can't open your eyes, can sense that it is bright.

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7	14/16:31	MIND	Scary is the darkness (in real life I'm scared of the dark) but a weird calm about it too.
7	14/16:32	MIND	Faded into background, it's fuzzy, not focused or sharp. Like muted colors. Washed out somehow, not as bright not as vibrant, like flatter. Like blended in a bit, muted. You can't tell where it ends and something else begins.
7	14/16:33	MIND	Survival mode, alert and very sharp and blended in, and you're on alert. Like waiting for something to come by. Waiting for your prey, in a offense mode, in a crouched ready to pounce position. Everything in your body is ready, on guard, it could react in a snap. Like adrenaline feeling, everything is hyper sensitive.
7	14/16:33	SLEEP	Every morning I wake up and I'm quite awake. Jus open eyes and ready to go. Much more of a morning person now.
7	14/16:34	MIND	In afternoon, I'm like ready for a nap.
7	14/16:35	MIND	In afternoon, feel like I want to zone out. Just like, find pretty picture to look at, didn't want to do work.
7	14/16:36	MIND	Consolation pissed me off. That I was being singled out, like pity. I didn't want pity. Pity that I was separate, needing special attention, not part of the whole.
7	14/16:37	MIND	I wasn't blending in, I stood out.
7	15/09:00	BACK	Along with uterine cramping, my lower back is extremely sore. It's coming in waves with my cramping.
7	15/09:00	FEMALE	Uterine cramping. Feels really sore/distended in my lower abdominal/uterine area.
7	15/19:00	FEMALE	Plenty of discharge as of late-seems that there is always some sort of mucous/discharge going on...I don't notice it when I'm just standing around- mostly noticeable after going to the bathroom. Ranges in color- depending if I'm spotting or not-today there was a bit of spotting, but mostly a creamy colored discharge after going to the bathroom.
7	15/19:00	MIND	I've been really emotional lately- keep forgetting to journal. Hard to know if it's circumstantial or not- feeling very clingy to boyfriend- crying a lot on the phone with him. I can't even express why---I just feel so alone and sad to not be near him. Normally I can get over this, but it's been sticking around a lot more lately. Just cry and cry and cry....I want love, I want to be loved, I want to not feel alone.
7	15/19:00	NOSE	Lots of snot from my nose lately- thick mucous- it's viscid, hard to blow out, obstructs my breathing, but once it is out....oh, it feels so good! Like a plug of mucous that is difficult to extract/blow out, but eventually does come out. It's clear/foggy/white in color, sometimes with a bit of yellow.
7	19/15:09	MIND	Everything is gross. His favorite word. My sex life, after copulation, I say hand me a tissue, and he says "ewww." I'm not a sponge I can't absorb.
7	19/15:10	MIND	Done, bored with it. (groan) I don't want to journal anymore. It's too much work, I'm done, nothing else is coming up that is exciting. That's part of my state. I'm ready to move on. I don't want to be responsible writing down everything and keeping track and noticing everything.
7	19/15:11	MIND	Heaviness, (ugggg!) I don't want to. I'm like 4 year old. I just want to do what I want to do, I want to take naps when I want to take naps, I want to eat what I want to eat, please mom, can I? Want to watch TV and movies.
7	19/15:12	MIND	When little kids throw themselves to ground, go limp and you have to get me up. Mom says let's go, and kid on floor, and have to collect me and pick me up, if throw myself on ground, might get my way, and drag it out (prover is very whiney, wants to quit proving) I'm done now.
7	19/15:13	MIND	Let's get on with life and go on that ride for a while.
7	19/15:14	MIND	Very emotional, I need love love love. I want magic bullet, I don't feel I'm here in the now. My mind is going to the future, constantly. Normally I'm Winnie the pooh, I'm rolling with it. But now, thinking. Get anxiety. What next, what is going to happen at border, what am I going to be doing, where am I going to be?
7	19/15:15	MIND	All this bubbling, going. A tightness, but I get palpitations, and hard to breathe, it's buzzing. From neck to diaphragm, like it's going to burst open, like it's being contained and it doesn't want to be contained.
7	19/15:16	MIND	Like it's being held, or being controlled, like there is a breaking point, and pushing up against it and I don't know what it is going to do

7	19/15:17	MIND	this clear thin layer, pushing pushing pushing and its going to break it through. To contain it, but it can't be contained, it doesn't want to be. It wants to get out. It's right on threshold, its barely being contained right now, given okay burst thru in second.
7	19/15:18	MIND	Breaking thru thin barrier, just come out, not destructive, no harm, just can't it needs to get out. Let me out! Just being held in there, if I let it rip, it wants to be free to release, BAAAA I'm FREEE FINALLY! Finally, I'm free! It's stifled, it's being held, it can't catch its breath.
7	19/15:19	MIND	It's not a nice open the door and come out and play, much more, as if someone was drowning and was pulled out and HUUUUUUHHH, GASSSP, caught their breath.
7	19/15:20	MIND	More weeping, so hard to be away from him. Just want to be there, to physically be near him.
7	19/15:21	MIND	Sinking in my chest, not near him. So heavy and alone, like he's so far away. I didn't want to be crying but I couldn't not cry. He tells me to be here and now, I say "shut up, you don't get to tell me what to do!"
7	19/15:22	MIND	They are dictating. You can't tell me what to do! I feel stifled. Like walls are closing in, like I can't breathe, something is over my mouth (not uncommon for me)
7	19/15:23	MIND	Alone, like one single line. There should be many. One single strand of something, and it's isolated and it is all by itself and it wants others around, whether to weave with it. Needs more to create something, can't do much by itself. Need more of it to make something. One by itself isn't going to get you far.
7	19/15:24	MIND	Can't do anything, can't make anything, can't be anything. One little string insignificant, can't do much.
7	19/15:25	NOSE	Mucus is free, I can breathe, it's like satisfying. I feel this way all the time.
7	19/15:26	MIND	Like it's done, I have this other shit I can do exploration about. Like it's completed, it's come full circle. It went thru it's thing with me, it's done with me.
7	20/10:00	HEAD	I've been having a lot more headaches since the proving. I'll often fall asleep with a headache and wake up with one. It's unusual for me. They are generally at the base of my skull or at the front of my forehead, by my eyes. They typically start on the right side, although they switch sides often- I'll go to sleep with pain on the right and wake up with pain on the left.
7	20/10:00	MIND	Kind of feeling done with everything. Done with the proving. I don't really care anymore. It just feels like 'ho-hum' boredom, not exciting, nothing new, just want to be done. Boring. This is a normal state for me, but it feels a little more flat lined- like more than boredom, I just don't care.
7	20/10:00	NOSE	I've just noticed- I haven't been sneezing nearly as often as I usually do...I don't feel my usual allergy/sneezy self.
8	00/00:00	DREAMS	I am outside and see an jet up in the sky. Two other jets are flanking it and I realize it's air force one. I look up into the other side of the sky and see a jet hovering. I wave to my mother and point to the other planes and say 'look! It's president Obama!' For as silly as this dream seems it hangs in my mind clearly.
8	00/00:00	DREAMS	I had a dream that a client of mine was telling me about the movie "The Artist". (which she did in real life.) In the dream, she said it was a silent film, aside from music, and it starred a group of young Mexican men who doubled as the number 1 football team in Mexico and a Ranchera band. In my dream scenes cut between huge music venues with cheering and shouting and girls swooning. Each young man was dressed well, open shirts with chains, tight pants; totally dressing the sexy part. Then the scenes cut to a football match. All players on their team wore Argentina's 'Racing' team jersey... In the background I could hear "Goal!!!!!" This dream left me feeling happy and entertained.
8	00/00:00	DREAMS	I'm in Belize [going there in March] with my husband and my mom [I'm going alone]. In my dream I am dreaming that it's wartime and I'm Japanese [I was born there] and the Japanese and Albanians who share a land border in my dream have just discovered the war is over and they can have their country back from the invading country. All of the Japanese and Albanians come out of hiding and we look at each other and cry. The crying is so deep and profound. We are mourning. I wake from my dream and my husband has just come back to our hut in Belize and I tell him about my dream. But, I also tell him that can you believe I had a dream that I remember? I need to write this down for the proving since I never ever remember my dreams.
8	00/00:00	GENERALS	I'm feeling trembly and shaking. It feels due to the anxiety and worry I am sensing.

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8	00/00:00	MIND	Anxiety and feeling loss of grounding. Wondered if it were about the proving, the elephant in the room re: husband's drinking and going out to dinner, or about my dog's odd behavior of the last few days.
8	00/00:00	MIND	Have felt worry about my dog and his funny behavior which began 2 days ago. It's occasional and in spurts but has become afraid of something. His fear persists more frequently around me
8	00/00:00	MIND	I am nervous about the proving. I know it's bringing up anxiety/stress and fear in a general sense. I may be afraid of simply being uncomfortable. Lately I have felt healthy and strong and secure in who I am and I don't want to lose feeling this way by feeling anxious and ungrounded.
8	00/00:00	MIND	My anxiety/nerve and that of my dog's has calmed. It's been smooth sailing.
8	00/00:00	MIND	My habit of picking at my nails and fingers is back after having been away for a while.
8	00/00:00	MIND	My husband is having very clear dreams every night. He too is not a big dreamer and is struck by how vivid the dreams are and how they linger through the day. This began Saturday before Kick Off. That is when my sense of anxiety began.
8	00/00:00	MIND	Noticed myself feeling indifferent to being around my massage therapist/friend whom I really like. Felt like I wanted no part in trying to connect with her. I noticed that the things she sees/observes that are usually fascinating to me were ordinary.
8	00/00:00	SKIN	itchy. I've had little itchy spot all over my body. it started on my face but by the evening I felt them on my chest. It reminded me of how the onset of hives sometimes feels. But, there is nothing on my skin.
8	00/00:00	STOMACH	My nervous habits of needing something sweet to calm my nerves is back.
8	01/13:54	GENERALS	notes for them during initial ingestion: First comment is "sweet" when ingest remedy. "very sugary."
8	01/14:14	MIND	Nervous, comments about the earth tone paint in my home, notices a plate on the table, green with gold trim, says it is easy to be in these colors. She is waiting for something to pop out and scare her, shock her "waiting for the ghost to pop out."
8	01/14:14	MIND	She is distracted, notices all the "big black birds" in my yard.
8	01/14:14	STOMACH	She is feeling a light nausea right now.
8	01/14:30	EYE	Her eyes are dry yet feel sticky, feel very tired.
8	01/14:30	GENERALS	She feels ungrounded, exterior sensation of calm, feels weighted down, yet inside she is holding tight (front of body hand gesture) like on a roller coaster.
8	01/14:30	HEAD	Her head feels funny - sensation of restriction, she removes her head scarf, can't stand the squeezing sensation.
8	01/14:30	STOMACH	She feels a clenching in her stomach
8	01/14:57	MIND	Drove home from taking remedy with Supervisor. I was no longer tired. Decided I needed to make something. Usually, after work on a Saturday I need to rest or take it easy. Today I am cooking.
8	01/15:58	MIND	My husband came home and said he just feels like growing things. He went out and bought a grow light and stuff to set up seeds/planting in the basement. I guess I'm adding this because it feels similar to cooking in that creative way.
8	02/00:00	DREAMS	In the middle of the Night. I had a dream last night that I spoke with my mom about my father [who is deceased.] I was talking to her about him having a severe alcohol problem and that it's time to take care of ourselves and that he needs help. I suggested that she start going to Al-anon meetings so that she had some resources and support because it was apparently very hard on her. In the dream I felt good about being able to help my mother and about her receiving my help.
8	02/08:51	MIND	I'm really energetic and have been since yesterday. Yet at the same time I don't feel like pushing myself into doing anything my brain thinks I should do. Ex: I'm not going to yoga this morning; it doesn't feel like what my body wants. I add this to the journal but I'm not sure if this is so out-of-the-ordinary.
8	02/15:45	MIND	I was at my sister's orchestra concert this afternoon. I always get this feeling of claustrophobia and nausea. I wonder if it's the combination of music I don't enjoy plus family. I am expected to attend these happenings because my sister doesn't feel like I want to be part of her life. It always feels forced.
8	02/16:30	GENERALS	The music touched me and I felt like crying. My skin was tingly from the beauty of her playing.

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8	02/16:30	MIND	The second half of the concert featured a 14 year old award winning pianist. She played beautifully and it struck a chord in me. When I hear great music it touches my soul and goes straight to my emotions. It is so beautiful to see someone passionate about their performance; especially when it's such a young person.
8	02/17:45	MIND	Speaking to my husband, I brought up the idea of having dinner with his sister tomorrow night for her birthday. I thought, since it's a work night, we could go somewhere Thai or Vietnamese between our two houses. My husband then suggested the place he wants to go to dinner and said we should go there. I expressed that it is too long a drive for both of us. He argued it. I just gave up and didn't continue the conversation. I realized in that moment I had no desire for arguing and that I was tired and I really wanted to get out of the car now. At home I would have walked away.
8	02/18:27	GENERALS	I feel like being alone. I'm done interacting for today. Husband wants to hang out together; I told him I think I'm going to just read tonight.
8	02/20:45	MIND	Went to bed wishing I was sleeping alone. I didn't want him to be physically close to me or energetically close either. But, I also said nothing to him and just cocooned myself in my own space and fell asleep.
8	03/00:00	DREAMS	In the middle of the night. Fidel Castro died.
8	03/00:00	DREAMS	In the middle of the night. In my dream I was staying with a Facebook friend whom I've met a couple times but don't know well at all. In the dream she was just a friend. I had to set the garbage out and decided to tie up the bag and just set it outside the door to her apartment, off to the side. Though, I knew there was a bin at the end of the hall with a lid garbage was to be thrown into. It was no big deal this way though. I knew she had to go off to work and teach and I had something to pack my bag for ...The feeling in the dream was that she was taking care of me in a sense or helping me out in a pinch. I felt nothing emotionally but knew she was doing something good for me. I was in a situation that needed some help.
8	03/00:00	DREAMS	In the middle of the night. My husband, dog and I were being held captive. The setting was our cabin. We were surrounded down at the lake and up the eastern side of the cabin, property and path that led down to the lake. It think we were told to stay in our cabin and knew they were coming back for us. So we stayed. I looked around and saw they had a noose hanging on their property that had attachments for hands and feet to stretch a human. There was a big black horse running around, as if scared or crazed, doing fast loops in the torn up earth. We could hear voices because some of their people were left behind. But, the scary guys we knew would kill us had not yet come back. Then we started to hear their voices. My husband said, 'let's go!'. I ran upstairs to get a backpack and get my dog and it felt like there was just too much to do and think of before escaping. Why didn't we escape sooner? I laid down on the bed upstairs and snuggled my dog. The feeling of this dream was not fear but worry, unfairness, overwhelm...
8	03/10:15	GENERALS	My body feels really strong today, structurally, which I noticed working with my trainer. I was able to run a bit farther than usual today and felt no pain in my usual places. Joy.
8	03/11:00	GENERALS	I had an appointment today with the osteopath that I see. He got some movement into the left side of my sacrum that has been stuck for a while. I usually have a great sense of fatigue around my sacrum especially if I've been running or working out. And, after any adjustment to my sacrum I feel weakness and fatigue. Today I feel nothing other than better balance left to right in my pelvis and legs.
8	03/14:50	MIND	I am feeling a little aversion to being around my husband. Lately, things have been good between us but in the last 24 hours I keep wanting to extract myself from interactions with him. I'm impatient and wish for him to be done talking to me regardless of the subject matter. Lately, he's been an enjoyable person to be around and I feel like it is still that way but that I really feel different now. He's conscientious of taking time away from working from home to take breaks and spend time with me and Frankie [the Frankster, Franklinstein, Franklet, aka the dog] and I've appreciated that until the last two days. Now I would like him to stay in front of his computer and give me space.

8	03/18:51	MIND	I had a conversation today with my psychotherapist regarding some unfinished business. It's been troubling to me. My husband and I have been seeing her for a couple of years. She is really bad at accounting and knowing whether or not we are due payments based on our insurance plan. My husband had overpaid her in 2010 so she didn't charge him for most of 2011. I started seeing her in 2011 and she didn't charge me because she thought we probably still didn't owe her anything based on the previous overpayment. At the end of 2011 I asked her to check in and see where we stand and she can't figure it out. I did my part with the insurance company and can't figure it out. I am struck by how poorly she runs the business end of her services. This is not the first issue I've had with her either. I had confronted her about being timely about appointments. I would sometimes wait 10-15 minutes after the start time before she'd finish with the previous person. It got to be tiring and felt disrespectful to my time. We would always end the hour on time shortchanging me by 5 minutes or so. She understood my concern about this and has been much better about this. But, now with the payment thing I'm feeling funny about continuing to see her as I don't know where I stand with what I (we) owe her, or not. This has been ongoing for months but has been a bit of a bother in my day today.
8	04/00:00	DREAMS	In the middle of the night. I dreamt I was at an outdoor concert (maybe) but really low key...people were sitting around outside listening or waiting...I don't remember any music. The crowd was younger than me, not by much but enough (like early 30s). Somehow I ended up meeting a young man who became very interested in me and stayed with me throughout this dream. We left together and had a sexual encounter; he was there for me and I had no sense really giving anything back to him. I seemed needy. Throughout the dream I felt aloof and outside of myself; indifferent to his interest in me yet interested enough to know if fulfilled something deep or sad. He had a devotedness to me as if saying he didn't need anything back from me but just needed to provide for me what I lacked. Near the end of the dream I felt a bit of sadness in telling him that he should step back and think about this because I am married and I'm much older than him. He asked if I had kids and I said no. I was married in the dream but I did not feel sad for having cheated. He contemplated what I told him and that's where the dream ended. I awoke feeling similarly empty, disconnected from the events of the dream yet interested in how the dream highlighted something true inside of me.
8	04/00:00	DREAMS	In the middle of the night. I woke up because my dog was barking loudly, suddenly. [this is for real]. The dream I was having was aborted but I was left feeling like everything was in place. Stuff with my business partner was going to work out and all will fit in place. [She had been out of town and my other partner and I noted how much can get done around the business without her scattered ways making things harder than they should be. She came back from vacation looking like a wreck and looking like she needed another vacation.] There was another fragment related to things will all fit in place or come out even...I think it had to do with filling out a form or something related to my house but if taken care of properly the numbers come out even and you know it's been done correctly. [I know this is vague, but so was my dream.]
8	04/00:00	SKIN	Throughout the day, my right ear has itched. I feel like there will be little bumps on it that get hot and itchy and my hand is drawn toward them to scratch; every time.
8	04/07:30	MIND	I feel like my dream left me: disconnected, unfulfilled emotionally, tired deep inside me though not physically.
8	04/08:16	MIND	I am wondering about my conversation with my therapist last night. Was I supposed to tell her that I am frustrated with her instead of having said that I'm frustrated with figuring out this insurance confusion. Probably, but that feels stressful to me.
8	04/08:49	HEAD	I have a dull headache.
8	04/08:49	MIND	I'm feeling agitated. The dream feeling, the concern about the situation with my therapist, now a client who emailed to say I never got back to her about a day/time has piled up to feel like a lot of stress to start my work week. I'm a little ungrounded right now and I'm worried about getting through my work day. I mean, the thought of feeling this way and having to work with these feeling all day seems like a lot.
8	04/10:06	MIND	I talk a successful hour and enjoyed it but I feel split in two. One of me can teach and connect with my client but the other me is disconnected and empty.

8	04/11:04	GENERALS	The heavy and weighted feels like the atmosphere around me is too much for my structure to carry right now.
8	04/11:04	MIND	Part of me has come to work today but my other half is heavy and weighted.
8	04/12:05	MIND	I can't believe I have to teach more. I guess I'm feeling dread every hour on the hour. During the lessons I don't feel that way.
8	04/13:14	MIND	I'm still tired and heavy feeling. I'd love to lie down and rest.
8	04/15:45	MIND	I'm so glad my teaching is done. I can sit in my office and take notes on my lessons & close the door to other voices. I can work at my own pace and not have to be "on the hour".
8	04/20:16	SKIN	I feel like a sharp something sticks my skin. It first feels a little nery but light in intensity then it begins to itch. Scratching the itch doesn't take it away.
8	04/21:30	HEAD	went to bed with an ache in both jaw joints. It was the kind of ache not associated with my neck/shoulders being tight but instead the feeling I get when I drink caffeine. Energy running through me and an ache in the jaw.
8	05/00:00	DREAMS	I as dreaming in the middle of the night when my dog barked to go outside and it woke me up. My dream left me and I had no hint of it to hang on to. I spent the next 1 1/2 hours trying to fall back to sleep. My alarm abruptly woke me after I'd barely been asleep. Dream fragments were there but nothing I can remember now.
8	05/00:00	MIND	Sometime if the afternoon. I received a call from above mentioned therapist and my voicemail got stuck on "retrieving" the message. I could not listen to the message until bits were download. Finally, hours later I could hear the full message.
8	05/06:10	MIND	Oddly, I feel more rested right now than I did yesterday morning. But, I know I didn't 'clock' enough hours asleep. Today is a very long work day. I'm hoping for ease and stamina.
8	05/06:50	MIND	I cannot believe I'm at work. Half of me drove here somehow and is going through the motions of getting ready to teach. The other half is staring ahead in space.
8	05/08:01	EYE	My eyes are a little dry, heavy and feel like closing.
8	05/08:01	MIND	I'm so tired but my teaching is going fine.
8	05/10:05	HEAD	A dull headache.
8	05/10:05	MIND	Still tired. I'm glad I can teach and think well enough despite feeling physically challenged.
8	05/10:32	MIND	I have a free hour to catch up on work. Much of the work I have to do is creative and it turns out that despite my tiredness the creativity is flowing. That's a nice surprise. I will go outside after this and catch some fresh air.
8	05/14:46	MIND	I'm feeling more awake yet still tired. Had a cranio-sacral appointment. I'm hoping I'm not too drowsy to teach more.
8	05/17:59	MIND	Technical difficulties with my computer is just a little too much to handle. Instead of getting stressed I think I want to walk away.
8	05/20:27	GENERALS	I've been a little clumsy today. I dropped a bottle and knocked another thing over. I think I'm trying to do too many things at once.
8	05/20:27	MIND	Headed to bed and enjoying the wave of happiness going through my body; finally, I'll get to lie down and be comfortable.
8	05/20:27	NOSE	I've had a bit of a drip to my nose; hopefully I'm not still fighting off a cold from last week.
8	05/20:27	SKIN	The place on my right foot which has struggled with a fungal infection over the years has flared up a bit again. It itches.
8	06/00:00	DREAMS	I know I dreamt. But, all I'm left with is a bakery scene with a white bakery box, stretching dough (as if bread is being made) and the happy feeling that even as I sleep I am so thankful to be in lying in bed.
8	06/05:30	MIND	I woke rested and so far I feel good.
8	06/06:02	SKIN	This morning I had little itchy bumps under my lower lip line. Line the onset of a pimple they felt hot and itchy. I wanted to scratch them, and did, and they basically went away. This also happens sometimes before my period begins but never has a number of them appeared in one spot.
8	06/06:56	THROAT	My throat is a little thick feeling and occasionally I have a bit of phlegm to deal with.
8	06/09:45	NOSE	My nose has been a little drippy.
8	06/14:26	MIND	I'm hungry but I'm not. My stomach is full but my brain is hungry.
8	06/18:39	MIND	I'm feeling strong and energetic after running tonight. Every day I run I feel a little more balanced side to side in my body and that translates as peace of mind.

8	06/20:53	MIND	I sat down to do my grounding work for the first time in a couple of weeks. My intentions are always to do it daily but it doesn't always happen. It was hard to find a solid grounding but it came. I ran the earth's energy through my chakras looking for something that felt balanced all the way. I spent some time cleaning up some dark areas on the back of my 3rd chakra where I had a bit of a physical ache in addition to clearing off some darkness at the soul of my right foot. I then set some intentions for the new moon one of which being to dream more and learn something from my dreams. I set another few intentions having to do with work, the kind of people I want to attract and a new business opportunity. I am so refreshed and I wonder why I don't do this more often. It is work but work that pays off right away.
8	07/06:55	SKIN	I have a couple pin head size white itchy bumps under my lower lip line.
8	07/08:06	MIND	While driving to work this morning I received a text message that my 7am client was canceling class. I turned around to drive home because my 8am was already out of town. Just received message that my 9am is not in either. I wish that I could have slept more. Just spent the last hour trying to sleep but caffeine actually works. At least this makes for a shorter work day.
8	07/08:18	CHEST	I have a heaviness in my chest right behind the center of my sternum. It feels as if my exhales happen much quicker.
8	07/09:45	STOMACH	I have had a dull nerviness in my low abdominal area this morning; I noticed it as I went for a walk. I figured it was the start of my period as it felt that low and muscular. By the time I got to work the abdominal pain was great and at moments enough that I wanted to double over. But, still no sign of my period. I think this may have been digestive.
8	07/11:02	MIND	So many odd things are happening. My computer is no longer receiving the wifi in my house on a constant basis. This provides a hassle pretty often. On the driver's side car door (my car) the buttons that control the lock and windows have sunken into the door panel; I no longer have access to them. And, my bathtub (upstairs) is dripping onto the kitchen ceiling. This is more 'hassle' than I've had in my life in a long time.
8	07/12:01	STOMACH	My abdominal pain has subsided but my lower abdominal area is sore to the touch.
8	07/13:30	MIND	Had a Pilates lesson today. I felt half there in body and the other half just didn't care about being there. I just wanted to be home and not have so much to do even if it's "fun" stuff that I elected to do.
8	07/16:33	MIND	I have so many little details to keep track of right now with scheduling and preparing for my trip next week. I usually manage this stuff well but I'm having a hard time now.
8	07/17:15	MIND	I am looking forward to having this weekend alone at home. My husband has gone out of town and it's me and my dog. I look forward to not having to have a conversation and just talking one way to my dog.
8	07/17:15	MIND	It's mystifying how many technical things and scheduling error things are happening on my part. I've made the mistake of setting my alarm to the wrong time though luckily I realized soon after. In my head I remember an appointment time but I'm actually a half hour off. Almost left to go to the dog park knowing I'd have to chat with my supervisor at 5:30 only to just recheck my calendar and see that I was off again. I expected to see a client at 10am today but really she was at 11am and someone else was at 10. These are there regularly scheduled times on Fridays. This is not like me.
8	07/17:19	MIND	I am going to drag myself outside for my dog's sake. He needs to run and play but it's just another thing I have to do. Normally this feeling of having just way too many things to do on my plate creates a feeling of anxiety and my nervous system feels amped up. Lately, my body is fine in that regard and it's just my head that has to manage so many things...and it's not doing that great of a job.
8	07/18:15	GENERALS	This entry was empty when I rebooted my computer this morning. Luckily I remember what I wrote. Why is my computer occasionally not remembering my entries? Anyway, I was saying that my liver aches. Under my right rib cage it is very tender from the solar plexus and down about 4 inches.
8	07/19:38	MIND	I'm just feeling lousy, low energy, body aches (not fever like), tired. I haven't felt this bad overall this year. But I have felt this bad and worse prior to 2012.
8	07/20:10	MIND	To bed. I am beat and I suspect I will be able to fall asleep this early
8	08/00:00	DREAMS	Again, nothing. Not a lick. Though I woke twice and knew I had dreamt but not one detail hung around. Why such strong dreaming before and nothing now?

Full Didelphis virginiana journal

8	08/07:14	HEAD	I have a dull headache too. Maybe I'm a little dehydrated from having been in a warm bed from 8pm to 7am...
8	08/07:14	STOMACH	My stomach area still hurts around the perimeter of my ribcage, around my navel and low toward the pubic bone. It is very sore to the touch. I used to get this feeling in allergy season (summer/fall) when I would eat bothersome foods (spicy things, or veggies that I reacted from, corn...) I also used to get this feeling when I ate too much wheat. I have been eating more raw things lately and I'm starting to believe the advice I've received in the past about lightly cooking being better for me or even having hot tea with raw foods...
8	08/07:49	MIND	I am rested enough that my eyes and head feel awake. Oddly, my body is ready to head back to bed. I have a short work day then a relaxing yoga nidra workshop in the afternoon.
8	08/07:49	STOMACH	I need to eat before work but I am afraid to put anything into my stomach. I don't fear it coming up or needing to exit just that most choices will probably aggravate it.
8	08/10:02	GENERALS	[or fever?] I am sweating hot.
8	08/10:02	HEAD	My dull headache is no longer dull but full on.
8	08/10:02	MIND	I was bothered by my first client who often smells like alcohol. He is often draining for me to be around and he was also today.
8	08/10:02	STOMACH	my whole abdominal area is in pain from my ribs down to my public bone. I have no nausea or urgency to use the bathroom just pain.
8	08/11:00	GENERALS	My body aches; hips, low back, mid-upper back, neck and head. And of course the achy abdomen.
8	08/11:00	MIND	my last client of the day cancelled. What a relief to be done with work earlier.
8	08/12:11	GENERALS	Everything still hurts that I mentioned above. I think this is very flu-like.
8	08/12:11	MIND	Just received a voice message from Master Prover. It dawned on me at that moment that he was calling me today and not tomorrow. Since I received his email today I answered it as if it were sent today and the tomorrow we were referencing was not the same. I expected to talk Sunday with him. Yet another error on my part with scheduling. I hope he finds this very interesting and not very annoying. :)
8	08/13:30	STOMACH	I had an appetite and had some chicken noodle soup. My mind/brain were hungry and it hurt putting food into my stomach but there is no nausea. I think my body still needs food.
8	08/14:00	MIND	I was scheduled to attend a yoga Nidra workshop. After soup though I felt chilly, feverish and a little spacey and decide to not attend. I think that was a wise choice.
8	08/16:48	MIND	I'm looking forward to going to bed after my conversation with my supervisor. My body has some healing to do.
8	08/16:50	NOSE	My nose has started dripping again.
8	08/19:17	CHILL	sweaty and cold.
8	08/19:17	FEVER	hot.
8	08/19:17	HEAD	A significant headache. I'm going to sleep.
8	08/20:10	MIND	still awake. Menstrual cramps and whole body aches. Double the pain. :)
8	08/21:54	DREAMS	Just woke up from a dream. A friend was telling me "this flu/cold is a really bad one. Everyone is getting it. How badly do you want to get over it?" The dream felt threatening like I should really take this cold seriously and If I want to get over it I have to 'do what's right.'
8	09/00:00	DREAMS	[In the middle of the night] There is a dark ominous building advancing toward me from under water. I am apparently not in the water but the top of the building sticks out of the water and is coming toward me. It is ominous and I take it seriously. Will it attack? I am not scared but just taking in the facts of my surroundings.
8	09/00:00	FEVER	Woke up to write down above dreams. I am sweaty and my clothing is wet. My abdomen aches from ribs to pelvis. My whole body still aches.
8	09/05:30	FEMALE	I have light menstrual cramps. My fever seems gone and sweats gone too.
8	09/07:15	MIND	I'm still tired and will need a restful day.
8	09/07:15	STOOL	I have less abdominal pain, now only form the navel downward. I had a bowel movement which was urgent. I felt less "sick" in the gut afterwards.
8	09/08:05	STOMACH	I am hungry and just ate a good sized breakfast. I find the strong appetite as unique to feeling sick which is not the case with me.
8	09/08:15	STOMACH	It still hurts to have food in my stomach but my hunger is satiated and I don't feel nauseous.

8	09/09:42	FEVER	I got out of bed to write in this journal and I am sweating again. I will understand that as a gentle reminder to stay in bed and not do much today.
8	09/11:00	MIND	There are a lot of subtleties, not a lot of striking. One is feeling split in two. Going to work, going about what I do at work, and another half of me was almost always observing that, disconnected from the routine self. Another part separate that wouldn't merge and become one.
8	09/11:01	MIND	The other half was tired or spacey, in another realm or dimension.
8	09/11:02	ABDOMEN	Sick with a fever and abdominal pains.
8	09/11:03	MIND	In public, I was disconnected from the people, the noise, the ambiance, that other half of me, the dissociated half while I was in my fever state. That is striking in it's not normalness.
8	09/11:03	MIND	Struggling with a lack of energy over the years, something shifted at the beginning of the year, then we had the proving meeting and I felt panicked, concerned.
8	09/11:04	GENERALS	I am in a different state. Not this, not that. Less vital, subdued, in a sense. Mellow, a toned downness.
8	09/11:05	FEVER	Sweats, fighting a fever. I was sweating all night.
8	09/11:05	MIND	Making mistakes, screwing up schedules all week, however, I wasn't physically anxious or bothered by it. I was seemingly forgetful. I wasn't getting physically bent out of shape. Normally, I would be hyper and bent out of shape with it.
8	09/11:06	ABDOMEN	Abdominal pain in my lower ribs down to my pubic bone. My liver was sore from solar plexus all the way down. It is as though something is literally burning off inside of my intestines.
8	09/11:06	FEVER	Fever originates in my torso, my abdominal region, chest, arm pits.
8	09/11:08	ABDOMEN	I couldn't fold my posture, soreness, I just felt like because I was so painfully sore being straight up and down, lying down was most comfortable, collapsing my posture hurt my insides.
8	09/11:09	MIND	I am feeling happy that I had to cancel a bunch of things from my schedule. I have been feeling overworked and over busy. I am just relishing a totally open-ended day today and tomorrow. It feels good to let my body express itself.
8	09/11:10	THROAT	I have had an irritated throat for the past couple weeks.
8	09/11:11	MIND	This other half, this other dimension, it was like I was in another dimension. I felt so separate from what was happening. Noise or voices, I could hear them, of course, but, it was as if, maybe it was my fever, I felt like... This is so hard to describe. It felt like I couldn't integrate with my surroundings. I was not a part of what was happening in the physical space that I was in. I was with a friend, I could hear her, I responded, but I felt separate or disconnected.
8	09/11:11	NOSE	Also the sniffles, I am glad to almost be done with it.
8	09/11:14	MIND	It just felt like I couldn't, it wasn't possible to integrate into that which was happening around me. Even though it appeared as though I was from the outside. I was totally out of it.
8	09/11:15	MIND	I was sort of encased in a small surrounding of myself, in the center of my aura, my aura was only a few inches around me, my space around me, my aura was all I could manage to be in. Or that I really had to stay within my actual field, for lack of energy, that was as far as I could reach, everything beyond that was too far or too separate.
8	09/11:18	PERSPIRAT	I just am busting with sweat. I am hot and sweaty (no chills today, yesterday Day 08 I had chills).
8	09/11:19	MIND	As a rule I never remember my dreams. But then realized that I started recalling my dreams around the time of the proving kick-off meeting. Some are Science Fiction like.
8	09/11:20	MIND	I guess I felt threatened in the dream, I felt warned, I felt warned that this could really get well.
8	09/11:22	MIND	I myself wasn't threatened, but it was an ominous sign of something to be very worried about. I felt like something was approaching, and we, the collective, had to experience it, or notice it, me as an observer.
8	09/11:24	DREAMS	This was maybe part two or something of a Science Fiction movie version of a book that I had read. We were preparing for an invasion or an attack (I do not know who the collect "we" are). We were in an elevated position, disguising ourselves, our location, to protect ourselves. Something needed to be modified in the physical space so that we would look less auspicious. There was another dimension feeling, an alternate reality, otherworldly, supernatural, the darkness, all of the activity occurred in the darkness. post apocalyptic.
8	09/11:28	FEVER	Ebbing and flowing, but less today.
8	09/11:30	MIND	I find it interesting that my fever and sweats increased as I am talking about these experiences.

