Prover	Prover Publicat	Timestamn	Day (# format	t) Mind/Body System	m Concise Symptom Note	Suggested Rubric #1	Suggested Rub Suggested Rub Suggested Rub Suggested Rubric #5
1802	2	0:00		4 Abdomen	Gassy, bubbly feeling.	ABDOMEN - BUBBLING SENSATION, AS IF BUBBLES WERE MOVING	
1802	2	0:00		5 Abdomen	Gassy, bubbly feeling.	ABDOMEN - BUBBLING SENSATION, AS IF BUBBLES WERE MOVING	
1802	2	0:00		7 Abdomen	Gassy, bubbly feeling.	ABDOMEN - BUBBLING SENSATION, AS IF BUBBLES WERE MOVING	
1802	2	0:00		9 Abdomen	Gassy, bubbly feeling.	ABDOMEN - BUBBLING SENSATION, AS IF BUBBLES WERE MOVING	
1802	2	0:00		Abdomen	Gassy, bubbly feeling.	ABDOMEN - BUBBLING SENSATION, AS IF BUBBLES WERE MOVING	
1802	2	0:00		Abdomen	Gassy, bubbly feeling.	ABDOMEN - BUBBLING SENSATION, AS IF BUBBLES WERE MOVING	
1802	2	0:00		Abdomen	Better with flatulence, bloating	ABDOMEN - DISTENSION - flatus; passing - amel-	ABDOMEN - DISTENSION - flatulence - from
1002	-	0.00	1	, madernan	I was super gassy throughout the	ABBOTER BISTERSION Hatasy passing affect	ABSTRACT INCIDENT INCIDENT
1802	2	13:22	2 2	27 Abdomen	proving. That is better. From waking for two hours.	ABDOMEN - FLATULENCE - waking; on	
1002		15.22		Abdomen	The gas is foul. My tummy is very	ABBONEN TERTOLENCE WAKING, OIL	
1802	2	13:23	, ,	7 Abdomen	bubbly, I can feel gas moving in my tummy.	RECTUM - FLATUS - offensive	ABDOMEN - BUBBLING SENSATION, AS IF BUBBLES WERE MOVING ABOUT
1802	2	0:00		Abdomen	Foul smelling flatulence	RECTUM - FLATUS - offensive	ABBUMEN - BUBBLING SENSATION, AS IT BUBBLES WERE MOVING ABOUT
1802	2	0:00		Abdomen	Foul smelling flatulence	RECTUM - FLATUS - offensive	
1802	2	0:00		Abdomen	Foul smelling flatulence	RECTUM - FLATUS - offensive	
1002	2	0.00	,	Abdomen	Cramping and rumbling in my	RECTOR - TEATOS - OHERSIVE	
1805	5	6:14	1	7 Abdomen	abdomen. I had to rush to the toilet again.	ABDOMEN - PAIN - flatus; passing - amel cramping	ABDOMEN - RURECTUM - DIARRHEA - flatus; passing - after - amel-
					The last three years has been a		
					whirlwind journey when I became sick;		
					I had a tumor in my liver. I was super sick, I almost died, I had it removed, I		
					turned to alternative and		
1806	6	10:22	2	Abdomen	complementary medicine.	ABDOMEN - LIVER AND REGION OF LIVER; COMPLAINTS OF	
					I woke with pain in my abdomen, on		
					right quadrant around liver, under ribs, took my breath away, it lasted for four		
1806	6	7:15	5	2 Abdomen	hours.	ABDOMEN - PAIN - Liver	RESPIRATION - ARRESTED - pain; during
2200	ŭ				Xiphoid process to ribs, pain from ribs		
					to top of stomach internally, radiating		
1806	6	9:45	5	4 Abdomen	from side inward, pain intensity is 5	STOMACH - PAIN - extending to - Ribs; around	
					The liver tumor was benign that I had,		
					caused by estrogen, possibly a hepatocellular adenomas. I will look it		
					up. The tumors are a result of birth		
					control pills and common in		
1806	6	10:39	9	Abdomen	childbearing aged women.	X	
					I feel a moment of nausea in the middle of my abdomen, but the feeling		
1808	8	9:50		1 Abdomen	passed within a few minutes.	STOMACH - NAUSEA - Abdomen; in	
					There's a sore spot at a 45 degree		
					angle to the right, below my belly		
					button. Maybe appendix area? When I		
					bend straight over, like in a forward bend, it's like I'm bending over		
					something, almost as if over a button		
					on a pair of pants, but there's no		
					button there. When I stand up and palpate the areanothing. But I keep		
					feeling it when I bend over. After doing		
					a few times on purpose, it's a bit sore.		