8	09/11:31	FEVER	I started talking with Master Prover about a half hour ago and my fever and sweats spiked. I have been so hot and sweaty and hadn't felt that since a couple hours ago when I wrote in the journal.
8	09/12:30	MIND	I struggle with sharing my life with my mother. I told her I wasn't feeling well and said I had a fever and sweats all night and she said something she always says to me, which is that I am too old to be having so many fevers. And, why am I getting so sick all of the time? She doesn't get sick... She constantly reminds me of how concerned she is for me that something is wrong with me on some level.
8	09/15:25	MIND	I'm thankful and pleased at the calm feeling inside that I have. I feel peaceful and it's so pleasant to be in my house right now; a comfortable environment with my pup, nice music, hot tea and nothing pressing on my mind.
8	09/15:27	STOMACH	I continue to have discomfort in my stomach after eating something though the pain is lessened.
8	09/18:26	FEVER	I have had a couple more hot flashes through the day.
8	09/20:29	CHILL	I have a slight chill to my spine.
8	09/20:29	HEAD	I have a dull headache. Off to bed.
8	10/00:00	DREAMS	I am in a Pilates mat class with another instructor from the twin cities whom I'm not super fond of. Actually, the class begins in another studio that is in the TC that does not belong to that other instructor. I'm feeling lazy and a little resistant to hearing her tell me what to do. I kind of go through the motions but when she turns her back I just rest. It is night time and the studio is dark. My husband is lying on the mat next to me and he seems to think this a good time for sex since the instructor's back is turned and it's dark [men!]. I guess I can't argue with that and it's perfect matter-of -fact sex with no real emotion on either of our parts.
8	10/00:00	DREAMS	I am on the reformer [a piece of Pilates equipment] doing the short spine [a great spine opening exercise] and a friend of mine is sitting on the reformer as I do the exercise [not advised!] As my hips/spine go overhead and the equipment moves my friend lays her back on my legs which takes her up in the air with me. I bend my knees [next step in the exercise] and she tumbles off onto the floor and breaks my sunglasses. I'm bummed. She is physically fine.
8	10/00:00	DREAMS	I'm in Belize [going there this week]. I am in a vehicle going from the airport to my destination. I take out my iphone to video-record the scenery. What a I see through the camera is a cantaloupe plantation, then a watermelon one, then a banana plantation...I think it continues but those are the only fruits I remember. We are entering the town and it looks just like I visualized it from a map. We end up going to a diner like place to eat. It turns out that I am with friends. We go to sit down and chat a bit. A few get up to look around/use the bathroom etc and I am left with one of my closer friends from my past. He and I had done a lot of traveling together in the past. He is just not present and any question I ask him calls his attention back from a faraway place. Something is on his mind but at the same time I usually feel in real life that he plays the part of paying attention in the moment but isn't really and never remembers to do what he said he would do for me. We all try to order food and there is discussion as to what we should really order. This dream took place in Sepia tones!
8	10/00:00	DREAMS	In this dream I am in Belize again and we are once again in Sepia tones. I am traveling with my husband and his sister/brother in law who we've traveled with before. We are in a restaurant but the brother in law is not present. Once again, a discussion of what to order... And, my husband and I are concealing the fact that we are having intercourse. It truly seems inconspicuous. And oddly, this dream does not feel at all sexual but there is a continuation from the last one. Nothing else happens.
8	10/00:00	MIND	I woke up in the middle of the night knowing that I am feeling much better physically. I am well.
8	10/09:26	ABDOMEN	Most of my abdominal pain is gone since having two bowel movements this morning.
8	10/09:26	NOSE	I have a little drip to my nose.
8	10/09:26	STOOL	My stool has become formed again and hadn't been for the last few days.
8	10/09:26	THROAT	I have a little thickness to swallow in my throat.
8	10/12:30	RESPIRATIO	My lungs feels heavy.
8	10/18:29	GENERALS	I am cold. Not feverish with chills but just cold enough to need to bundle up in the house. (should this go under 'chill')
8	10/18:29	HEAD	My head feels foggy and I'm getting tired already

8	10/18:29	NOSE	My nose drip is pretty regular now.
8	10/18:29	RESPIRATIO	My lungs still feel heavy and at the end of an exhale in need to cough a little.
8	10/19:23	MIND	I am a little bummed about my current health. I have such a busy week planned before I leave and all that may have to be reconstructed so that I heal. Well, here's the two part self again...I am bummed but part of me knows I have to take care of myself even if it means disappointing my clients. I worry about that part; I guess part of me fears they may not understand that their lesson has to be cancelled because I'm sick. <u>Though, I know at the same time they totally get it.</u>
8	10/20:25	MIND	I am so tired. I am headed to bed.
8	11/00:00	DREAMS	In the middle of the night. I am heading out to my massage therapist's house. When I get there I discover she is not there but I will be giving a massage to this young woman. I'm ok with it. I seem to give her more of a Pilates lesson than a massage which she seems to accept as natural. I was thinking that she looks just like she would be the little sister of the massage therapist I mentioned above. So, I ask her if she knows XX and she says 'yes' I do know the name. We continue on and her parents are in the room and we're discussing better ways of movement for her body. I leave and apparently I drive their red sports car. I get a few blocks away and I hear my client tell me to turn back because they forgot to pay me. I go back and receive payment. I get nervous because it looks like just a few \$1 bills rolled up but I accept it graciously and leave. And, then I know that I got paid what she is used to paying for a Pilates lesson. [who knows where she takes Pilates...]
8	11/00:00	DREAMS	In the middle of the Night. I am not sure where this takes place but the roads are windy and it's old-fashioned yet urban. It looks European but where we are doesn't matter. We know the parade will have begun when we hear the marching band. A number of marching bands are playing. The parade will head toward us at that point and we want to pay attention because who doesn't want to see Obama?! I am with a classmate from high school who was never a close friend. We're having fun and goofing around. The float with Obama approaches and we can tell it's his float because it's swank and decked out like yacht. There is a 60's decor to it and healthy refreshments on it. Obviously, we hop on and have some food/drinks. We presume the African-American mat on the boat in the navy suit with his back to us is Obama but when we ask around they say it's his decoy. He was tired and needed to head to bed early. But it was 8:15pm!!! [wait, that's when I went to sleep] This friend gives me a gift and it has about 15 really thoughtful little drawings and messages in it. I am so touched that someone would go out of there way to put so much effort into something for me.
8	11/06:55	MIND	I cannot believe that I have to wake up. I am so tired still. I've had a cancellation at the end of my day and another on for Thursday. I wonder how things will change around me making room for me to rest and heal.
8	11/08:00	GENERALS	Feeling sick, tired, moving slow, heavy lungs.
8	11/08:00	MIND	I am so upset with my husband. I am tired and feel ill and he is running around the house completely ungrounded and nervous about a meeting. I understand my reaction is not appropriate but it is what I feel. As if being so ungrounded will help him in this important meeting! He is in my way and slowing down my process of getting ready. It makes me sick to watch him speed through his breakfast barely chewing; I'm appalled. [whoa; I know that's strong.]
8	11/08:43	MIND	I am feeling calm due to my illness; maybe even slow. Yet, I'm still anxious (I'm picking at my nails and cuticles which I do when I'm nervous, anxious or panicky.) My body seems to want calm but my nervous system is upset by all the things it has to do before I see my first client. The clock is ticking and I won't <u>get everything done.</u>
8	11/10:06	MIND	Teaching has felt fulfilling today. It feels good to teach and be around delightful clients.
8	11/10:06	RESPIRATIO	My lungs are heavy.
8	11/13:24	GENERALS	Lungs heavy, body tired, nose drippy.
8	11/13:24	MIND	All my teaching today has felt good. I have lovely people here around me and I feel supported and motivated yet, interestingly, calm. It felt good to experience teaching, thinking, working from a body forced to be in 'calm' mode. That was a lovely balance I would like to continually feel without, of course, a feeling of illness.

8	11/16:06	MIND	My mother just stopped by. Whatever the subject is that comes up we somehow end up talking about health and her advice about what to do (my cold, husband's father's cancer, other people). I always have to add my two cents and then she has to advise me of something. This time because her colonoscopy revealed a polyp when last time it didn't now the pressure is on for me to start colonoscopies at age 40 instead of 50. Yeah right. This makes me feel intolerant of her as a person. I still get infuriated with her when she tries to parent me or when she tells me how to live my life. As if I'm making so many mistakes in life....
8	11/17:30	DREAMS	from supervisor: I usually feel very emotional in my dreams and I watch up crying, but I don't feel that lately since the proving
8	11/17:30	DREAMS	from the supervisor: About the dreams - I am experiencing a series of events, just going thru the emotions, no emotional content.
8	11/17:30	MIND	from supervisor: A clear head, feeling calm and at peace - especially because I am going out of the country
8	11/17:30	MIND	from supervisor: I am curious about my dreams, I am having them now, hadn't been remembering them (for years), they are wacky to me. Have sepia toned dreams, that's weird; then last night so random things. Then no dreams at all. I've had a few Pilates dreams, some very non-sexual sexual dreams. It feels all other the board to me. They seem wild.
8	11/17:30	MIND	from supervisor: since fever on Saturday haven't felt the encased sensation, with me at the aura. Fever felt like skin was sensitive and body was achy and that my presence was very separate from the surrounding; I felt couldn't integrate with it or become part of or insert myself. Due to fatigue or whatever caused by the fever, I was contented. I could only manage me and my surroundings up to a couple feet, that was the space I could manage with the fever. In my head I visualized that feeling as my aura, my sort of energetic perimeter. I would hear sounds, my eyes would see people around me but it was almost happening like a barrier, stops me from connected intimately. like having ear plugs in. trying to be where I was, having a conversation with the person next to me took all my energy, I felt like I put a barrier up
8	11/17:30	MIND	from supervisor: Teaching today, as the day went on, hour by hour - it became so delightful to teach. I felt supported and supportive. The client was a really calm and grounded person and she helped me set the tone and echoed the calm I was feeling in my body.
8	11/17:30	MIND	from supervisor: The calm place, but very active in my mind.
8	11/17:30	MIND	from supervisor: my dreams are all over, interested in the fact that I am all over. Connected to me, so random though, so weird. They feel even though I am a main character, I am not feeling them like I usually would - the other half watching it even though I am the action figure in the dream. Disconnected, separate from the action, like an on looker or narrator and then the other half is watching it. I don't seem to have a lot of emotions in these later dreams.
8	11/20:19	GENERALS	I just noticed that my lungs, nose and energy seem strong. I think the worst of this illness has past.
8	11/20:45	MIND	Still very tired, going to bed.
8	11/21:22	MIND	Had fallen asleep but husband came in to say good night, even though I said good night 1/2 hour ago and woke me up. He's very ungrounded lately. It's bugging me. I was upset when he left my room.
8	12/00:00	DREAMS	In the middle of the night. This is the tail end of a dream...I am driving my car and trying to make a decision of what lane to move over into because it's all semi-trucks and I can't figure out who will be moving the fastest. This is a matter-of -fact feeling dream. I am not emotionally challenged by the decision.
8	12/00:00	GENERALS	Twice today I've gone to my computer to make a listing in the journal and as I boot up the computer all of my icons are gone. I reboot and they reappear. What up?
8	12/03:45	DREAMS	In the middle of the night. I got up to use the bathroom and pieced this back together. I'm hanging out with an friend and another friend who is Ecuadorian. He, the Ecuadorian, lives in a small bedroom behind the kitchen of a restaurant he works in. He seems to be the boyfriend of my friend. I go back to see him the next night and I'm not wearing my jeans because for some reason I left them in his bedroom [I swear he was not my boyfriend!] I walk up to the hostess keeping good eye contact so she doesn't notice my lack of pants. I walk through the busy restaurant to the back and go into his room and find my jeans. I am relieved. It's all cool now.
8	12/03:50	MIND	I'm still awake. My head is getting wound around my traveling and the what ifs that might happen. Do I pack my remedies in my suitcase? My carry on? What if my bag disappears? What if I forget my power cord? Can I control these things from my bed at 3am?

8	12/10:18	MIND	Big drive through the snow this morning. Despite the reports my ride was fine and oddly all of my clients were 5 minutes ahead of schedule. I barely got a bathroom break in my first 3 hours. My usual anxiousness about time frames and teaching was back and it was a noted difference from yesterday's Zen calm.
8	12/11:15	MIND	My first cancellation allows me time to check things off my plate for the week. I am feeling a little scheduled again. Lots to do when it's down to the wire.
8	12/12:30	EAR	Right ear to throat has a connection. It feels almost nervy and there is sensation not pain. I wonder if a sore throat will develop.
8	12/12:30	NOSE	drippy nose.
8	12/12:30	RESPIRATIO	Heavy lungs.
8	12/14:30	GENERALS	Took a long walk and it felt great to do something other than rest and heal...not that those are bad things. I just crave movement.
8	12/14:45	MIND	I really hope I can run tomorrow. I am craving that kind of movement.
8	12/18:13	MIND	Had a small talk with my husband. He finally tuned into me from his busy lifestyle and I asked how he was feeling about my leaving for a while on a cool trip. He convinced me that he supports me and thinks it's great. I asked if he was jealous and if that is why he didn't seem to want to talk about trip related things with me. He said no. He said he's been so busy it's hard for him to keep his mind off work. I believed him. Most of me is convinced; part of me is not.
8	12/20:10	GENERALS	My body quickly lets me know when it is done for the day. Suddenly, I am beat and my throat feels tight. I really thought maybe this was heading out of me...
8	12/20:10	THROAT	It's tight and dry. It feels like how a sore throat sometimes starts. Bummer.
8	12/20:11	MIND	I was sitting up in bed talking to my husband and I started falling asleep sitting up. I have never done that before. I told him that my body was falling asleep and I had no choice but to stop talking and go to bed. It felt narcoleptic...
8	12/20:11	RESPIRATIO	My lungs feels heavy.
8	13/00:00	DREAMS	Had the tail end of a dream as I was getting up this morning. I was in a group sitting in chairs around a meeting style table. Someone was making a comment about the movie Roots. I felt like part of the group but no attention was on me. My alarm went off.
8	13/00:00	MIND	I was conscious of being very tired during the night. I fell asleep around 8:15 last night. I couldn't stay awake. I woke twice in the night and my thoughts were that I was still unbelievably tired.
8	13/05:49	HEAD	I have a dull headache which I had started to feel last night.
8	13/05:49	RESPIRATIO	My lungs feel heavier.
8	13/05:49	THROAT	My throat is a little hoarse and tight like soreness is the next step.
8	13/05:52	MIND	I really don't want to be sick or sicker during my trip. I must get healthy.
8	13/17:20	GENERALS	My whole body is exhausted. Since the night and all through today I have felt so tired that I could just fall asleep in the middle of something. I haven't, luckily. My mind has been sharp though which has felt separate from my exhaustion.
8	13/17:20	MIND	I haven't had a bit of time to check in with my journaling today. I had enough things on my plate that writing stuff down just felt like too much work.
8	13/17:20	THROAT	My throat is tightening up as if to become sore. There is phlegm and I need to cough which sounds like a dry cough and does nothing but relieve for an instant the tickle I feel.
8	13/17:33	MIND	A bit of worry has been crossing my mind. My friend who was co-teaching the workshop I going to in Belize is home in MN. She contracted Dengue fever (hemorrhaging) and needed to come home to heal. Part of me is concerned about that, the fact that I am sick and arriving there sick yet at the same time I'm not worried at all and fine with having to slow down a bit. and take things easy.
8	13/19:14	MIND	Finally I've pulled everything together and am ready to catch a flight tomorrow morning. I am beat and my body is shutting down. I must go to bed.
8	13/19:38	EXTREMIT IES	I forgot to mention that since yesterday my Achilles on both legs has been swollen, tight, hot & itchy. Also, on Sunday the lateral arch of my left foot inflamed and felt swollen and fat to walk on. 24 hours later it was gone. Tuesday or Wednesday night my right arch in the center behind my middle toes swelled similarly. I just scratched the Achilles itch; it's odd that it's hot to the touch, itchy and swollen. Likewise, my right top of foot where the ring of athletes foot resides is much redder than it has been lately.

Full Didelphis virginiana journal

8	13/22:00	MIND	Couldn't sleep, energy for once but at the wrong time. Though interesting...when I try to ground myself in bed to fall asleep I realized I was totally grounded and my body wanted to fall asleep but my monkey mind was keeping me awake.
8	14/04:00	MIND	I'm feeling emotional about leaving my husband and pup. I love them. I don't usually get sad about leaving, in fact, I usually feel energized about the change of scenery. Perhaps it's due to feeling run down healthy wise...
8	14/04:00	MIND	I'm up for my flight. Rested, oddly for so early, and healthy feeling.
8	14/04:00	NOSE	drippy nose.
8	14/07:07	MIND	Claustrophobia has luckily passed. Thank you 5 flowers...I tried to ground myself through the whole pre-take off. The flight itself is not usually stressful but the pre take off always is. I am pinned in a middle seat. I haven't had anything but an aisle seat in ages. I have a very heavy stinky man next to me at aisle seat. His femurs are so long they touch the seat in front. His odor is not comforting and he is overlapping his chair.
8	14/13:01	HEAD	dull headache from heavy backpack, lack of sleep, hungry and maybe airplane air too.
8	14/13:01	MIND	Pre-take off again. I hate it. I can't stay grounded and the claustrophobia sets in with the stale air, people too close to me and the air pressure. I usually try to board the plane last.
8	14/17:18	MIND	I've been cruising around Caye Caulker. It's humid, windy and my hair is glorious! The long day is setting in. I walk around alone and feel really obviously alone. Couples look back at me. I'm self-conscious. Yet at the same time it feels so good to be able to travel alone. Caulker reminds me of Brazil and the islands off Salvador Bahia. Bathing suit communities. Drinking is an activity here...nightlife too it seems. I see couples my age and they don't look like they're having fun. There are lots of young spring breakers; they sure look like they are having fun. I think I'm running into something very familiar Caryn sense of feeling strong and adventurous but lonely within it. I don't try to meet people. Yet when I talk to people I'm so happy I did. It's hard for me. I'm lonely and I just get to this place in my mind. I'm not surprised; I chose to travel alone.
8	14/18:01	GENERALS	My flu seems gone or different.
8	14/18:01	GENERALS	Walking back to my hotel I notice how tired I am. My body wants to give out beneath me. I think that's a reminder of my unwellness.
8	14/18:01	HEAD	dull headache.
8	14/18:01	STOMACH	it's comforting to have a full belly of food.
8	14/18:06	RESPIRATIO	My breathing is so different in humid and windy weather. It's heavy and my sinuses almost feel clogged or restricted. But my hair is gorgeously curly in this weather. :) I will try and sleep now and see if it calms my breathing.
8	14/18:30	EXTREMITI	Did I mention my itchy and swollen Achilles?? Well, it's still that way, but less so.
8	14/18:30	MIND	I miss my comforts of home and at the same time I wish I'd traveled a little lighter. I miss my husband and dog so much.
8	14/18:40	MIND	What am I doing here?? Do I really care about Belize or could this be anywhere? Am I impulsive? Am I just scared and alone right now? I really want to talk to my husband. Is traveling this far way what it takes to appreciate what I've got?
8	14/18:44	MIND	Traveling is lonely. Do I like traveling? or, do I just like an occasional change of scenery? I think I'm done roughing it or having to figure things out in a new country yet it's precisely what I set myself up for. I want it but I don't. I wish my two halves could agree. I know I'll be fine and figure it out. I just want my two sides to merge. One side: confident, at-ease, in-control, strong, fearless, playful....the other side: alone, lonely, insecure, scared, shy
8	14/19:10	RESPIRATIO	The wind won't stop and the air is so humid. I can't breathe well. It's very ungrounding. I wish I'd just fall asleep.
8	15/06:41	MIND	I slept a good 11 hours again; I'm so happy I'm able to do that. It is still so windy outside; maybe more so. In a way I don't want to go out there; it's too stimulating.
8	15/06:41	RESPIRATIO	My breathing feels better but still heavy. Not heavy like in MN dealing with my cold/flu but heavy due to humidity and wind. That heaviness together with full body fatigue was too much. With a strong well rested body it isn't as bad.

8	15/09:15	MIND	I've been walking Caye Caulker since 7:30 or so. It's great in the am with less traffic, fewer people and I just feel better. Talked to some nice folks. Blisters from sandals on MN winter feet. Do NOT flush toilet paper on this island. No sink to wash hands in public restrooms. Buildings are pieced together; no structures are solid. Various scraps of painted wood and concrete. Things are put together with remnants allowing air, dirt, insects to get in and people to see in. I'm feeling like interacting with people today. I'm so thankful for rest.
8	15/11:08	MIND	Boy, do I need to stay hydrated. I don't think I'm thirsty until I feel lazy and spacey, then I drink a liter of water and I'm better.
8	15/14:10	GENERALIS	Too much sun & very hungry. Dizzy, can't breathe and shaky. It totally crept up on me. Plus, I must catch my flight soon.
8	15/14:30	EXTREMITIES	My feet are swelling; odd. I walked to the airstrip with my bags; because I could...3 blocks away?
8	15/14:30	GENERALIS	I feel better with food but not great.
8	15/20:23	MIND	I was instantly communicative and open with the group. I surprised myself. I was wondering if I'd be shy. Drove 2 hours into the jungle to Chaa Creek. I rode up front so I wouldn't have to vomit. I arrived fine but hungry, tired and in need of a toilet.
8	15/20:23	MIND	Met my group at the airport and shuttled it to our camp out in the jungle. Beautiful women, all so different but we're all so alike. I felt like I had known them for years. That's comforting. Prince Harry's motorcade came through and go a glimpse of him.
8	15/20:23	MIND	Our cabins are very rustic, much more than I realized. The bathhouse is far from my cabin...middle of the night pee breaks will have to cease. I knew to bring a flashlight but I didn't realize we didn't have electricity. 2 oil lamps. My headlamp is a must! Thank you husband!!! I am a little out of my comfort zone. Maybe once I get settled in daylight it will be better. I'm tired and a little worried about the unknown; maybe arriving at night wasn't best for me.
8	15/20:40	EXTREMITIES	My left foot is really swollen. I am icing it. There are no bites that I can see that may have caused the swelling. I still think it's my sandal to blame but the right one is fine.
8	15/20:40	MIND	OMG the howler monkeys are insane! Crickets, birds etc making nighttime noises. I get the occasional text message. How nice. I'm feeling really isolated & kind of unsure of myself. These feelings seem to creep up at night or maybe it's just when I'm really tired? I think I'm also sensing a fear of what lies ahead ...not that I'm convinced there is something really to be afraid of. but either way it's big & will be meaningful. Or, maybe I'm just hoping it is that way...Worry, fear, anxiety of the unknown...of what I have not control over...
8	15/20:40	RESPIRATIO	My breathing is easier here without the wind.
8	16/06:30	DREAMS	I dreamt that I too had a soul mate lover (like my roommate was telling me she had) and in the dream I remember the feeling of holding him and amazing electricity running through me. It may have been my husband; what a surprise that was to me.
8	16/06:30	MIND	At dinner the night before my roommate had told me how she left her partner of 7 years and found her soul mate lover. It was a beautiful story. She glowed & I felt like I shrank inside. As if her happiness & glow now set us apart. It spoke to my loneliness.
8	16/06:30	MIND	My anxiety kept me up a bit last night. The zoo was loud & the more tired I get the more worried about whatever. I wasn't afraid- but my mind races.
8	16/06:30	MIND	The jungle woke me up early. Actually, a rooster started hours before dawn. now tons of birds, insects and howler monkeys are singing; it's loud and so beautiful. Got up twice to pee (TMI?)...just used the woods and crossed my fingers I wouldn't get bitten by something. :)
8	16/07:30	MIND	I look over and see my roommate awake and looking at me. She is glowing and tells me she thinks she hearts me. I am so touched I almost cry.
8	16/07:30	MIND	I told my roommate what I am writing about and she asked about what seemed most prominent in the proving. I told her about having two sides of myself. She mentioned that my ego and awareness seem to be having a conversation. It does sometimes seem that way.
8	16/09:10	EXTREMITIES	Maybe sunburn? plus physical irritation are bothering my left foot. I put my running shoe on; we'll see. I have a sense my left foot is learning to bend/ move differently. It doesn't look as flat as usual. It is inflamed and hot pink. About to start a hike; we'll see how my foot likes that.
8	16/20:15	EXTREMITIES	I was really consumed by my foot today. Fat, red, itchy and a little sore right up on the highest peak between my big and first toes halfway between toes and ankle. Sunburn? Wearing a sandal that rubbed me wrong? must elevate and ice.
8	16/20:15	MIND	Beautiful but long day. My roommate sings and plays her guitar-beautiful. She sings from her heart and her soul shines through her eyes.

8	16/20:15	MIND	I'm excited for the spiritual bathing tomorrow but feeling insecure about whether I have a place here. Pray? I have to pray? Learn to pray and have a deity? Really? Not just the earth or the universe? Me? One side of me needs some alone time away from all of this. I can't talk to people all day. I get nervous about classroom settings and 'not knowing' or not having the answer. I clam up. I think that comes from not feeling like I ever had a voice....thanks Dad. I don't like when people call on me & isolate me to hear me talk even if it's about myself or my story. I get self-conscious & stumble and can't often talk from my heart. I think I lose my grounding too. I envy those who can talk/share in a group with ease.
8	17/07:00	DREAMS	I know I had a good one last night....but I have no thread at all.
8	17/07:00	MIND	It's been raining for 12 hours now. I did not bring a raincoat. why? I got up to pee in the night and got wet from the rain they laid in bed worrying about getting wet while walking the trails tomorrow. I'm going to be cold. I didn't drink any water last night so I wouldn't have to get up and pee. My head hurts now and I still have to pee. I guess I just have to accept that my bladder is the size of a grape just as my sister always told me.
8	17/18:09	EXTREMITIES	My foot is better. I'm joyful! But on the top it is still sore to the touch.
8	17/18:09	MIND	As we made amulets today we were to pray and think blessings, protection and guidance as we are sewing them for a specific person. That was an easy thing for my husband and dear friends. But I struggled to stay on course making them for my mother and my sister.
8	17/18:09	MIND	I'm feeling less insecure today. Studies got thwarted due to rain. We were supposed to do the spiritual/herbal bathing but it rained hard all day. So, it was postponed. We continued learning about spiritual illnesses & the importance of herbal bathing. After lunch we made amulets. Fun. It was peaceful, grounding and in a house filled with love and prayer all around.
8	17/18:09	RESPIRATORY	My breathing has been good despite all the heavy rain and moisture. A nice surprise. The rain has felt calming and grounding.
8	17/20:55	MIND	I've decided to cease finding a way to input this journal into a spreadsheet while I am here. I'll keep journaling on paper but this is too hard and there are too many blocks in my road. This frustration is distracting me from having my full experience here. I don't want to work when I'm at play and now I'm very happy I've made this decision. So freeing.
8	18/07:30	EXTREMITIES	My foot feels bruised on top but not inflamed in anyway.
8	18/07:30	GENERALS	Body feels good, head/mind too. Belly is full; they feed us a lot here. And, I guess I eat what's in front of me because it's served & that's what we get till the next meal. I can't just go snack when I'm hungry...
8	18/07:30	MIND	Woke up after a good 10 hours sleep again. No dreams. The rain has not stopped. It's amazing; 36 hours straight. It's supposed to be the end of the rainy season...
8	18/20:37	MIND	I'm beat from today. My other roommate used her pendulum to find me the best essential oil for today. It's Cedar Leaf. It feels very supportive to sniff.
8	18/20:37	MIND	I'm so worn out. it's been such an emotional day. The morning we spent talking about spiritual illnesses. They touched a chord with many of us. Everyone felt a knot welling up & we were craving a spiritual bath which we needed sunshine for. Rosita (the instructor) didn't want anyone catching a cold. We ended up doing some short cuts to spiritual bathing. For me, this just made things well up even more but they felt closer to being released. By the time we did one outside I finally got it out of me. One TA helped me too. What was coming up for me was my aloneness, grief, sadness that I carry around with me. It felt so good to have someone work on me and help me with this process. Being able to receive from someone is always so emotional. I'm so touched that someone would help clean my aura & brighten my spirit. I'm incredulous & thankful every moment someone says 'come sit down with us'. I'm so happy when someone invites me on a walk at break time. Me? Really? Why? When am I going to believe that I'm lovable? & deserving???
8	19/00:00	RESPIRATORY	While crying today the TA kept a hand on my sternum and her other between my shoulder blades as she seemingly worked out a knot that ran front to back. As I tried to fall asleep last night it felt heavy thru there & reminiscent of all the heavy lung feelings I've had which are sometimes emotional and psychological other times environmental...

8	19/06:05	DREAMS	A man I know is here to see me for a lesson. He's carrying stuff including a baby bottle. I ask if he's had a baby and he goes to show me a picture of a grown kid. This man is awkward around me but affectionate in a non-contact way. He says the kid asked if he is going to sleep with his Pilates instructor & that comment made him feel awkward yet he told me all of that. After I woke from this dream I wondered about his awkwardness, which was as it is in real life, and my frequent awkwardness around men that I am attracted to. Communicating with men and not separating sexuality...or can they fully be separated? That I can like a man as a person but not show a physical attraction. I never would have pursued this man in real life but I like him and sexuality gets mixed in with it. I haven't seen him in 6 years maybe...
8	19/06:05	DREAMS	I had a dream that a friend told me she was from Lemuria. I told her that I wasn't but I think I came from somewhere out in the stars. This was a clear dream when I woke in the night (but didn't write it down then). When I closed my eyes to go back to sleep it was so bright in my eyes like lights were being shined right on my head. There were vibrant purple sparkles in this light. This isn't the first time I've seen bright lights like this when I close my eyes. I kept opening my eyes to be sure there wasn't something shining on me.
8	19/06:05	MIND	Woke up to roaring howler monkeys. So cool.
8	19/18:30	MIND	Great day. Canoe trip down the Macal River and many more activities. Xunantunich & lunch with a Mayan healer. It felt so good to hang with the women in the group and have a fun day. It felt really nice & communal. I felt included. I let myself be included. All this emotional work is big; it was so good to have a day off.
8	19/20:30	MIND	I'm feeling a little less of the duality I mentioned. Maybe having a fun day opened things up for me to be myself differently than I'm able to in a classroom setting or a setting which sets me up to confront my issues. Maybe the spiritual bath really washed away some dirt that had been hanging over me. Prayer: I like the idea but it's such a loaded work for me. Deity: really? Those two things are big here and seem like a must to get out of this training what is expected. I'm ready for bed; there is beautiful guitar music playing outside and lovely singing voices. Surrounded by goddesses. it's very comforting.
8	19/20:30	MIND	Is this our first time here in Maya-land? or, are we back here regrouping? We are here to help change the vibration on the planet and prepare for the transitions around Dec 2012. I think we are here to lead up the <u>paradigm shift in human consciousness</u> .
8	20/07:25	DREAMS	Woke twice with dreams that sequenced what we did yesterday.
8	20/07:25	MIND	A very heavy sleep. My physical body felt heavy; that's what a little bit of ganja will do to me. Woke singing 'Rainbows, butterflies & unicorns....'
8	20/07:25	MIND	My roommate picked two essential oils for me today. Himalayan Cedarwood: You're not alone. Rose Absolute in Maceration: Love myself first. My jar dropped when she picked these two; how did she know? I have doused myself in these two oils.
8	20/08:30	EXTREMITIES	My ankles are itchy. No visible bites. My calves/Achilles had been really sore probably due to all the unsteady hilly surfaces I was walking to and from camp. It's funny as things are inflamed in my lower legs the response is to feel itchy.
8	20/08:30	GENERALS	Back aches from back packs, hiking, bad bed & no stretching. It would be nice if I chose to stretch. :)
8	20/08:30	MIND	Breakfast: Ate a lot. But, it is so comforting to fill up on food.

8	20/13:00	MIND	The instructor let my group, Rue, through the steps of collecting plants/flowers for a bath. Talk to the plants and tell them how beautiful they look today; complement their strength & healthy. Ask them to help and tell them you believe in their abilities to heal. Just spending time around her gardens talking to the plants and collecting them was so heart opening. They would quake at me with a 'yes, choose me!' when asked if they'd like to help today. We went through the steps and were finally prepared to start our baths. I had a lovely garden spot. The ritual was beautiful. At the end I sat with my feet in the bucket and said my mantra for today that came to me even before my roommate picked out my essential oils. "I am not alone, I am beautiful & I am loved." It felt like I was a mother figure taking a little girl by her hand and looking her in her eyes and telling her to believe those things. Then at one point I noticed I was one and I was stating with confidence those three things. I cried. I went in to have a look at my chakras and for the first time ever I saw my first chakra as a vibrant red and my second chakra as a vibrant orange. All the way up I was textbook colored! No cloudy dark spots on the lower chakras! I was a rainbow inside of myself with a fat golden aura surrounding me. I cried some more; very happy tears & blissed out for a bit.
8	20/13:00	MIND	We spent the morning doing all the preparations for a spiritual bath. I had an insight as I was sitting in the sun macerating the flowers and leaves in water: My right shoulder and it's tightness is telling me I don't have to do so much & accomplish so much; I've already done plenty. What a good message. Thank you shoulder.
8	20/13:40	MIND	Lunch then a swim. I'm tired but light feeling and I've had a draining yet fulfilling day. A thought came to me: Why do I have to make myself look as if I'm less than my full potential? Why can't I be humbly awesome & my fullest?
8	20/15:30	MIND	We are indulging in a second spiritual bath for the day. I checked in with the previous feelings and it stood strong. I enjoyed sitting in my full colors & feeling one with the earth. All troubles would be easy from this place. All my 'problems' had no charge to them. Nice. My musical roommate sang a beautiful song to the group. Her singing from her heart makes me cry. All the love surrounding Rosita's house on such a lovely piece of this earth, all the love of all of us women, Rosita holding space, International women's day, full moon & the night before our last night here.
8	20/18:30	MIND	An image came tome. Here we are, 23 awesome women gathered again on Maya soil to heal and love. Then, we all go our separate ways & take our work around the globe perfectly enveloping the whole planet.
8	20/18:30	SKIN	Sunburned; more than usual. Two baths in the hot sun was too much.
8	20/19:30	MIND	My other roommate gave me a gift of heart oil for me: Hyssop from turkey and cedar leaf. It smells so good to me.
8	21/07:10	DREAMS	I haven't been remembering them. I think due to having to prepare so hard to go outside when I wake up to pee. Is it raining? Gather the umbrella, headlamp, check the shoes for scorpions, etc...Oh, did I dream?
8	21/07:10	MIND	Tonight is a ceremony for us to close up the week and introduce us formally to the 9 Mayan spirits.
8	21/09:15	MIND	All day I've had a cloud hanging over me (within me). It feels like an internal gloom and is very familiar. I have no context to it. My roommate prepared a spiritual bath for me, our last bath in Belize which we prepare for a partner.. This feeling inside me felt like a resistant child. Tired, cranky & wanting to be negative. I found it hard to integrate socially with ease- a common feeling. I also had a very familiar feeling of a knot in my solar plexus. The bath was beautiful. I opened my eyes and looked at my body all covered in colorful flower parts and bits of green leaves shining in the sunshine. I was beautiful. I was a goddess. I sat to meditate & just felt plugged into the earth. I felt strong and wise and light in body- like a spirit with a physical self. The knots were gone. No context still which was fine with me. My chakras were all lit up and my aura was golden. I was at peace in the sun, wind and gorgeous scape of Rosita's house on the hilltop.
8	21/23:33	MIND	A beautiful ceremony tonight with gorgeous women around all wearing white. We ate and danced and sang and had fun. It felt so easy and natural to be part of this group. The discomfort of not feeling I should be included was gone. I was part of the group.

8	22/17:30	MIND	Five us continued on to Caye Caulker for the tail end of our trip. I was to share a room with one new friend but it turned out that the room with 2 beds actually only had one. I had to move on. Two others needed places also so the 3 of us set off. No luck until one of the last places on the island and the two others took the room. Immediately I was alone. I had to continue this search on my own and they were leaving me. I was already feeling a bit of a clique-like energy with those two so in a way it felt good to separate. In another was I was rejected. They wanted to stay together and that didn't include me. They tagged along with me to find a place but we were all tired and hot and thirsty. They knew not to leave me because 'aleness' was my issue. But, I knew they wanted to leave me. So, I was to go have my aleness and the challenge was, will I feel lonely too? I ended up finding a lovely apartment on the far end of the island inland from the coast. It felt perfect. I had also a sense of relief that I was on my own now. That I could do what I want and as I pleased and not have to try to keep up with the other two. Was I trying before?
8	22/17:30	MIND	Long day. Shuttled to airport and said good bye to so many lovely new friends. This was so incredibly hard for me. I could barely tell people how much I loved them & how beautiful they are because I was so choked up. They were happy tears.
8	22/17:30	MIND	So here I stand happy for my alone space, sad like I want to cry for feeling left out and trying to transition from my week long experience. In my head I like the idea of having my space to process stuff and get used to being alone...but not lonely because I do have friends here...but I must go and ask for what I need when I need it.
8	22/17:30	RESPIRATIO	I have breathing issues here on this island again. Congested nose, windy/humid & maybe something I'm allergic to? Or, Maybe as the emotion comes up my breathing is affected?
8	22/18:05	MIND	As I sit and reflect, I feel good in my insides. I feel nourished spiritually and emotionally. I am drawn toward being with the other woman we traveled here with. She, who is not a 'girl' but as she labeled herself, the 'crone' of the group. I think I have had my fill perhaps of the young free high energy girly energy for a while...and this 'crone' is grounded and secure, calm, wise and knowing. It's so much easier to be around her but find myself wanting both things.
8	22/18:05	MIND	Sitting, feeling warm breeze off the sea. relaxing and enveloping. {I wish I could add photos to this!} I'm glad I'm on this end of the island where parties don't happen.
8	22/22:10	MIND	Had a great evening with the crone. She's wise, calm & loving. It was nice to be around easy energy. It replenished me or didn't take from me perhaps. I guess my other half was in need of a switch from the clique-y competitive ungrounded energy to more mature energy. I had a feeling I needed this. This is much easier for me to be around & does not wear me down. I hadn't even noticed how much the other two were tiring me out. I ran into them twice this evening and it struck me so hard that they were one thing and we were something else.
8	23/09:15	MIND	Well rested, heart feels open and calm. There is so much beauty around me.
8	23/10:06	MIND	Making tea and doing dishes in my apartment. I just had déjà vu as I looked down into the bottom of the mug to see a few tea leaves. That reminded me of being on top of Xunantunich, the ruins we visited in Cayo, Belize and thinking that I was going to have déjà vu when I was there, but not having it. What a weird thing to think of..maybe I'll feel déjà vu there. Have I really been here before?
8	23/10:06	MIND	Realization that I can live comfortably and fully, properly with a duality. As we'd close our intuitive classes last year we would check in with what our body and soul needs. Sometimes they were in agreement, my body and soul both want to play, but other times the body wants to sleep and the soul want unconditional love...or whatever. The point being we can have two different things and be in harmony or seemingly distinct things and be in harmony.
8	23/18:05	MIND	Spent the day with the 'crone' of the group. Her energy is so comforting and from the heart. She's so easy to be with. Ran into the other two women again. They are lovely people but in a different place. I think they are not ready for this energy level or maybe this energy level isn't 'better' just different. Maybe we're just different people with different needs. Met some lovely people today. Met this Colombian artist who makes beautiful wire jewelry all by hand.
8	23/19:27	MIND	So many planets and stars in the sky and such a whole moon to light up the sky.
8	23/22:15	MIND	Stayed out too late. Decided on a snorkel tour with 'old man'. I had promised friends I would snorkel while I'm here and my 'crone' friend wanted to badly. It's the great barrier reef of the northern hemisphere. I'm nervous about snorkeling but I told him my fears and he looked me in the eyes maybe into my soul and told me this would be life-changing and he would take care of me. He convinced me of that in one sentence. I hope to wake up feeling calm about it.

8	24/07:55	MIND	Very tired wake-up. slept well but needed more sleep. Getting ready to meet for the snorkeling trip. I'm nervous but feel like I'm supposed to 'go for it'.
8	24/09:05	MIND	Made a stop to check out an eco-lodge/spa. Met the owner. What a great man. Another person so willing to be present 100% and connect through the heart. His soul glowed in his eyes too. He showed me the place and a rainstorm began. I waited it out knowing I might be late to meet "old man". In a way, I didn't want to leave this man. I think I get confused when I connect from the heart with a man. I think it's so unfamiliar to me to have that connection with a man that I confuse it with sexuality. I was attracted to something in him very much but it was not physical attraction. He was a 'father figure' of sorts and he saw me and recognized me. "old Man" did not wait for me. I found his boat and delivered a gift to him from other man. This trip on the boat was meant to be.
8	24/21:45	STOMACH	Seas-sickness began the moment we set off on the boat. The 2 minute storm which had ceased had returned. We set sail a two hour trip to the reef in a torrential storm, high winds and a tipping boat. I was afraid and nauseous. I didn't vomit but wanted to so badly. I did not bring a remedy with me.
8	25/10:00	MIND	Everyone has left the island. I cry at everything in a happy way. My emotions are on the surface. I went to see one friend, then the other, then the other; they have all left. I am alone but happy. How hard it must be to live full time in such a tourist place with people coming and going. Long long day of traveling ahead of me.
8	26/00:00	GENERALS	Generals: As I am writing this and in this 'state' I am moving so much inside I feel like I may be dizzy enough to fall off my chair. I am still on a boat from two days ago. Though, I can manage when I don't think of emotional things. I thought the motion sickness feeling was gone. I am having a hard time taking deep breaths.
8	26/00:00	GENERALS	I am in need of taking breaks from writing this. I am so nauseated and dizzy by remembering this story. And, I am crying so hard I can barely breathe.
8	26/00:00	MIND	<p>...I met this beautiful man (the old man) who was 73 and going to take me out on a snorkel trip. I told him my fears: seasickness, snorkeling, the great abyss of water, not being able to breathe under water. He looked me in my eyes, saw straight through me and told me 'you will be all right because I will be with you. This will change your life. Do not be afraid.' I believed him and began to cry.</p> <p>Later on my mind took over, I had second thoughts but I met him the next morning for our trip. We set off in a thunderstorm. What?! really? I was very seasick and couldn't imagine coming back to land alive; seriously. I considered that this was the end for me. That maybe I had already done all I am supposed to do in this lifetime. I have had a beautiful life and have had such an awakening here in Belize that this experience might have been the last thing I was to experience. I cried out of fear, discomfort and because I remembered what Juni (the old man) said.</p> <p>And now, the last thing I wanted was to go in the water and confront more fears. I did. Juni, the old man, intertwined his arm in mind and held my hand very tightly. He held me the whole time. We traveled through the water watching the magnificence of the barrier reef meeting all his friends he's known for years. He has a 2 foot grouper friend, a ray he hugs and allows you to pet him and swims up under you when he wants to be held. There is a Jack fish that followed us all afternoon; I recognized the scar on his side. He would dive down and knock on a reef with a conch shell to ask the green eel to come out; he did. All the while I was amazed at his experience, grateful for taking this trip and forced to hold back my tears so that my mask wouldn't fill up with water.</p>

8	26/00:00	MIND	<p>I've been crying all day. I am so tired and still moving like I'm on a boat. I am not in Belize nor am I here. I am floating in a dream state. I don't want to be in Belize nor do I want to be here. I want to go to sleep but I'm not so much sleep-deprived.</p> <p>My heart is feeling tugged from all different angles. I met so many beautiful people on this trip. All of which were willing to love, open their hearts and see my soul and allow theirs too to be seen. There was no messy stuff to weed through, no ego in the way. I felt as if we were all one or as if we had all met before...</p>
8	26/00:00	MIND	<p>In fact, many of the beautiful souls I got to know on this trip helped me address this aloneness. I had many great conversations with friends in my program. But with this friend was special in that we had no conversation of words but he knew.</p> <p>I biked by his place to say good-bye yesterday and thanked him for being there for me in the way that he was. I told him I'd met so many people in Belize that lived from there heart. He had tears in his eyes as he thanked me for being there for him saying that it was so lovely and pure to be able to hold a woman all day. It'd been ages since he'd felt the love of a woman. He took my hand and said good bye.</p> <p>I think this speaks to a very deep life long desire to have love, nurturing, security and company from a father-figure. Which may be why I cannot stop crying. And now, a little later than advised, I am going to leave this remedy state. Boy, what a trip it's been.</p>
8	30/00:00	MIND	<p>From my business partner: It feels like since you have been off the remedy you are more "you". You seem like you are more present and have the sense of humor that is truly a part of you. When you were on your remedy, you seemed distracted. It seemed almost like you were in a telephone booth, on a call, and it felt like you couldn't be interrupted. You seemed very inwardly focused and it felt as though I didn't want to put anything else on your plate, in that I didn't want to overwhelm you and it seemed like you couldn't handle it and you might not have the energy to put toward anything else. Also, you seemed more down- less smiley and funny. You now seem like you are more in your body, grounded and you!</p>
8	30/00:00	MIND	<p>I had no desire to be entertained by fiction during the proving. Books I thought I wanted to read, movies, TV etc. had to be non-fictional. I assumed I was just in a phase of needing to learning things. But, in reflection I was just feeling very serious. A fictional story had no purpose when life was so important.</p>
8	30/00:00	MIND	<p>There was such an intensity to everything that happened to me in Belize. To meeting people and sharing/ opening up with people to healing/learning/clearing old stuff, to saying good bye to people. Everything was so emotional there. People/places/experiences touched me on such a deep level. Now, when I track back to those events or journal entries I can't conjure up the emotion. I can remember the events play by play but it's almost like that was one side of me and now this side of me is looking in at that side. The currently grounded me looks in at the ungrounded emotionally charged me and sees the events but can hold her space and groundedness as she watches.</p>
8	30/00:00	MIND	<p>With my husband. We'd been challenged personally and together over the last year. As the days before the kick off meeting approached I was more and more sensitive to his energy being so different than what I wanted to be around. His ungroundedness and scattered ness created such a feeling in me of needing to get away. As soon as I went away to Belize I realized how I didn't want to be away from him at all. I missed him incredibly and wanted him near. When I got home I needed him. And, something had changed in him too. Our differences were less obvious. we were both doing our part and a harmony was there. It felt as if the remedy had also helped him advance to a better place.</p>
8	60/00:00	MIND	<p>sudden separation</p>
9	00/00:00	COUGH	<p>I usually have a pretty strong cough when I have a cold, because I am a smoker. I don't have that this time. I have a bit of a cough but my chest doesn't burn at all like it usually does.</p>
9	00/00:00	GENERALALS	<p>my cold came on differently this time too. It started slowly on Thursday but didn't get bad until Sunday</p>
9	00/00:00	GENERALALS	<p>started taking zycam for cold</p>

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9	00/00:00	MIND	My experience at the pre-proving meeting: I was sitting next to my supervisor and another prover. I really like one of the other provers, felt protective of her for some reason. I did not like the energy of some of the people in the room. It felt condescending and not welcoming. I felt welcomed by some people. one person drove me nuts most of the meeting.
9	00/00:00	MIND	Since the remedy has been chosen I have felt hopeful. There are things I need to figure out in my work life. I don't have answers but I feel hopeful about finding the solution. I also feel a greater sense of compassion.
9	00/00:00	NOSE	experiencing some sinus draining
9	00/00:00	NOSE	I love the way my dog smells, aware of it and I smell her all of the time, makes me feel peaceful and happy
9	00/00:00	STOMACH	experiencing some intestinal cramping
9	00/00:00	STOOL	since the remedy had been chosen my stools have been looser than normal
9	01/02:00	SLEEP	went to bed at 2:00am
9	01/12:45	GENERALS	She comments on the sugary taste of the remedy.
9	01/12:45	MIND	Has her dog with her, very connected to her dog.
9	01/12:45	MIND	She seems calm, comments on how clear she feels, especially about her health. Very relaxed, loose, and calm.
9	01/13:04	MIND	She talks a lot about work and about her strong work ethic, and the strong need to figure out what to do next, what she wants, where she wants to go.
9	01/13:15	MIND	She noticed that after the pre-proving meeting more men were noticing her and that felt comfortable. Also she has notice and comment to several women that they were beautiful.
9	01/13:15	MIND	She talks a lot about how much she loves humanity, and that this last week since the pre-proving meeting she has felt more "light" around her. "swelling" with light.
9	01/14:00	CHILL	I was really cold when I came home.
9	01/14:00	SLEEP	had Roling appointment today then took the remedy. Came home and fell asleep hard. no dreams.
9	01/17:00	MIND	While cleaning I cut myself pretty good, twice on some steel wool. my index finger of my right hand, that bled pretty good for a while, and the palm of my left hand. also started a smoldering fire on my porch on accident. set some incense in a pot of dirt and then the dirt started to smolder. ooops.
9	01/17:00	MIND	Woke up after two hours and hung out with roommate for a while. Then had energy to clean the house, do laundry and rearrange some things.
9	01/19:00	MIND	I fixed the clog in my laundry sink.
9	01/20:00	THROAT	scratchy, my cold is still here, I can breath threw my nose which is awesome but my throat is scratchy and my voice is horse.
9	01/21:22	BACK	a little soar in my lower
9	01/21:22	MIND	I really love red. Went online and bought a red purse, then a red coffee pot, then a red knife set, then a red sweater.
9	02/05:30	SLEEP	woke up at 5:30am but laid in bed, couldn't fall back to sleep. My mind wasn't keeping me up, I just didn't feel sleepy.
9	02/11:00	MIND	while driving, I noticed a lot of red
9	02/12:00	MIND	while out to brunch with some friends I noticed how nice my friends nose is. I have known her for ten years, this is the first time I really noticed her nose.
9	02/12:20	MIND	<i>Poem: If You Wonder Why</i>
9	02/13:00	STOOL	my stools have gotten firm again, and not as easy as they usually are
9	02/17:00	DREAMS	took a nap and had a really nice dream about being with my dog, and a dog that has recently passed. We were on a beach walking. It was beautiful. I don't usually remember my dreams.
9	02/19:00	MOUTH	my gum and the inside of my mouth is kind of tender
9	02/19:30	THROAT	my throat is still pretty scratchy and my voice is going out
9	02/20:00	NECK	My neck is really sore, two lines on each side of my neck are sore
9	02/21:00	BACK	my back has been sore all day. In between my shoulder blades is very tender and my lower back is achy.

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9	02/21:00	MIND	decided to stay home from work tomorrow because I am sick. I never do that, I know that I should stay home and take care of myself and so I am going to. Usually I feel compelled to go to work. I know it will all be fine if I stay home so I am going to.
9	02/21:00	MIND	I think I am smoking less
9	02/24:00	MIND	going to bed
9	03/10:00	NOSE	stuffed up this morning
9	03/17:00	MOUTH	my gums feel better
9	03/19:00	THROAT	feels scratchy
9	04/13:00	MIND	I have reduce my smoking by about half
9	04/15:00	THROAT	scratchy
9	04/18:00	NOSE	stuffy
9	05/07:10	EYE	watery
9	05/07:10	MOUTH	very dry mouth this morning
9	05/07:10	NOSE	very stuffy
9	05/07:10	THROAT	scratchy
9	05/09:00	MIND	off to work, took care of some business and that felt really good
9	05/15:00	GENERALS	energy fading
9	05/17:30	MIND	had a weird interaction at work, made a decision to walk the dogs before working on a report that I have to finish. That was a good decision
9	05/19:30	MIND	frustrated that I did not check in with myself more today. Goal is to do better while at work tomorrow
9	07/18:00	GENERALS	feel like my cold is really getting better.
9	07/18:00	MIND	feeling grateful that I am participating in this process
9	07/18:00	MIND	I feel good, like the possibilities are there, I just need to get quiet so I can hear them.
9	07/18:00	MIND	I have also been thinking a lot about solutions, trying to figure out what I want to do with my life, how I want to take care of myself and prioritizing it. While I can't say that I am my first priority in this moment but I feel closer than I ever have.
9	07/18:00	MIND	I have been sleepy these last two days because I am still moving through this cold but the realization that I was present in my life in a very real way was very energizing. In this moment I feel energized.
9	07/18:00	MIND	on my way home from work I realized that I have been present all day today. I didn't check in with my body as much as I would like but everywhere I was, I was really present.
9	07/18:00	MIND	So I am writing one big sweep because if I have to separate it out I won't write it. I have had some weird money stuff this week. I paid my mortgage but for some reason it wouldn't let me pay it on the day I was doing it (I pay online), that has never happened. then when I did pay it, it didn't show up on my bank account for a few days. now I knew that the chances that my bank would just forget to deduct my mortgage were slim but for a few days I felt rich!! So I was a little more free with my money than usual. Then yesterday my mortgage came through and I thought oh I should use some of my overdraft protection, which I did. Then this morning I looked at my account and I had \$12.00 in there. Not good. But I didn't panic like I normally would. I did some problem solving and figured out a solution and I will be fine. things like this usually send me into a tizzy.
9	07/18:00	NOSE	not very stuffy any more
9	07/18:00	THROAT	not scratchy any more
9	08/09:00	DREAMS	woke up and remembered an awesome dream. It was sensual, not like porn, but nice. There was a beautiful Portican man who was my partner and it was a really sweet dream about our courtship.
9	08/10:00	COUGH	not much coughing
9	08/10:00	EXPECTOR.	some phlegm
9	08/10:00	NOSE	much less stuffy
9	08/10:00	THROAT	very little scratch
9	08/15:00	CHEST	pain, like gas or something

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9	08/15:00	SLEEP	took a nap
9	08/15:00	STOMACH	upset
9	08/17:00	FEMALE	woke up, don't remember any dreams, now I am feeling some cramping. I am ovulating, don't usually feel cramps when I ovulate
9	08/19:00	MIND	been thinking a lot about my drinking habits. I don't get drunk but I like a cocktail. I have not been drinking much since starting the proving. I think I am going to stop drinking all together for a while because I am trying to get healthier and I think drinking prevents me from sleeping as well as I would like which prevents me from getting up as early as I like. never really thought about this before because I like to have a cocktail when I want one; just thinking that what I really want is a transition beverage. most nights this last week when I came home from work I decided to have some transition tea first and then if I wanted a cocktail I could have one. then I didn't want one.
9	10/00:00	MIND	I worked out twice today, it felt awesome. I feel like I have finally found myself again when it comes to being healthy. I have been struggling with my weight my whole life and I have tried every diet known to the world. Sunday I decided that the only way I can lose weight is if I work out and write down everything I eat. So I found an app on my phone and it is awesome. I am keeping track of everything and working out. I went to a gym yesterday and read while I was working out and every cell of my being remembered that I love that!! years ago that's how I lost a lot of weight. I felt energized. when I got home at night I felt in control of all parts of my life for the first time in a long time.
9	11/09:03	DREAMS	I have remembered more dreams than I normally do but still it's not every day. But, I keep popping up in other people's dreams. Two people in the last 24 hours told me that they had a dream about me. My friend told me this morning and said she had a dream about me and a man friend who was amazing. she said she had a dream about my future husband. I like that
9	11/21:15	DREAMS	Lovely dream (day 8), very respectful, couldn't see his face but we were very into each other. There wasn't actual touching, the energy was strong - sexually and yummy. Charged. It felt alive. I haven't felt like that in a long time. I had know him for a while in the dream. I think he was Puerto Rican. I have never dated a Puerto Rican man before (real life).
9	11/21:15	MIND	at first my symptoms seemed to be more physical - cold related, but now I feel really aware of the mind stuff. My own health, feel more present in my life, which allows me to have better boundaries around work. I work a lot and so I am noticing that I want to look at how to work differently. Really thinking about a different job, I want to apply to the bush fellowship.
9	11/21:15	MIND	Eating real food, exercising, treating my body like a temple. Using food as fuel, and to feel and move thru my emotions and not eat then. I have know this put now a switch has gone off and I can actually do it is stead of just think about it.
9	11/21:15	MIND	Job is too demanding, I don't want to be on call 24/7, too difficult to be on call, not health for me. I want to prioritize myself. I want employment to support me in that.
9	11/21:15	MIND	like transitions to acknowledged - especially between work and home. Usually it is a cocktail. But it makes it hard to work out in the morning. I want to prioritize my health. Vodka tonic at night.
9	12/12:00	MIND	got a free pass to a gym that I think I am going to join. Haven't had a gym membership in about 15 years. Feels good to think about. Have been doing well with working out. Worked out Sunday, Monday, Tuesday. Have been using fitnesspal to count calories and staying in the calorie goal. really tired though. may not be enough calories if I am working out. not going to work out today.
9	13/12:00	MIND	Have had really good interactions with youth at work. Feels confirming, I feel really present in my life most of the time.
9	14/19:00	MIND	had therapy today and it was really good. We talked about my future career plans and when I was checking in with my body I saw pathways in different forms. One was origami, one was liquid gold, one was water. I couldn't tell where they led but they were there and that felt really good. Next time we are going to talk about my future partner. it was her suggestion which feels good. I really like my therapist. I missed her. My roommate asked me, when I got home if I had Roling tomorrow and I said nope, didn't even look at my calendar.

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9	15/11:00	MIND	oops, I had Rolfing this morning, missed my appointment. I am aware that I have been checking in with myself a lot more than usual while doing this proving and therapy and Rolfing and calorie counting and working out. Pretty convinced my body just said, "nope, don't feel like hurting today" and just erased the appointment from my brain. I am not on call this weekend and am enjoying being present in my life.
9	21/11:00	MIND	Feel really sad today. Feeling like I don't really have any friends, I have lost touch with people. There is really only one person from my past, that I have lost touch with and want to reconnect with. Left a message for her on Friday. Decided that I needed to work out and maybe that will lift my mood. Worked out for forty five minutes and felt a little better. Walked my dog and felt a little better still. Had a couple of bloody marys and they hit me so I felt great! Two bloody marys don't usually effect me like that but there you go.
9	25/10:23	MIND	Really relieved that the proving can be over. As I look back on this time I have accomplished things that I have been wanting to do for a long time. I am working out again on a regular basis, I am working on completing my LICSW licensing application, have taken steps for that that I have procrastinated on for a long time. I have been thinking a lot about applying for the Bush grant. I haven't started writing anything but my thoughts about it are getting more and more clear which is really helpful when I do sit down to write it this weekend. I have connected with an old friend who is really supportive! I have bought a lot of stuff during this proving. a new coffee maker, knife set and sheets, all of which make me really happy. I have also bought some sweaters, I still like them. I have bought several books. the one that I am starting to read right now is Wayne dyer wishes fulfilled, its about manifestation and I really want to manifest things that I want in my life. I really want a new full time job, I work too much. I want to feel inspired every day. I am glad to complete the proving because it makes me feel angsty, which isn't bad because it shook some things loose, but I haven't felt happy. I like feeling happy. really grateful that me and my dog can spend some time with my supervisor and release the remedy for sure. my dog and I are really connected so I want to make sure that the remedy is released for her too.
10	00/00:00	DREAMS	A large group of us were eating breakfast at a restaurant. They were short-staffed that day and one of the clinic supervisors was filling in as a cook. I just remember seeing many many large plates of pale yellow, soft, fluffy scrambled eggs go by on their way to our table.
10	00/00:00	DREAMS	Husband I are were at the airport when a little tiny police car with a big 3M on the side and a flashing red light came toward us. My husband is retired from working for this company. I thought, here we go again. I was also carrying my (now grown) son in my arms. He was tugging at my shirt as if he wanted to nurse.
10	00/00:00	DREAMS	I was in the storm sewer system with my niece's baby strapped to my chest in a baby carrier, sound asleep. Saw a polar bear coming in the sewer through a man-hole. Didn't know which was he'd go so I decided to go out the window where I was. It opened from the bottom, but I couldn't get it up, my arms were so weak. I opened it a crack and yelled for help. Finally managed to get it to open wide enough to get out, so crawled through with the baby continuing to sleep - never woke up. The feelings were fear and helplessness. but not intense.
10	00/00:00	DREAMS	We were looking at houses to purchase - small one for us and larger house (duplicate of the smaller one) for my brother and his family. In the larger house we were somehow outside the house looking down. My brother had shaved off his hair. The feeling was one of curiosity.
10	00/00:00	EXTREMITIES	I noticed the pain at base of right thumb return when I did yoga shortly after arising. Worse with pressure of putting body weight on hands
10	00/00:00	EXTREMITIES	Steady, low level pain at the base of right thumb beginning about 3 pm as I sorted through files. The ache remained the rest of the day although was mainly noticeable when I moved my fingers.
10	00/00:00	MIND	Client called me in morning on my cell phone. I saw her number and heard phone ringing but hitting the accept button wouldn't connect us. It just kept ringing, then phone died completely. I couldn't turn it back on. Took out battery and it was restored to working condition. I tried to call the client in the afternoon. She reports the same thing happened to her. She could see my phone number but couldn't answer. Phone kept ringing and phone went dead. Couldn't turn it on until battery was taken out and put back in. I tried calling her on a land line. The same thing happened.
10	01/05:30	MIND	Skype connection kept getting lost - couldn't stay connected; webcam didn't work
10	01/05:41	THROAT	throat got scratchy - had to cough; lasted about 5 minutes then went away

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10	01/05:50	GENERALS	body became extremely relaxed
10	01/06:15	MIND	while talking on cell phone, periodically heard a voice in background, just a word here and there; words were indistinguishable
10	02/00:00	MIND	felt very alert and focused all day, even into the evening when I typically get sleepy
10	02/00:00	MIND	our very old, arthritic cat, who tends to sleep most of the time, was alert and moving most of the day. She followed me everywhere, wanted me to scratch her or feed her. Took her outside in the warm sunshine. Normally she would explore. Instead she just circled around me looking for my attention.
10	02/00:00	MIND	throughout day everything seemed relatively effortless, seemed to flow easily. I had many tasks lined up for the weekend and normally would feel some anxiety about getting it all done, but I went back and forth from one task to another, managing several projects at once with ease and with the ability to focus on each.
10	02/12:10	EAR	left ear suddenly got itchy internally. Occurred when sowing something to my husband on the computer. Lasted about 5 minutes.
10	02/14:30	GENERALS	increased stamina on routine walk
10	02/14:30	MIND	went for a walk and felt very powerful, strong. Usual 45-minute walk turned into 65 minutes without effort. Could have walked much longer.
10	02/16:00	CHEST	working on the computer felt dull pain over the heart area. It seemed to occur only on inspiration. Lasted about 5 minute. Occurred again later but didn't get better on exhalation. Lasted only a few minutes this time.
10	02/21:00	MIND	My husband and I were putting clean sheets on the bed, giggling and joking the entire time. Normally we would have been too tired to have this much fun doing such a menial task at this hour.
10	03/07:30	EXTREMITIES	muscles stretched easily, effortlessly during yoga
10	03/07:30	MIND	yoga was effortless this morning. Muscles stretched easily, felt strong. It flowed.
10	03/14:30	MIND	Communications are flying! Every client I have except one has contacted me over the course of the past week. This is very unusual. Even those I saw in clinical for follow-ups contacted me for another reason. Two clients I always have to bug to get them to respond emailed and called me just to give me an update on how well they're doing! Another client I've never met in person because we've just skyped is in town and we're going to get together tomorrow. My entire weekend is being taken up with homeopathy and communications with related people: working on a case from clinical that didn't get resolved - numerous emails with teacher and client. Doing another case analysis of new client, must be done by tomorrow, not getting done with all the interruptions. Communicating daily with proving supervisor, trying to keep up with journaling. A bit irritated that my weekend is being entirely taken away from me. Still expecting more calls today from 2 clients. In the past I might have felt overwhelmed. Now I'm just irritated. Interesting that the probable remedy for one of the cases I'm working on is nux-v.
10	03/17:30	GENERALS	body felt completely drained, fatigued
10	03/17:30	MIND	shut my phone and computer off. Need a break. Feel completely drained
10	04/06:00	DREAMS	a client called to say her daughter was visiting and would I send her 2 oranges for breakfast since they didn't want to go out. I said yes (this may have occurred in a past dream). She called again asking if I could also send 2 pieces of toast. I agreed. I then partially awoke, noted my husband was sound asleep and thought I should go back to sleep. The dream must've continued but I thought I was in the kitchen looking for the oranges. There was only one that was in good shape. Another had a slice out of it, another was bruised and squishy. I started to wonder how it would get there in time. In fact, it wouldn't get there until tomorrow! I should've told her that! I felt a little panicky. She was counting on this breakfast and I wouldn't be able to deliver. Finally woke up feeling much relieved it was a dream. Seemed very real.
10	04/06:00	SLEEP	slept 10 hours last night. Very unusual
10	04/08:00	HEAD	feeling of tightness on my scalp on right side extending from occiput to top of head
10	04/14:30	MIND	Irritated; be done with communicating. Usually would feel guilty. But not today
10	04/14:30	MIND	This is it-I'm not going to do it anymore. I am drained. I can't do it anymore
10	04/17:30	MIND	Drained means fatigue, tiredness, heavy, have to think too hard. People poking their heads in all the time. Interruption. Never got to do what I wanted

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10	04/20:00	THROAT	Felt a tickle or irritation in throat. Felt need to cough. It didn't help but the irritation went away after a few minutes. This happened in the morning while talking to a client as well.
10	04/21:00	MIND	Checked my email and noted I hadn't received a single one since 2:30 in the afternoon. This never happens. I always have a steady stream of both junk and other emails throughout the afternoon and evening.
10	05/05:00	DREAMS	Feeling in the dream; some sexual exhilaration; but matter of fact; "I'm done with him", "hello to her"
10	05/05:00	DREAMS	I was in an upstairs bedroom of my long-deceased grandmother's house with a teenage male. I was apparently engaged to be married to someone else and we had apparently decided to not have sex until after marriage. The teen I was with said that my fiancé wanted him to teach me how to 'make out'. So we did some passionate kissing and embracing on the bed. The boy wanted me to stay in the room with him but I wanted to go downstairs to visit my friend who I knew was there. When I went to the hall I saw the teen's mother looking up the stairs at me. She was unable to climb the stairs. I waved at her.
10	05/05:00	MIND	In the flow. Woke up clear, in tune, vibrant and alive. Flow means in tune, clarity centered. Connected with every living thing around me.
10	05/05:15	MIND	awoke with an incredible feeling of awareness, vibrancy, aliveness of being in-tune with my body and everything around me. I had a sense of great clarity of mind, of being centered, strong. I felt expansive, spacious. My cat started 'talking' at 5:00 also, before I got out of bed. She was sitting in the hall as if waiting for me when I got up. She hovered around me for the first few hours of the day. This is all unusual. The sense of being in-tune carried over to my yoga exercises. I was intensely aware of every muscle, every movement, the gracefulness of it, the flow. It was effortless and I moved through the exercises with ease.
10	05/07:00	MIND	Links to Citrix, the software connecting tele-commuters (including me) to the agency network, tools and files, were broken for the entire agency.
10	05/11:00	EXTREMITIES	suddenly felt a weakness in left leg, mostly in the upper back side of leg, when standing; lasted a few minutes. About an hour later the left thigh muscles ached a little while I was seated and was noticed upon standing. Not significant, just noticeable.
10	06/00:00	MIND	Feeling of love, warmth, heart swelled, empathy, compassion
10	06/00:00	SLEEP	Couldn't fall asleep for 2 hours after going to bed as my positive feelings washed over my body physically. It was not hyped up at all, just very vibrational, healing, through my whole body
10	06/12:00	MIND	Things are chaotic at work. Feelings pressured; which is normal for me at work.
10	06/14:25	MIND	As I was rushing from task to task at work today (not unusual), I suddenly felt a sensation of a subtle wave of energy on my left side. It probably would have passed without notice if I didn't pause to see what was happening. When I paused to observe, I felt an immense wave of relaxation wash through me. Every bit of tension drained away, allowing a sense of peace and well-being. I had a similar experience on the way to work on the bus this morning. These experiences were different from when I first get myself into a meditative state (at least attempt to) and in a little while <i>maybe</i> relax to this degree (or maybe not). It was as if the state was tugging at me to pay attention so it could do it's work.
10	06/17:25	MIND	arrived home from work. Our cat came to greet me. My heart literally felt like it swelled with love. I held her for about 10 minutes. The sensation of a full heart persisted the remainder of the day.
10	06/22:0	MIND	Watched movie about Jack Kevorkian. Couldn't get to sleep. Again sensation of heart swelling, this time with the compassion and love aroused by the movie. Felt my body swimming in a beautiful, loving energy field, which kept me awake. My mind was quiet but the body felt awash in energy.
10	07/12:00	MIND	Now at work, returning to my usual response of deadlines looming
10	09/09:00	HEAD	scalp tension on top of head behind coronal suture extending short distance to left and right of midline.
10	09/10:30	HEAD	fleeting, subtle, dull pain suddenly came and went from left occipital area, then quickly switched to right front area on top of head. Very fleeting and subtle.
10	09/12:30	HEAD	right occiput - very subtle sense of dull pain; also right eye area

10	11/16:00	MIND	thought I was back in my 'old' state and done with the proving, but realized that, over the course of the past few days, the sensation of feeling like I was a prisoner to the case I was trying to figure out, school and homeopathy in general kept getting stronger and stronger. I felt like it had taken over my life. Spent all weekend working on a school new client case and again this weekend working on a personal client's case and it wasn't coming together. Felt alone with no one to turn to. Felt tense, driven, both at work and at home. Didn't want to be bothered by my husband. My responses to him were short, to the point, wanting to get back to my work. A feeling of impatience. Felt like adrenaline was constantly coursing through my veins, needed to figure this out. Spent all my spare time studying it. Went to study group last night feeling tortured. It weighed on me constantly. Couldn't get it, struggled and struggled and still couldn't get it. Feelings of panic, how will I ever get this, it's not clear, I can't see my way out of it, no where else to turn.
10	11/18:00	EAR	mid-conversation my left ear suddenly itched internally for several seconds; mild itch, but enough to drive me to stick my finger in ear to try to scratch it.
10	11/19:00	MIND	ran the 'tortuous' case by my study-mates. One of them saw a remedy picture I hadn't seen. It was suddenly clear and I felt free! Free from that trapped feeling, tortured feeling. I gesticulated and shrieked joyously. The feeling was one of freedom. I was released!
10	12/05:00	DREAMS	I was on the bottom of some deep water body with someone else, don't know who it was. We were undertaking some activity and a rope appeared from the surface for me to grab onto. I knew it was part of a game and that when I grabbed on I would be pulled up to the surface very quickly. I grabbed on and headed for the surface, my only concern being that I would be pulled too fast.
10	12/12:30	EXTREMITIES	after returning from about a 10 minute walk, while seated I suddenly noticed a sensation on the top of feet of internal movement; it was as if I could feel the blood coursing through the veins. Extended from above ankles to just before toes
10	15/12:00	MIND	observed over the course of the past week that my general response to potentially stressful situations has been to go into a hyper-alert mode with almost a sensation of panic. Shoulders become tense, breathing shallow, heart beats faster. Feeling almost as if I am threatened, although I am not. This has happened at work when in meetings about issues I care about, also sometimes when I'm half expecting an email from someone who either may disagree with me about something I've written to them or when it could be a client on a new remedy who could be aggravating. I have feelings of anxiety, dread and apprehension when going to the computer to check email. Don't want to have to deal with issues right now. Feel less anxiety in the morning, worse evening. Feel a sense of relief when I don't see names of people who may have these messages.
10	15/22:00	CHEST	awoke from falling asleep in front of TV with an irregular heart beat; seemed to push blood more rapidly than usual so when I stood I had shortness of breath; moderate, dull, steady pain extended from the area of the heart to the throat, all on left side; the pain went away when I laid back down, but the irregularity remained, felt like a constriction in the chest. Fell asleep, slept well, and it was gone in the morning. This is something I've experienced before but haven't for a long time.
10	16/14:00	MIND	Cleaned the bathroom for the first time in a month. I had been so busy with school follow-ups I didn't even think about it. Very unusual for me. I usually can't stand to let the bathroom go for more than 2 weeks but I really didn't care!
10	16/14:00	SKIN	a slightly inflamed blemish appeared at the front top of my right leg. Completely painless, I squeezed it slightly and was surprised to see some bloody pus discharge. It remained a few days and discharged a bit one more time. There had been a similar blemish near this one several days earlier that I didn't pay much attention to, but recalled that it had a small amount of similar discharge.
10	18/05:00	DREAMS	remember being on top of the water in a boat, looking into the clear water and seeing 2 bloated dead bodies on top of some rocks submerged under the water. It was a very creepy feeling and I woke up. We had watched a movie that evening about the Vietnam war, and there were plenty of dead bodies, so I wonder if the dream was related to that.

10	18/21:00	MIND	reflecting over the course of the past week I realized how irritable I'd been. My husband would speak to me while I was on the computer, which seemed to be most of the time I was home, and I just wished he would leave me alone and not speak. I didn't say anything, but felt irritated with him. Later I went to the store, picked up a few things and he called to tell me he had already gotten them elsewhere. I was really irritated with him and snapped at him, "I thought I told you I was going to get them!" This was very uncharacteristic of me. I never snap at my husband and am actually not even often irritated with him.
10	19/19:00	MIND	irritable again for no good reason. Husband is cheerful but still seems in the way just want him out of the way. Couldn't wait until he left so I could be alone. Still irritable after he left. Usually I love my quiet time, also love my time with husband. But now not happy either way... he called on way to choir practice to tell me something that irritated me and I snapped at him again...
10	19/19:45	MIND	don't care about much of anything, don't want to do anything. Hope no one calls or emails and wants a response. Don't think I could be friendly.
10	19/20:00	MIND	Drank 3 (small) glasses of wine tonight. Ate 3 pieces of chocolate-caramel candy. Excessive amounts of both for me...but both were incredibly sensuous experiences. Can't seem to get enough.
10	20/09:00	HEAD	standing talking to co-worker and felt somewhat faint, as if blood had drained from my head; felt limp and weak; accompanied by slight nausea; sitting helped only a little; felt better after a few hours; then much better after lunch
10	21/05:00	DREAMS	sitting on a bench when I felt a familiar, warm body situate themselves on the bench behind me, wrapping his arms and legs around me. I had very warm feelings and said "who is this?". It was my colleague at work who I've known for a long time. He was very sad and he rested his head against my shoulders. We then sat side by side on the bench as he told me about his feelings. At some point I left that scene and went to attend a luncheon sponsored by a bunch of women. Later I realized it was a church event. I asked a woman what kinds of social justice initiatives they undertook.
10	21/12:00	MIND	spent 1.5 hours on the phone over my lunch hour attempting to resolve an ongoing insurance problem. I had spent probably 15 hours working on this issue in the last few months and learned we were back where we started with no resolution. I had absolutely no patience this time. I demanded to speak to a manager and ranted about the system and that I needed to get it resolved. In the past I just went with their suggestions as to how to resolve. I listened to the same old suggestions but shot fiery responses back to several people. I observed my anger and response but didn't feel I could temper my response as I had always been able to do in the past.
11	00/00:00	EXTREMITIES	As I took my bottle of proving remedy at the kick-off meeting on February 12, my hand shocked one of the Master Provers. After that, within an hour or so, I shocked myself on the wall outlet when plugging in my computer, on my non-metal computer keyboard twice, on the bathroom stall, and several other times. I have never been so shocking before. The week following (before even taking the substance), my hand shocked something at least once a day. It was like an electric current sent from my hand to the object; it seemed stronger than other shocks I've initiated in the past; it made a louder sound as well.
11	00/00:00	EXTREMITIES	Driving 5 hours home after class on February 14, I felt pains in my arms, legs, and feet as if contracting or spasming. I wanted to stretch them or put hard pressure on them, but when I did either, the contraction came in the flexor muscles. I was shocked that stretching didn't help, and surprised by how tight and painful the contractions were. It felt as if nothing I could do would help the tightness go away. The contractions lasted 20 seconds at most throughout the night, though the desire to stretch remained, probably because it felt as though the contractions could come again at any time. Days later, the bottom of my right foot feels like it might contract again, and the desire to stretch or apply hard pressure is present.
11	00/00:00	EXTREMITIES	This morning (February 16) I woke with both of my big toes feeling quite tender and inflamed. They were sensitive to walk on, worse from all pressure, touch, and movement. There was no reason for this pain, so it was quite suspicious.
11	00/00:00	MIND	A couple hours after the proving kick-off meeting on February 12, I noticed that my reactions to small things were quite exaggerated. I felt extremely irritated and angry with my classmate, my voice was raised, my words were harsh, my gestures were sharp and exaggerated. My anger wanted to burst out; I felt relied upon too much.

11	00/00:00	MIND	On the evening of the proving kick-off meeting (February 12), my mom was talking to me normally about the day when she suddenly stared as if through me and brought her arms around front in a loose hug motion as she said slyly, "I'll be very nice to her (client)." Her gesture was like she was wearing a cape and wanted to envelope something in front of her and hide it. The way she looked through me, she seemed possessed. It was only a second, and then it was gone, but that second felt possessed, deceitful, murderous, and secretive. It scared me and made me want to lock my door that night.
11	00/00:00	SKIN	On the evening of the proving kick-off meeting (February 12), I noticed several red, round, raised spots on my skin, with an average size of one centimeter in diameter. I had several of these on my face (on the right side of my jaw and under and above the left eye), on my right forearm and underside near my wrist, and on my left forearm near my wrist. No itchiness, no pain, no discomfort, just a blotchy look.
11	00/07:00	EXTREMITIES	woke up in morning and both of big toes joints between tarsal and metatarsal were achy as if inflamed. Worse movement and touch. Worse from walking. Tender.
11	01/07:50	CHEST	Before even taking the remedy, picked up bottle. Immediately tightening of chest in the center. When I breathed asthma like. As if airway was restricting, and would be gasping for air, breathing faster. Almost as if hyperventilate. A cloud came over my chest, covered.
11	01/08:00	RESPIRATORY	Before even taking the remedy, picked up bottle. Immediately tightening of chest in the center. When I breathed asthma like. As if airway was restricting, and would be gasping for air, breathing faster. Almost as if hyperventilate. A cloud came over my chest, covered.
11	01/08:08	FEVER	last 15 minutes to half hour have been hot. Usually am freezing cold.
11	01/08:10	RESPIRATORY	Breathing all being done by abdomen area. Have to make conscious effort to breathe through my chest. Like lungs aren't expanding. Shallow breath. Not a full breath.
11	01/08:14	HEAD	light head ache left side. Above the left eye at the hair line. Then disappeared from left side and went to occiput on both sides. Like a mist going out to both sides. Then that went away and went back to forehead on left side. Feeling it between hairline and eyebrow. More concentrated at an acupuncture point in that area.
11	01/08:14	HEAD	light head ache left side. Above the left eye at the hair line. Then disappeared from left side and went to occiput on both sides. Like a mist going out to both sides. Then that went away and went back to forehead on left side. Feeling it between hairline and eyebrow. More concentrated at an acupuncture point in that area.
11	01/08:14	MIND	with shallow breathing feels anxious, antsy. I am pacing.
11	01/08:14	MOUTH	very dry. But was dry before proving too.
11	01/08:14	MOUTH	very dry. But was dry before proving too.
11	01/08:20	MIND	walked past newspaper lying on table and bag made of fur caught my eye.
11	01/08:21	MIND	still pacing. Hard for me to sit still.
11	01/08:23	GENERALALS	feel like stretching.
11	01/08:23	STOMACH	drank a glass of water and burped 7 times.
11	01/08:27	HEAD	Burning sensation in occiput, internal burning.
11	01/08:30	NECK	Pressure in glands behind the parotid. Occipital nodes. As if a cold will come on.
11	01/08:31	MOUTH	mouth quite dry
11	01/08:31	MOUTH	mouth quite dry
11	01/08:33	MIND	looking out window and noticing lamppost with broken glass
11	01/08:39	MIND	keep looking at two small boxes of chocolate. Is that because I haven't had breakfast. I always liked chocolate.
11	01/08:47	EXTREMITIES	right elbow tender. Like it's bruised. My toes are a little tender.
11	01/08:47	EXTREMITIES	right elbow tender. Like it's bruised. My toes are a little tender.
11	01/08:47	MIND	pacing. Hard for me to stop and sit down.
11	01/08:52	EXTREMITIES	left hand middle finger middle joint feels tender, bruised, don't want to move it.
11	01/08:52	THROAT	clearing my throat a lot. Just left of throat pit something is there and I want to bring it up. better if bring something up.