					I have feel that feeling before bending over but this is the most consistently		
1810	10	9:00	) 2	2 Abdomen	sore it has been.	ABDOMEN - PAIN - bending - forward - agg.	ABDOMEN - FO ABDOMEN - PAIN - sore
			_		Dull ache, upper stomach, slightly		
1810	10	2:13	3	1 Abdomen	more on the right.	ABDOMEN - PAIN - right	
1810	10	12:23	3	1 Abdomen	Persistent mild stitching sensation and pain, right above belly button.	ABDOMEN - PAIN - stitching pain	
1811	11	12.2.		.8 Abdomen	Tightness, epigastric, like a pulling.	ABDOMEN - PAIN - Sitering pain  ABDOMEN - DRAWING IN ABDOMEN - agg-	
1011	- 11		-	.o , .odomen	Sharp, short duration (a few seconds)	ADDONER DISTRICTOR ADDONER agg	
					pain in epigastric region. Two times,		
1811	11	0:00	)	3 Abdomen	about 15 minutes apart.	ABDOMEN - PAIN - sharp	ABDOMEN - PAIN - sitting - agg stitching pain
					In the morning I was very gassy when		
					I woke up and I had it until noon. It		
					feels bubbly, airy, crampy. Like I have these bubbles full of air traveling thru		
					my colon. I do feel bloated. Foul		
1802-S	3	5:00	1	6 Abdomen	smelling, and having flatulence relieves the gassiness.	ARDOMEN - BURRUING SENSATION AS IE BURRUES WERE MOUTAN	G RECTUM - FLATABDOMEN - DISTENSION - flatus; passing - amel.
1802-S 1802-S	2	8:00		9 Abdomen	•	ABDOMEN - FLATULENCE	o iteoror - ) Entaborate - DISTENSION - Hattis, possing - arier.
1802-S 1802-S	2	21:00		9 Abdomen 9 Abdomen	Feeling gassy Feeling gassy	ABDOMEN - FLATULENCE ABDOMEN - FLATULENCE	
1802-S 1802-S	2	6:00		9 Abdomen 1 Abdomen		ABDOMEN - FLATULENCE ABDOMEN - FLATULENCE	
1802-S 1802-S	2	5:30		.1 Abdomen .2 Abdomen	Feeling gassy Feeling gassy	ABDOMEN - FLATULENCE ABDOMEN - FLATULENCE	
1802-S 1802-S	2	6:00		35 Abdomen	Feeling gassy Feeling gassy	ABDOMEN - FLATULENCE ABDOMEN - FLATULENCE	
1002-3	2	0:00	20-3	2 Abdomen	Bloated feel bruised, swollen right	ADDOMEN - LATOLENCE	
					below the belly button worse as night		
1803-S	3	0:00	)	3 Abdomen	went on.	ABDOMEN - DISTENSION - Lower abdomen	
					Pressing sensation on bending forward,		
					lower right, wondered about		
1810-S	10		2	24 Abdomen	appendicitis. had left ovary removed a few years ago.	ABDOMEN - PAIN - bending - forward - agg.	ABDOMEN - PAIN - pressing pain; bending - forward - agg.
1010 3	10		2	ADDUOTHETT	Really sharp, stabbed feeling, localized.		negotial that pressing paint, bending to have agg.