Full *Didelphis virginiana* journal

11	01/08:55	RESPIRATIO	breathing is still shallow. As I take deeper breaths I feel the tightness again. restricted from able to do that.
11	01/08:56	SLEEP	sleepy. My eyes want to close.
11	01/08:56	SLEEP	sleepy. My eyes want to close.
11	01/08:59	SLEEP	Tired of pacing and am laying down now. Probably could fall asleep. That usually doesn't happen once I'm up.
11	01/09:00	EXTREMITIES	tenderness above right knee to the left. Sensitive, not painful. Don't want to move it. feel it more when bend knee back.
11	01/09:00	EXTREMITIES	tenderness above right knee to the left. Sensitive, not painful. Don't want to move it. feel it more when bend knee back.
11	01/09:45	HEAD	I have a sensation in my head as if a band is anchored in my temples and stretching across my forehead. It feels like pressure on my forehead, especially above my eyes, and it has somewhat of a burning quality to it. It gives me a flighty feeling in my head like I'm floating or walking on a soft, floor inflated with air, I suppose like being intoxicated, not quite in my mind. It also makes my eyes very tired, better for closing them. I just want to sleep.
11	01/10:00	BACK	Slight burning sensation across my lower back. Feels like a cool burn.
11	01/11:00	EXTREMITIES	Burning sensation in the outer blade of my left hand from my entire pinky finger down to my wrist; the area is warm to the touch as well as having internal burning; although not swollen, the warmth and burning feels as though the area is inflamed or infected; the rest of the hand and fingers are cold like usual.
11	01/12:45	EXTREMITIES	Slight contraction in the soles of both my feet; both are in the center but more toward the blades of the feet; I want to stretch my feet by flexing them, but it makes the spots hurt more because they seem to be cramping more in an attempt to resist the stretch; I have to just keep my feet still until the contraction is gone
11	01/13:00	GENERALS	All-body tiredness, I could fall asleep now
11	01/13:00	HEAD	Sudden pain in left occiput region that extends to the eyes and kind of reverberates before disappearing
11	01/14:00	MIND	Time is moving very slowly; it feels like it should be evening by now
11	01/15:00	MIND	I took a walk in the park and sat on a bridge watching the water flow underneath; my eyes were drawn to the rippled zigzag pattern that the water made when rushing over stones, twigs, etc.; I couldn't stop looking at them, they were almost trance-inducing
11	01/15:30	HEAD	After 40 minutes of my walk in the park, my head began to hurt due to the cold air; left side of the head, intense pain came on suddenly and stayed at least 5 minutes; the pain was "loud" and "screaming."
11	01/16:00	MIND	I snapped at my husband several times over trifles; my anger was very quick each time; I have no tolerance for questions that I can't answer or information that I can't remember off the top of my head
11	01/17:00	FACE	Round, red spots, they were puffy for five days; one is dry like a rash
11	01/17:00	SKIN	Looking in the mirror, I see that the spots on my face (under and above left eye, right cheek between lips and jaw joint) are no longer raised; they're still slightly red, round; the cheek spot is a little dry and rash-like; one roundish spot on the ring finger of my left hand, between the two joints closest to the fingertip; it's dry and bumpy like a rash, and it stings if I scratch it
11	01/19:30	BACK	A spot in my lower back on the right side hurts a lot; it burns and feels tight; feels better with stretching
11	01/20:30	GENERALS	Aches and pains in various locations, very tender and feel inflamed; come on suddenly and go away suddenly.
11	01/20:30	GENERALS	I have been so tired all day, both mentally and physically. My legs don't want to move, as if I've been standing on them all day (which I haven't been doing). I can't wait to go to sleep tonight. Felt as if I could have slept.
11	01/20:40	MIND	I sit and stare because of my mental and physical fatigue; I feel like I'm worth nothing in this state
11	01/21:00	GENERALS	Went to bed early; couldn't stay awake or get much done.
11	02/00:30	MIND	For a split second I thought I was the supervisor, or maybe it was a dream where I felt my supervisor telling me I was the prover and I had to write down that my throat/mouth was dry
11	02/00:30	MOUTH	I woke up with a very dry mouth and needed a glass of water.

11	02/00:30	THROAT	I woke up with a very dry throat and needed a glass of water.
11	02/04:00	DREAMS	I dreamt I was in my house with classmates and my parents were outside; I was afraid for my parents because I heard noises and voices outside, and it sounded like an army coming and a leader announcing stuff to his army; the picture was of black and white videos of Hitler and his army. I was terrified for my family outside and classmates and me inside; I was waiting for the army to march inside and capture us. Feeling: they are going to get in.
11	02/04:10	SLEEP	I noticed I was sleeping on my back; I normally sleep on my stomach and wake up on my stomach, but for the last week or so, I've been waking up on my back every time.
11	02/10:00	STOOL	Today and yesterday my stool was very long
11	02/11:35	MIND	I feel like a monster; a monster is something that comes out of nowhere, it was just fine, and then suddenly, with no indication, burst out and became a different person; like Dr. Jekyll and Mr. Hyde; I didn't even see it coming; I screamed all my anger at my mother, threw it all at her; I have never heard myself so loud; it was reverberating in my head, in the skin on my face, in my voice; a wave of shakes going through my face; my voice filled the room; I banged my fist on the table and pointed my finger so hard I could've broken something; absolute rage, it didn't feel like me; as if I was possessed; It was like a bomb, there is no indication of it about to explode. Ten minutes later, I'm fine and not upset at all. It was totally normal. We were talking about homeopathy from case analysis to getting to know ourselves better. Was feeling supportive. she was feeling sorry for herself saying "I can't". She kept doing the "I can't" and giving excuses. That is when I finally blew. Felt also like she attacked me. She was feeling defensive. I felt put down by her and like I was on my high horse. Stop asked me for the answers then, stop relying on me. If there is ever a question she comes to me. Felt relied upon too much.
11	02/13:00	MIND	I'm wondering if my monstrous outburst actually happened; my husband says that he didn't hear me screaming, and my father is acting like nothing happened; it feels as if it didn't actually happen, though my mom and I both know it did
11	02/13:50	EXTREMITIES	There are twinges of pain in the palm of my right hand, in the soft pad at the base of my thumb; I can put my finger on the spot; it twinges less when I put my finger on it, but then it seems to go to the spot on my wrist where a pulse is taken and to the thumb's carpal bone; weird sensation, as if there's something jumping in the palm of my hand
11	02/14:20	EYE	My eyes feel strained as if the muscles have been stretched hard; the strain extends into the head
11	02/14:20	HEAD	My forehead feels strained; it's connected to my eye strain; the pain stretches to my left temple in a line and back to my left occiput as if through the head; the forehead feels hot inside like it's burning, especially in the spots directly above my eyes and halfway between the eyebrows and the hairline. Like half a band on the forehead.
11	02/14:30	EXTREMITIES	There's a pain in a spot on the front of my right leg, halfway between my knee and my iliac crest; it's pulsing and extending to my iliac crest and then to the muscle in my right-side lower back and center of my right buttock; all pains feel better from hard pressure and are worse thinking of them
11	02/15:30	MIND	Walking in the park near a dam where water was rushing over a long smooth surface. My eyes are drawn to ripples of the moving water. Seemed so uniform, yet each ripple is different. Then drawn to an area of bubbles, again it seems uniform and yet each is different.
11	02/17:00	EXTREMITIES	Skin on hands is very dry, and there are some deep cracks that bleed in some places; the cracks sting, and the pain is worse moving or bending the fingers (this is not unusual but the dryness and cracks are referred to later in the journal)
11	02/17:00	SKIN	Skin on hands is very dry, and there are some deep cracks that bleed in some places; the cracks sting, and the pain is worse moving or bending the fingers (this is not unusual but the dryness and cracks are referred to later in the journal)
11	02/19:20	HEAD	Light headache across the occiput, connected to eye strain
11	02/20:30	HEAD	light headache across the forehead, feels strained, cool burning sensation
11	02/20:30	SLEEP	Sleepiness early again
11	02/21:00	CHILL	Couldn't get body warm even with a ton of covers on. Felt chills up my body. Lasted 45 minutes. Pulled covers tightly around body so cold air couldn't get in. Even covered head halfway. I didn't get warm until I warmed up my feet.

11	02/21:00	EXTREMITIES	Before going to bed, I petted each of my dogs; my hand shocked them both, like electricity from my hand to their heads
11	02/21:45	MIND	Lying awake, my mind is thinking about various things; all of a sudden, an image pops into my head of a mug that had been knocked over on a tile floor; it's lying on its side, and its liquid contents are leaking out, quietly, slowly, spreading toward a basket of laundry
11	03/02:00	MOUTH	Woke up and felt a canker sore starting on the inside of my lower lip, left side; I thought, "Oh no, I don't want to deal with this until it decides to go away. I hope it doesn't get bad."
11	03/07:15	MIND	When getting dressed, my eyes were drawn to a T-shirt, and for some reason, I just had to wear it, even though the temperature outside is still too cold for T-shirts and I'm generally a cold person; maybe a premonition that it would be somewhat warm today? Still, it certainly was not T-shirt weather for me
11	03/07:15	SLEEP	Frequent waking throughout the night for no reason.
11	03/07:15	SLEEP	slept ten hours last night and night before.
11	03/08:00	EXTREMITIES	My hand shocked one of my dogs again when I pet him
11	03/10:00	MIND	Since taking the remedy, I'm having the hardest time doing work; instead, I'm cooking more and cleaning more, putting work out of my mind and relaxing more; I see this as both procrastination and trying to make my living space more "acceptable" so I don't have to look at the disgusting mess all the time; I feel that when my environment is neater, my head will be better able to work on things for my job. Feel like I am taking care of myself more.
11	03/11:00	GENERALS	I find that I have not been wanting "bad" foods as much since taking the remedy; I'm not craving fats, sweets, or salty things as much; instead, I'm wanting simple, healthy foods that I've made myself, like rice, salads, homemade dressings, other vegetables, not so much meat at all
11	03/11:00	STOMACH	I find that I have not been eating "too much," that I can stop eating easier when I'm satisfied; it's like my appetite is what it should be, and I don't have to think about controlling what I put into my mouth
11	03/14:00	NOSE	I wiped my nose and got a little blood on my finger; the blood was bright red and in a single glob (not a clot) rather than pouring forth loosely, like bloody snot
11	03/15:20	THROAT	For the past two days, I've had a spot in my throat that hurts as if a sharp stick or fish bone were stuck in it; it feels like I'm getting a cold
11	03/15:50	FACE	lips are dry and slightly burning; the burning extends a little to the area around my lips, too
11	03/17:00	MIND	In a different room, first thing that caught my eye was dirt between window and screen. I want to blow it away. bothered by something hanging on wall. tried to straighten it and couldn't. very strange that there are two painting in this room of animals, never noticed that before.
11	03/18:00	EXTREMITIES	Dry skin on hands seems to be getting softer, less dry
11	03/18:00	EXTREMITIES	I have a spot on the middle finger of my right hand, between the two joints closest to the fingertip; it's dry and bumpy like a rash, and it stings if I scratch it
11	03/18:00	SKIN	Dry skin on hands seems to be getting softer, less dry
11	03/18:00	SKIN	I have a spot on the middle finger of my right hand, between the two joints closest to the fingertip; it's dry and bumpy like a rash, and it stings if I scratch it
11	03/22:30	CHILL	I can't sleep because I'm so cold, even with lots of covers; chills are up my body, they seem to bubble up like the carbonation in a soft drink bubbles up on opening; better for warmth
11	03/22:30	EXTREMITIES	Cramps in foot muscles near the blades of my feet; desire to stretch but worse for it; also, cramp feeling going up my right leg on the outer side (between calf and shin), desire to stretch but the pain is much more pronounced after I stretch
11	03/22:45	HEAD	As I'm lying in bed, my head hurts on the left side, worse lying on the painful side
11	04/00:30	DREAMS	I can't remember the dream because it just flashed through my mind, but I remember that there was a German person in it (hmm, I have a lot of German blood myself); when I woke up, I tried to explore that a bit if I could, and what flashed into my mind were three things: "I want to kick him, hang him," WWII, and German eggs.
11	04/00:30	NOSE	Right nostril plugged
11	04/00:30	SKIN	Dry and cracked skin on hands had seemed to be getting better, but now all of a sudden the cracks are worse, seems like there was no warning; burning, prickling, stinging pain is almost unbearable right now; better rubbing olive oil on them to soften the skin around the cracks

11	04/00:30	THROAT	Dry throat, need water, but it doesn't help for long. Even if drank water it was still back to being dry.
11	04/05:35	DREAMS	My husband and I were kidnappers; he was wearing a red mask and suit, and I was in jeans and a jean vest; I was at the house of the parents of the kidnapped person, and we were watching TV together; the mood was somber; my husband brought the kidnapped person to the window and very quickly pushed him through; translucent curtains covered the window so light came through but no one could really see my husband or what was happening; my husband talked quietly and shoved the person through, and the parents handed him the ransom money; at the same time, I snuck through the window; my husband and I ran to our van parked a tenth of a mile away, and I woke up as we were running to it; as we ran, I was telling him that I had the keys and I'd open my side first, then open his side from the inside (I was the driver); I was very scared, it all felt very wrong; my heart was beating hard, blood pressure was raised, chest tight, breathing fast and shallow and nervous; I was afraid we'd be caught by the police and have physical/threatening/intimidating stuff done to us during investigations, maybe we'd be battered, and then we'd be put in prison; I also felt confused as to why I was in the house with the parents, was it a swap? The person my husband pushed through the window was like a lump, like a dummy; he was bound, wrapped in strips like a mummy in a sitting position; he wasn't moving or making any sounds, something was in his mouth, and the strips went around his head and over his eyes, too; this was done (by whom, I don't know) so the parents would need time to undo the strips and we could get away; in the dream, the only real parts that I saw were the bundle and my husband and myself running to the van; it was sunny and bright outside, dark inside the house as if no lights on, and the only light came from the window; I felt like I hadn't done the kidnapping but was an accomplice, I knew what was going on.
11	04/06:00	DREAMS	I had an image flash through my mind before waking up; it was of a lab bench with a petri dish on it; in the dish were half-bloody hands and feet of a baby, as if they'd been cut off and put in there; my breathing became a bit faster; I wondered if the baby had been aborted or murdered after being born; I wondered if it had been my child (I've never been pregnant) or someone else's; I was disgusted by the type of dream, why did it pop into my head?
11	04/08:00	NOSE	Blew my nose in the shower and got a couple globs of greenish-yellow snot out
11	04/09:00	HEAD	Put my hair into a half ponytail for the first time in a very long time, not sure why
11	04/17:00	CHILL	Full body chilliness and especially around the ankles even though I was wearing long underwear. Really bothered by drafts. This continued until bedtime.
11	04/17:00	MIND	spent half the day cooking. Was doing paint-by-numbers project. Not normal for me to do all of that and not much of my work. Is there an artistic aspect to this remedy?
11	04/21:00	MIND	Quick to temper with my husband because I'm finally getting work done and he's relying on me too much; I want to scream!
11	04/22:00	SKIN	I feel like the cracks on the skin of my hands are deeper and bigger than usual; on a regular basis, I might have one deep and big crack and a lot of little ones, but today it seems like all of the cracks are deep and big
11	04/22:40	MIND	The dogs' ceramic water dish was in front of the refrigerator; I didn't see it there (because it's usually somewhere else), so when I opened the refrigerator, the door knocked over the bowl, breaking it into two pieces and spilling water all over the floor; I immediately swore in a yell, which felt like exaggerated anger, my voice was like a growl; if I had to put an animal to it, a bear comes to mind first; I was surprised by my reaction because, while I might get a bit ticked off after doing that normally, the extent of my reaction and voice this time didn't feel like me. what stands out about this is the intensity and quickness.
11	04/23:10	NOSE	A little blood from my left nostril when I blew my nose; wet and slimy like snot but mostly blood; after blowing my nose once, the snot was clear again
11	04/23:15	MIND	Finally realized that I could use my electric blanket at night instead of freezing...hadn't crossed my mind before! So tonight I'm warm right away
11	05/00:00	DREAMS	Overall themes of dreams: usually I am victim or bystander. Usually someone is threatening to do something to me. Or I am bystander to someone else doing an injustice or killing someone. In dreams since proving, it is more secretive, sly, deceitful. I am one of the people doing the bad thing.

11	05/05:45	DREAMS	Dreamt I had two months left of high school even though I was 21 years old, I had gone to Japan for a few years to work before finishing high school for some reason; I talked with someone about a class where we had to copy down everything the teacher said; I was not excited at all to have two months of school left; before school that day I had taken a shower at a friend's house and had my clothes and a hair dryer set out for afterward...but I forgot; I wore the wrong shirt to school and went with my hair wet; it was picture day, and I had to wear my hair in a ponytail; I felt that it was a burden to be in high school again with a bunch of younger, immature kids. feeling: confusion. Why do I have to be finishing this up now when I'm older.
11	05/05:45	MIND	Relieved that I hadn't had frequent waking this past night; maybe it was due to warmth?
11	05/11:50	FACE	The red spots around my left eye that had been raised after the proving kick-off meeting are now gone; I still have the oblong red spot on my right jaw between the corner of my lips and the jaw joint
11	05/11:50	STOOL	My stool has a greenish tint today
11	05/12:00	STOMACH	not overeating which is unusual. Not craving chocolate as much as usual or able to constrain myself more.
11	05/12:30	MOUTH	Canker sore on inner bottom lip left side is gone.
11	05/13:00	THROAT	I still have the spot in my throat in the same location (left side, I can put my finger on it); feels like something sharp is in it; still feels like a cold is coming on, but the spot isn't spreading or getting worse
11	05/14:20	EXTREMITIES	Shocked my dog again when I petted him.
11	05/17:58	MIND	I don't know if I need my eyes checked, but I swear the clock on my phone basically skipped a minute; at 17:56 I was watching the minutes to see how long it took me to walk from point A to point B, finally the clock changed to 17:57, so I glanced at my dog and then back at the clock, and it was already 17:58, only about 10 seconds later! That kind of freaked me out; I looked closer at the numbers to make sure it really was 17:58 and then went through the whole thing again in my mind to make sure I really did just glance at my dog...I can't figure it out. I suppose if that's possible, I might as well mention that my husband got a new computer this morning, and after setting it up, it started making a loud sound like one of the inner parts moving back and forth against something; this was around 11:00
11	05/18:05	NOSE	A trace of blood in my snot from the left nostril
11	05/20:30	VISION	I'm painting a paint-by-number for my brother's wedding like I have several evenings in the past couple of months; as I'm looking at the small spaces and painting them, my eyes become blurry, and it's hard to see the outlines; I close my eyes and reopen then to try to refocus, but it takes several times doing this to see the lines right again; the blurry vision feels like my eyes have something in them, like a gel acting as a fluid veil; I have decent vision (good near-sighted vision, somewhat blurry far-sighted vision) and don't wear glasses on a normal basis, so this is weird
11	05/23:20	EXTREMITIES	Today my hands and feet were not icy cold like usual; hands were fairly warm, feet were cold but not icy
11	05/23:30	MIND	Um, now I can't open my email in Yahoo!...is it just me or is there an interference in my technology? I try to open it several different ways, but even the website I usually go to in order to sign in won't come up; it tells me there's no such website; and now, 10 minutes later, the site works again; I've had errors on Yahoo! before, but I've never had it where the computer doesn't recognize the site
11	06/02:00	MIND	Apathy toward writing down my symptoms
11	06/02:00	SLEEP	Not sure of the exact time, but I remember waking up on my side instead of my stomach like usual

11	06/07:45	DREAMS	Right before I woke up I dreamt that I was in student clinic, and I was moving from the classroom to my consultation room with my clients; I don't know which was the client, but a mother came in with her baby daughter and maybe 2-year-old daughter; she gave me the baby to carry, and as we passed by a moving walkway like they have in the airports (it's a metal walkway that looks the same as an escalator except that it's flat), the 2-year-old pulled my arm down so that the baby fell onto the walkway and was taken to the other side; it seemed like I was low to the ground because the short 2-year-old was able to get at my arm to pull it, and the baby didn't fall very far; the baby didn't cry at all, and I wasn't very worried since she didn't fall very far; the mother was walking with me and saw it all, so thankfully she saw that it wasn't my fault...I didn't feel guilty about what had happened; one odd thing was that in the dream I felt it was déjà vu, just with a different kid and different baby; I'm not sure if I saw another dream like that the night before and just couldn't remember it or if they were both in the same night, or if I even saw it twice at all! Feeling: almost exaggerated in the opposite because neither mother or I freaked out. Almost like our senses were numb, lack of reaction.
11	06/08:30	BACK	Slight burning across the lower back
11	06/10:00	THROAT	Clearing throat a lot.
11	06/10:30	NOSE	goeey greenish-yellow sticky discharge.
11	06/11:00	MIND	in a frenzy. Think of all the options and the best way of doing it. Fit plans together so they work most efficiently, like putting a puzzle together. Moving quickly. Feeling the frenzy. Quickness in my chest. Like a swirling in the chest. Have to keep the swirling going so I can keep going. swirling is keeping the momentum up. surprised because deadline isn't for a week. (this is fairly normal for me).
11	06/11:00	STOOL	Yellowish-green stool today
11	06/12:00	MIND	looking back, I was totally numb the first two days. tired and not able to do anything.
11	06/12:28	MIND	I have the inclination to hold the remedy bottle but haven't acted on it. this morning I wanted to hold it because maybe it would help me remember if there were any symptoms during the night.
11	06/12:30	MIND	my eyes were taken by green moss outside. It's a new, beautiful green. Star shape of it all is different, too. Next to it is a dried hydrangea flower that has a repeated pattern like cells.
11	06/18:00	MOUTH	I bit my lip while eating in the same place where my canker sore was the other day/night
11	06/23:05	HEAD	Headache in the forehead, pressure inward almost to the point of feeling like a half-band across it; back of head starts to hurt, feels like pressure is inside, filling up the head, swirling?
11	07/07:30	DREAMS	I was at an office party, I think we were all lawyers; the boss and the judge were both of Indian (India) ancestry and had red markings on their faces; the boss wore a funky gold and red body suit and did a somersault on the long conference table; he had brought a lot of alcohol to the party; he asked me to open the chocolate box on someone's desk, but I thought he said "camera box"; when I finally understood what he'd said and found the chocolates, I found it absolutely hilarious that I mixed up the words chocolate and camera; co-workers and I were laughing so hard, which seemed totally exaggerated even to me in the dream; then in the same room with everyone, I started talking to the dean of the homeopathy school who told me a story about her co-worker who broke her window (in the bathroom, I think) and she threw her cell phone at him; then she thought, "Oh crap, now what do I do?" because now she didn't have her cell phone to call for help and also there was nothing else to throw; I don't know what happened in the story then, but she was obviously fine; so talking about the story with her, she said that if she thought about it, she wasn't really surprised that it had happened because the signs were there: the co-worker had been complaining that Monday about being bored with work and wanting to go somewhere, but everyone ignored him (I'm not sure why that makes it less surprising that he broke the dean's window, but that's what she said); the feeling in the dream was that the party was very strange and random; it didn't feel very real or like I was supposed to be a part of the group, and the people present were extremely random. Feeling: this is really weird. it didn't fit. people were really random. like I can't put the puzzle together, doesn't quite fit.
11	07/07:30	EXTREMITIES	Slight contractions in the soles of my feet near the blades; also tenderness like a bruise or inflammation in my left big toe, worse for movement and touch
11	07/07:30	MIND	I pictured writing my symptoms down and thought I'd actually written them; then realized I hadn't

11	07/07:30	SLEEP	I'm sleeping 8 hours or so each night now; I could definitely sleep longer, but I'd feel lazy if I did that!
11	07/07:30	SLEEP	Not a very restful sleep; it didn't seem like I was waking up often, but it was almost like I was half-awake all night, like I couldn't tell if what was happening in my half-dream was real or not; this isn't totally abnormal for me, though I haven't had the experience in at least a year; unfortunately I can't remember what the half-dream was; I remember talking in my sleep, too
11	07/08:20	MIND	Just sitting and thinking; all of a sudden a picture flashed into my mind of my hand holding a white mug of water over my closed laptop and the water splashing out and onto the laptop; then the picture was gone, again in a flash; the only feeling I got in the "flash" was surprise at the random picture
11	07/10:00	MIND	Have to be careful while eating to not bite my lip again and make it worse
11	07/10:00	MOUTH	Lip is inflamed due to biting it a day earlier
11	07/10:10	VISION	Like a gel over my eyeballs again as I'm reading, though not as strong or as long as the other night; clearing my inner canthi with my fingers helps
11	07/10:45	MIND	For the first time during this proving, I'm not able to input anything into the excel cells in my journal; I type something and then push enter or tab or even move the cursor to another cell, and what I just typed in the previous cell disappears; what is going on??? I try it in the saved journals from previous days, and the same thing happens even though they're saved as the same type of excel spreadsheet; finally I have to open a brand-new excel spreadsheet, which works (but doesn't have the drop-down box to choose the repertory sections); I'm both annoyed and dumbfounded; humph! 10 minutes later I find that I'm able to copy and paste cells from my new spreadsheet into the old one
11	07/12:00	STOOL	Greenish tint to my stool today; I ate lots of veggies yesterday, but besides a lettuce/spinach salad, the veggies were quite varied in color
11	08/01:00	DREAMS	I just had a dream with two similar pictures: one was of the stacks of my husband's fire bricks (for kiln building) that had been covered with tarps...the tarps were in pieces scattered all over the place; I was surprised by this and a bit dumbfounded because they'd never ripped before and had never been cut or torn so badly that it was all over the ground; the second picture was of everything for my husband's business (papers, tablecloths, fake flowers, clothes, etc.) were in pieces and strewn about outside, not in the same place as the tarps; when I saw it, I felt like "Huh? We never have this problem, why are we having it now? I wonder who did it or how it happened!" It felt crazy, disorganized, chaotic, like now I have to figure out this puzzle to put it back together.
11	08/01:00	SLEEP	Fell asleep for a minute while thinking about what happened in the dream; it was hard to keep the dream in my mind
11	08/13:00	SLEEP	Am sleeping 9 hours a night. This is a bit more than I usually sleep. Continue to find myself waking on my back occasionally which is unusual for me.
11	08/13:20	MIND	in a bad mood yesterday. Sharp with husband. He's been saying what is going on.
11	08/13:20	MOUTH	canker sore not healed up yet. Feel like it could flare if I'm stressed.
11	08/13:30	MIND	My mother says I've been "final" this week, that I say my piece and that's it, nothing more to say
11	08/14:00	BACK	Got my period today; my lower back usually hurts from one side to the other for the first two days, but this time the pain is more localized, right-sided, in the muscle; it feels like a twinge of pain, like a twist; there's a pressure in the area between twinges, pressure inward reminding me that it's there; but the discomfort that is usually there almost debilitating me is not present. Like someone has a gun to my back at that place and am reminding me that it's there.
11	08/17:10	MIND	I was walking by a row of trees after our snowstorm, the branches were covered by three inches of snow; I saw almost head-on a droopy branch with snow on it, and the image that popped into my head was of the spine of a dinosaur (like one in a museum, just the bones); the white snow ran along the curved branch, curved like an animal spine, and it spread slightly and irregularly to the sides where little branches came off the big branch; I could almost see the skeleton of the dinosaur in front of me, as if I stood in back of him; I was struck by how real the spine seemed to me. I am seeing a bear hibernating.

11	08/17:20	MIND	As I was walking in the snow, my eyes were drawn to a straight, thin tree trunk surrounded by several other trees; I was struck by the snow covering the trunk only on one side; I could see the perfectly straight line (vertically) between the pure white snow and the dark bark on the trunk; I immediately thought of the contrast as black and white
11	08/18:30	MIND	My ears perked up when my mom said she was "shocked awake" last night since I've been shocking my dogs a lot lately
11	08/19:00	STOOL	Greenish stool again today
11	08/20:00	MIND	I'm watching my mom, and it's as if she's high or drunk; over-exaggerated facial expressions, outbursts, reactions; she's acting so giddy, and although she says she doesn't feel very different, she would say that she's a bit "outrageous" compared to normal; she had one glass of wine, which does not usually bring on this mood; she had red circumscribed circles on her cheeks; she's letting everything she thinks of come flying out of her mouth without thinking about the consequences, so nasty things are coming out...saying my dad just isn't understanding the game we're playing (he clearly does) and saying that she'll try to do similarly on her turn to my husband except that she'll do better! Felt nasty.
11	08/20:10	MIND	Playing a game called Racko with family, I get the "11" card; my husband joins us from his pottery studio and announces that he just finished making 11 teapots; My prover number is 11; Hmm; later in the game, I put down the "32" card and my mom (Prover 5) says she needed the "35" card; she picks a card from the deck and gets the "35" card! Interesting?
11	08/20:25	GENERALS	I petted the dog on the head and shocked him
11	08/22:20	ABDOMEN	During the first two days of my menses, my abdomen usually feels extremely full, like I'm carrying around a ton of blood in there; but this time there's very little fullness and discomfort there
11	08/23:00	SKIN	The dryness and cracks on the skin of my hands is 15% better; the edge is off, meaning that there are few cracks open, and none that are long and deep and stinging on every move of the hands and fingers like before
11	08/23:00	THROAT	The spot in my throat that had a sharp feeling is 10% better or so; the sharpness as if a fish bone were in it is gone, so now it's just a spot; worse swallowing; I can put my finger on the spot externally
11	09/07:10	EXTREMITIES	I'm totally numb from my left hand to elbow due to my sleep position, it's as if the arm and hand are not mine; this is not a rare occurrence for me, but what is odd is that I wanted to rub the arm and hand; usually I just pump my hand back and forth to bring circulation back into it, and I don't want to touch the arm otherwise because it makes it tingle and hurt as feeling comes back; but this time I wanted to rub the arm fairly hard
11	09/07:10	MIND	When I had my numb arm/hand, I was still somewhat sleepy and not with it; so I was surprised when a voice in my head said something like, "I don't like when it goes numb. They play with my human steps." The part that struck me was the last sentence...who plays? human steps? The feeling was that something in me (but not me) was saying it in a slow, sly, secretive, manipulative, cunning, calculated type of way; and it was like it was saying that my human body and steps during the day were being manipulated, puppeted by something bigger and more powerful
11	09/07:45	EXTREMITIES	The back of my left leg is somewhat numb from the back of the knee down to the toes; I don't want to move it, it's tingling a bit, I mostly feel the tingle in the toes, like pressure inward, something pushing on the ball of my foot, not sharp at all
11	09/07:50	EXTREMITIES	I'm lying on my stomach and I feel a little inward pressing of pain in my left inguinal area; it's not sharp but is in a spot and radiates slightly down my leg a couple inches (on the front side); it comes off and on every few seconds, I want to stretch it even though it's not really better from stretching
11	09/08:15	MIND	A bird hit my bedroom window; I felt that was my sign to get out of bed, my eyes were wide awake after that
11	09/10:00	NOSE	Painful pimple inside right nostril next to the tip of the nose; better when popped the pus out

Full Didelphis virginiana journal

11	09/11:30	MIND	My parents and I went to shooting range to practice. My dad reloads his own cartridges at home and then uses them at the range, so those are the cartridges my mom was using to shoot a bowling pin. One of her bullets bounced back and hit my dad in his glasses. We were all shocked. Later, when joking at dinner I said: "You shot the bowling pin just so, so that the bullet would take him out." It was that mafia feeling of slyness, taking someone out without anyone knowing it was on purpose.
11	09/15:30	EXTREMITIES	big toe joint is tender and a bit inflamed, left side. Don't want to move it or touch it or put weight on it.
11	09/17:05	MIND	when get more stress skin gets worse. Doing awful stupid art show applications. Takes forever. A pain. Not wanting to do it. felt heaviness in my chest. Dragging. Resisting.
11	09/17:05	SKIN	All of a sudden, the skin on my hands have begun to sting everywhere, it's prickly and hot with every move; feels like I've developed cracks all over in the flash of a second; I think it's due to the fact that I really don't want to be doing this work, I see it as a big pain, I feel my body resisting, but I have to continue because I know it has to get done.
11	09/19:00	MIND	I naturally said a funny comment, but in that comment I used the phrase "do away with her" which sent a metaphorical chill up my spine because I immediately felt the connection to the mafia/calculated/manipulative/etc. feelings I've been having in my dreams
11	09/20:30	MIND	I'm watching another prover at this restaurant we're at; she only had two glasses of wine; she's laughing like crazy at everything, giggly; outrageous and exaggerated, saying whatever comes to mind; obnoxious! we were sitting in a semi-private room with a group of people at the table next to us, and when they left, my mom actually got up and checked their wine bottles and bread baskets to see if there was anything left! She never does this; the look in her eyes is that she's trying to have fun being "bad," and at the same time she seems innocent; it's like she feels invisible or invincible; I'm shocked at her behavior, she's like a little kid or a teenager. feelings: total exaggeration, total obnoxiousness, overreacting, laughing like crazy at something that was not funny. sly, secretive look on her face.
11	09/22:00	BACK	Another twinge of pain in right lower back
11	09/22:30	FEMALE	Menses has been somewhat light for the past 6 months or so, but this time it's somewhat heavy; I'd say the flow is between medium and heavy, definitely heavier than normal for me
11	10/06:30	EXTREMITIES	Right hand and elbow numb again, but strangely enough, it wasn't due to the position I was sleeping in since I just woke up on my back (and therefore had nothing to pin the arm against in a bent position); I did not want to rub the arm this time; also, my left leg from the knee to the foot felt numb right after the hand/elbow numbness, and I didn't want to rub that either
11	10/06:30	SLEEP	I woke on my back, unusual for me
11	10/08:00	DREAMS	I dreamt that I was with my 4-year-old client who comes for help with his eczema and is doing very well; it was as if I was babysitting him for the weekend; all of a sudden, he developed a rash of tiny spots on his chest and face (probably all over his body, but I couldn't see through his clothes); I was very surprised and the anxiety of "what to do!" came up; I asked if he wanted to take his remedy and he refused; I thought that was probably wise since I was probably overreacting; then, again, all of a sudden, his face and body turned purple, a rich but bright purple! Now I was really panicking and thought I had to quickly give him Lachesis; as he lay on a bed, though, the purple went away, as did the red spots; I guess the feeling I got in the dream was anxiety about having to do something and not let the poor kid get worse, but also what struck me was the bright purple that came on so suddenly. feelings: it all relied on me. no one to talk to about it. so sudden, so intense. fear that he could die.
11	10/08:00	SLEEP	Not a good sleep last night; I dreamt a lot but don't remember most of the dreams or feelings; felt like a shallow sleep rather than deep and restful; I do not feel rested this morning
11	10/08:30	STOOL	Stool is tinted yellow
11	10/11:30	MIND	In the shower I usually have a systematic order to washing, but this time I didn't; instead, I washed out of order on a whim and even shaved my right leg first rather than my left like usual...these are very unusual for me; it felt a little playful, whimsical, like it doesn't matter at all in what order I wash so why worry about it?
11	10/16:30	STOOL	Stool almost green; same shade of brown as when it was green, but the hue was not quite there

11	10/17:10	MIND	I'm walking outside next to a line of trees again today, and my eyes are looking for the tree that looked like a spine to me the other day; I can't find it, but I see a branch that is triangular and sticking up at a nice diagonal angle, exactly like the tail of a white-tailed deer (the only thing not right is that the branch isn't white on the underside); the branch has small branches coming off it that get shorter toward the end, giving it a triangular look; the angle at which the branch is sticking up is exactly like a deer's tail, not a dog's or any other animal. just a deer's tail
11	10/18:10	GENERALS	Took a somewhat strenuous walk; 20 minutes after finishing, I'm feeling very hot, sweating under all my clothing, feels like I'm burning upward; suddenly I'm dizzy and have to sit down on the floor; my sweat hits the cold air and cools me from the outside, but I'm still burning inside...though I don't want to take off my layers of clothes; sweating everywhere, legs, torso, chest, head, armpits and arms, face, neck, back, everywhere; shaky in arms, chest, hands as I write this, like I don't have total control; I drink a big glass of water in two gulps; heart is beating fast, breathing is shallow and faster than normal; feeling is, "this is odd, where'd this come from? I need to stop for a minute to calm down"; I feel shakiness in forearms, upper arms, shoulders, feels like a weakness, like I don't have strength in them; body is starting to get chilled now (it's been 10 minutes); I feel the cold sweat on my shins; specific feelings don't come to mind at all during this
11	10/18:10	PERSPIRAT	Took a somewhat strenuous walk; 20 minutes after finishing, I'm feeling very hot, sweating under all my clothing, feels like I'm burning upward; suddenly I'm dizzy and have to sit down on the floor; my sweat hits the cold air and cools me from the outside, but I'm still burning inside...though I don't want to take off my layers of clothes; sweating everywhere, legs, torso, chest, head, armpits and arms, face, neck, back, everywhere; shaky in arms, chest, hands as I write this, like I don't have total control; I drink a big glass of water in two gulps; heart is beating fast, breathing is shallow and faster than normal; feeling is, "this is odd, where'd this come from? I need to stop for a minute to calm down"; I feel shakiness in forearms, upper arms, shoulders, feels like a weakness, like I don't have strength in them; body is starting to get chilled now (it's been 10 minutes); I feel the cold sweat on my shins; specific feelings don't come to mind at all during this
11	10/21:00	BACK	Twinge of pain in right lower back, better with hard pressure and stretching it
11	10/21:00	MOUTH	Canker sore in lower left lip still inflamed and painful, doesn't seem to be going away
11	11/02:00	DREAMS	Dreamt that I was present for the morning new client's case in student clinic, but after that I went to a strange castle-like art museum and looked at all the art there from a different country; when I got back to school, I had missed the rest of the cases including two of my follow-ups, which my group had to do for me; they were mad at me and didn't understand how I could forget to come back for them; what I felt strongest in the dream was how "out of it" I was; I couldn't figure out why I hadn't remembered to go back, why I wasn't "with it" enough to even do my clients' follow-ups; as I walked around that art museum, I felt charmed by it...not in a good way but like under a spell, like I couldn't think for myself or walk where I wanted to walk or remember what I needed to remember; the art wasn't even that interesting! I walked around the art museum almost in a daze, looking at the paintings as if I had nothing in my head, empty, like I wasn't processing anything or feeling anything. feeling that brain wasn't part of what was going on. Paintings were like playing card pictures, jack, queen or king. dark in the castle, alone except for people in the office. Gloomy, mysterious. feeling of under a spell, charmed was floaty. Atmosphere was cloud-like, a different world.
11	11/07:15	DREAMS	All I can remember about this dream was being in Japan as a foreigner, and they wanted me to wear a certain traditional outfit for the festival; they put it on me, but it was like a huge diaper; then I was standing with my husband, but in the dream I felt myself wondering if the man was really my husband...he was white instead of Japanese, and I didn't remember my husband being shorter than I was...but since I couldn't remember what was real, I went along with it; it felt a bit odd to be in the position again in Japan where I couldn't speak the language and people were treating me like a foreigner who was visiting Japan for the first time, and then the thing with my husband; it felt strange because somewhere in me I knew the situation wasn't quite right or real

11	11/17:00	MIND	I'm opening a package of short, thinly sliced pork to cut up and put into the meal I'm preparing; in the package, the pork strips are laid in a line and folded once; when I unfold the strips, there's a bump in the middle where they'd been folded...the image of a spine pops into my head again for a split second and then is gone; it's the shape that hits me, the bump in the middle, the strips extending to the sides a little like the "wings" on vertebrae, the strips in a vertical line like a spine
11	11/17:00	MIND	I'm realizing that my "visions" of spines is happening around 5pm each time
11	12/09:20	MOUTH	Canker sore on left inner lip seemed to be getting better yesterday but today is bad again, quite inflamed; I have to be careful not to bite it while eating; eating on right side
11	12/12:45	MIND	Had another argument with my mom; I mentioned that I was planning on driving to Colorado, and she said in a way that meant I should reconsider, "It's a long, tiring drive"; I asked her not to put negative thoughts about the drive into my head because I didn't want to start dreading it; from there she got extremely defensive (like usual) and accused me of not letting her say anything, of suppressing her, etc.; I didn't feel any different from normal during this argument, but as we were going back and forth (I was determined to work it out and come to some conclusion because I was tired of always having these stupid misunderstandings) she was throwing very interesting words at me...unfortunately I can't remember all of them, but they included "you dig at me, poke at me, batter me, attack"; she used another word that I can't remember for the life of me, but it was very mafia-like, giving me the feeling of taking someone out from behind.
11	12/15:15	EYE	Left eye feels like something is in it, like a veil or slime over it; blurry, especially in inner canthus; I rub the inner canthus with finger over and over but can't get out the slime to un-blur my image in my left eye
11	13/08:05	DREAMS	I dreamt that I was living in Italy in an apartment; I had an Italian boyfriend who I didn't feel I knew very well and who was outside waiting for me to get ready so he could take me to work on his motorcycle (not my typical choice of transportation...they scare me); I went to the window to get something (instead of a walk-out balcony, it was like a two-person seat where you could sit and look out over the city/river/below), but as I stepped on the seat something happened, either a cramp or I tripped on something and almost fell over the balcony; I barely caught the railing; I don't know what exactly happened, but I remember feeling almost paralyzed in my back, tingly, and I had just enough control over my arm to reach out and grab or push back on the railing; even my head was dizzy or cramped; it was surreal; it was like I saw it in slow motion: cramp, near-paralysis, losing control over body, body slowly going over railing, then hand catching the railing and bringing back some stability; it was very scary because the balcony was high up and therefore I would've definitely died if I'd fallen out; the overall feeling in the dream was that I was being adventurous, risky, fun, which showed up in my dating a guy I
11	13/08:05	EXTREMITIES	Metatarsal-metatarsal joints of the big toe and second toe on the right foot is very tender, as if bruised, feels inflamed; very tender with pressure on it and touch, worse walking
11	13/12:30	GENERALS	I continue to shock one of my dogs 1 to 2 times a day with my left hand (I haven't tried the right much), afternoon and evening
11	13/17:45	VISION	Blurry vision even 10 inches away from repertory pages, I don't usually have this much of a problem; it's almost like the words are jumping a bit
11	13/18:20	BLADDER	Loss of urine on sneezing; It surprised me how much urine I lost!
11	13/23:15	VISION	Eyes blurry, even 8 inches from the page I'm reading; the words are blurry; I feel like I'm seeing light and dark areas on the page, but not dark meaning black but like it's hard to read because the page isn't all the same shade; it's more like blotches of dark areas rather than sharply formed spots; I blink more to try to clear my eyes of what is making the page blurry; it feels like the problem is in my eyes, but the blinking doesn't help

11	14/08:30	DREAMS	I was part of a group of performers that traveled around on a bus performing daily and sleeping in our own little cubby hole of a bed on the bus at night; I can't remember the performances, but we all did something in a boat on a lake or ocean, and one person had to be pulled behind like a water skier to do tricks; that person had the hardest job, and the person rotated each day...it was my turn to do it this time; I was scared because I'd never done it before; every day we performed, and we always wanted to hurry to start and hurry to be done; but the person who was pulled behind the boat was the one "on stage," and the amount of time that our performances took depended on that person; I practiced that part once with everyone during the day, and then we had to do the performance that night; I took extra time before starting to drink some water and visit the restroom, and I knew everyone was thinking, "Come on, let's not take extra time, get it going and over with." But since I was doing the ski part for the first time, I understood for the first time that it was really tiring to do that part and I needed extra time...so I didn't feel bad about it; the ski part was daring and acrobatic, felt adventurous and a little scary; but at the same time, it was my turn, so I had no problem doing it; I felt that all of us performers were like misfits, nomadic, with no families and therefore we all became each other's family and depended on each other; at the end of the dream, I saw one woman in the group who had just given birth to twins; they slept with her in her cubby hole, and we all made sure the babies didn't fall off the bed and into the walkway between beds/cubbies.
11	14/09:00	EXTREMITIES	The joints in my toes on both feet are so tender that I'm walking more on my heels; today it's both big toes and several of the little toes on each foot; very tender, as if bruised, any movement is painful, feels as if inflamed; worse putting any pressure on them including walking; it seems to always be morning when I feel this tenderness in my toes
11	14/09:00	MIND	When I think about how it makes me feel to have painful feet in the morning, the first words that come to mind are disabled and dependent on someone else for my life; it's like I can't fight back if I need to since any movement causes pain; I don't have stability or balance on my feet.
11	14/10:00	MIND	As I walked through the front yard where my dogs both poop every day, I said in my head, "I'm walking through a war zone, a field of land mines." I felt I could step in one any second and have to pay the consequences (the time, pain, and smell to clean off my shoes afterward). it could go off at any minute. step in wrong place and there are bad consequences, like dying. always looking where you are stepping. vigilant. it's everywhere you step, have to be very careful.
11	14/10:30	MIND	My mom said she was going to take my dad to a park; I knew that it was because she wanted to walk, but I finished her sentence about taking him to a park with "and leave him there," which went along with my mafia theme of taking people out; it was interesting, though, when she said spontaneously, "No, (I'll take him to the park) to put him in a burrow," which seems to go along with <i>her</i> theme!
11	14/11:20	MIND	I wanted to eat some of the leftover Japanese curry and rice I made the other day, but instead of only taking the amount that I could eat like usual, I took <i>all</i> the rice and put it with the right proportion of the curry (about double what I normally eat); I heated it up and figured I'd leave whatever I didn't want; a minute later, I was thankful and happy when my dad wanted to have some and I could give him half, all heated and ready to eat; it kind of seemed like it was all supposed to work out, that there was a reason (unbeknownst to me) that I got all the food ready
11	14/11:30	STOOL	Yesterday I wanted to test whether the food I was eating earlier in the week was causing my green stool, so I ate more of those same foods; today my stool is a normal, light-brown color with no tint of green
11	14/12:00	NECK	Husband kissed my neck like he was giving me a hickey, and I screamed because it felt like he bit me; hurt for a couple of minutes
11	14/16:40	GENERALS	have lost a few pounds. Four pounds lighter than have been in last 3-6 months. Since proving have not been eating more than I need. Less craving for sweets and salty snacks.
11	15/01:30	SLEEP	Sleeping on back; it seems like I'm half awake and half asleep thinking about a client; feels like I'm not sleeping at all
11	15/02:00	SLEEP	Hot under the covers as if my electric blanket is on (it's not); I have to throw off one of my three blankets. Like I couldn't escape it.