1811-S	11			4 Abdomen	Epigastric region. Short and intense.	ABDOMEN - PAIN - sharp	ABDOMEN - PAIN - cutting pain
					Twinge in back is gone, leg pain at hip		
					area is back a little, lasted about two		
1806	6	13:15		2 Beels	hours and much less intense than	BACK - PAIN	
1806	6	13:15	,	3 Back	before.	DACK - FAIN	

Description	Descen Bublicat Tie		Day (# farmest)	Mind/Dady Cyaham	Consider Computers Nata	Suggested Rubric #1	Currented Bull Curren
Prover	Prover Publicat III	nestamp	Jay (# TOTTIAL)	) Miliu/Body System	Concise Symptom Note Stabbing pain in my back on the right	Suggested Rubric #1	Suggested Rub Suggested Rub Suggested Rubric #5
1806	6	19:3	) 1	1 Back	side just under the shoulder blade.	BACK - PAIN - cutting pain	EXTREMITIES - PAIN - Shoulders - right - cutting pain
					Pressure in lower back at pelvis (sacrum), middle between spine and		
					right side, discomfort radiating down to		
					knee and up to bra line, in a straight line about 3' wide, feels better when		
1806	6	9:1	5 3	3 Back	rubbed.	BACK - PAIN - Sacral region - rubbing - amel-	BACK - PAIN - right
					Pain in my right shoulder and back		
1806	6	11:0	) 4	4 Back	from shoveling, tender to the touch and movement.	EXTREMITIES - PAIN - Shoulders - sprained; as if	EXTREMITIES - BACK - CRAMP
					Also, I feel tension in the back of my		
1808	8	13:3	5 14	4 Back	neck, a tightness.  The pain and stiffness in my back (righ	NECK - TENSION	
					side, around my ribs and along right		
1809	9	5:1	3 0	Back Back	side of spine) has started spasming.	BACK - PAIN - right	BACK - STIFFN BACK - CRAMP
					My back is occasionally spasming. Right side, sudden tightness. Takes my		
1809	9	7:3	3 0	Back Back	breath away, the pain is quite strong.	BACK - PAIN - right	BACK - SPASM RESPIRATION - ARRESTED - pain; during
					It's difficult to get a full breath because of the tightness in my back. It reminds		
					me of when you get the wind knocked		
					out of you from a blow to the back. Still just the right side of my back.		
1809	9	9:3	3 0	Back	Tight. Spasming occasionally.	BACK - PAIN - right - aching	RESPIRATION -BACK - PAIN - BACK - PAIN - blow; pain as from a
					Woke up with bad back pain. It's a		
					muscle tightness on my right side; left side is fine. Hurts to move. It's the		
					kinda tightness or pain you get from moving a bunch of stuff, like I lifted		
					something without the proper support.		
1809	9	6:0	7	7 Back	But I didn't actually do that. Not sure why this pain is here.	BACK - PAIN - waking - on	BACK - PAIN - BACK - PAIN - right
1005	,	0.0			Pressing pain in my sacral region it		
1810		22:4		1 Back	came and went.	BACK - PAIN - Sacral region	
1811	. 11	17:0	5	5 Back	Shoulder pain, burning.	EXTREMITIES - PAIN - Shoulders - burning	GENERALS - PAIN - burning
					All of this tightness in my upper back and shoulders is all pulling down and it		
1811				Back	wants to stretch down.	EXTREMITIES - TENSION - Shoulders	BACK - TENSICBACK - STRETCHING - amel-
1811		17:0		5 Back	Neck pain, burning pain.	NECK - PAIN - burning	GENERALS - PAIN - burning
1811	. 11	0:0	J 2	2 Back	Neck tight.	NECK - TENSION	
1811	. 11		18	Back	Neck, shoulders, and upper back have been excruciatingly tight.	NECK - TENSION	EXTREMITIES - BACK - TENSIC BACK - TENSION - Cervical region - Nape of neck
					This gray sort of blob, drooping, a		
					kneaded eraser, a drawing eraser, it is smooth, like silly putty. But, that		
1811	11			B Back	doesn't droop. That consistency, but	v.	
1011			10	DdCK	My back aches. It is difficult to prepare	^	
1812	12	19:0	0 0	Back	dinner and do the dishes.	BACK - PAIN - aching	BACK - PAIN - motion - agg-
1812	12	18:0		1 Back	My back aches. Dinner time chores were difficult.	BACK - PAIN - aching	
1012	. 12	10.0	, .	I Dack	Tense shoulders and upper back.	DACK - FAIN - aching	
1812	12	7:3		) Back	Closed fists.	EXTREMITIES - TENSION - Shoulders	BACK - TENSIC EXTREMITIES - CLENCHING - Fists
1803-S	3			5 Back	Back pain from shoveling.	BACK - PAIN - motion - agg-	
1803-S	3	19:3	) 1	1 Back	Lower back stiff from sitting.  I want to keep in alignment, spine	BACK - PAIN - sitting - agg sore	
					straight, to move torso at once. Cannot		
1803-S	3	0:0	) =	3 Back	bend forward. Must move upper body in one solid entity.	BACK - PAIN - Spine - bending - forward - agg-	
1803-S	3	0.0		4 Back	Upper neck and back stiff.	NECK - STIFFNESS	BACK - STIFFNESS
1803-S	3			7 Back	Stiff neck, upper shoulders and jaw.	NECK - STIFFNESS	EXTREMITIES - FACE - STIFFNESS - Jaws
1010 C	40			Deel.	Quick successions of pumping pressure	BACK DAIN sulesting sain	
1810-S	10		2	2 Back	in lower back.  Neck has a crunchiness to it, like the	BACK - PAIN - pulsating pain	
					knees and hips. Feels crumbling.		