11	15/02:30	DREAMS	In my dream, it was as if I was watching myself and looking into my deep inner self; I felt suicidal, though there was no image or thought of how I would do it; sitting in the bathroom writing this, the first thing that came to mind about suicide is "gas" because that's where my mind went when the house fan turned on and sounded like gas seeping through the vents; in the dream I feel and see cracks, as if cracks in my existence, and they get wider; I can feel the darkness at the bottom of the cracks and the depths of depression; like an abyss in between the cracks; at the bottom of the cracks was where my depression was; my chest feels as though there's a weight on my sternum, heavy, constricted; I see myself walk outside as if to do something rash but without thinking about anything specifically; then I turn around and go back to bed through the dark hallway in the house; now, sitting in the bathroom writing this, I'm more scared than I've ever been because, although it didn't feel like me in the dream, I can't know for sure; I feel like I'm not able to distinguish between reality and symptoms of the remedy; I'm fully awake, but I'm imagining that little men are going to come through this bathroom window (two-stories up) and kill me, or a man in a black outfit with black mask will come through the hallway and into the bathroom; I feel shaky inside, trembly with fear, my heart feels like it's almost stopping in shock and fear; I'm afraid to even think and write about it, like if I write it, it will come true; tight chest, heart beating quietly and lightly as if trying to hide it so I'm not detected; it's hard to get over this and go back to bed; I feel alone and helpless, I wonder if this is what it's like to have a mental illness where you don't know what's real, you think things are coming to get you; I feel the horror of what it must be like to go insane; my dog lying in the hallway makes me feel slightly better because he'd move around if someone were coming; I can't separate this feeling from reality; I hear a reverberation in my head and ears, like the steady hum you hear in a boiler room; I finally find the courage to return to my room, and in bed again, I'm comforted to be lying on my stomach with the safety of my husband next to me. Feels very real, felt throughout entire body. Like looking at myself and hearing my suicidal thoughts. Feels so real that I feel I could really be going insane. The experience of thinking the little men would come into my window: they're small, maybe a foot in height, they're devilish men, look like little devils; one jumps into through the window after another, maybe 4-5 of them; I'm not sure what they'll do, but I feel vulnerable, open, open to attack, like they can do anything to me that they want to and I have no protection, I can't defend myself alone; I need cover, a place to hide; but if I did hide, my heart would race, and I'd worry that I'd be found and attacked, so I can't relax and feel safe; I wonder what I'd do to fight or get away if I was found; I feel that I'd been a
11	15/02:50	GENERALS	Feeling of a spot pressed inward in my right buttock, right shoulder blade, and right lower calf; better stretching, pressing hard on the spots. A pressure.
11	15/16:15	MIND	Walking by snow-covered fir trees, my eyes are drawn to the empty space underneath them where there's shelter from the snowstorm; I think of animals curling up under there to wait it out; it looks like a nice and safe place for this, but at the same time, I'm thinking that it's not so safe because bigger animals can easily dominate them without being seen by animals that would help the smaller one
11	15/16:15	MIND	Walking outside in the snowstorm, the snow-covered willow branches look like strands of jewels to me
11	15/21:00	MOUTH	Since yesterday morning, things have tasted quite bitter; my husband says the food is not bitter, so it must be an issue with my taste buds
11	15/22:45	MOUTH	Mouth tastes bitter toward the front of my tongue, maybe a slight metallic taste; front of tongue feels somewhat numb, tingly, warm
11	16/07:15	MIND	My dog (with dementia) walked away. He has never walked away like this before. We were searching for him and my thoughts went to the sheltered areas under trees where he might be hiding. But where we actually found him was in the street; several cars including 2 police cars had stopped and were trying to get a hold of him
11	16/08:00	MOUTH	Now the front of my tongue is fairly normal, but the back and sides of it taste bitter; I can't enjoy my food much at all; I taste it less when my tongue doesn't touch the sides of my mouth; worse closing mouth, better tongue "floating" in mouth
11	16/08:00	SLEEP	waking unrefreshed several mornings during the proving.
11	16/13:00	MIND	Driving on a country road, cars pass on the opposite side of the road; suddenly we hear something hit our windshield hard, sounded big and like it cracked the windshield, though no crack formed; after that, my husband, who was driving, was worried that he wasn't safe from things hitting the windshield and coming into the car to hit him; my mind drew a connection between this incident and when my Dad's glasses were hit by a rebounded bullet at the shooting range last week; that time and today, we were "saved" by glass

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11	16/17:00	HEAD	Headache on the back and top of the head
11	16/17:00	SKIN	Dry patch of skin on palm of right hand; I had this on both hands since I was a child, but through homeopathic care, it has gone away for at least 6 months
11	16/20:30	HEAD	Pressure inward at both temples, feels like it's slowly becoming a half band that is anchored in the temples
11	16/20:30	STOMACH	Ate too much at dinner, and now my stomach is gurgling almost nonstop; pain in center on movement and on doubling over; pain is like a cramp or like a dull object is pressed hard into the stomach; better with time due to digestion
11	16/21:30	NOSE	Right nostril plugged
11	16/21:30	SLEEP	Very tired but can't fall asleep; due to eating too much? Due to exciting thoughts of business prospects?
11	16/22:00	HEAD	Left-sided headache; I can draw a line where I feel it, from the left forehead above my eye up and around to the occiput; it's like I could slice my head on that plane to show where the pain is; feels like my head might split open on the line; pain pressing inward in left forehead above eye, left occiput, left side, and both temples
11	17/11:26	MOUTH	bitter taste in mouth, worse after eating.
11	17/12:00	EXTREMITIES	Cramp in the sole of the left foot, inner side; I want to stretch it
11	17/17:00	MIND	Way oversensitive to everything my husband says all day; I'm causing arguments right and left; it's like the one day a month when I experience PMS, but that usually comes a week before my period, and this is a week <i>after</i>
11	17/18:00	STOOL	Light green tinted stool
11	17/21:00	EXTREMITIES	Line of 8 small, red spots on inner right thigh; nothing particular about them besides their existence and the fact that they're in a line (not itchy, raised, painful)
11	17/21:00	SKIN	Line of 8 small, red spots on inner right thigh; similar to the line of small, red spots I had on my forearm in the beginning of the proving, but these are not raised
11	17/23:00	EXTREMITIES	Cramp in the sole of the left foot, inner side; I want to stretch it
11	18/04:30	DREAMS	Dreamt that my 5-year-old nephew was play with dog poop on the side of the street; it was all over his hands; we had to go somewhere in the car, so I picked him up in a way that made him bear-hug himself and hopefully not get the car full of poop; of course my hands got full when I was holding him; I felt worried when I was him playing in it because I knew it would smell terrible and make a huge mess besides being disgusting
11	18/12:30	STOOL	Light green tinted stool
11	18/14:30	EAR	I hear and feel reverberation in my ears and head; it's like I'm wearing a helmet or as if I have a conch shell over both ears, or maybe like being in a hollowed out room; it's like I'm in my own world with it's own sounds; it's the feeling I get when in a boiler room, with that steady hum; I look outside to see if a delivery truck is in the driveway because the reverberation is the same low, steady hum that big trucks make, with the vibrations that you can feel
11	18/14:30	MIND	I hear and feel reverberation in my ears and head; it's like I'm wearing a helmet or as if I have a conch shell over both ears, or maybe like being in a hollowed out room; it's like I'm in my own world with it's own sounds; it's the feeling I get when in a boiler room, with that steady hum; I look outside to see if a delivery truck is in the driveway because the reverberation is the same low, steady hum that big trucks make, with the vibrations that you can feel
11	18/16:20	GENERALS	I drink a lot of tea every day, and both today and yesterday I feel like I'm drinking too much and having a bit of an aversion to it; it started with an aversion to green tea, so I tried black tea but am experiencing the same aversion; it makes my head hurt
11	18/16:20	HEAD	The back of my head is hurting, and it feels connected to my aversion to tea today

11	18/17:15	MIND	Walking along the edge of a forest, I see the bright, yellow sun shining through the many trees; as I move forward and the trees stand still, I'm awed by the glistening sunlight coming toward me; it shimmers and sparkles, like the sun reflecting off slowly moving water; it's brilliant, dancing, changing, reminds me of a kaleidoscope; looking the other direction now, the sun shines on the tops of trees in the distance, leaving the lower half in shadow; the image of fire comes to mine, like the orange flames jumping up; the blue sky contrasts beautifully against the golden-orange of the leafless trees, like the sun setting over the horizon; my eyes start noticing the orange around me in the dead leaves of the oak trees, the dried prairie grasses, pinecones, brick houses, my dog's fur
11	18/17:30	MIND	I took a snow-filled bird's nest from a bush to use in a wreath; as I wiped away the snow, I imagined shriveled up dead baby birds inside
11	18/20:00	GENERALS	I shocked both my husband and my dog with my hand; the shocks seem stronger and much more frequent than I've ever experienced before
11	18/20:00	MOUTH	Several mouth symptoms today: I burned the roof of my mouth fairly badly earlier today, worse than normal; I bit the inside of my lip on the right side; my teeth are feeling sensitive to hard foods, I want to eat only soft foods
11	18/23:20	EXTREMITIES	Itch in the middle of my left calf; better scratching it hard; felt the same itch in the middle of the right calf around 17:15 while walking; had to stop and scratch it hard
11	18/23:50	EXTREMITIES	Cramp on inner side of soles of both feet; I want to stretch them, but it doesn't relieve completely
11	19/00:20	EXTREMITIES	Uncontrollable tremble in left calf for 5 seconds, like a contraction of the muscle; I want to stretch it
11	19/08:00	SLEEP	Frequent waking throughout the night due to the need for the bathroom and also the unconscious turning onto my back (I sleep poorly when on my back)
11	19/12:15	STOOL	Dark green tinted stool
11	19/22:00	FACE	Lips are very dry and burn
11	20/02:30	SLEEP	Lying in bed almost asleep; I see a shape walking toward me, not a sharp-outlined shape, just a feeling that I'm seeing it; there's nothing actually there; feels like a person is coming to get me but not so scary because I have my faculties and know it's not real
11	20/12:00	GENERALS	Shocked my dog again when I petted him.
11	20/20:00	FEMALE	Maybe more leucorrhea than normal around this time; feels wet like I'm leaking a bit, though I'm not
11	20/20:00	HEAD	Left-sided headache in back of head since I woke up this morning; somewhat intense, throbbing, like it's screaming at me; maybe due to dehydration or stress
11	21/00:20	EAR	Left ear pain, throbbing somewhat; comes on suddenly, intensity goes suddenly though a hint of the ear pain is still there; feels deep, worse lying on the right side (with left ear up); better lying on painful side, the pain isn't better but it feels less vulnerable, more protected, like nothing can get inside, it's not open to the elements; when the painful side is facing upward, it feels like the hole of the ear is wide and very deep and open, vulnerable, I want it covered, hidden like it is when lying on the painful side
11	21/00:20	MIND	(in EAR too) Left ear pain, throbbing somewhat; better lying on painful side, the pain isn't better but it feels less vulnerable, more protected, like nothing can get inside, it's not open to the elements; when the painful side is facing upward, it feels like the hole of the ear is wide and very deep and open, vulnerable, I want it covered, hidden like it is when lying on the painful side
11	21/00:30	EXTREMITIES	Slight contracture in sole of left foot, inner side; I want to stretch it
11	21/00:40	MIND	Husband's leg is crossing mine as we try to sleep, I can't move it easily, so it feels like I'm trapped; I move his leg off with the help of my other foot and feel relief, ability to move, freedom
11	21/02:45	DREAMS	I was standing in the doorway of a room watching; there was a young man and woman there, and they were either being sexual or kissing...they had their clothes on, but what I remember is the man thrusting on the woman several times and then leaving; she just sat there, and what struck me was the violent fashion of the man's thrusting, even though he didn't hurt the woman and she didn't seem to mind; I felt I shouldn't have been watching because it was sexual and private, but they didn't care; I felt it was violent and abusive, like rape, like the woman was an object, but the woman didn't act offended or taken advantage of. so I was confused

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11	21/02:45	DREAMS	Not sure if this was a dream or just a thought while I'm half awake; feels like dreams are repeating tonight or melding together
11	21/02:45	GENERALS	Very hot as if under an electric blanket on high; I have to kick off the covers; this heat comes with a dream
11	21/02:45	SLEEP	I'm not sleeping much, feels as if I'm not sleeping at all
11	21/05:45	DREAMS	The scene of the dream zooms forward very quickly, like a video camera zooming in quickly on a person or point; I felt it was very fast and surprising, the suddenness shocked me; this happened in another dream tonight, too
11	21/08:30	SLEEP	Frequent waking last night; feels like I hardly slept, I'm so tired and unrefreshed, but I have to get up
11	21/23:30	EAR	Popping in right ear as it is facing upward; lasts a minute or so
11	22/08:00	EYE	While drying off after my shower, I looked down at my chest and saw a light gray spot against my light-colored skin; It bounced here and there as my eyes moved, so I realized it was like a spot in my vision; I couldn't see it when it wasn't against a light color; the spot didn't obstruct my vision at all, it was just interesting because I never saw anything like it before; the feeling was that the spot bounced so youthfully, playfully, energetically
11	22/20:00	MIND	My ears perked up when my mom said she felt "persecuted" when my dad wanted to hug her at 6am and she wanted to sleep; I felt it was a very strong word and totally inconsistent with the topic
11	22/22:30	EXTREMITIES	Had a fairly intense itch on the inner side of my left calf, halfway from the knee to the ankle; temporarily better scratching; kept me from sleeping
11	22/22:30	GENERALS	Had fairly intense itches on my left calf, feet, chest, all over in certain parts; temporarily better scratching; kept me from sleeping
11	23/06:45	EXTREMITIES	Woke with left arm numb again; had to pump wrist to bring back the circulation; weird because that arm was not in a pinched position to cut off the circulation
11	23/07:00	SLEEP	Lots of trouble falling asleep last night, couldn't get comfortable; as if the bed and pillow were hard; neck felt cricked, body was itchy
11	23/08:15	STOOL	Slightly green-tinted stool
11	23/09:30	EXTREMITIES	Itch in the center of the left foot
11	23/10:00	EXTREMITIES	Contraction in central muscle of the sole of the left foot
11	23/13:15	GENERALS	My hand shocked the door handle
11	23/17:00	GENERALS	Writing cases in clinic was more difficult than normal, handwriting bad, hard to spell and write fast
11	24/08:30	MIND	I seriously confused my right and left directions while driving; when the GPS told me to turn right, my mind thought that meant to turn in the direction of the left; I think I had that the other day, too
11	24/13:00	STOOL	Stool is difficult to expel, only small balls come out; this isn't normal for me
11	24/13:00	STOOL	Yellowish-green stool today
11	24/17:00	MIND	Difficult to type with normal rhythm; I can't type my normal speed, I'm hitting the wrong keys, misspelling words; I feel discombobulated
11	25/06:55	EXTREMITIES	Felt a tap on the outside of my left leg above the knee
11	25/06:55	MIND	Delusion that something tapped me hard on the leg, though there was nothing there to tap me; startled me from sleep; my image was of someone swinging a thermos lightly and tapping my leg once with it
11	25/06:55	SLEEP	Startled out of sleep from what felt like a hard tap just above the outer side of my left knee
11	25/07:10	NOSE	Tiny pimple on outer right nares; the other day I had one on the outer left nares
11	25/08:10	STOOL	Can't stool though there is urge; feel full and ready to go; only one rabbit turd came out, so it was very dissatisfying
11	25/11:45	STOOL	Urge to stool but feels stopped; still, able to stool quite easily, unlike in the morning; when stool came out, it was soft, yellowish-green, long

11	25/20:00	CHEST	Ever since I ate a burger with raw onions on it at 17:30, I felt heartburn in the center of my chest; I don't generally get this, and it's worse and lasted longer than I've ever had; feels like my chest is raw, excoriating, burning, acid; feels like the onion is wreaking havoc on my alimentary canal, eating away and gnawing at it; feels raw like someone scooped out a ball of flesh in my chest; cold drinks and chocolate soothe it, but otherwise nothing helps; worse talking because of the hot breath; feels like a ball of fire swirling in my chest
11	25/20:00	MOUTH	Canker sore inside lower lip on left side; I've had canker sores off and on this month, which is not usual
11	25/20:00	THROAT	Ever since I ate a burger with raw onions on it at 17:30, I felt heartburn in throat; I don't generally get this, and it's worse and lasted longer than I've ever had; feels like my throat is raw, excoriating, burning, acid; cold drinks and chocolate soothe it, but otherwise nothing helps; worse talking because of the hot breath
11	26/00:50	FACE	Red, raised spots on my face, not filled with fluid or itchy, looks blotchy against my pale skin; more present on the left cheek
11	26/00:50	SKIN	Red, raised spots on the skin of my face, not filled with fluid or itchy, looks blotchy against my pale skin; more present on the left cheek
11	26/15:00	MIND	Total exhaustion and lack of interest in writing up my case evaluation papers even though the work was done and all I had to do was transfer it; felt like my arm needed to be twisted in order to get me to do it; lack of ability to concentrate and focus
11	26/20:15	MIND	Cannot concentrate and absolutely do not want to write these symptoms in my journal; exhaustion and disinterest
11	35/20:00	BACK	All day my back has felt weak and weighted down, sore in the lower back
11	35/20:00	EXTREMITIES	All day my legs have ached from fatigue as though I'd been standing for 12 hours straight; no strength in legs, backs of legs in hamstring area have a bearing down feeling; the backs of my arms feel exhausted as well
11	35/20:00	GENERALS	Since I woke up this morning, I have been absolutely exhausted in both mind and body; I feel like a ragdoll; I can't wait to go to bed and let my body relax
11	35/20:00	MIND	I cannot believe my exhaustion today, it's been really difficult to get myself working on things; I keep complaining out loud that I'm so exhausted, and I usually don't do that at all
11	35/20:00	MIND	My exhaustion today feels somewhat similar to the exhaustion and lack of motivation that I had on the first two days of the proving and maybe Day 26, too; Maybe it's intermittent? I don't know when I felt this before the proving, it's quite strange for me
11	60/00:00	MIND	a channel of anger. Exaggeration.
11	60/00:00	MIND	like wearing a helmet, reverberating in your head.
11	60/00:00	MIND	we don't recognize the site you are trying to get to, couldn't input anything
12	00/00:00	DREAMS	Children falling into swimming pools, the adults let them, the children didn't know how to swim. Eventually the pool was filled with body parts and blood, and I didn't want to let my children swim in this, but I also felt indifferent to this.
12	00/00:00	DREAMS	This dream has repeated itself several times over the last week. A place like a museum that had no walls but an internal structure. There were four very long flights of stairs, box step, on the steps are these arrows pointed downward, the point being that you can only go down these steps, I am chasing a child up the stairs, she is running faster than a child ought to be able to run, the child and me were running upstairs, we were going the wrong direction. The walls were white, ceilings were white. Who cares, we didn't get into trouble. There was a feeling of having to catch the child, no danger involved. The child was so little how was it that she could move so fast? We were breaking the rules. A spaciousness of all white. These stairs are there, and they are really expansive.
12	00/00:00	GENERALS	Before taking the substance, I have been ravenous for ten days. I could eat and eat -- snacks and meat (that is highly unusual) I wouldn't eat the meat, which didn't help, snacks, chocolate and fruit, ten Clementine's a day. Ravenous.
12	00/00:00	GENERALS	Before taking the substance, I have been ravenous for ten days. I could eat and eat -- snacks and meat (that is highly unusual) I wouldn't eat the meat, which didn't help, snacks, chocolate and fruit, ten Clementine's a day. Ravenous.
12	00/00:00	GENERALS	Over the last ten days I have gained ten pounds!
12	00/00:00	MIND	I feel so not a part of it, I have no feelings, absence of feeling, detached, almost a drugged state. Nothing matters. I can't quite get it.

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12	00/00:00	MIND	No desire to walk, too heavy to walk. This has been so difficult.
12	00/00:00	NOSE	A deep crack occurred in my nose, as though someone had taken a knife to my head, it was split open, I thought it was all healed up and it came back again yesterday. Wet-dry, heavy-weighted-body to light-floaty-head.
12	00/00:00	NOSE	Sinus infection began on Saturday morning, the day before the proving began. I had crusties like a child when I woke up. I was crusted over. It was really gross.
12	01/08:00	MIND	Breaking the rules and I don't care has been going through my mind since Saturday. I don't care. I have been singing it and humming it.
12	01/08:15	NOSE	I have a sinus infection. Left sided. Congestion. Very tired.
12	01/08:17	MIND	I am attracted to the color orange. Noticing all of the orange.
12	01/08:17	MIND	Physically I do not want to do anything.
12	01/08:20	GENERALALS	Opposite of laughter is exhausted, heaviness, unable to move, paralyzed, I have so much to do and part of me doesn't even care.
12	01/08:20	MIND	Laughter in a way I have never heard myself laugh, there is a freedom of expression.
12	01/08:20	NOSE	Even my congestion, discharges have been really orange colored.
12	01/08:20	SLEEP	Overpowering. Allowing myself to sleep more.
12	01/08:21	EYE	My eyes are really tired. Eyes closed. Lids are heavy and weighted. A kind of tired where I cannot actually sleep.
12	01/08:21	MIND	Laughing.
12	01/08:23	GENERALALS	Heaviness, like I am sinking into the sofa; it would take a lot of will power to get me up off the sofa. My body is heavy.
12	01/08:25	HEAD	My head is light. Especially the back of my head, this part floats away.
12	01/08:25	HEAD	This part of my head is fuzzy and floaty.
12	01/08:25	MIND	Something about keeping me connected to being here.
12	01/08:25	SLEEP	I just want to go to sleep.
12	01/08:26	MIND	This sleep somehow gives me the freedom to let go and trust that it will be what it will be. I do not have to do it all.
12	01/08:28	MIND	Long pauses and a great effort to speak (will this be curative?)...
12	01/08:29	MIND	Lumped down, a lump of mushy clay! Tee hee!
12	01/08:30	MIND	This is stupid. I should just be in bed.
12	01/08:40	MIND	Feeling more mischievous than usual! Breaking the rules and I don't care, but I am not breaking any rules!
12	01/08:40	MIND	Unable to move, I feel plastered to the furniture, to the sofa. I am stuck here. Its this heaviness and weightiness, I just can't move, a complete surrender to it, wanting to it and being unable to move, so surrender.
12	01/08:41	MIND	Everything is moving slower. Pulled in. Plastered on the surface.
12	01/08:41	MIND	I feel pulled down and pulled into.
12	01/08:45	MIND	I feel like an infected dry socket tooth.
12	01/08:45	MIND	Mischievous is playful mischievous, to play and goof, kind of I can do whatever I want. I don't have to stop me. Yeah!
12	01/08:45	MOUTH	Dry.
12	01/08:45	THROAT	Dry throat sensation, although it is actually not dry.
12	01/08:50	MIND	In order to do this proving well, I need to be alone for ten days, with awkward speech, delayed responses, this stupor. But, this is not really an option. So, I will do my best.
12	01/08:50	NOSE	Yellow or orange or mustardy crusts, That do not want to come out.
12	01/08:51	MIND	Negative feelings toward a part of my past, but not my normally huge aversion to it. It is like there is a gap closing between possible and impossible. My heart feels like it is softening and healing.
12	01/08:51	MIND	There was a person from twenty years ago, I felt disgust for her. But I saw her today. Feelings of repulsion, to indifference, to recognition to her being. I actually felt happy to see her today.
12	01/08:55	MIND	A sense of openness to things that I have long felt closed off to.
12	01/08:55	MIND	Something about seeing things differently, those long ingrained things.
12	01/08:56	MIND	Making connections that are less specific but more real.

12	01/08:57	MIND	Something between solid and fluid, I feel really agile somehow. Agile is like, what's going to happen, how will it be, I just have to let go and trust, my capacities to face what I am coming up to face will be faced with very little energy.
12	01/08:58	MIND	I just have to go, it will all work out, and go with it and laugh a lot, and laugh some more and then sleep. Run into a few walls and laugh some more, and have fun. Even in this stupor I can still laugh (laughter, mischievous laughter, get into trouble laughter, and falling to the floor laughing, pants peeing laughing)!
12	01/09:00	GENERALS	A really physical state.
12	01/09:00	GENERALS	Zero cravings, eating feels like a waste of time.
12	01/09:00	MIND	Blank otherwise.
12	01/09:00	MIND	This is like an Opium state. I have been having all of these amazing ideas. The things, the possibilities. This is so awesome. The Cannabis indicus theorizing state. The laughing this is intense!
12	02/17:30	MIND	Everything is spilling. It's like my sense of things is off. This is without feeling or alarm--just this feeling of "oh, this again," and it doesn't matter to me -- just a noticing of sorts. At a practical level, the only consequence is that certain things (like making tea or soup) take a bit longer because of the clean-up. This experience has been worse in the morning from 6-10 a.m.
12	02/17:30	MIND	Want to want to walk -- cannot get myself into any of my normal routines, and I don't much care. Feel more to just let it all go. My pace is slow and everything feels a bit fuzzy with indifference.
12	02/17:45	MIND	Even in this mental and physical stupor, I am surprised at still getting things done. Differently in that I'm not attached to any outcome or time-line. I just don't really care. Even in the face of deadlines, I recognize them but do not feel the pressure of it. At the same time, I've had moments of overwhelm -- but even this overwhelm is met with a kind of letting go and indifference.
12	02/18:30	MIND	In talking with my friend today, I kept feeling myself wanting to quickly crouch down and move closer to her in a kind of curious, mischievous, sliding-motion-towards-her-kind-of-way as I was listening intently to something she was sharing. This remained in my humored imagined visua l-- felt a chuckle within and continued in our otherwise typical ways of conversing. Though I may have laughed quietly out loud a couple of times as I noticed this almost-impulse, I inhibited myself from acting it out.
12	02/18:45	GENERALS	I feel my body pressing against the wall as if held against it--heavy and weighted to both the surface of my bed and pressed against the wall. I feel like I am not allowed to move. This has been happening any time I sit down--yet, when I do actually need to get up to do something, it is as if the experience is forgotten, as if it was not so--I get up without any effort until I stop again--then I feel the pressing weighing down and sucking me in/back/down again.
12	02/18:45	MIND	I feel my body pressing against the wall as if held against it--heavy and weighted to both the surface of my bed and pressed against the wall. I feel like I am not allowed to move. This has been happening any time I sit down--yet, when I do actually need to get up to do something, it is as if the experience is forgotten, as if it was not so--I get up without any effort until I stop again--then I feel the pressing weighing down and sucking me in/back/down again.
12	02/18:45	MIND	Though I am tired, my mind feels this blankness that is like sleeping--yet I cannot actually go to sleep.
12	02/18:45	SLEEP	I am exhausted--just want to sleep.
12	02/18:45	SLEEP	I am exhausted--just want to sleep.
12	02/19:00	EXTREMITIES	Tip of left thumb split open, cracked and is very tender and sore -- like a deep bruise, deeper than the cut itself.
12	02/19:00	EXTREMITIES	Tip of left thumb split open, cracked and is very tender and sore--like a deep bruise, deeper than the cut itself.
12	02/19:00	MIND	It seems as though certain aspects of communication are just not working. It feels like I will have a thought to speak and by the time it's about to come out of my mouth, it's too late or if I were to say it, it is awkward and so I stop. Sometimes, I feel like my mouth is hanging open and nothing is there. It's like I'm not quite here entirely, and yet I feel very physically here. In this space, I feel like it might be better to be alone to avoid the awkwardness.
12	02/19:00	NOSE	The split in my nose (inside left nostril) is worsening even with proper care--it feels like it was cut deeply with a knife and it keeps breaking open. Dry and painful!

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12	02/19:00	NOSE	The split in my nose (inside left nostril) is worsening even with proper care--it feels like it was cut deeply with a knife and it keeps breaking open. Dry and painful!
12	03/17:00	EYE	Eye lids falling, drooping, heavy and tired.
12	03/17:00	FACE	Face feels like it's sinking into my head, down and backwards pressing in.
12	03/17:15	GENERALS	Feel like I'm melting, my whole self sinking into this exhaustion, intense heaviness of my whole self!
12	03/17:15	NOSE	Sneezing many times in a row
12	03/17:15	THROAT	Sore--feels dry and web-like sand paper at the back of my throat while moist with congestion and post-nasal-drip.
12	03/17:25	GENERALS	I don't feel ill. Just really tired.
12	03/17:25	MIND	Lethargy, tired, hard to get going in the morning. Once I am going its okay, but anytime I stop, "Oh no! What have I done!?"
12	03/17:27	MIND	Nothing matters. Everything will just work out. I do not have the energy to even care.
12	03/17:30	MIND	Awkward, spilling things. Spatial disorientation. The second, the third, then the fifth time, normally I am flustered, but not now, just clean it up. This slow pace. A complete surrender into the muddied conscious way of being in the world.
12	03/17:30	MIND	Forgetfulness, this morning, I was making Chai for a while, standing there stirring the tea, it wasn't bubbling, and then I noticed it wasn't getting hot. I had forgotten to turn on the burner.
12	03/17:30	MIND	Forgetfulness, this morning, I was making Chai for a while, standing there stirring the tea, it wasn't bubbling, and then I noticed it wasn't getting hot. I had forgotten to turn on the burner.
12	03/17:30	MIND	Senses are disconnected, I have lost my sense of internal direction.
12	03/17:33	MIND	No sense of time, what time is it actually?
12	03/17:33	MIND	Speech is delayed, my responses are slow and off.
12	03/17:34	MIND	A strange filtration system that is all muddied up. I cannot quite put the pieces together. This is just the way it is.
12	03/17:35	MIND	Confusion, how did I get that done?
12	03/17:35	MIND	I feel when I am meeting someone that I am not fully there. I listened and responded, but I feel off. I am not quite having a conversation with a person and yet I am like I am not quite there. I don't notice if the other person notices.
12	03/17:36	MIND	The last time I saw my friend, I had bounce in my step, I was lively, I could talk the talk, and now I am dull.
12	03/17:36	MIND	The other person might think there was something wrong with me. Something is not connected, there is this awkwardness, disconnectedness, but it is not noticeable.
12	03/17:38	MIND	A part of my face is like completely asleep. Half of my face was sleeping, eye drooping, half awake, eye open, mouth hanging open, sitting down sinking in. Heaviness is present.
12	03/17:38	MIND	As soon as I get up the spell is broken. I can do the thing I need to do, then I drop back into the spell, heaviness, layers of mucous, a mucous membrane, stuck to sticky to, blah!, this bubble of sticky goo, sucked back down. For a brief time it is as though I was never in it.
12	03/17:40	MIND	Spell, being taken over by something, held onto by something. This is that which I am surrendering to, I have no choice, I have to let it take me. It is impossible to fight, better to not fight it. I have to let it take me.
12	03/17:41	MIND	I just stop!
12	03/17:41	MIND	Stop, fall into the spell, and let it take me.
12	03/17:42	MIND	It is the only resting place. I don't have to sleep. I go into the spell and let it take me, and when I come out of it, slowly moving again, I am okay.
12	03/17:43	MIND	Fighting it is not even a choice, complete fatigue overtaking me at every level.
12	03/17:44	GENERALS	Also, a dry and fuzzy feeling, the opposite of the mucousy feeling that is also completely paralyzing.
12	03/17:45	GENERALS	Fuzziness, around my face, mouth, head, parts of me are sleeping and trying to wake up and not able to wake up or break the spell.
12	03/17:45	GENERALS	Fuzziness, around my face, mouth, head, parts of me are sleeping and trying to wake up and not able to wake up or break the spell.
12	03/17:46	MIND	What is fuzzy like that? It feels like a creature, a course fuzziness.

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12	03/17:47	GENERALS	Appetite low, only eating because I need energy, I don't want to take the time to eat, but I have to eat so I've eaten two large portions, this is very unusual to me. I eat because I must. Eating out of necessity.
12	03/17:49	GENERALS	Eggs and vegetables for breakfast and lasagna for dinner.
12	04/12:00	EXPECTOR.	Thick globules of green chunks mixed with slimy, clear mucous.
12	04/12:00	EYE	Woke with watery, crusted eyes.
12	04/12:00	GENERALS	Fatigue comes in waves, extreme, intense waves of exhaustion vs. a feeling of being able to function -- a little, then back to sleep.
12	04/12:00	HEAD	Sinus congestion moved to Right side.
12	04/12:00	NOSE	Sneezing multiple times, wakes me up from napping -- like a painful tickle in my sinuses.
12	05/08:30	CHEST	Heaviness, weighted down and pressing. Sinking down.
12	05/08:30	COUGH	Irritable, short cough, moist but without production.
12	05/08:30	MIND	Feeling of disturbance at susceptibility to being sick. Irritation at not feeling well. Wake in the night wishing I were not feeling ill. When I wake in the morning and remember the proving, I laugh out loud. Feel much more light-hearted about it now.
12	05/08:30	THROAT	Wake with a tight throat, deeper, raspy voice -- am I going to lose my voice?
12	05/08:45	HEAD	Aching lightly all over, like a floating ache, mild.
12	05/10:00	GENERALS	Heaviness, need to go back to sleep.
12	05/11:00	EYE	Wake with eyes watering down my face and soaking the pillow.
12	05/11:00	MOUTH	Wake with drool; drenched pillow and sleeve.
12	05/13:20	GENERALS	Feel better, like I want to do something, like I have more energy to move.
12	05/13:20	MIND	Feel like a race horse at the gates just before they open -- want to do all sorts of things while I feel I have the energy to.
12	05/13:30	EYE	Feel warm and watery. Glossy-eyed.
12	05/13:30	GENERALS	Wave of exhaustion, must sit down and rest. Fuzziness in my brain and face -- Like I hit a wall and have to stop. I cannot do anything.
12	05/13:30	MOUTH	Breathing through mouth, mouth hanging open -- Stupor face!
12	05/13:30	NOSE	Can breathe clearly through left side of my nose, but much more difficult through right side -- feels dry and sore with each inhalation.
12	05/13:30	RESPIRATIC	From my chest, breathing is hard and heavy, like I'm breathing through a tight sponge.
12	05/13:45	GENERALS	Sitting -- heavy and I just cannot move. Everything feels hard to do -- physically and mentally limiting.
12	05/13:45	MIND	Feel dull and heavy, thoughts slow and sunken... like a blankness, nothingness... with a side note of worry but not sure of what...
12	05/14:45	FACE	Feels heavy and sinking and fuzzy.
12	05/14:45	HEAD	Feels fuzzy and floaty.
12	05/14:45	MIND	Looking back at this week, it feels like a liquid blur. Time is not fast or slow -- time is nothingness. Fuzzy, blurry, each day and night bleeding into the next... no way to really differentiate.
12	05/14:45	MOUTH	Lips dry and appear whitish and scaly.
12	05/15:00	HEAD	Scalp has bumps or boils that are painful, deep, and raised.
12	05/15:00	MIND	Noticing this timelessness, everything runs together. I just feel like waves of exhaustion and awake and timeless. I don't know what time it is or what day it is. That's the most significant thing.
12	05/15:05	MIND	I feel really horrible. Then I feel fine. Even though I still have the symptoms.
12	05/15:06	MIND	There is a division between my physical symptoms and my experience of it. There is a total crash and I am in the symptom. I have no energy.
12	05/15:07	MIND	When I am in that exhausted place and I look at myself in the mirror, I look really old.
12	05/15:08	MIND	My fear of getting sick came up, my germ fears, came up strongly this morning. A great disturbance in the night. A fear that I caught something from someone because I didn't sanitize my computer keyboard or the surfaces of my computer. Then I laughed that I was thinking this way.
12	05/15:09	MIND	My supervisor looked really old to me as well.

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12	05/15:11	MIND	This druggy feeling comes to me in waves.
12	05/15:13	GENERALS	My body is heavy.
12	05/15:13	HEAD	My head is light.
12	05/15:14	HEAD	The pressure in my head is worse as I lay down to go to sleep.
12	05/15:14	NOSE	Sinus and congestion get worse in the evening. Blowing the nose.
12	05/15:15	GENERALS	Better upright. Worse in the night, I feel really sick in the night. Around bedtime I feel worse again.
12	05/15:15	MIND	I feel more comfortable around people, this is really different for me. I often feel that I am not apart of something; I am just not at the same pace. I am slow, fuzzy, blurry. I haven't gone out into the world. Going out and doing everyday things takes too much work.
12	05/15:17	EYE	Watery eyes.
12	06/12:00	GENERALS	First day of feeling some energy--the waves of heaviness are fewer, the exhaustion less intense.
12	07/13:15	MIND	Feeling of not caring: though I feel mostly well, just the lingering of sinus and respiratory congestion, I have no feeling to shower or become "presentable." I just don't care. I will shower at some point for the sake of routine but not because I want to or feel the need to.
12	07/13:30	MIND	Timelessness continues -- fuzzy in my thoughts -- no focus though I am still attending to my studies, still getting things done, but there is this feeling of vague forgetting, not caring, slowness. Like moving through soft liquid--floating and heavy at the same time.
12	07/13:30	THROAT	Gagging--very difficult time swallowing for the last many days -- swallowing liquids and/or food, feel like I'm about to gag. Feels like it takes a certain level of concentration to swallow, especially liquids.
12	07/13:45	MIND	A feeling of a very serious face... serious on the outside, not caring on the inside. The left-over's of my exhaustion?
12	07/17:55	MIND	I feel myself returning.
12	07/17:56	GENERALS	I am physically quite a bit better.
12	07/17:57	MIND	Focus, blurry, funky, a slowness to my process, mind wandering, exhaustion slowness. This is not as intense. This fuzzy feeling.
12	07/18:00	GENERALS	Heaviness in my body.
12	07/18:00	HEAD	Floating sensation in head.
12	07/18:00	NOSE	Sinus, green and orange mucous. Periodic, multiple sneezes up to five or six sneezes, gross, yuck coming out of my head. Deep crack in my left nostril.
12	07/18:00	SLEEP	Worse at night in sleep.
12	07/18:00	THROAT	Thinking I will lose my voice
12	07/18:01	MIND	I feel like I look really old.
12	07/18:02	GENERALS	Walking around with bed head today, I finally took a shower to shift my mood. It did a little, but not a lot.
12	07/18:02	MIND	Not feeling very spontaneous or funny, apathy.
12	08/14:00	GENERALS	All sensations come in waves... exhaustion, level of functioning on mental (focus/not focused) and physical planes (sinus and respiratory symptoms)... increase/decrease, side-to-side (started on the left, moved to the right, back to the left), amounts of mucus production...
12	09/08:00	MIND	Realizing today how completely disconnected I feel from an important relationship in my life... disconnected in a way that I did not notice until today, came on me as an epiphany. No grief, no sadness... just noticing. I have gone through the typical routines of our connection, been in daily contact -- but without feeling. Now that I see it, I am making a point to connect more consciously but the feeling is that it doesn't really matter. All is well-enough.
12	10/00:00	CHEST	I am having heart pain. Feel bruised in the shape like a box around my heart and a bit in my chest and rib cage. Periodic sharp pain that shoots through my heart. Started yesterday evening and still happening. Creates a bit of anxiety.

12	10/00:00	DREAMS	Dream last week of my nephew, who I have not seen in a long while. In my dream, he died tragically in a car accident. I was at a stoplight and this woman I had not seen in a few years pulled in head-on into the lane I was turning from, telling me that she had been in traffic due to an accident in southern Minnesota. She informed me about how she had come up to the scene of the accident, she got out of her vehicle and saw this young boy. They said his name and she knew he was a relative of mine. It was then when she saw me hours later at an intersection, she informed me of what had happened. I woke up crying.
12	10/00:00	MIND	Feeling of deep grief. I cannot get this out of my thoughts. Filled with worry, concern, and sadness. So much grief, even though I know it was just a dream. It felt so real! What if it was not a dream?
12	10/00:00	MIND	In response to the chest pains, fearing I am having a heart-attack, my response is: if I die, please don't resuscitate me, don't let paramedics do that. If they do, I will wake screaming, "NO!" If it's my time to go, just let me go.
12	10/08:00	MIND	Disconnect vs. Connect. A feeling of light-headedness, fuzziness, and timelessness. Here physically but everything else is a blur. The top of my head is almost numb and floaty. My body feels heavy and unable to move the way I usually do. Exhausted. Doing anything takes effort and feels slow -- but still out of time, without time. Blurred!
12	30/00:00	DREAMS	Dreamt went to a friends house. She and her husband had spent all there money on a home they were able to get a really good deal on through the husband's work as a police officer. They did not know the details of the home, only that it was something they could afford, and they were so excited to have a home where they could raise their daughter up. After living there for a few weeks/months, spring came and the ground began to shift. The walls of the home, the foundation, were also shifting. They had an inspector visit. They found that there were decompensating bodies, parts of bodies, whole bodies, pieces, etc... all stuffed into the foundation, the walls, the landscaping outside. Bodies and more bodies. It had the feel of an old drug house--except instead it was these body parts that had been mixed with some chemical. It was discovered that these people had been smothered in chemicals and stuffed into these crevices while still alive. As their bodies decomposed, their parts separated and scattered with all the other parts. The feeling while in the dream lacked any feeling or emotion. My thoughts were that it was weird and sad that these people had spent all their money, thinking that they had gotten a really good deal. I was more disturbed upon waking. It was quite disgusting. The most significant part to me was that the whole property was shifting so dramatically as the earth thawed in spring... that none of this was noticeable when they first made the purchase.
12	30/00:00	EXTREMITIES	Pain in shoulders, worse in left side. Stiffness and soreness in both left and right arms.
13	01/08:00	VERTIGO	I haven't had anything to eat yet, so I am not quite together. I feel a little bit dizzy, not dizzy, well yeah, dizzy
13	01/08:02	EXTREMITIES	Its like my upper arms and shoulders feel weak; as though they are sitting there waiting patiently.
13	01/08:02	SLEEP	Feeling a little bit sleepy. Suddenly sleepy.
13	01/08:03	MIND	I am doing this mediation process for Lent using these Celtic Oracle by John Matthews.
13	01/08:03	MIND	I am just not ordinary. I don't know if I have an ordinary way of doing, being, or thinking. Ordinary means doing the same thing every day.
13	01/08:06	MIND	The first card I drew was the Tree of Vision and Tradition. I wrote that in the frozen north we are constantly reminded of the cycle of life and death... Some connection to trees is coming through.
13	01/08:06	MIND	The trunk provides holes for nests, in fairy tales and primitive tribes trees house spirits.
13	01/08:08	MIND	Today my card, that I drew as I take the remedy, is called the Walker Between the Worlds, about making shamanic journeys.
13	01/08:09	MIND	I am thinking about Enths in the Lord of the Rings, they are the oldest living things in Middle Earth. Basically what they do is they are alive and they take care of the forests so that the land is preserved. The tree is really the life of the Earth I guess you would say.
13	01/08:11	MIND	I am imagining myself up in a tree, safe, comfortable, nobody can see me, I can build a nice little house up there, where I can sit and meditate, I can be above the Earth, near the birds and their nests, I can meditate. It is more freeing up in the trees than on the Earth.

13	01/08:11	MIND	On the Earth, everything is held down, there is a lot of heaviness, pressure, expectations, a lot of pressure, its like being tied down.
13	01/08:12	MIND	I suppose that I have to come down periodically from the tree to get those necessities for living, like food.
13	01/08:15	MIND	If one were to eliminate the Yin energies Yang would take over the world it would become wild. Wild is uncontrolled, erratic, on its on frequency or vibration. In a positive sense Yang energy is important to get things down and move things along. But if it is out of control, it moves into a self-ego. Yin is receiving, Yang is giving, putting the ego in, it gets out of control.
13	01/08:15	MIND	Sorting out being a female in this lifetime, in the normal sense its okay, but in another way, I do not fit into the normal cultural expectations. Trying to figure out the female energies, A culture imposes the idea that the feminine is supposed to be nice, perfect, poised, its not about sexual preference, so much as the Yin energies.
13	01/08:20	GENERALS	Feeling a little warm suddenly from the solar plexus upward. Its just a warm, fuzzy feeling, flowing upward.
13	01/08:21	MIND	The Walker Between the Worlds is showing two individuals one is facing the everyday world, the other is facing the inner world, the spirit world, then a third figure appears, coordinating or melding these two pieces.
13	01/08:21	MIND	Yin-Yang frustrated, this is confusing, why am I thinking about this!?! This is too hard for me to deal with I want to just leave this topic. I become confused and want to escape.
13	01/08:23	MIND	The Sabian Symbol for my Virgo Sun is: Two faces looking out into the world. This speaks about dichotomy. This whole problem of two pieces of myself that are always opposite.
13	01/08:24	MIND	Its nice to be up in the tree, but because I am in a physical form, I need to root around on the Earth for food.
13	01/08:25	MIND	It is as though I need to be brought down to Earth. To be practical, down-to-earth, to function, to survive.
13	01/08:27	MIND	Its somehow more about survival than creativity. Getting up each day and doing what you need to do, accepting what comes, and actually dealing with it, as opposed to creatively engaging it.
13	01/08:29	MIND	I am young. At the age of seven, somehow, I got the idea I am here on Earth, I wasn't really here. At seven, I figured out I was here and I wasn't happy about that. Shortly thereafter I got pneumonia and septicemia (other children my age died from that). That was in 1943. I am somehow frozen or stuck there. Its almost like dropping out, a child who holds her breath in protest and almost passes out, semi-conscious.
13	01/08:30	MIND	This is holding your breath, nothing gets done. You need breath, you can survive by the shallowest breathing. But if you breathe deeply you can move more energy, its about holding back the energy.
13	01/08:32	MIND	It takes a lot of energy to hold back the energy, hanging on to things, situations, feelings.
13	01/08:33	MIND	Holding back, dropping out from living life, being creative.
13	01/08:35	MIND	There is this opposition between being here and being there. A constant battle of me against the elements.
13	01/08:38	MIND	I am either very practical managing, controlling things, and then the other side wants to sit and vegetate, unstructured, connecting with non-physical things, dreams, magic, books, anything that is not really connected with the Earth-sense as real, like spells.
13	01/08:40	MIND	I see a reddish pink light holding the substance vial below my solar plexus. My heart doesn't want to let it in. This substance gives me a fear of being taken over or invaded by dark forces.
13	01/08:45	COUGH	Dry hacking cough.
13	01/08:45	THROAT	A tickle in my throat.
13	01/08:47	MIND	Creamy yellow dissolving into the reddish pink. Setting the vial down, green attempts to come in but is swallowed up into blackness.
13	01/08:50	MIND	If I move toward healing, love, and light, I always become a victim. Something is given away too much or someone takes it from me, what am I talking about here? I put up barriers. That's related to holding the breath, I must keep out those outside energies or forces, so I hold my breath.
13	01/08:51	MIND	Then I go into survival mode, just kind of like getting up in the morning and getting food, doing the things you need to do, dealing with things as they come along in a non-creative way, matter-of-fact sort of way. If you don't do that you will die, you will probably die.

13	01/08:52	MIND	I have to be here so I will do the best that I can as far as surviving.
13	01/08:54	MIND	If I face something completely overwhelming, I want to retreat, not dealing with anything, just waiting for a time for something to pass, avoidance of the danger, avoidance meaning just like going up into the tree, or sitting really still in the chair, or not moving on the ground, waiting for things to pass.
13	01/08:55	GENERALS	Craving cereal right now, coffee and oat cereal.
13	02/10:00	GENERALS	Overwhelming exhaustion, so tired, just wanting to sleep after taking the substance. This was so unusual I hadn't done anything.
13	02/10:02	SLEEP	I took naps all day and I didn't do anything.
13	03/11:30	MIND	Today I woke up and felt more like myself, I just went about my business.
13	03/11:33	MIND	Today I have been studying the Ferryman, he who transports you between the earth and water realms.
13	03/11:35	MIND	Something about between two worlds. A nice quiet ride across a lake. A ferry boat. Going across a large space, like a big river. Seeing the sunlight on the water, trees, rivers between two cities. Relatively calm water and sunlight.
13	03/11:41	MIND	Whitecaps, bringing something from far away, or bringing things to the surface from underneath, new things that are coming. New ideas, new visions, new thoughts.
13	03/11:42	MIND	Wanting to be alone, to do whatever it is that I feel like doing, there are always a lot of mundane things that I can do.
13	03/11:49	MIND	Fascinated by other worlds and the supernatural, spells, etc.
13	12/00:00	MIND	Today I received a nice reply from my companion who researches symbols. She was impressed with my recent offering of the interpretation of the Full Moon. This made me feel appreciated and respected. It was a nice connection from far away. The card for today was The First Circle - which is the Firmament - the sky/space.
13	13/00:00	MIND	A meeting with an astrology colleague led to a lengthy discussion regarding the future of our local club. I have decided to take on the responsibility of assisting him and at the same time trying to direct things from behind the scenes as well as draw in energy from the Universe. This is another example of taking of the duty of responsibility that may not really be mine. Perhaps it is time to let go.
13	14/00:00	MIND	Another meeting with a different colleague on the same issue. How am I to coordinate two different points of view? Is it really my responsibility? Why do I care? Should I care? I feel very tired regarding this situation. The card for today is The Third Circle or Inner World. The text refers to the Wisdom of and Ancestors. I suppose I am involved with this situation because I want to see the club take a broader, more inclusive direction; and not die out.
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13	15/00:00	Sleep	Very tired. Dealing with two different personalities is depleting. I try to understand each person and tend to take on their persona. Staying objective is a difficult task for me. I had a long nap after lunch - a very deep sleep.
13	16/00:00	MIND	An ordinary day with regular household chores. In the last few days the cards have covered the four elements - earth, wind, fire, and water. I have not received any insights on these cards.
13	17/00:00	EXTREMITIES	During my weeding in the garden a apparently was bitten by a spider. My right elbow is oozing from the bite and it itches. I feel like I want to scratch my whole arm. I have tried calamine lotion and ice to alleviate the itching.
13	18/00:00	EXTREMITIES	My elbow is getting worse. It is all red and warm. But my hips and lower back have stopped aching.
13	19/00:00	EXTREMITIES	I went to the local urgent care clinic to get some relief for my elbow. I was given an antibiotic ointment and need to wrap the elbow in a hot pack 4 times a day. The card today was the first of several covering the beasts/animals. I am more comfortable dealing with these totems. Each one has a message. The card today is the salmon - the symbol of the cycle of life and death. The ability to swim upstream to create a new generation. A hazel nut is often found along with the salmon and represents wisdom.

13	20/00:00	MIND	Today's card is the stag. Another symbol of cycle of life since the stag loses its antlers every year and he grows a new set. Several other members of the deer family are related to the stag - Stag: strength, Elk: Stamina, Deer: Gentleness, Moose: Self Esteem, Antelope: Action. I love this family of animals - each one has a set of antlers that branch outward reaching in to the cosmos - drawing in that energy which it is able to represent to people.
13	21/00:00	MIND	The Crane represents ancestral lore. I do not relate to this very much since I do not have a family history beyond my mother and father. To me the crane is associated more with oriental traditions which puts great emphasis on ancestor worship. Apparently it had the same meaning in Celtic tradition.
13	22/00:00	EXTREMITIES	The Owl - according to one author - the owl represents - the mystery of magic, omens, silent wisdom, vision in the night. Most members of the owl family operate very well in the dark. I do love the dark and nighttime. It is a time for curiosity, searching, dreams, and imagination. Today my elbow is much better. The itching has stopped and most of the redness is gone. There is a scab over the place where the oozing occurred.
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13	23/00:00	MIND	The crow and the raven are birds highly adaptable, curious, self-sufficient. They represent the same energy as the owl but in the daytime - the secrete magic of creation, and shape shifting.
13	24/00:00	MIND	Having be brought up in an atmosphere where thinking of self or doing for self or self as deserving - means being selfish - I always felt guilty if I put my self forward in any way. This made me angry which is a 'bad behavior' - so I denied all my personal feelings and used the energy by being a servant. So I took on that role , sensing what others needed or wanted and 'helping' them. I realize now this was my way of exercising control. Since I did not have control of 'my own self' I could have some control over others in my life. In order to be myself I have to let go of that control and take over control of my ow life. I need to learn how to - interesting - at this point in my writing about my musing I disconnected from the process. This is a reflection of my response to the previous behavior - deny and retreat. I am afraid to take on control of my own life. The fear is that taking care of self is 'selfish'. This is here I am now. A new challenge presents its self - to face the fear and take control of my own life.
14	00/00:00	DREAMS	Dream of cautiousness around a man. Didn't know who he was. Sense need to be in control. Didn't trust him.
14	00/00:00	DREAMS	House being sold with bacon and pumpkins around. Piles of bacon everywhere dripping down. How are we going to sell house?
14	01/17:00	EXTREMITIES	Fidgety, restless.
14	01/17:00	HEAD	Aware of right side of head.
14	01/17:00	MIND	(Talking about past with supervisor) I am aware of where I can go. Sense of purpose lately that I haven't had for last few years. Awareness (of past) is clarity, things I couldn't focus on are clear. Hindsight. Real time. I see why these things happened.
14	01/17:00	STOMACH	Feels hard and tight
14	01/17:30	MIND	Bears and owls and the color orange seem to be coming up. Does anyone notice how much orange is around? Having conversations and someone brings up bears, daughter had a dream of two bears, these things keep happening. My first remedy was related to orange. Is this my cycle back into smallness?
14	01/17:30	MIND	Fidgety is not wanting to be here. Meeting with moment. I've gotten myself into this moment. Judge-why did I do this proving? None of us like being uncomfortable. Trapped on couch. Brilliant. Confusion is guardian of castle. I second guess. What if they find out I'm crazy and I didn't know it? Fear. In my head I know it's not true but old stuff is around.
14	01/17:30	MIND	Nervous. Don't know what I'm supposed to do. Want to do it right. May be because I don't know you, no familiarity. New, challenge, want to help and do right. I feel it in my stomach and shoulders. They tense up, I am fidgety. Wish I could just relax. Uncomfortable. I am aware of the left side of my head. Holding my breath. (giggles) I am uncomfortable. I wonder if my silence is the way I go away when things are uncomfortable? Instead of doing wrong or not enough, silence. Fidgety. Must move legs around a lot. send energy through legs.

14	01/18:00	MIND	Fidgety still. I want you to ask me questions rather than me originate (talk). Nervous enough I will miss symptoms because I am not aware, because I'm uncomfortable. Okay with silence between two people but I don't know if defense and I don't know what to say.
14	01/18:00	MIND	I am becoming more visible. Can disappear if I want to. Look for balance. Where to from here? End of one phase, starting another. Re-inventing myself. Something keeps it stuck inside. Refining who I am, what I want to be. Awkward. Challenge myself.
14	01/18:00	MIND	I am fiddling with my hair. Trying to relax. I've never smoked.
14	02/00:00	CHEST	Felt anxiety in chest, high heart, tightness, clenching where almost triggers a fight/flight response. Panicky Don't want to feel that. Then quit just as quick as it came.
14	02/00:00	MIND	Powerful. Came from somewhere deep, connected to me, power was my own autonomy. This is me, what I am. I am okay with it. Lucky, freedom. Stuff that goes with managing your own life.
14	02/00:00	MIND	Thinking clear although vortexes around relationships.
14	02/00:00	MIND	Went out with friend, was more social than normal. Engaged differently with her. Was performance anxiety. But felt me taking my own power. Standing strong. Feel good about choices I make, but feel unclear even though I am being clear in decisions.
14	02/02:00	CHEST	Anxious, not sure why, feel unsure of going forward. Terrifying, overwhelming, almost took breath away. Hard to breathe, didn't last long. Core of not enough. Nothing felt too big.
14	02/07:00	MIND	Clear thinking. Got up this morning and wanted to learn. Watch documentaries.
14	02/10:00	EXTREMITIES	Legs feel strong. 4 mile walk. Feel powerful, pelvis, thigh. I could walk forever. Felt good. Thought about my insecurities yesterday but this morning mentally clear, powerful.
14	02/10:30	EXTREMITIES	Pointing finger on left hand hurts on the left side, tip. Can't even touch. Inflamed. Comes on quick, goes away quick. Burning, hot, tender.
14	02/11:30	EXTREMITIES	Pointing finger on left hand hurts on the right side, tip. Just suddenly came back on this side.
14	02/22:00	MIND	I keep forgetting the question you ask. Go in wrong direction, not answer. Able to get on task and stay focused now. I did things I set my mind to. Following through better on things. Feels really good. Productive and engaged with life.
14	03/00:00	DREAMS	Dreamt of being in a boat in water going down river singing American song on the French Rivera. I was thinking it was funny in my dream that I would do that, it made me laugh.
14	03/07:00	EXTREMITIES	Feet hurt when they hit the floor for the first time in the morning. Pain gone in about 5 to 10 steps.
14	03/09:00	MIND	Fighting the urge to contact friend. Feel insecure about where the relationship is.
14	03/09:30	CHEST	Back left shoulder, deep pain inside like pulled muscle. Goes away when I favor or don't stretch. Takes breath away when pain comes, put the body back the way it was and gets better right away. Pain so deep inside, could have reached through the front and touched it. Middle of the body under shoulder blade. Immediately there. Sharp, made me stop breathing.
14	03/09:30	FACE	Patches of flaky skin on face, to left of mouth and by right eyebrow.
14	03/12:30	MIND	Stress around not calling friend, have gone for a walk and feel better. Also talked with daughter about the relationship. She said the one who cares the least has the most power. I don't want to pretend I don't care. Feel better.
14	04/00:00	MIND	Day went fast. Where has time gone?
14	04/00:00	MIND	Hard to not ask supervisors question about herself. I feel I am droning on about myself. Awkward. Worry about the impact of my words.
14	04/00:00	STOMACH	Ate a whole pizza. Very unusual.
14	04/14:00	CHEST	Pain in right shoulder like before. (Deep inside pain that came on fast, I adjusted and it went away fast.)
14	04/15:30	MIND	Friend from Spain says a quick hello from Spain at odd time. In the same day I also watched two documentaries that mentioned the conquistadors. Odd that Spaniards came up 3 times today.
14	04/18:30	CHEST	Pain in left side of left breast, came on quick and got my attention, lasted a few seconds.
14	04/18:50	MIND	Documentary, second one today with Spanish invading Mexico.
14	04/19:00	MOUTH	Yawn, over and over when friend calls. She hung up and yawning stopped. She called back and it started again. I had to apologize. Do I find her boring? Why was I yawning?

14	04/19:30	STOMACH	Want water. Could have drank a whole gallon of it. Had soda right next to me, but got up and drank 2.5 glasses of water very quickly.
14	05/00:00	DREAMS	Had a dream I was meeting sister in London at the airport.
14	05/00:00	MIND	Drawn to eating dark berries, blueberries, blackberries.
14	05/00:00	MIND	Male friend called. I pulled back and he offered more but it is not enough. I am able to not buy into needing someone else's attention.
14	05/00:00	MIND	Self-pity. Want to break out of something (hg), cover more ground. Anticipate going out of town, venturing out. Not irritable, but ready to see something different. Feel caught inside (hands in a circle over head as if covering herself). Trapped. The elements keep me in. Antsy.
14	05/05:00	MIND	Working today, things were easy. Clarity was good. Was able to multitask in a good rhythm, could move from one thing to another quickly. Was not tired, even though work is normally exhausting for me.
14	05/06:00	DREAMS	Second dream about sandwiches. No other memory.
14	05/06:00	MIND	Later in day daughter was talking to friend on phone and said "Oh, you and sandwiches." Lots of patterns around noticing things.
14	06/00:00	DREAMS	Dream last night that my 90 year old friend had a house that was small, nothing special, but noticed all dry, dead leaves around the house. Someone delivering an arbor and a couch. Went into house with her- she had makeup on her face and she made some kind of sexual innuendo towards me. She had clubhouse outbuilding with a lot of people in it. Thought she would be able to attract more people with the arbor and couch. With the sexual innuendo-what are you doing? That doesn't make a lot of sense. Seemed off.
14	06/00:00	MIND	Coworker asked what is up with me. Said I am much more anxious and outspoken. Speaking up about things that I normally keep my mouth shut about. Responded to a crass joke, more engaging. I feel More present in conversations. I think I have been pent up, trying to break out. Want to get out of here...out of something. Locked in cave/cage, don't like darkness, snow, having to stay inside.
14	06/00:00	MIND	Little more relaxed at work, oh, it will get done. Usually hyper-focused and feel everything has to happen immediately and over-check things, but was less, let it go. Not the end of the world if someone doesn't get their drink in 30 seconds.
14	06/00:00	MIND	Patterns of numbers, notice first show up 111 then 222, then 333, 444, then this am woke up before alarm at 555.
14	06/00:00	NOSE	Lots of sneezing for no reason. Random sneezing. All day today. Noticed my nose a lot-wanted to itch it, pick it, touch it. Nose-focused. Blown nose a few times, but no cold. Running a little bit.
14	07/00:00	DREAMS	Have had two dreams about being in London, and my friend from Spain skyped and said he is close to getting job and they want him to go to London.
14	07/00:00	DREAMS	Meeting sister at London airport, again I arrive first and start looking for her, her daughter is there with a friend and seems to be acting a bit grandiose. Airport is busy but other people don't seem important.
14	07/00:00	MIND	Almond has come up 3 times. 1.On day 6 Customer wanted a flavor and didn't know what, chose almond, pump on bottle was stuck, had to flush with warm water before I could use. 2. On day six. Went home and watched documentary on dogs and they talked about humans have almond shaped eyes to express more than dogs. 3. On day 7 Today went to visit friend, always take the same way, crossed Almond avenue.
14	07/00:00	MIND	Feel stronger. When I come out of insecurity I have a lot more confidence. Have a lot of people around me doing things in their own life, and often I compare myself, I am not there right now. I like my life, what I do, the choices I make.
14	07/00:00	MIND	I am excited to go on a trip. I spend a lot of time here in this room because it is all windows, light. Ready to have air on my skin. My life is synchronistic, goes in clumps-things harmonize so much and it means I'm noticing, on track. Feels good. When these things happen I smile-I am paying attention to my life.
14	07/07:00	STOMACH	Woke up really hungry and that's not typical.
14	08/14:00	MIND	Bought a ring with a swallow on it.
14	08/14:00	MIND	Swallow ring? Impression of an ancient Byzantine coin.
14	08/17:00	MIND	Orders dinner and it had berries in it, again the dark purple berries.

Full Didelphis virginiana journal

14	08/19:30	MIND	Noticed a sign that said Walnut ST. It just stood out.
14	09/00:00	DREAMS	Dreamt I was at a hospital and taking home about a 4 year old girl. Then there was another baby that was about 6 months or so. I wanted her too and was holding her and realized she was very wise. She didn't talk but was able to telepathically communicate. There was no hesitation in taking these girls. She was an old soul, was communicating in such a wise way, telepathically is what I assumed. Felt like the most normal thing ever to take them home from hospital. The baby was communicating really wise things. I really like this baby, I would look in it's eyes. Just the wisdom stood out.
14	09/14:00	NECK	Sharp pain in neck, didn't last long. California time.
14	09/15:00	EXTREMITIES	Pain in upper left leg, short lived, maybe 30 seconds.
14	09/17:00	MIND	Felt shame around words spoken by traveling partner.
14	10/00:00	DREAMS	Dream of dog-head of black lab in toilet. Dog was staring-I was looking intently at it, it was looking menacing at me. Fear, it could hurt me. You don't know-can it get out of there? Can it not? Fear of unknown.. What is it capable of, didn't trust it. Ran out of the bathroom. Woke up, I was still afraid a bit but went back to sleep fine.
14	10/08:15	MIND	Reading a book and a sandwich is mentioned. I am in California and the state flag is a bear and a star.
14	10/08:30	FACE	After shower notice stress rash around face.
14	11/07:00	SLEEP	Didn't sleep well.
14	11/23:00	HEAD	Headache, just went to bed.
14	12/00:00	MIND	At work people say I am a little spicier, I am saying things to people. Feels more real. I edit a lot usually because I don't want people to be mad at me. I am giving more opinions now. More of my true thoughts are coming out. I also don't care what people think. Just able to say this is what it is for me. Also didn't feel bad for forgetting to punch out at work.
14	12/00:00	MIND	Autonomous, standing as an individual (hg over head in circle), not making up a story, My own personal bubble. Difference between me and everyone else. I have claimed more space. Instead of feeling small, suddenly I am a bigger bubble than used to be in. Really good. Truth in "he who cares less has most power" which sounds negative, like withholding, but I am realizing it is a good thing. He who cares less for me now means "what other people think of them have their power back. " When I don't care what others think of my thoughts, not being rude but being me, I get more of myself and my own power. As long as I am okay with what I am saying.
14	12/00:00	MIND	Friend told me I looked unhappy. There was a time I would have believed her and become unhappy or said maybe I am sad, but I just said "that is not the way I feel." I am not getting tangled up in drama of what x and y means, just go on my way.
14	12/00:00	MIND	I am standing in my own space more, holding my own space, not apologizing for it. I tend to make things easy for other people so often invite a friend out, and I am consciously not sharing details with a friend, keeping him more separate. My autonomy feels more comfortable than merging with others and making them happy. Defining boundaries around myself in a different way and is easy to not be available, to not save ves to things.
14	12/00:00	MIND	I have a crazy neighbor who snapped on my daughter. Usually would have made me sick for three days, but it didn't. Neighbor just needed to vent, attack for weird things. I didn't give her the power this time. Became laughable instead of awful.
14	12/07:00	MIND	Tired at work.
14	14/00:00	DREAMS	Internet thing where you were paired up with someone to travel to Europe with. Did it twice.
14	14/00:00	MIND	Communication issues. Having problems hearing people via computers.
14	14/00:00	MIND	I probably did have a lot of anxiety. The rash I had last week from stress hasn't come back. I don't feel as anxious, like I have to say sorry, finish wine, put on makeup.
14	14/00:00	MIND	Renewed after my trip and have new perspective. Not wearing much makeup lately. Have less desire to primp and get ready. Freedom. Not caring what other people think I look like. I'm just going to show up like me. Liberating. Not drinking as much socially. It can be a bonding or comfort thing, but don't feel that way.
14	14/00:00	MIND	When I came back from trip, humidifier stopped, water filter on sink stopped working. Every time I turn on lamp the light bulb goes out. About filters, lights,

14	14/09:17	MIND	I stood into her anger, leaned into it and tried to talk it through. I am sitting here, not walking away. Let's talk it through. Big for me to do that. I wasn't terrified like I normally would be. I knew I wanted to state my case and be done and if I got heard, would know it and if didn't.... She said I snapped at her. I wanted to know what I said so I could enlighten her on what I meant. I had no fear of her. I can't lose what doesn't work for me. I've been in so many relationships, felt I stood my ground.
14	14/09:17	MIND	Shame? Friend said I had done it wrong and the idea is to schmooze with people at events. I shut down, closed off, got small and quiet. Friend told me I should tell her to fuck off, but I don't do that. Maybe our expectations are different. We never did the things I wanted to do. I'm not being heard so I went in on myself. She got angry with me because I was quiet. I want to be heard. I had no answer to her questions. Tried to fight the fight to be heard, to not go away.
14	14/10:30	MIND	London came up again in FB, paralleling again. Today is polar plunge, bears coming up again too. All dark berries still craving for. Normally buy all kinds of fruit and don't buy these little berries.
14	16/00:00	DREAMS	Dreamt I was walking with a friend and she was saying that we were really smart and I felt that was pretentious, we were crawling under a fence at the time.
14	16/00:00	DREAMS	Dreamt I went to my home in Lindstrom and my renters had ripped up all the floors and I was worried they ripped up the new floors I had put in before leaving. As I looked around I realized they had not and felt like they were adding to the value of the house.
14	16/00:00	DREAMS	Dreamt that friend and I were walking to meet his parents, through open spaces outside. His mother was coming over a green hill and we were standing on what looked like clay and it was dry. I looked up to see a very dark cloud that was long in the sky. I noticed there was a hole in the cloud showing a lot of stormy weather in it. I had the sensation that it had a suctioning ability. I looked down and saw 2 cone shaped holes in the clay ground, I put my arm down it looking to hook my hand in the hole at the bottom of it. I told my friend to do the same. I was afraid for both of us.
14	16/00:00	DREAMS	I dreamt that there were two baby boys and one of them could talk even though he was too small. I could understand him, but I really had to listen hard.
14	17/00:00	MIND	Orange, purple, the number TWO, tons of bears, etc. I think it is a bear or something to do with a blackberry. Eating boxes of blueberries and blackberries like never before. Daughter 3 dreams-one about 2 polar bears, one she dreamt she was with me and a 3-colored bears on a grey couch, then last night she dreamed I had a raspberry on my back and she was trying to dig it out.
14	17/11:00	MIND	Most of my experience has been in the dreamtime. I have dreamed every night except one that I cannot remember. It's intense. Whatever is felt in the dream, in terms of emotions is felt stronger. An example would be, there was a black lab in the restroom in the toilet, this black lab was under the water, it was alive, and I knew that it could be angry. That was on Day 10.
14	17/11:05	MIND	He looked menacing, just staring, I was trying to get information from looking into his eyes, I could see that he was not happy. Menacing, angry, sheer terror, the feeling was that I had to get out of there as fast as I could. A real threatening feeling, definitely.
14	17/11:08	MIND	I've been to Europe several times, in Hospital, taking kids from Hospital. I was with a four year old girl and seven month old wise baby girl, that could communicate telepathically. Then in a later dream there were two boys, one younger than four, a six month old baby boy, that should not have been able to communicate, was communicating, it was harder initially, I had to listen carefully, to decipher what was being communicated, but, he was communicating.
14	17/11:11	MIND	They were little wise beings. Energetically wise beings, neither of the babies could walk, on some level, they needed other people they couldn't walk. They needed me. I was thrilled to be taking them. It seemed to be the most normal thing in the world, they would be with me, they were going to be mine, no where in particular. I was happy really joyful.
14	17/11:13	MIND	Happy, joyful, content, at peace the most normal right thing. No question, it just was. Like a truth. When something is true there is not a lot of weird energy around it.
14	17/11:14	MIND	My supervisor has provided me with a tremendous amount of space in this proving. I felt very nervous, insecure, I felt small, fearful that I would be found out to be stupid, I hit the lowest place immediately. Then I have been coming up from that. Everyday I've had a lot of good realizations on this remedy. Holding myself differently in situations. Holding my ground.

14	17/11:15	MIND	Normally, I acquiesce, get small, "Oh, I don't like the way you did this!" I would normally say, "Oh, I am sorry." Someone said that I "snapped" at them. I asked, "Helped me to understand when that happened?" She couldn't remember what I had said, she kept repeating and repeating, I had no urge to do that. I simply said, "I am sorry you felt snapped at," and I dropped it, I honestly had no there, there, it was over for me.
14	17/11:17	MIND	I always have felt, I am somehow to blame, that makes me want to go far away. I didn't care about right or wrong. I wanted to be heard. Then I felt over it. I did feel heard by her and that was a good thing.
14	17/11:18	MIND	Walking with my daughter she told me, in regards to my boyfriend, "He who cares least, has the most power." Wow, I thought to myself, that's harsh. Then I thought about it. I realized that when I care least about what people think of me, I have my own power. I am less invested in what they think and therefore gain power.
14	17/11:21	MIND	The babies that I am taking from Hospital, little wise babies are me and I am taking them to integrate, they are me. Man versus man. Why are they in twos? One is a little older, the littlest one is the wisest, the one that appears helpless, but isn't.
14	17/11:25	MIND	There's something about twos. I was looking in my closet, not a bedroom closet, an office closet, everything was in twos. At the grocery store, I buy things in twos. Is that about balance. I have two kids, outside of dreamtime...
14	17/11:26	MIND	You know maybe, there was always a part of me that thought I was a twin. I have been asked that more than once. I had a friend at this retreat once, he was like finding a piece of myself.
14	17/11:27	MIND	He couldn't cry, I was his "safe place". He could easily feel very threatened by people and very small, we found comfort in each other. He was a singer and shared his music with me. When we left the retreat he couldn't communicate with me because he didn't feel comfortable having a friend who was a woman.
14	17/11:30	MIND	That safe place is that place where you can let down the public façade; he could just be real and happy.
14	17/11:30	MIND	The interesting thing was that it wasn't a sexual attraction, it was just an attraction.
14	17/11:31	MIND	My friend was frustrated by my silence; I don't feel that I need to talk all the time. I was driving with another friend, a man, one time for five hours and we hadn't said a word. I am so very comfortable with silence. He was okay too.
14	17/11:32	MIND	Safe = being real. Being able to be who you are.
14	17/11:33	MIND	The opposite of the safe place is exposure. Exposure means you are vulnerable and wrong. The war that I am constantly fighting, is the childhood message of, "Whether you are right or wrong, you are wrong." When I can come to my own truth, then you don't get that weird energy, stay with your own truth, don't be so concerned about what they think. That used to dictate how I behaved.
14	17/11:34	MIND	My friend didn't like my silence and non-committal attitude, I was okay with it.
14	17/11:36	MIND	The weird energy is like a distortion of the truth. Distorted is that chaotic, non-regular patterns.
14	17/11:38	DREAMS	In one of the dreams, I was standing on this clay, I looked up, there was a long storm cloud, I had the sensation that we could get sucked up into it. Down in the ground there were two cone shaped holes, I put my hand down into it and cupped my hand into it and instructed my friend to do the same. I knew that we must hang on. As soon as I got the sensation of fear, that terror, and in that situation, fear of the unknown, a sense that is could suck me right up, and then, "How do I save myself here?" Then I thought of both of us. The cloud was long and rectangular, really dark, not billowy, one hole in it, a lot of energy doing something, more holes, but that was the biggest, you could see lightening, and other clouds, like a turbulent storm, the dog in the toilet scared me more, with the storm I knew it was that we could get sucked up into the turmoil. The dog was life threatening, this threat was more unknown, I wasn't so focused on being afraid as finding a solution.
14	20/00:00	DREAMS	Daughter's Dream a guy walked into the bar. He had two sets of arms and a dead head in the abdominal area. Terrified.