					Fragile, weakened. Need to stretch. Better when stretching. The pain feels		
					cold and gray. Like concrete crumbling		
					apart. Crunchy is more the roughness of the concrete. No moisture. Dry and		
1811-S	11		6	5 Back	crumbling.	NECK - WEAKNESS	MIND - DELUSI GENERALS - DI NECK - STRETC GENERALS - STRETCHING - amel-
1811-S	11	0:0	1	1 Back	There's more space between my vertebrae.	x	
1803-S	3	0:0		5 Bladder	Lose urine when coughing.	BLADDER - URINATION - involuntary - cough agg.; during	
					Persistent leaky bladder when		
1810-S	10		20	) Bladder	sneezing.	BLADDER - URINATION - involuntary - sneezing agg-	
					A warm heat, a tension, like you are clenching your fist, but it is in your		
1802	2	13:0	5 27	7 Chest	chest.	CHEST - HEAT	EXTREMITIES - CLENCHING - Fists; in chest, sensation as if
1802	3	13:0	2.7	7 Chest	I also feel this heaviness in my chest and heat.	CHEST - OPPRESSION	CHEST - HEAT
1802		0:0		Chest	and neat.  Heart beating faster.	CHEST - OPPRESSION  CHEST - PALPITATION OF HEART	MIND - AWARENESS HEIGHTENED - body; of - Heart beating
1002	-	3.0		2200	Now it feels empty, like my chest is	The Property of the state of th	- The state of the
					opening, like two French doors, opening, there is a big open space		
1803	3	9:5	30	Chest	within, it is ready to receive.	MIND - DELUSIONS - heart - open; is - like two French Doors	MIND - AWARENESS HEIGHTENED - body; of - Heart beating
			_				

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1804	A	15:11		Chest				.0.25	
1804	4	15:11	. 10	CrieSt	Heart is fragile.	MIND - DELUSIONS - heart - brittle, is	MIND - AWARENESS HEIGHTENED - body; of - Heart beating		
					My chest feels heavy, congested, especially around the heart, and thick				
					with mucus in lungs. Breathing is				
1805	5	19:16	12	Chest	difficult too.	CHEST - CONGESTION	CHEST - MUCU RESPIRATION CHEST - OPPRI CHEST - CONGRETATION	STION - Heart	
					Craniosacral therapist/chiropractor				
					found that my lower rib cage area was				
					tight and there are fascial adhesions				
					forming. She said this is called the				
					"fear band" and is associated with				
					stuffing emotions down and not dealing				
					with them. After she worked on me, I was able to take a deep breath that				
					feel free, like my breathing before had				
1808	8	7:00	17	Chest	been constricted.	CHEST - OPPRESSION	MIND - EMOTICCHEST - CONSTRICTION		
1802-S	2	19:10		Chest	Aware of breathing.	MIND - AWARENESS HEIGHTENED - body; of - Respiration			
1802-S	2								
	2	19:30		Chest	Slow breathing.	MIND - AWARENESS HEIGHTENED - body; of - Respiration			
1805	5	6:21		Cough	Today I have a tickling cough.	COUGH - TICKLING			
1805	5	6:05	15	Cough	My cough is almost gone.	X			
					Dry cough, but lots of mucus. The				
					cough is dry in my chest; but I had a				
					lot of mucus running down my throat.				