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14	20/00:00	MIND	Less anxiety and more truth. Till has been short two days in a row when working with this guy. He left and I was short and I told my manager, and the manager made the other guy pay the till back. My tills are not short. Felt good to say the truth-I am not going to pay for something I cannot do. Short yesterday and I'm not doing it. Not paying for something I didn't do anymore. I suffered a lot from "yes I saw that but I won't say it." I was held silent as a child. Now I am figuring out a different way. This won't always fall on me.
14	20/00:00	MIND	Bored or lonely very uncomfortable. Watching it get dark in the evening, having sensation of being trapped. Won't walk in the dark in this neighborhood. Feeling confined by that. Doesn't make me happy. Trapped like I'm holed up in my apartment, don't like feeling like that. Want to be outside all the time. Can breathe outside. Go for walk by myself, not like being alone because I am supported by the earth and I feel that. In this apartment, feel can't go outside at night. Like being outside.
14	20/00:00	MIND	Did get a sty in my right eye 2 days ago. Not a bad one, but it's there. The eye I wear my contact in for close up vision. Have not had burning or rash at all. The rash had been happening for months, had one at the beginning of remedy like normal, but now not any.
14	20/00:00	MIND	Everything falling off. Dreaming but not remembering what it is. Aware dreaming but not remembering. Emotion wise felt weird combination of bored or lonely and vacillate, not sure what to call it. Don't like it. Don't get bored often, Cleaned a bunch of stuff here. Noticing a lot of 2s as I clean. Not eating as many berries.
14	20/01:00	STOMACH	Start of flu, vomiting, choking, couldn't get air.
14	21/00:00	STOMACH	Got up about midnight, drank water, woke up 1 or 1:30 am. Puked so hard, projectile. Threw up so hard, couldn't breathe, so much pressure, choking couldn't breathe. 7 times. Went back to bed, woke 4 am, same thing 4 times. So violent everything blocked, kept coming and coming. Heaving so hard, esophagus sore two days, blew blood vessels in eyes. So out of control it was weird. Capacity of breath...was convulsing with vomit almost, barely catch breath, choking, didn't know what to do. Scary, felt running out of air. Couldn't control. Scared shitless. Never had that bad before. No air. Try to breathe through nose. but draining also.
14	21/09:00	FEVER	Fever that lasted a day 24 hours, cold feet,
14	21/09:00	HEAD	Headache that lasted 12 hours. Dull and constant
14	22/00:00	GENERALS	Body hurt so bad, aching from flu, nothing was comfortable. Eyelashes almost hurt I was so sore. No matter what I touched, hurt. Feel only relief was in moving in bed, even though want to lay still and fall asleep. Lips peeled as though I had a fever. Was so cold, under fleece, comforter, no shivering, but feet like ice. Couldn't get that part of body warmed up. Ate a banana and orange.
14	22/00:00	MIND	Always had fear of getting sick because mom not nurturing. This time I thought interesting because I didn't want anyone around. Thought about abandonment I used to go through with illness, but this time just let in love in a way that wasn't typical. Seemed natural and matter-of-fact to not feel wounded, to just have flu and not need hug. No sensation of abandonment like I used to.
14	23/00:00	GENERALS	Didn't know was supposed to work, woke 9:30 am trying to recover from flu. Took shower, went to work, hurt. Body hurt, headache. Exhaustion, headache constant and dull, thinking dulled. Had an important meeting. Restless sleeping.
14	24/00:00	STOMACH	Craving coffee but cannot drink it (from flu residual?)
14	24/00:00	STOMACH	Not hungry, only want fruit after my flu.
14	30/00:00	MIND	Wasn't on mailing list, would have bothered me before, would have felt left out. No sure why, but its ok.
15	02/08:10	MIND	Lost my connection with the I Ching. This has not happened in the last 6 weeks.
15	06/18:00	MIND	Started reading proving journals at random
15	07/13:00	MIND	How ironic. I decide to become a homeopath because in part the last programming job I had working with Excel was so excruciatingly painful. And here I am again, doing the same thing, cleaning up data, monitoring the provers' entries so that I can do the clean-up programmatically, encountering the same difficulties with Microsoft applications.
15	10/19:00	MIND	Got a call from a man who wants me to take his case. His chief complaint is that he has so much energy around him that he blows up computers and cell phones.
15	11/07:45	MIND	An old girlfriend has sent me an email wanting to introduce me to a woman. Strange. We never talk about such things since she left 4 years ago.

15	11/10:00	MIND	Missed my dentist appointment. Knew dentist appointment was 9:00. But left the house at 9:00 without even realizing it. Was stunned when the receptionist called me. Looked at the clock, speechless. She caught me in the car on the way over. (There is a 1 hour drive to his office.) I never do anything like this. Ever.
15	13/07:40	MIND	I Ching has given me an insight into old girlfriend's request to introduce me to someone.
15	14/14:25	MIND	I did a search for a file that I know is on my computer, but could not find it. By accident I found it. I tried searching again, but still it did not show up. I have no idea why. This has never happened before. I am sure it has nothing to do with the settings of my search.
15	15/08:05	MIND	Sent a reply message to my old girlfriend. I told her that the time is not right for me to have a woman in my life right now. This comes from my heart, for my mind wants to be with someone and have closeness. I tell her that the only woman I would let into my life right now is her. And she thinks that she should not do that. I am not saying that I am sorry. The pain that I have felt is worth 10,000 sorrys. I will not say these words. They would seem to her only as empty promises that she has heard too many times before. I remind her that she gave my name the translation into Chinese which means "esteemed one who ponders moral questions". This is who I was and this is who I still am. She has found another. I will not say anything to make her happiness have a cloud. My inner truth tells me that I should say these things without trying to make her do or believe or think anything.
15	15/10:00	MIND	My old girlfriend replies that she is getting married, just as the I Ching said. I know that she still holds feelings for me and wants me to have another girlfriend so that she can rest easier. There is nothing I can do about it. I wrote and wished her all good things. I am so glad that I followed my inner truth and wrote the message, once again standing before her in my truth. I would never have said a thing had I found out that she is getting married. Now I feel that I can move on because I was honest before her once again.
15	16/13:00	MIND	Go to my son's for a visit. Find out that my 4 year old grandson went to convenient care yesterday for what seemed like pink eye. Doctors say it is severe allergic reaction and give him oral steroids. I can see that he is swollen about the face and I am concerned, but they do not pay attention to me. As the day goes on, he gets worse. Finally his uncle arrives and sees him and exclaims, "He is swollen up!" I tell my son and daughter-in-law that I think he should be seen. (I don't have any Apis or carbolic acid). He gets progressively worse and is like a rag by the time we get him to the hospital. He has to be kept overnight.
15	18/13:00	MIND	My downstairs computer on which I store all my email stopped working. I am unable to boot it up except in safe mode. In safe mode I cannot make the necessary changes to try to fix it. It locks up every time I try to boot it normally. I have what I need backed up, so I have to format the hard drive and build from scratch. Find out that the wireless network card will not work and cannot find 64 bit drivers. Talk to tech support. They tell me that that card will not work with that computer, period. Even though it has been working for 3 years.
15	19/19:00	MIND	They do not have a 64 bit driver. I can't find the driver in the backup. I have to buy a new card. Feeling like my state is coming back which I have not felt since January. Oppressive. Must just keep going forward. Why does this have to happen now, just before school. And I have to leave day after tomorrow and I need to be able to get things reconnected first.
15	19/22:00	MIND	New card won't work either. What is this? Must keep my mind clear, not give in to despair and thoughts of cosmic punishment. I cannot connect this with my state. What is this? Is it the proving? I can't think of anything I have done. Maybe it is the new client's energy. But I haven't even seen him yet, only talked on the phone.
15	20/07:00	MIND	In my sleep I realize that I need to enter the MAC id into the router MAC table. I do that and the computer connects and I can get ready to leave for school tomorrow. But this has put me back into my state. But it doesn't feel quite the same. Still, I can't function and I am feeling very irritated and unable to be present. Aware that I am not functioning at full capacity, similar to my usual state. Just not fully present. Too much inner dialog going on. I have not been like this since being on my current remedy. I am so disappointed. I don't want to be like this.
15	21/18:00	MIND	Try the I Ching. All the things with my grandson and with the computer knocked my out of my routine of throwing the I Ching each morning. This is the first time this week. Can't understand what it is trying to tell me. This is not good.

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15	21/19:00	MIND	Decide to do some work on the proving spreadsheets. Run the merge program. Nothing is going right. I can't even concentrate and get the file counts right. Delete the whole batch of files and start over. God, I hope it is not like this in clinic tomorrow.
15	22/11:00	MIND	Very sluggish getting started on first case but ok once the case got underway.
15	22/21:00	MIND	Worked on cases. Not so bad.
15	23/18:00	MIND	Studied with a classmate until midnight. Feel much better. Got good insight into the intensive case. Definitely out of my state and back to the lighter me I have known since January.
15	24/07:30	MIND	Back in my state this morning. Full of inner dialogue. Unable to be present fully. Sluggish. Feel as if I am being watched. I hate this. And we have a full schedule of cases again.
15	24/22:00	MIND	Studied until 1:00 AM with class mate. Wonderful. Pulled me out of my state again and made me feel lighter and more present. Something is definitely working on me. Hope it lasts this time.
15	25/08:00	MIND	Continue to feel light and clear this morning, not like yesterday. Even though I did not get to bed until 2:30 AM working on cases. It feels like it is going to hold.
15	25/08:50	MIND	Check email on my phone. Notice that announcement was just made to stop the proving and call back the energy. Very interesting because I started feeling better this morning probably while the decision was being made or email constructed.
15	25/16:00	MIND	Analysis day. I had the excellent clarity of my new remedy all day. Whatever it was causing my problems must have been in the proving, and it must be similar enough to my own state that I could not immediately tell the difference. Feel great and open and relaxed. Not what I felt while under the influence of the proving energy. Went to dinner with classmates. Great evening.
15	26/22:00	MIND	A little sluggish on my drive home but felt like simple tiredness and also some recovery from the proving, not anything to do with my own state.
15	27/07:00	MIND	I Ching working for me again this morning. I can understand what it is trying to tell me.
15	27/13:00	MIND	Need to be outside. Cleaned up the yard.
15	27/22:00	MIND	Merge all files together without incident. Stark contrast to when I tried to do it while under the influence of the proving energy. In this case, I simply stepped to the computer and let it happen. In the other case, it was fighting me all the way. Yet it was the same files and the same programs.
16	60/00:00	FEMALE	My usually regular period went away for 2 months- February and March. It returned the evening after the proving wrap up meeting.
16	60/00:00	GENERALS	I had low energy, and a feeling of debility and inertia.
16	60/00:00	MIND	I had a lot of trouble studying, focusing on mental work, retaining information, and feeling connection with what I had studied.
16	60/00:00	MIND	I wanted to be isolated from friends and family. Zero desire for interaction, even with people I really enjoy.
16	60/00:00	MIND	While driving, I had a paralyzing fear of other cars veering into my lane. I would get flash images of accidents. My desire was to just stop the car in the middle of the road.
16	60/00:00	SLEEP	I became almost completely nocturnal- I was deeply anxious at night, and couldn't fall asleep until after sunrise.
101	01/12:02	MIND	I myself feel very tired and kind of achy and like I would just like to take a nap!!
101	05/09:20	MIND	A theme I am noticing is COMFORT - such COMFORT from drinking the milk, such COMFORT to rest and not keep exploring more possibilities, and then finally such COMFORT to define the boundaries of what she will take on now.
101	06/09:24	MIND	It IS fun listening to Carolyn enjoy this so much. Today she asked how I was doing. I said - I'm not having fun at all - I don't think it has anything to do with the Proving but I seem to be her polar opposite right now - I'm working so hard on my CCH papers - I don't want to do it, it's a lot of work, I don't want to spend the time on it - I would LOVE to have the kind of lighthearted, smoothly flowing fun of which she speaks!! But I have a deadline to meet and I feel like it is much more of a struggle for me than usual - usually I LOVE writing, I love homeopathy, I love working on cases - I AM very responsible and usually a deadline like this is not a big deal for me but I would LOVE to be having fun!! - I don't know what is wrong with me but this is awful!!!
101	08/10:38	MIND	These are my words again but just this same thing with this awful pussy sore and yet there is no pain and she has this COMFORT and this good feeling of cleaning things out.

101	08/10:39	MIND	I just am feeling so moved by Carolyn's experience - this is so sweet - it is so gentle and so sweet and the comfort and joy she is experiencing from this - I think I thought about the proving and her all night in my sleep - the beauty of this and it brings me to tears.
101	09/05:09	COUGH	She definitely had a cough going on all while we talked.
101	11/11:00	THROAT	When I answer her phone call this morning she sounds awful - her voice low and congested. She sounds kind of down.
101	11/11:06	MIND	She then talked quite at length to me about this problem case, about her study group, about changes that have occurred in her study group with respect to members, and really wanted my input on her case. I gave her some suggestions but every time I gave her a suggestion then she would tell me more about the case and have more questions. I started to feel like I was going to have to solve the case for her and I actually started to feel rather hot and panicky as I wanted to be very gentle and kind with her and not spoil her new feeling of being free to be open to people but our phone call was starting to take a VERY long time and I have been really very busy lately with some important deadlines to meet, etc. Finally I was feeling more and more anxious and felt that I really needed to steer her back to talking about her proving symptoms, etc but I was really worried that I would hurt her or spoil how she was feeling about all this.
101	12/10:09	MIND	I ask her if any emotional things? She hesitates....
101	14/10:37	MIND	I'm wondering if this dream is something about where the substance was found? Just a thought.
101	16/14:45	COUGH	She is coughing a LOT more - sounds like just a dry hacking sort of cough.
101	23/20:04	MIND	Not wanting to call her if she was busy with the case analysis and didn't want to spend time on the phone I sent back an email asking her if she needed something.
101	30/00:00	BACK	Interesting to discover that there has been back and shoulder pain in some of the provers which came on late after the proving was stopped. I have had severe, nearly incapacitating shoulder pain since shortly after the proving started. I do generally have a lot of muscle pain and have had pain in this area at times as it seems to move around but never before anything that came and stayed and so incapacitating as this has been. Again, however, the pain in the provers was the right shoulder - mine was the left shoulder and then later also the right shoulder to a less severe degree following some other remedies and some Rolwing. I did not associate this at all with the proving as I have done provings before as a supervisor and have never experienced any of the symptoms and because mine now is different - I don't know whether I should associate it with this proving either. About two days after the proving started I suddenly got a terrible sore throat and sinus infection which came on with the speed and suddenness of Influenza - I took 3 doses of 30C Kali sulph and the sore throat and sinus infection resolved completely - but then the terrible left shoulder pain came on - pain shot up into my teeth on the left and up around my left eye. There was much twitching of the left eye and just incredible pain on that side of my head and shoulder as usual. As I say, I didn't associate this with the proving at all and went on to try other remedies and muscle work but while it has improved minimally - it is not gone and it is not like anything I have ever had before in some ways. I have also been under a great deal of stress and tension during this whole period and working intensify on the computer almost continuously this whole time, to which I also attributed this pain.
102	00/00:00	DREAMS	Expansive white house with rooms for everyone, meaning a place for everyone in the world, for all kinds of people
102	00/00:00	DREAMS	Having sex with a stranger of opposite gender than I am typically attracted to. Felt very natural, amorous, and satisfying in the dream.
102	00/00:00	DREAMS	Students, faculty and supervisors from homeopathy school being at my new house decorating it and working together on cases. The feeling in the dream was the same as when I awoke, that this house is a place for homeopaths to come together, as I have planned in real life. A place for people to be themselves authentically. Strange part of dream was that supervisor's head and face were covered by this strange off white nylon hose-like material with a hole for her nose and mouth. She looked like a turtle. Odd that I couldn't see her face, but knew it was her so it was fine.
102	00/00:00	EYE	Eyes dry and burning.

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102	00/00:00	GENERALS	Woke up heavy, heavy, physically heavy. Woke up from dreaming I was in bed and couldn't get up because I felt so heavy. Literally had trouble getting out of bed because I felt so physically heavy.
102	00/00:00	MIND	(1 day before remedy selection) Felt like I was picking up on the proving and contacted proving staff. Sure enough, they had picked the remedy today, a day early.
102	00/00:00	MIND	(2 days before proving remedy selection) Giddy, giggly, cannot quit laughing! Emailed my homeopath about the energy of the proving being a couple of days early. Said if it's giddy, giggly energy, I'll take it because I've been on the far side of that! I can't quit smiling or laughing!
102	00/00:00	MIND	(3 days before meeting with prover) particularly drawn to Astronomy Picture of the Day online (2/15/12 at apod.com), so downloaded picture as my desktop, as I do occasionally. Picture is of reflection nebulas and specifically of Merope (23 Tau), one of the seven brightest stars in the Pleiades. Interesting to me that Merope represents the "lost Pleiade," the lost sister of the seven, because it was not as bright a star as the other six. Thus, only people with especially "keen sight" could see it. Makes sense then that it is associated with partial blindness. Realized I downloaded a picture of the Pleiades from APOD a few weeks ago.
102	00/00:00	MIND	Finding myself drawn to magic, wishing I could do magic, watching "Practical Magic" on television.
102	00/00:00	MIND	General sense of delight and love.
102	00/00:00	MIND	General sense of irritation, mostly when dealing with people who are afraid, critical, i.e., unloving. Having to work at bringing loving energy to them. A friend gave me this phrase to use today, which has been used to change the energy in prisons: "I'm sorry. Please forgive me. Thank you. I love you."
102	00/00:00	MIND	Had a big reaction to one of my instructors. Felt a disconnect between her being fully present in our interactions versus completely absent, like no energy/no person in there. Like she was embodied and then nothing in that body...freaked me out! This has happened with her once before a few months ago.
102	00/00:00	MIND	My psychic abilities are even more enhanced these days. Getting very clear messages about someone or something, knowing of it before it happens then getting confirmation quickly. I have this sense that my psychic "sight" is becoming enhanced because my regular vision is blurry.
102	00/00:00	MIND	Song "Dreaming" (lyrics attached).
102	00/00:00	MIND	Song "May We Be Released" (lyrics attached)
102	00/00:00	MIND	Song: "We Were Sleeping" (lyrics attached)."We were sleeping when it all began, When spirits walked with open hands, And the water parted from the land, We were sleeping when it all began." The songwriter commented on it: "This is a song about the continuing nature of creation and awareness. There are rhythms and patterns in nature in our lives. There is rhythm to our sleeping. There is a rhythm to rain. There is a heartbeat to the natural world and our relationship to it."
102	00/00:00	MIND	Song: (1 day before remedy selection) Over and over, listening to song by my favorite American folk singer in a collaboration with Indian musicians: "Everything is Everywhere" (lyrics attached). To me it represents love being in everything and everywhere, oneness.
102	00/00:00	MIND	Watched movie "The Adjustment Bureau," it's about free will and shaping our own lives. Doing whatever it takes.
102	00/00:00	MOUTH	Roof of mouth burns whenever I eat anything, like it's raw.
102	00/00:00	SLEEP	Slept very peacefully and deeply, haven't done that in a while. Woke up refreshed and feeling very peaceful.
102	00/00:00	VISION	Vision blurry when really tuning into people's energy. It's like I'm more in their energy so don't need to see them.
102	01/00:00	MIND	Still feeling peaceful and loving since week before the proving.
102	01/11:00	MIND	Prover came to my house to start the proving. I like that this is day 1 at 11:00 am. One's signify manifestation/creation.
102	01/13:30	MIND	Sat with prover for two hours. Very easy, enjoyable connection. Felt like being with people like me. I feel peaceful.

102	02/09:30	MIND	Noticing various things and how they fit with my experience and the prover's experience of the remedy: My Celestial Quartz Crystal, which was on the coffee table during the meeting with prover so read the meaning: "to bring the heart and intellect into synchronicity, to help one look within and find the love that has always been there." The celestial carries the inherent memory of that which was in existence prior to the development of humanity. It's also used to "penetrate the hidden layers of 'cause' which support the states of distress and disease" and to stabilize brain wave frequencies to ameliorate erratic or confused thoughts. Talking this morning with a friend about "crossing over." She had questions about what happens for people who commit suicide - respected mediums say that they don't go to "hell," because there is no hell, just more learning. Noticing songs on the radio about heaven and heaven on earth. Then, John Lennon song, "Imagine" (lyrics attached) came on - seems to capture the essence of the proving: "Imagine there's no heaven & no hell below... imagine all the people living for today, you may say I'm a dreamer, I'm not the only one, I hope some day you'll join us and the world will live as one. I find it interesting that just a year ago you couldn't buy any of the Beatles' songs on iTunes. Hmmm.
102	02/09:30	MIND	Sad this morning, feels like missing something, missing the type of connection with others that I'm experiencing during this proving - a deep, spiritual, loving connection and being around others who understand being in this world and beyond. And yet, hopeful knowing that there are others like me in the world: loving, tuned-in people. Feel like this is bringing out the very best in me, making me a better person.
102	02/10:00	GENERALS	Feeling physically light in my body though my weight is the same. Before the proving had this feeling I might lose weight.
102	02/10:00	MIND	All morning still feel peaceful, feel like I'm on vacation, very relaxed. Like I can deal with anything with ease and grace.
102	02/10:00	MIND	Apparently, I'm a little distracted - made a pot of tea without any tea in it and turned on the wrong burner and boiled an empty pot! Thought it was hilarious.
102	02/10:30	MIND	Song: "I Won't Give Up" - Stars, the sky, looking up, doing what it takes, being there for each other as we all learn.
102	02/11:20	MIND	Find myself drawn to reading about the Pleiades, one of the nearest star formations. Learn about the cosmic distance ladder, which is how distance to celestial objects is determined. Knowing one rung informs the next.
102	02/11:20	MIND	Song just played with words... "I'll follow you into the dark".
102	02/11:20	MIND	Still distracted. Left the oven on after breakfast! Need to be careful or I might burn down the house! Yet, I don't feel distracted in the usual way, meaning I'm not anxious or spacey. However, I am preoccupied with someone I met recently, considering the potential for friendship or more in the future. Just feels peaceful, good.
102	03/01:00	MIND	Woke up in middle of the night worried about work, about failing. Couldn't get out of worry.
102	03/09:00	MIND	Noticed my friend, who will start the proving today, was focused on her femininity - wearing a dress today, concerned about how it looked, saying "I'm a girl" and girls think about those things. She also commented on wanting to be gender-neutral in her proving journal.
102	03/09:50	MIND	Hard to motivate to work, feel like I'm on vacation. Just want to "be". Doesn't help that it is a holiday today, so the energy in the world is relaxed and quiet.
102	03/10:55	MIND	Noticing changes in energy, as I usually do. What's new is how my computers are acting when I'm getting ready to send an email. When I'm done writing it but haven't pressed "send" yet, the screen flickers off, turning all white then is back. The feeling is as if it was sending the message energetically.
102	04/01:00	MIND	Woke up in middle of the night (second night in a row) worried about work, about failing. Couldn't get out of worry. Just wanted to be held, comforted (unusual).
102	04/07:30	MIND	Filled with deep grief this morning. Just want to be held (unusual) and cry. Wanting love in my life, seeing it and feeling like I'll never have it.
102	04/07:45	MIND	Still not wanting to work today. Not motivated to use my mind. Just want to be in my heart with this grief.
102	04/08:20	MIND	Wondering if it's possible to live in the world when living from my heart?
102	04/08:30	MIND	This grief it just heartbreaking...deep, existential. Leaves me feeling hollow inside, like I will just dry up and blow away like dust.

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102	04/09:00	MIND	Seems like my response to this heartbreaking grief is to soften physically, mentally and emotionally. Sensation of feeling lighter in my body and more feminine.
102	04/09:30	MIND	Grief is lifting. Feeling much lighter, hopeful.
102	04/11:15	MIND	Taking the morning off work. Don't want to think, just want to feel. Going to curl up and watch a movie.
102	04/12:00	MIND	Fell asleep during the movie. Like melting into the couch. Just needed to integrate.
102	04/12:00	SLEEP	Fell asleep during the movie. Like melting into the couch. Just needed to integrate.
102	04/14:22	MIND	Feeling crabby, frustrated, mad. Projecting the worst case scenario.
102	04/15:00	MIND	At work now, feeling like I'm here but not here mentally as I do what most people think of as thinking tasks.
102	04/19:15	MIND	Listening to peaceful, ethereal music (Enya-like). Feels very healing and just what my heart needed, like being held. Music by Liquid Mind (interesting name) and Adiemus.
102	04/20:00	STOMACH	Very hungry. Want something substantial, filling, heavy. Made lasagna.
102	04/20:20	EXTREMITIES	My hands are dry. Keep putting lotion on.
102	04/20:20	SKIN	Notice that I've been itching a lot these last few days - my skin is dry.
102	04/21:30	GENERALS	Since yesterday been really tired, physically heavy. Head feels heavy. Just needing to lay down and go to sleep to integrate, to heal. because I was so tired.
102	04/21:30	MIND	Since yesterday been really tired, physically heavy. Head feels heavy. Just needing to lay down and go to sleep to integrate, to heal. Didn't want to talk with prover because I was so tired.
102	04/21:30	SLEEP	Fell asleep early (9:30 pm). Really tired. Again like drifting away from my body upon laying down. Let the ethereal music play all night. Peaceful, healing. Woke up occasionally throughout the night noticing the same feeling of peace and healing.
102	05/08:00	HEAD	The fatigue these last few days includes head feeling heavy.
102	05/08:00	MIND	Clearly still distracted last night. Left the oven on all night.
102	05/08:30	MIND	Still listening to the same ethereal, healing music. Literally feels like the vibration is healing me as I drift away.
102	05/08:30	SLEEP	Had breakfast, but am tired so going back to bed. Want to sleep in order to heal and integrate.
102	05/09:30	MIND	As I was resting found myself having sexual thoughts about someone I recently met and was attracted to. Became physically aroused. This is actually the second time this has happened during the proving - same person.
102	05/09:30	SKIN	Still itchy from dry skin.
102	05/10:10	ABDOMEN	Bloated today. May have been prior to now, but haven't felt the usual pressure and difficulty breathing.
102	05/10:10	MOUTH	Noticed that my gums are no longer bleeding as they usually do. Not at all.
102	05/10:30	GENERALS	EXTREMELY tired. Even after sleeping in this morning and now a shower, I need to lie down again. Like all the energy is drained out of me. Heavy head and body and limbs. My mind is clear, it's just my body that is exhausted. Feel like I want to lay on the couch for days or weeks and just waste away. Strangely, I'm not worried about missing work this morning.
102	05/10:30	MIND	EXTREMELY tired. Even after sleeping in this morning and now a shower, I need to lie down again. Like all the energy is drained out of me. Heavy head and body and limbs. My mind is clear, it's just my body that is exhausted. Feel like I want to lay on the couch for days or weeks and just waste away. Strangely, I'm not worried about missing work this morning.
102	05/12:00	GENERALS	EXTREME tiredness can be described as my body melting into the couch and yet feeling like my spirit is floating inside of it.
102	05/12:00	GENERALS	Went from feeling like I never wanted to eat again and even a bit nauseous to ravenously hungry. Wanted heavy, filling food. Had a lot of lasagna for lunch and for dinner. Just want to fill up.
102	05/13:00	GENERALS	My energy returned about 1:30 pm. Could be the infusion of energy from a friend coming by that got me off the couch.
102	05/18:30	EYE	Dark circles under my eyes after being exhausted this morning.
102	05/18:30	FACE	For the last week or so, been getting hard bumps below the skin various places on my face. They are sore to the touch, red and hard. One in my nose and one in my mouth; the latter resolved within a day.

102	06/07:15	DREAMS	Dreamed I had both male and female genitalia. In the dream I thought, this is interesting and might make it easier be in relationship with people of either gender...if I could only figure out how to explain it, since it's a little weird. Woke up feeling aroused.
102	06/07:15	MIND	Let the ethereal music play all night again. Kept waking up in between songs when it was silent. The in between times were so long, though, that I thought it had stopped playing. But, it would start up again. At the time I thought: the music is healing and the silence is to integrate the healing.
102	06/07:15	MIND	Noticing in the last few days the voices of human beings being used as musical instruments (musical artist Adiemus and in the movie "As it is in Heaven." Letting people find their own song, their inner truth and then harmonizing together...amazing.
102	06/09:10	MIND	Seeing relationships as where we meet in between our own worlds while honoring each. Reminds me of a movie I saw yesterday about Italians coming to America and Ellis Island. A scene of the steamer ship leaving the dock: ship deck filled with people going to the new world, the dock filled with people staying in the old world, and seeing the in between space (the ocean) opening up, getting bigger...separating the two worlds, separating the people forever.
102	07/19:30	FEMALE	Started my period last night, so that probably explains the bloating and extreme fatigue a couple days ago. Both are typical for me.
102	07/19:30	MIND	Understanding pattern these last few days of feeling unable to take action, wanting to, but feeling overwhelmed with tasks...even things that are usually simple for me. Lack of ability to sustain my focus. Getting better now that I actually left the house today and did a "normal" thing like getting my hair cut. Helped to get out of the "proving" energy in the house - met with my prover here and a friend who is proving is staying with me for awhile. Able to focus tonight and actually get organized and work on tasks.
102	08/00:00	DREAMS	Dreamt that I was at a camp and the leader thought I was breaking the rules because I was just being myself. So, I got pissed off and left. Woke up feeling like I was right to be myself.
102	08/09:00	MIND	Feeling like I don't know things, feeling bad about myself, wanting to just focus and learn but and can't focus. Feeling stupid because I can't hold things in my head (which is typical), but when I sit down and work through something, it's just fine. Still, it bothers me that I can't then turn around and share my understanding, my process with someone without reading my notes...like my mind is completely empty and I'm so in the moment and then the moment is gone.
102	08/20:00	MIND	All day very productive and in the moment. Got so much accomplished that I had been unable to face - errands, organizing, sorting. Felt really good and easy, just flowed.
102	08/20:00	MIND	Noticing lots of sexual innuendo/joking with a friend who is participating in the proving. Giving each other a hard time because we both have sex on the mind.
102	09/00:00	DREAMS	Another dream where I was being myself and working with integrity while others were criticizing me, saying I was doing it wrong. Woke up feeling bad about myself. Tired of having these dreams...it weighs on me.
102	09/09:00	MIND	Feels like this proving is about bringing forth the authentic self, as if nothing works unless it is authentic, our right path.
102	09/09:00	MIND	Just wanting to be quiet today. Feels like the opposite of yesterday when I was active, focused, productive and just in an easy, peaceful place. Want to be left alone.
102	09/10:00	MIND	Noticing "Love takes pleasure in the flowering of the truth." Saying on a wooden box on my porch...drawn to it today as the essence of the proving.
102	09/11:00	MIND	Moved from being quiet into irritation from sadness. Wanting to cry, don't know what about...just a sadness. I liked yesterday better.
102	09/14:00	GENERALS	Craving miso soup, salty and sour, light. Ate three bowls.
102	09/15:00	GENERALS	Still hungry, like I can't get full. So, ate popcorn with very little salt.
102	09/23:00	ABDOMEN	Abdomen very distended after eating miso soup. Hard to breathe and nothing seems to alleviate it. Don't usually eat miso, won't anymore.
102	10/12:00	MIND	Woke up anxious about work. A friend came by who's very grounded. That put me in a better state of mind. Still trying to understand all the ways I pick up or take on energies. It was shifting to be more subtle before the proving...with the proving it's just more confusing.
102	10/14:00	MIND	Still listening to ethereal music - keep noticing the same song, "We Are Free," when it comes on even by different artists! I do feel free, light, expansive and yet, grounded and peaceful when I hear it. The feeling is as above, so below.

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102	11/09:00	MIND	Couldn't sleep from 2:30 am - 6:00 am even though I was exhausted. Thinking worst case scenario about everything in my life. Unable to trust that everything works out as I usually do. Was finally able to sleep from 6-8am.
102	11/09:30	MIND	Tired of my work life not working. Feels like no matter what we try to do nothing works out, like we're pursuing a lost cause and yet the project is supposed to move forward. If this was the case in my personal life, I'd stop going in that direction. Working with this team is like herding cats...feels hopeless. After 20 years in my field and 10 years as an independent consultant, I just want to go work for someone else...feels easier, somehow, to just show up and do what can be done, knowing I'll get paid. As a consultant I feel like there is so much riding on this...need to understand this feeling more.
102	11/10:45	MIND	Realized that my frustration is with this transition to a new place of being in the present moment as the only option and yet all of the structures in life are based on old energies. So, it's butting up against the old models, old ways of thinking that have informed what has manifested in the world. This is why nothing works...except being in the moment. Sigh.
102	11/23:00	GENERALS	Exhausted from being up in the middle of the night so went to bed at 7pm.
102	12/00:00	GENERALS	FOOD AND DRINK. Been craving lemons these last few days.
102	12/00:30	MIND	Can't sleep and feeling disconnected, alone, and despondent to the point of not wanting to be here; literally glad I don't have a gun in the house. Have felt that way a couple other times in my life. So, sent my homeopath and the master prover an email: "The last couple of days I'm really struggling. Not sure how much is due to the proving, since this is not an altogether unfamiliar place for me. I really don't want to be here, what's the point, it's all meaningless. And, nothing ever really changes...Keep being drawn to a song "Now We Are Free" ...and wishing I were, once and for all. Reminded of a woman who said of her terminally ill husband: "I either want to cure him or kill him." Those feel like my options. I'm tired, existentially tired." -- After the email, just wanting to be held (unusual). Finally cried as I'm feeling like I just want to go "home" (not unusual).
102	12/02:00	MIND	Since I can't sleep, reading healing blogs and affirmations on the Hay House / Heal Your Life website. Drawn to the affirmation: I balance my masculine and feminine sides. I heard this from a local intuitive last summer as part of what I am doing now in my life. Been seeing others in the proving having some experience of this, too. Interesting.
102	12/06:41	MIND	A hopelessness. Same stuff every day, nothing changes, same thing every day. Projects aren't moving forward. Usually I can change things, shift things, and get into the flow. Nothing is working or flowing.
102	12/06:41	MIND	Feeling hopeless. A little out of reality. I go to work. My mind is just blank.
102	12/06:42	MIND	Usually I have a more positive attitude; but this is hopeless. Nothing is going to change.
102	12/06:43	MIND	Heavy and hopeless, in the world, but just watching it.
102	12/06:43	MIND	I felt this way a few years ago, not wanting to be here, in my body. A feeling of darkness.
102	12/06:43	MIND	It's a good thing I don't have a gun in the house. I haven't felt this way in several years.
102	12/06:44	MIND	Get me out of here, this blackness, there's nothing up there, just me in blackness, nothingness. Out in the cosmos, I don't think of myself out of the body, just there.
102	12/06:44	MIND	The first day was wonderful and floaty.
102	12/06:46	MIND	As I focus on the blackness and nothingness, I feel a shaking and little jolts, like electricity, sadness, and grief.
102	12/06:46	MIND	Just nothing. I don't think of myself as being there. Again nothing.
102	12/06:48	MIND	Crying a little, I just don't want to be here, the shaking is gone, I am a little more connected.
102	12/06:49	MIND	A return of hope here now.
102	12/06:54	MIND	Usually things flow for me. This is shifting for me now.
102	12/07:00	MIND	Master prover called me. Guided me out of the energy of the substance. Feel much better.
102	12/21:00	MIND	Watched movie "Secretariat" about running "your" race. Noticed that it was also about "gender not having any bearing on your ability..." and then noticing my seahorse paperweight at work today and thinking tonight about seahorses being both male and female. All about gender not being an issue, integrating male and female.
102	13/00:00	SLEEP	Finally slept really well after two nights of poor sleep.

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102	14/00:00	DREAMS	Dreamt I was at a conference at a complex with multiple hotels. Couldn't find my way back to my hotel room, spent hours trying to get back and no one would help me. Exhausted.
102	14/19:00	MIND	Woke up this morning thinking about the Apocalypse and what would I need to survive in a wasteland? Thought I should get a small backpack and look up how to obtain clean drinking water and find food without special equipment. This is NOT how I typically think. Went to work and found myself midday just sobbing, back in the same place I was a couple of days ago of what's the point of being here, everything's just going to get worse. So, went to bed early. Wanting physical connection.
102	15/10:00	MIND	Woke up wondering where yesterday's hopelessness and pending wasteland feeling came from. So, decided to check the news (which I never follow) to see if something big was going on. Turns out there were intensive tornadoes in my home state...lots of devastation, wasteland. As soon as I learned this, any remaining uneasiness left.
102	15/18:00	GENERALS	Still tired, comes and goes, but mostly tired.
102	16/12:00	STOOL	Just realizing that for at least the last week I've been having fewer bowel movements and thus feeling more bloated throughout the day.
102	16/13:00	ABDOMEN	Very bloated after anything I eat.
102	18/00:00	MIND	Up all night again only this time instead of the feeling that I don't want to be here it was a sense of I have no reason to be here. It was excruciating...trying to hang on moment to moment...no reason to be here. All I could think of was getting in my car and driving into a tree. When I tried to move through the energy all I could see was white nothingness. This was different from the previous week when I didn't want to be here and it was all black nothingness. Now, I was "here" with no reason to be. Beyond awful. I took a dose of my constitutional remedy which moved me through it by the end of the next day.
102	28/09:00	MIND	Finally sent in my journal as I close out the proving energy. Felt a release after sending it. Noticed that I was drawn to a Rumi poem this morning as I was finishing up my journal - "This Disaster" (see attached).
102	30/00:00	MIND	Adjectives: connected, disconnected, everything, nothing
103	01/00:00	CHEST	Notice it is hard to take deep breaths. Restriction in chest like there is tension or a rib out of place. Lack of movement.
103	01/00:00	MIND	My prover today mentioned she has been attracted to the color orange. I notice I am wearing my only pair of orange socks, and at book club a girl keeps talking about a girl with orange skin (from tanning too much)
103	02/00:00	CHEST	Pain on right side in thoracic during massage today. Restriction in breath during as well. On right side. Pain on and off. Sometimes under shoulder blade, sometimes in rib, as if a rib is out. Makes me want to move around and push on it.
103	02/00:00	MIND	I keep changing plans on people. Decide it doesn't matter what I have planned before and my time schedule, but that I want to do what I am doing at the moment.
103	02/00:00	MIND	Laundry behind at work. Sudden anger. Started slamming things around but had to be quiet because massages in session. While working on clients feel more in tune with them and their energy, but also feeling weaker, can't stand up straight .
103	03/00:00	ABDOMEN	Stomach has felt tight the last few days, as if I am not processing my food or water. Took probiotics. Now lots of gas. Very stinky. Urge is to get my intestines cleaned out. What is stuck inside that is not letting me function right?
103	03/00:00	MIND	As I am taking notes, I realize how really messy my handwriting is. Seems much worse than normal. Have noticed it is bad the last couple days but today....so messy.
103	03/06:30	MIND	Woke up stuffy and now obsessed with cleaning my house. How did I let it get this dirty? Yuck. I don't have time to clean-there are more important things I should be doing, but am doing it anyway.
103	04/00:00	ABDOMEN	The feeling of fear is deep in my stomach. Feel a bit sick, frightened, breath goes shallow.
103	04/00:00	BACK	Sharp pain by left shoulder blade. Has been there all night. Piercing, irritating. Want to push on it, stretch it.

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103	04/00:00	DREAMS	Dream of a girl inside a house. There is a woman outside, trying to break in. Girl runs around the house, locks all the doors. There are people on the street, can't they see she needs help? She grabs the phone and dials 911 as the woman breaks a window and lets herself in. The people at 911 are asking her stupid questions, taking a long time, talking between themselves. Girl is laying on her back, fighting off the woman with her legs to try to tell emergency services her address and what is happening. They aren't concerned, she doesn't get her address out before the woman gets to the phone. The girl is kidnapped. Even though she has pulled out her, there is going to be no forensic investigation. She will disappear and no one will notice.
103	04/00:00	MIND	Fear around the guy I am dating. I want a very casual relationship and am not ready for anything serious. Last night I asked where we were at and he basically said that we were just waiting and seeing what would happen in a couple months when he finishes school. Now I am worried. Does he think I want more? Does this leave me free to date other people as well or will he think I am a cheater? Does he like me too much where that would hurt him or wouldn't he care because he is unsure about where he will end up? I want to ask, but how do I bring it up again without seeming clingy or attached? Yet how do I date others without feeling like a cheater? I don't want to be left. Want reassurance from him but don't want to ask for reassurance.
103	04/00:00	MIND	With my lover, notice that my abdomen seems very fat. I haven't noticed this before. Where did this extra layer come from? Is he noticing? Now realizing I don't want to write down the word "lover" as if I am afraid others reading the journal will judge me for having sex.
103	04/15:00	MIND	Easy loss of thoughts. Think "I should write that down" and by the time I get paper, it is gone.
103	05/00:00	SLEEP	Keep waking up early in the mornings, even though I haven't been sleeping well lately.
103	06/00:00	DREAMS	Was in a house and there were three people on the closed-in porch smoking pot and playing video games. I was inside talking to 2 other people. I told the people on the porch to be quiet because it was late and I knew they would get in trouble. The cops came and talked to them because they didn't get quiet. I felt both scared that I would get in trouble too but also justified.
103	06/00:00	NOSE	Nose has been slightly running all day. Comes out fast, clear, thin. Sneezing quite a bit too.
103	06/15:00	EXTREMITIES	Sharp pains in ankle (right) and feet today on & off.
103	06/15:00	SLEEP	Sudden overpowering sleepiness while working with a homeopathic client. Can she tell I am so sleepy? Caffeine not even helping.
103	07/00:00	NOSE	runny nose on and off through day. Very annoying. Just comes and goes, thin and clear.
103	07/00:00	NOSE	Three of my clients smell faintly of farts today. Maybe it is me instead? I hope I don't smell that way.
103	07/00:00	RECTUM	Constipation. Feels like my body is not moving my food through my system. Things are just stuck and sitting there.
103	07/06:00	MIND	Driving South as the sun is rising. It is amazing. There is a single beam of light shining straight up into the heaven. So strong. Even after the sun is above the bluffs, there is a definite line of light going straight up and another going straight down. Connecting earth with sky. Even though daytime is here, that beam is so strong and striking I want to focus on it and not the road.
103	07/14:00	SLEEP	So tired all of a sudden. If I keep moving everything is fine, but stopping makes me exhausted.
103	08/00:00	DREAMS	Was in a house of some sort. Had to do massage on a man sitting on the couch. I did it while I was just in my underwear. I was aware of his attraction while I was working which was a bit powerful, but it didn't feel sexual.
103	08/00:00	GENERALS	I feel as if I am not absorbing my nutrients and my water.
103	08/00:00	SKIN	Skin is extremely dry. Has been dry for a few days, but the back of my hands are cracking now and when I stretch, I can feel the skin burning from the dryness.
103	10/00:00	DREAMS	Dream I was in my bedroom with my lover about to have sex. He had on the last condom, but decided he wanted to masturbate instead so took it off. I was annoyed because he didn't really ask what I wanted and I knew that we couldn't have sex at all now. Yet somehow it was okay at the same time.

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103	10/00:00	MIND	Irritable at work today. I feel as if people are taking advantage of me and I am suspicious about their motives. I am pretty sure someone is stealing from me and now I don't trust anyone. Everything that is undone is a reason to accuse that person of being dishonest and the one who is guilty.
103	10/00:00	NOSE	Nose still running and has been on and off for days. Alternates between runny and stuffy.
103	11/00:00	FACE	Sinuses plugged on left side, sometimes goes into ear. Feels dry yet am draining into throat.
103	11/00:00	MIND	Feeling the disorganization in my house. Want to skip work, clean, be alone, get things organized. I cannot stand how things are right now. People at work aren't doing their part, so why should I work extra today to get their shit done? Screw it.
103	12/00:00	DREAMS	I was at a large outdoor place where a wedding was going to be held. Lots of beautiful yard, different buildings. Someone lived here and I was showing it off, wanted it to be mine. How great to live in such a peaceful place and be one with nature. I was trying to decide what to wear to go to the wedding. Kept changing my mind, asking people's opinion. I want to look and feel attractive, yet be appropriate. Went for a walk with my friend in the woods. Went through a fence to follow a path. There was a person there- is this their land? we pretended we were carrying something important, as if we were there to make a delivery. and kept walking.
103	17/00:00	MIND	Finding myself very disinterested in what my provers have to say. Tired most of the time, not taking care of myself.
103	18/00:00	DREAMS	Out camping with a bunch of people. We are drinking, some people are doing cocaine. The energy feels heavy, even though I really like these people. We decide to go on a motorcycle ride. Should I go? Maybe it will be dangerous. I don't feel drunk though. Later I am at a house with a guy and two girls. The guy is interested in me and there is a sense we are dating. He is asking the girls to copy some movies off cable onto VCR tapes. I think this is weird until I realize he stays in a hotel room and wants to watch videos at his leisure. Suddenly I realize it is 11 pm and I forgot to pick up my infant from daycare. I freak out and rush out to pick her up. I hope they don't judge me. Outside it is still light outside, so I realize I must have misread the clock and it is still daytime. Instead of going to the daycare I go find other things to do
103	18/00:00	MIND	I have had Whitney Huston's "Didn't We Almost Have it All" song stuck in my head for a couple days. I have no idea where I got it from as it is a song I don't really like.
103	19/00:00	DREAMS	I was in a house I owned many years ago. My ex husband, who I am really good friends with, was there and we were screaming at each other. We were fighting about how mean each other was. I would follow him around and scream at the top of my lungs until my voice would almost break, telling him all he did to me, then he would suddenly burst out full volume and start screaming back. At the end of the dream he kept yelling at me how I broke his heart.
103	20/00:00	DREAMS	Dream I was at a house and stepped outside to a beautiful day, only to see a serious tornado/storm brewing close. We all freaked out and were running for the basement. The sense was of extreme urgency, we could die, but more likely if we weren't in a safe place we could be smashed by falling debris. Is there a safe spot in this basement? Will there be a way out if the upper levels are destroyed?
103	20/00:00	DREAMS	Dream I was cooking shrimp and there were a bunch of grubs in the bag with the shrimp. Some were curled up and stayed that way, some would open up and crawl around if I touched them. They had little sticky feet and clung to my fingers. Some of my friends wanted to eat them and told me how great they were to eat when they were all curled up. This grossed me out, but I was intrigued by the ones that were on my fingers. I think I wanted to move them somewhere safer.
103	20/00:00	DREAMS	Dream I was taking a class that made us stand in a theater and show music videos. We had to watch them and they were all foreign but interesting. High color and definition.
104	00/00:00	MIND	Aware that people seem unable to merge smoothly on the highway, even those around me, more so than usual.
104	02/00:00	MIND	Irritable.
104	04/00:00	GENERALS	Exhausted
104	05/00:00	MIND	Bit preoccupied with MD appointment, anxious about MRI, and not concerned about proving email deadline and having everything in order, I typically would be. I have so many other things to deal with, feeling overwhelmed, and just wish I had more time.
104	07/00:00	MIND	Exchange of messages with prover, despite her arm symptoms she is going to continue with the proving for now.

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104	08/23:45	MIND	A friend had an emotional outburst, at the root was "Why is this year all about death? I'm so sick of death!" It reminded me of the proving and also reminded days before the proving my mother stopping by in tears wondering if I feel my godfather is preparing for his death.
104	11/00:00	FEMALE	I don't believe I was flirting, however, I thought it was an interesting coincidence that I too was sweet on the radiologist tech I had to see today.
105	00/00:00	ABDOMEN	Have had bloated extended abdomen for the last week. Not much gas this is unusual.
105	00/00:00	DREAMS	unusual dream about hunting hippos with a group of men in Africa. I was watching them march down a hill to the hippos and hit them with long sticks. The hippos started to attack and run back up hill toward the safari trucks. I was trying to climb on top but couldn't get up there & finally someone yelled get in the truck. so I did. Feelings were some fear, but mostly just very curious how the men were going to hunt hippos and wondered what they would do if the hippos attacked. I found out.
105	04/11:00	MIND	spoke to prover and reviewed her journal entries. She wonders if her electric blanket she has on her bed did something to her remedy. She says she has not noticed anything and feels the same as always. Can't come up with much to talk about.
105	04/11:00	MIND	We had planned for me to call her and I totally forgot, kind of unusual. However, I had just thought about her, still not remembering I was supposed to talk to her and walked into my office sat down and the phone rang immediately. I looked at caller ID and thought who would that be calling me, recognized prover's # and still did not think about the call until we started talking. I told her a story about how I have been tuning into another plane the last couple of weeks. Not sure I can credit proving or my remedy though. Just a few days ago went on walk with dog and thought about a cousin who had an old dog and thought I wonder if they will have to put her to sleep. Came back from walk and my husband had just gotten a call from her and she told him about putting her dog to sleep. I rarely see this cousin and never think about her dog, so that was interesting. those are the kind of happenings recently. I have had these experiences in past, but not for a few years.
105	05/11:00	MIND	spoke to prover. She again felt that she is the same as always, no change, no sx. I also felt a shift from the first day back to how I understand prover, as I know her well. Is it possible she may need to redose? Prover had suggested I put in last entry about self in case it applies to proving.
105	06/10:00	MIND	Time is going so fast. I will look at the clock expecting it to have been 15-30 minutes and 2 hours will have passed. This is a recent shift for me. The whole relationship to time seems shifted.
105	06/10:00	MIND	Working on cases today and am totally anxious. Flipping out, seems like nothing is working right. I have had huge problems with my software programs. Even my tech husband can't get sorted out. Very unusual. I can't put my understanding into words about the cases, feeling very spacey. Is this normal or unusual, not sure, but has not happened for a while.
105	08/10:30	ABDOMEN	I experienced distention without gas. A big bubble in my stomach without gas. This was very odd for me.
105	08/10:33	MIND	There was this dream about killing the hippos. I didn't want to do it. I was watching the hunters. Hippos are really dangerous. All of these safari trucks were up on this hill. These people, a whole line of hunters, were attempting to club the hippos to death, one began to charge at full speed. I needed to get to the safety of the truck. I couldn't get up on top of the truck. One of the hunters said, "No! Get inside of the truck!" I don't normally feel chased or frightened.
105	08/10:35	MIND	There was a strange thing about time passing. I thought 15 minutes had passed, but in fact two hours had actually passed! That was bizarre.
105	08/10:36	MIND	It was shocking! Where was I? Where did I go? It was as though I wasn't present at all. I normally know what time it is, I don't wear a watch. On a different plane, not in the same space of the clock. This lasted three days.
105	08/10:38	MIND	I have to put pressure on myself to accomplish my goals of finding a remedy.
105	08/10:38	MIND	I was also extremely agitated. This agitation was more intense than normally experienced. I have to manage the intensity of the demands of the patients.
105	08/10:39	MIND	It's like entering a different plane or space, it was kind of out-of-body, I have not had that for a long time, up and out of my body, above my head, outside of my brain, my body is below me, sitting there thinking, but I must get away from the intensity.

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105	08/10:40	MIND	It is a little bit scary, I have to get a hold of myself, I have to re-land in this plane. I am off, out of time and space, there is a dividing line with time that connects us to this plane. I am off floating away.
105	08/10:41	MIND	There is this high level vibration, panic and intensity, a movement, a charged movement kind of, like an electrical sensation, I don't know if I want to use that term... My feet are not on the ground, separate from my body, "Oh my God! I have to get back into my body!" Then I come down, I land, and I am not cognizant of the time having passed. Maybe a good escape?
105	08/10:43	MIND	Landing, down, then I take this vibration into an emotion. I've got to calm myself down. This is not where I want to be, I've got to be grounded. I am consciously grounded to the Earth, reconnecting. Unaware of what I am doing for awhile. I enter that plane and I am not aware of what is going on around me. I reconnect, like plug-in.
105	08/10:44	MIND	I drift up from the center up out of the top of my head, I am a little scared, "Whoa! What's going on here!?" I can do this, I can get through this it's not a big deal. It is really connected with time for me. It just seems like I am panicked for not having enough time.
105	08/10:47	MIND	It's pure panic and an escape deal. Oh, maybe getting back into the safari truck is the attempt to get into my body!?! I am used to being on top of the truck, above my body, but once I entered the truck, I wake from the dream. This dream was very significant for me. That's interesting.
105	08/10:50	MIND	Clairvoyance, increased sense of intuition, this was true in my college experience, this week this clairvoyance has been occurring a lot. Thinking of my cousin while I was on a walk. I wondered if my cousin had put her dog down? Then I came home and my husband had received a call from her while I was out walking the dog about how she put her dog down. Really!?! That was weird and really cool in the extra sensory perception sort of way.
105	08/10:50	MIND	I spaced out, this same floaty feeling, totally forgetting what I was supposed to be doing.
105	08/10:53	MIND	Lots of people came in wearing bright purple, royal purple, several people. That was the day of the pre-proving lecture.
105	09/00:00	MIND	continue to feel stressed out about my cases and more are coming at me that need work. When I get stressed I feel as if I start to float up out of my head, out of my body and am spinning around above my head and to the right side of top of head. I get very anxious and have to really focus on coming back down and breathing. today I made a connection that maybe the safari truck in the hippo dream is my body and as I try to get to safety I find I can't climb on top. the only solution is to get into the truck and that is my body. Interesting.
105	10/24:00	DREAMS	had a series of dreams. One was that I went somewhere and chose to sleep curled up with live bears. It was very warm and comfortable but in the dream I work up and thought why am I doing this, it is too hot and if they wake up will I be safe? Next I was on some kind of repeating adventure and we arrived at a usual place that required skill to cross. there was barbed wire and steep cliffs. I had to balance on the edge as I tried to cross a ravine. all I remember is the strange and challenging act of balancing and trying not to fall. do not remember any fear.
105	12/24:00	DREAMS	Had a very vivid dream about spiders. I was looking at a variety of spiders and was right next to them. It was uncomfortable, as in not a spider fan, a bit of a fear but more just find they are not creatures I want to be around. I had taken a child case the day before and when I awoke, I wondered if it was the remedy I should chose or was related to the proving. I considered it for the case, but decided it was not the right fit and might be proving related. I have not dreamt about spiders in the past.
105	20/24:00	DREAMS	Being chased by a lion. I was fearful and was trying to climb up onto something to escape and be safe. All these dreams about animals are VERY unusual for me.
106	00/00:00	SKIN	intense itching all over. No rash
106	01/08:00	GENERALS	so tired. Feel like I cant stay awake. Took a 20 minute nap on the floor. I never nap
106	01/18:00	STOMACH	very sensitive to wine. One sip gave me nausea
106	02/03:00	SLEEP	sleep disturbed. Tossing and turning, cant stay asleep for long. Keep waking up
106	02/05:00	THROAT	sore throat, worse right side. Craving water but it doesn't ameliorate
106	02/19:00	MIND	I'm echoing
106	02/19:01	MIND	I don't know where it becomes my part. Your job is not done. She has quit. She's giving up. Serving as a mentor. Instead of a supervisor.
106	02/19:02	MIND	Given up. That's enough. Put in effort and that's enough. Is it my fault am I not doing enough. Self-doubt. Doing enough to get by, barely an effort.

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106 02/19:03 MIND Barely an effort. Just doing enough to say you did it. Just enough, most minimal amount enough done, just done not done well.

106 02/19:04 MIND on soccer field, usually I am the energizer bunny. Like something pulling me back. Something on back of my shirt running against water and wind. Physically feeling. Pulling me back from what I needed to do. Heaviness, couldn't move my body. I've been playing soccer for 25 years. My feet wouldn't move. Like back in second grade soccer. Nothing worked.

106 02/19:05 MIND short little burst of energy, then collapse. Complete collapse, off the field. Chest burning, hurt to breathe in.

106 02/19:06 CHEST Chest burning, hurt to breathe

106 02/19:07 MIND The Little Engine that Could. Off the field, take a quick break and think it would be better, kept trying it would be different and it was the same every time. The burst of energy and then the collapse.

106 02/19:08 MIND more a mental burst, I'm going to do this. I will myself to play, and then 3 seconds of running, and then my body just stopped. Brain was not connecting with body. Frustrating. Brain fog. Can't make anything work. Can't think clearly.

106 02/19:09 MIND A cloud of my brain, like a cloud of dust. A big hazy area in my brain, not a solid tissue, not a good working organ in my body. This storm cloud. Like a really heavy storm cloud right before it going to storm or rain. I need some sort of release to feel better. To feel lighter, some release to make everything connect and work properly.

106 02/19:10 MIND Connect, to flow freely, every part needs to be working correctly for it to work. Like a short wire or something, a glitch, all energy thru the wires and one of them is flipped and the rest are being overloaded.

106 02/19:11 MIND Heavy, not weight heavy, not weighed down, not working properly. Not holding me down.

106 02/19:12 MIND Pulling me back, pushing down, (HG) downward, I don't want to be down here, I can't take a deep breath. I want something like a big claw to just lift this energy up off of me.

106 02/19:13 MIND Running against the wind, pushing down feeling, stopping me from running. Like trying to run in water.

106 02/19:14 MIND In life situation, the nanny job I am in, supposed to be done, show up unannounced, they need me longer than expected. So irritated at their child. Should be irritated at them. I wanted to scream at top of lungs, just SHUT UP! Scream as loud as I could and hit something. Tear something. Tear things, pull it apart. Dig nails into, and rip, have to have this ripping sound.

106 02/19:15 MIND My employer, they are keeping me from living my life, from moving on, from moving forward. They are an obstacle for me. Like the trying to run in water, like a boulder in my way I can't get around and can't move, just keep smacking into no matter how many times it try. Like running face first and smacking into it and falling back and getting up and doing it over and over again.

106	02/19:16	MIND	Thing with my kids, connection feels closer, already super close, seems every time I walk by, give me a hug and kiss, they want me closer. They cuddle in my lap,
106	02/19:17	MIND	The connection feels closer, like a gap was filled. Here and now we are here (HG) back to one person. They were gaining their independence and now they are my babies again.
106	02/19:18	MIND	Completely connected, not physically, not bodies, our energy, anything that I feel they can feel and anything I feel they can feel. We don't need words to communicate.
106	02/19:19	MIND	Like an animal, they don't talk, a mother and the baby, there is no verbal communication, No need for verbal.
106	02/19:20	MIND	Any feeling, I don't need to talk, for us to know how strong our bond is. Bond, something stuck together, can't be ripped apart.
106	02/20:00	GENERALS	cigarettes taste really bad. I have been smoking off and on for 10 years
106	02/20:00	MOUTH	extremely thirsty. Craving water, doesn't amel
106	02/22:00	MIND	I am so spaced out. I cant remember anything. I don't remember driving places and I don't even remember if the light was green when I just drove through it
106	02/22:05	MIND	I am staring at nothing and my mind is completely blank
106	03/00:00	EYE	intense itching in the inside corner of both eyes
106	03/00:00	NOSE	uncontrollable sneezing. 5-10 sneezes at a time
106	03/14:00	MIND	reorganizing everything. Reorganized my entire kitchen. Everything needs to flow and be perfect
106	04/00:00	MOUTH	jaw pain from tmj significantly better

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106	04/00:00	NECK	chronic neck pain since October (tension and pain in occiput , down through neck and shoulders) cured
106	04/00:00	THROAT	on the left side of my throat, externally, feels swollen and painful. Glands under my jaw feel inflamed
106	04/00:00	THROAT	throat pain, burning on right side. Hurts to swallow
106	05/00:00	BACK	low back pain, ameliorated by pressure
106	05/00:00	SKIN	spot from positive TB test returned. Itchy , dry patch
106	05/20:00	CHEST	burning in chest when I run
106	05/20:00	GENERALALS	my body is so tired. I cant run for longer than a minute or two at a time. I just don't have the energy to make my body move
106	07/14:00	MIND	Walking thru mud. My feet are stuck in the mud. I can walk, they just won't move. Slow and sticky, like I'm just stuck. Held down and weighted down the heaviness feeling.
106	07/14:01	MIND	Just this physical feeling, not being able to get moving. When I wake in the morning, I feel energized I feel productive, I get a lot done, on floor with kids, come two o'clock, that collapse.
106	07/14:02	MIND	I do what I need to do to survive. It's survival mode at 2 pm. Just do the bare minimum for everyone to stay healthy and alive and hope tomorrow is better. No energy that could possible go to doing extra work, everything can wait until tomorrow. Just what is necessary for survival.
106	07/14:04	MIND	Food, water, shelter and anything beyond those three things and it just doesn't matter. Why put in extra effort? Like being out in wild. I just need to get food shelter and water and nothing else needs to be done.
106	07/14:06	MIND	Like I think about gorillas and how they spend all their day walking and eating and when time to sleep they lie down and nap. This is how I feel, they walk and sleep and walk and sleep. I want to be a gorilla right now, I want that life
106	07/14:08	MIND	I want to follow the leader, I don't want to be the leader. Like they have a troop and the pack. I want someone else to tell me what to do and what to eat. I am the leader right now and I don't want to be.
106	07/14:09	MIND	Too much pressure, I don't want to be the one who has to figure out where to find food, how to feed my troop. I want someone else to take over I want to be a follower.
106	07/14:20	MIND	The need to perform, other people's survival depends on you, if you mess up you are messing up other people's lives as well. The responsibility, it's your fault. Falls on your shoulders.
106	07/14:21	MIND	Like a cycle, if you mess up, then pressure to fix it and it starts the whole cycle over again. It's a circle and there are points on the circle like a clock at the certain points, 12 do one task, and 6 o'clock and it's just the same thing over and over again, if you mess up on one spot it throws off whole cycle.
106	07/14:22	MIND	I go three seconds, and completely loose my train of thought. I'm thinking of one thing, then mind is completely blank, there is nothing in there.
106	07/14:23	GENERALALS	When I sneeze or pee or anything I feel so much better. There is a release. Like a relief from the neck pain.
106	07/14:23	MIND	Like hazy cloud, it's not empty, there is storm cloud in there. When I sneeze or pee or anything I feel so much better.
106	07/14:23	MIND	Tune the world out. A bubble around me no interfere, no noises, no TV, I would sit with bubble around me, no noises into my bubble unless I want them to. An invisible bubble. Just peace and quiet and nothing to attend to. Goes back to responsibility, no responsibility, no tasks acting on my brain.
106	07/14:24	MIND	Call and quiet and peaceful, serene. Like there is nobody else. Like when I was a kid I thought I could sit on clouds, this is like that, I want to sit on a cloud a fluffy cloud with nobody near me, ideal.
106	07/14:25	MIND	Peaceful, alone. Like my mind has gone black, I wouldn't have to turn my brain on for anything.
106	07/14:26	MIND	Stop it from having any thoughts any cares. Like unplugging something. Like picture is of a brain, and all the wires in it, and shooting off energy left and right and you see sparks and activity and unplug it and it just stops. Quiet.
106	07/14:27	MIND	All positive, I only want to do it for a hour or couple hour - I still need the connection of other people. I need to retreat.

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106	07/14:28	MIND	Retreat is to recharge. To get back the energy, let your body rest so not in pain any more. Like starting over. Cause mornings are so good, just retreat in the middle of the day and come back energized and ready to take on whatever.
106	08/09:00	MIND	I am feeling completely taken advantage of by the parents of the girl I nanny for. This is not a new feeling but it is much more intense. I am not hiding my disappointment with them.
106	08/09:00	MIND	I am so tired. Not tired like I need a nap but an overall weakness in my body. Daily tasks are difficult. I want to just sit around and do nothing
106	08/09:00	MIND	intense irritability with a specific child (not my own). I am so frustrated with her and want to scream at the top of my lungs and hit something.
106	08/09:00	MIND	my feelings towards my own children have intensified. I didn't know it was possible but I want to be near them and hold them every second of the day. They are even more cuddly than normal. They want to sit in my lap and cuddle all the time. This is not normal for them. every time they walk by me, they stop to give me a hug and a kiss
106	08/09:00	STOMACH	fluttery nervous feeling in stomach with anxiety. It feels like I would feel better if I could go for a run and yell.
106	09/00:00	NECK	neck pain has returned. Comes on between 2-4pm and lasts until I go sleep at night
106	10/00:00	GENERALS	low energy. Feel like I am walking through mud
106	10/00:00	MIND	when I wake up in the morning, I feel very energized and productive. I am in a good mood and get a lot done. By lunchtime, I feel like I have used up all my energy and it becomes survival mode. Do what needs to be done but what I really want to do is sit down and tune the rest of the world out.
106	12/00:00	FACE	tmj/jaw pain returned. Only on right side. Muscle at jaw joint feels swollen and tight
106	12/00:00	MIND	feeling of heaviness and walking in mud is starting to go away
106	12/00:00	NECK	neck pain has returned but not as severe. It feels like tension in the muscle on right side of neck. The muscle feel like it is short and pulled as far as it will go
106	17/00:00	MIND	I had a brief moment of thinking I should become a vegan. It only lasted about a day or two but I seriously thought about it. It wasn't that I was turned off by meat but I was completely disgusted with the process of getting milk. I felt like us, as humans, were taking something vital away from the baby cow. I felt like we were robbing this child of its nutrition for our own selfish reasons
106	60/00:00	MIND	going to have this fantastic experience.
106	60/00:00	MIND	I stepped on field, I need a sub, I can't do this. Chest was burning. Must have bronchitis. Walking thru mud, every move I made. I want someone to lead me, to set out a schedule for me, how to make my bed, lead gorilla, the rest of the pack follows, tells them where to rest, can someone tell me what to cook tomorrow, just tell me what to so. Not able to run.
108	00/00:00	MIND	I excited about the proving, have a feeling of expansion and possibility, like a new spiritual option is going to be available.
108	01/13:54	GENERALS	I am experiencing a strong whole bodies heaviness, more than sleepy, a weariness.
108	01/13:54	MIND	I am craving sugar. Not a particular kind, just sugar - like the word sugar appears before me.
108	01/13:54	MIND	I am incredibly tired and aggravated. Distracted, can't focus on them. I want them to leave asap (before intake was excited about process).
108	01/17:00	DREAMS	I have not been dreaming/remembering my dreams for at least 4 months. Was awoken by my dream this morning early. Wanted to get up after the dream, sensation of contentment even though the dream was about trying to hunt down items with an old boyfriend. My heart felt so open to him, some sadness, but I felt "above" the seemed mundane search. I eventually fell back to sleep.
108	02/10:05	MIND	very relaxed about checking in with prover. She had done several things incorrectly, and was confused about the process. I felt "in charge" and listened and helped her from a place of ease and felt I was an excellent teacher.
108	02/11:00	MIND	very compassionate and open emotionally to my prover. I felt comfortable being vulnerable and open.
108	02/20:00	MIND	spent the day getting a lot done, working on projects at home, doing proving stuff, and cleaning. I felt tons of energy and was very relaxed.
108	02/21:00	MIND	I am really noticing dogs and really want to get one. I went on-line to look at dogs, and felt such love and connection to each picture I saw.

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108	03/13:00	MIND	Had one of the most profound sessions with a bodywork client. The alchemy of doing bodywork and listening to him speak about his childhood - I understood in a much deep way the idea of he being the face of the divine for me, and me being the face of the divine for him. It gave me access to my being in such a profound and uncomplicated way.
108	03/16:00	MIND	I couldn't hurry today, I had sessions back to back, then I was planned to go to a class in the evening, and I couldn't ignore my internal pace. I ended up spending time keeping myself company at home. Calm and relaxed and happy.
108	04/00:00	DREAMS	woke up this morning before the alarm, with the sun, and I was laughing. I don't remember the content of my dream, but the desire to get up and be in the world was very strong. I was laughing out loud.
108	04/00:00	MIND	am in an ecstatic state. Singing the Beatles songs out loud full volume the last couple of days - especially the songs- "getting better" and "fixing a hole" and in all songs I listen to I feel that they are all about the divine, and about living a life that brings me closer to the divine.
108	04/10:00	URINARY	increase urination since the proving began, am not changing anything - same hydration level, same activity level.
108	04/11:30	MIND	want to curl up in the sun, be in the sun, just feel the sun. Was talking to friends about being near the ocean, sitting in the sun.
108	04/14:45	MIND	in my youth I heard about the El Camino de Santiago, the pilgrimage. I always have wanted to walk it. It has become an obsession of a sort with this proving. Watched the movie "the way" around 15 times, sobbing every time. Touched by the beauty of journey, of the physicalness of the walk, and of the reality of close bonds that are formed. Then a friend told me about a lecture by a woman who had just gotten back this week.
108	04/14:45	STOMACH	heavy nausea and upset stomach after I picked up the movie "the way." had to cancel clients and sleep for several hour, now feel okay.
108	06/00:00	DREAMS	Last night I dreamt that my ex boyfriend and I were looking at some photos and I saw some of another friends dog that had died. I remember placing the photos of the big tan dog to the side and commenting on how much she would appreciate the photos of her dead dog. I felt a mix of sadness for the death and a kind of open expansiveness about the love that she had for the dog. I remember thinking the dog was a male.
108	08/10:00	MIND	Feeling really annoyed by the proving and what seems like so much work. I want to do this and I so enjoy talking and connecting with the provers, but there is part of me that just wants to numb out and not deal with this. This is unusual.
108	08/11:00	GENERALS	still craving sugar
108	09/10:00	MIND	excel program crashes, had to upgrade to be able to open application. Also my word application crashed and had to upgrade.
108	09/11:00	MIND	I don't feel like contacting my provers, feel bothered by the task, but not the people, just the fact that I have to pay attention in that way.
108	09/13:00	MIND	Had a very strong reaction to an email from the master prover. Reactive, like "back off" from my provers and my process. Felt affronted and angry and an energetic lashing out. I literally bit my tongue.
108	09/13:30	MIND	Was able to return to a peaceful place after the strong emotions quickly.
108	09/14:00	STOMACH	strong nausea and dizziness for most of the day. Upset stomach.
108	10/00:00	DREAMS	Had a dream last night where I was trying to solve an issue with several friends and it was very frustrating and I was really upset. Woke with agitation and frustration. A sensation of wanting connection with the people to also wanting to just get the task done. It was like I was observing myself in the dream and the dream itself while I was dreaming. A distracted calm with agitation on the edges.
108	10/00:00	GENERALS	Thru out the proving I have had significant night sweats. I am in peri-menopause, but during the proving the night sweats are major heat. Waking me up often, unrefreshed sleep.
108	10/09:30	MIND	Relaxed at work, clients late and early, tight schedule, but felt relaxed and calm and very productive. Reorganized my files and office draws.
108	11/00:00	DREAMS	I woke with a smile from my dream. Don't remember the content, but the feeling was one of contentment during a frustrating task.
108	11/00:00	MIND	I signed up for the Warrior Dash and feel excited about the challenge.
108	11/00:00	MIND	Relaxed about the forecasted snow storm. Usually nervous about snow, but not this time. Very relaxed, feel like everything will be just fine.

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108	11/09:30	MIND	I love my provers, I am so happy to talk with them - but the idea of connecting to them seems like a bother because I feel so in the moment.
108	12/00:00	MIND	I am aware of a sensation of "back off" my calm. I have an anger that is rapid and accessible, but there is also a part of me that is calm and witnessing. It feels like I want the world to leave me alone in my calm. I recall an old phrase I used to say when smoking pot - don't harsh my buzz, meaning don't do anything that will affect my sensation of being "high." A loose connection to the here and now/an altered state.
108	12/00:00	MIND	Restriction around money flow lately, people not paying; clients not showing up. Feeling out of the flow of things.
108	12/08:15	MIND	I saw a vulture last week for first time, they are so cool. Like prehistoric or something. The beak and stuff, can't describe it - looks really old, like a ancient creature.
108	12/08:15	MIND	Just go away man, you're harping my buzz.
108	12/08:15	MIND	Light up on someone, to get angry. Your anger in igniting, and a quality of enlightenment.
108	12/08:15	MIND	Two images are better for connection than one solitary image
108	13/10:00	MIND	Took my constitutional remedy. Was feeling high anxiety about "making it," which is a familiar state.
108	20/14:00	MIND	Became obsessed with making my bedroom feel more cozy, snuggling in. Needed to have lightness, flower themed curtains, a hue of turquoise. I wanted comfort, elegant yet more like cotton than any other texture. Spent hours at stores, sort of out of time, talking to myself trying to find items that matched my need for comfort and lightness. Ended up getting shower curtains that worked because they were cotton, white back ground with birds and moths on them. Bedspread has a tan with light turquoise flowers. Sleeping better, big soft pillows, green blanket. Decorated my room with images of birds and butterflies. Also received an old mirror from a friend and went and got in in the middle of the night to complete my bedroom. all this decorating happened in the night, was done by 2am. It just felt so right.
108	22/00:00	MIND	Feeling desperate about the coming spring. I can't wait for the flowers and the working of the soil, yet feeling a bit apprehensive about money and flow.
108	22/00:00	MIND	Have been using the word cocoon to describe the last six months - living alone is a blissed solitude. Feeling a kind of protected and out of time state in my house. Working on childhood beliefs that are limiting me.
108	23/00:00	MIND	Have had standing water in my basement. Water flowing in my garage. I get nervous, but then I don't really care, a kind of nervous detachment, hurried then still.
108	23/00:00	MIND	purchased some pot - haven't smoked it, but I wanted to. I was looking for a detached bliss state that I remember from smoking pot in the past. Being in the sun, on the beach all day. Swimming in the ocean, laying on the beach. The sound of the ocean, calm and soothing, the strong heat of the sun, the touch on my skin, the sweat, the smell of ocean and breeze. a literal drugged state.
108	23/00:00	MIND	Strong strong desire to travel. I just booked a flight to visit relatives and see the ocean.
110	04/00:00	GENERALS	In the afternoon, getting flu like symptoms
110	04/00:00	MOUTH	Canker sores appear on right roof of mouth, painful (PM)
110	04/00:00	THROAT	Sore, scratchy, tight (PM)
110	04/18:00	CHEST	Lungs feel tight, congested
110	04/18:00	COUGH	urge to cough, dry non productive
110	05/13:00	MIND	It's like either too much connection or totally missing connection. Phone calls missed, can't understand proving supervisor role for recording, can't make computer save
110	06/11:00	CHEST	Does not seem to be developing into progressive flu or cold. About the same
110	06/11:00	COUGH	Same as yesterday. Not progressing. Dry, unproductive
110	06/11:00	THROAT	Continues to be sore, constricted, scratchy
110	07/12:00	FACE	aching around eyes and cheekbones
110	07/12:00	FACE	nose now running, clear mucous
110	07/12:00	GENERALS	fatigue, exhaustion despite adequate sleep
110	07/12:00	GENERALS	Symptoms of cold progress
110	07/12:00	HEAD	pounding headache across front of forehead
110	07/12:00	MIND	(O) Prover sounded joyful and in awe of the positivity of her experience

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- 111 00/07:00 DREAMS I am with a group of women. Someone recommends taking a bath in an herb called Orchega. She says it costs \$400 for the soak. Another woman says that a massage therapist (who I know) offers this same soak for \$60. I find a slip of paper in my bag from the massage therapist offering me this soak for \$80-110. Feeling: her frequent customers must get a special deal. I am getting a sort of special deal. Having this soak before a massage but make it easier to do the massage
- 111 00/07:00 DREAMS I am with two friends deciding when to go home. I feel as if I am avoiding going home. One friend shows me how he does a yoga headstand. I remember that I have a massage scheduled for that day. I'm not sure which YWCA my massage is scheduled at or what time it is. I get on a computer to check this and find that I've scheduled it for downtown so I need to get going. This must be with a massage therapist that I've never worked with because I don't usually get massages at that location. I feel nervous about a new masseuse. anxious about the time. Hurried.
- 111 00/07:00 DREAMS I am wondering what I should feed my baby
- 111 01/09:00 MIND during first hour after prover took remedy I was restless. Found self doing other things while I was taking notes of her symptoms. Felt easy to go back and forth between activities.
- 111 03/00:00 DREAM Sheets on my son's bed are dirty. I am very aware of dark spots of dirt on white sheets. For some reason I cannot wash them yet and feel anxious about the dirt.
- 111 03/00:00 MIND Aware of how dirty my daughter's white headband is. I feel anxious about this. Want to tell her to wash it.
- 111 08/17:00 VISION flickering vision in periphery on left side. Disappears if I move eyes to the left. Reappears when I look straight ahead. When I close eyes, flickering is still there but to a lesser degree.
- 111 09/16:00 MIND finding myself overreacting with my family. Last night over how messy the kitchen was. Today over how much my daughter spend on groceries and what she bought. These kind of things tend to bother me, but the intensity of how upset I got surprised me.
- 120 04/04:00 MIND Really irritated at her. I end up doing her work and she makes me feel guilty for pointing this out. I'm just going to be mad for a while. The self-righteous attitude, the my issues are SO important. My life is SO dramatic. It's all about me. And in the end, I'm doing all the work for her. totally sucks. Want to be vindictive for a while. Want to tell on her, to tattle. Whatever, psycho woman.
- 120 04/04:01 MIND Feeling really protective. Want to make sure she's safe, taken care of, not made to be a fool when has to talk to others. Don't want people to be mean to her.
- 120 07/14:23 MIND Lost in my own little world.
- 120 07/14:28 MIND My computer is making noises like a pig, a wild bore.
- 120 12/08:15 MIND Come in to our little world for just a day.
- 120 12/17:00 MIND quick image in mind of car driving by and grapping my son and roaring off, I immediately felt that I would drive after them as fast as a could. I would give chase and I would catch them, going very very fast.
- 120 12/17:00 MIND quick image in mind of one of my fingers getting ripped off, shredded and bloody.
- 121 60/00:00 MIND I have no memory of talking to any of you
- 121 60/00:00 MIND I stopped walking.