					It felt I had to constantly swallow the				
					mucus. It was not coming up from coughing but would sometimes irritate				
					my throat and cause me to cough. No				
					mucus in the lungs. But if was so thick				
					in my throat. I think swallowing all this				
					mucus would upset my stomach as I				
					had nausea and vomiting the first days				
1803-S	3	0:00		Cough	as well.	COUGH - DRY	COUGH - MUCLTHROAT - MUC STOMACH - NA STOMACH - VC	STOMACH - VC STOMACH - VOMITING	G - expectoration; during
1803-S	3		5	Cough	Dry cough, tickles.	COUGH - DRY - tickling, from - Larynx; in			
					Must cough. Mucus will choke me if I				
1803-S	3	0:00	3	Cough	don't spit it out.	COUGH - EXPECTORATION - agg-	THROAT - CHO THROAT - CHO STOMACH - VOMITING - expec	toration; during	
					Worse at night, it feels like mucus is				
					stuck to lungs, on the inside and it rips				
					off from my lungs. The lungs feels				
1803-S	3			Cough	sore.	COUGH - NIGHT	CHEST - PAIN - cough - during - agg sore		
1803-S	3	19:10	1	Cough	Tickle in throat.	THROAT - TICKLING			
1811-S	11	0:00	1	Cough	Cough is drier. Hard to breathe.	COUGH - DRY	RESPIRATION - DIFFICULT - cough - during - agg-		
	_			-	If I talk too much or too loud I will				
1811-S	11	0:00	1	Cough	cough.	COUGH - TALKING - agg-	COUGH - TALK COUGH - TALKING - impossible		
		2.00			My cough is different now. I can't talk				
					loud. Breathe then quiet. Like it's				
					breathing for me. Like breathing				
					outside in the winter. It is difficult to				
					breathe like the effort needed to				
1811-S	11	0:00		Cough	breathe in cold air in the winter.	COUGH - TALKING - agg-	RESPIRATION RESPIRATION THROAT - SENSITIVE - air; to		
1802	2	0:00	)	Dreams	Feeling that it was too late.	DREAMS - DISAPPOINTMENTS			
1802	2	0:00	)	Dreams	Feelings that can't fix things now	DREAMS - DISAPPOINTMENTS			
					In dream, couldn't tell him I wanted to				
					marry him, never have in real life				
1802	2	0:00	)	Dreams	either	DREAMS - DISAPPOINTMENTS			
					I wanted to be in control. The girls face				
					was so swollen it was really scary. The				
					guy being stabbed was also really				
					terrible. At the end I was leaving and I				
					was going back to being alone, and I				
					was trying, I remember now, I was				
					trying to get back to where I was from. Although, I didn't know where that				
					was. I was alone. My friends had				
1802	2	13:21	. 27	Dreams	disappeared. Then I woke up.	DREAMS - FORSAKEN; BEING	MIND - FORSAIMIND - FEAR - control; losing		
					Dreamt I was in a parking garage				
1802	2	0:00		Dreams	alone, cold feeling, cement all around.	DREAMS - FORSAKEN; BEING	DREAMS - UNDERGROUND		
1802	2	0:00		Dreams	Feeling heart broken.	DREAMS - GRIEF			
1802	2	0:00		Dreams	•	DREAMS - GUILT	DREAMS - LOST; BEING		
1802	2	0:00	'	Diedilis	Feeling guilty, lost.	1 11	DICLAMS - LUST; DETING		
					I was in this restaurant with a bunch of				
					people I didn't know. I was a celebrity and I was with my boyfriend, this guy,				
					and I was with my boyrriend, this guy, and another girl. There were chasing				
					us (mafia sort of guys). They grabbed				
					one of the people I was with and they				
					were stabbing him, he was dead. Then				
					the scene shifted it was as though I				
					was watching this on television, I				
					turned away. 'Why am I watching this?'				
					Watching this guy get stabbed in the				
					neck multiple times. This was terrible. There was a really big beehive. The				
					girl's face was really swollen from all of				
					these bee stings, she ran into the				
					beehive. 'Hey, can I give you a				
1802	2	13:18	27	Dreams	remedy?' I asked her. She said, 'Yes.'	DREAMS - MURDER	DREAMS - FRIC DREAMS - BEE DREAMS - STU DREAMS - HON	DREAMS - ESCAPING - Mafia; from th	e
1802	2	0:00	32	Dreams	A friend marrying another girl.	DREAMS - WEDDING			
1002	-	0.00	32		,g znocher gim				

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Prover	Prover Publicat	Timestamp	Day (# format)	Mind/Body System	Concise Symptom Note	Suggested Rubric #1	Suggested Rub Suggested Rub Suggested Rub Suggested Rubric #5
					I feel sweaty upon awakening. I feel panicky. I feel a little disoriented.		
					Trying to remember where I was that I		
					was in my own bed. I wasn't alone in		
					some random city trying to figure out		
1802		13:2		Dreams	who I was, where I was, and how to get home	MAND CONFLICTON OF MAND	WIND TELL PERSONNELLE LOCK PERSONNELLE L
1802		13:2	1 2/	Dreams	3	MIND - CONFUSION OF MIND - waking, on	MIND - FEAR - PERSPIRATION DREAMS - LOST; BEING - city; in a
1802	, ,	0:0	n	Dreams	Feeling anxious and upset, upon awakening and in dream.	MIND - FEAR - waking, on - dream, from a	DREAMS - ANXIOUS
1002		0.0	J .	Dieanis	I realized frightful dreams, I don't	MIND - I LAK - Waking, on - dream, nom a	DREAMS - AINTOUS
					recall having fear in my dreams, fears		
					around being confronted or fearing that		
1803	3	9:2	9 30	Dreams	people aren't listening to me.	DREAMS - FRIGHTFUL	
					Dream: Kayaking through Orcas, we		
					were family, they are my favorite		
					animals by far, they caressed me, I caressed them, just a great big family,		
					like we were from another world, we		
					were family. Together. That was an		
					amazing dream. It was like being a part of a family unit. It was touching		
1804	. 4	14:2	2 1	Dreams	and moving and beautiful.	DREAMS - FAMILY, OWN	DREAMS - OCE DREAMS - WHALES - orcas
					Orca dream, I don't have to dive deep,		
					I can just be here. That eternal silence		
					does exist. It is just beautiful. This		
					capacity to be in anything and be still. So clear and blue is the ocean. That is		
					what the peace is like. 30 meters below	,	
1804	4	21:5	3 9	Dreams	the surface.	DREAMS - FAMILY, OWN	DREAMS - OCE MIND - TRANQUILLITY
					Dreams of a body being cremated on a		
					funeral pyre. Everyone is dressed in		
					white, and crying silently. I feel like I		
					am observing. Like I am having an out of body experience. I am dressed in all		
1805	5	7:0	7 4	Dreams	white too.	DREAMS - DEAD BODIES	DREAMS - OBS MIND - DELUSIONS - body - out of the body
					I am in a forest, I see a dead body		
					lying in the forest. The forest is lush		
					and dark green. There is a definite moist, green sensation in my nose. The		
					body is that of a perfectly white man,		
					at first I thought it was a woman, but it		
					is a man. The canopy of the forest is		
					thick and shading most of the forest,		
					except where the body lies. The body is lit by the sun. I have the thought, he		
					must've died recently. I walk toward		
					the body and all of these dark shapes		
					disperse throughout the forest around		
					me, as though they are on alert. I reach to touch the body and then I am		
1805	5	5:0	0 1	Dreams	suddenly awake.	DREAMS - FOREST	DREAMS - DEA DREAMS - VIVI DREAMS - WAL DREAMS - DARKNESS
					I dreamed of meeting an old friend on		
					the street; she was quite elderly, but		
					surprisingly, I was young. She		
					introduced me to her baby! That was shocking. The baby had beautiful curly		
					blond hair and dark, dark eyes, and		
					she had a third eye in the center of her		
1805	5	5:5	4 23	Dreams		DREAMS - FRIENDS - meeting friends - old friends; meeting	DREAMS - CHILDREN; ABOUT - blond hair and three eyes; with
					Dreams of attending funerals,		
					mourning, crying. A lot of crying all around. I can't make out whose funera		
1805	5	7:1	0 9	Dreams	it is?	DREAMS - FUNERALS	DREAMS - COFFINS - unknown corpse; with an
					I dreamed that my grandmother was		
					tucking me in at night. I was telling her		
					how I am very afraid of the dark. She		
					said to me, 'Dear child, there are so many things to be afraid of, don't be		
					afraid of the dark. The dark holds the		
					mysteries of life. You must learn to		
					embrace the darkness and it's		
					mysteries' Then, I reached out to hug her and she was a ghost. She lived		
					until just a few years ago. I wasn't a		
					child when she died. So I was		
					comforted and confused and I woke up		
					feeling a little afraid. But, then I realized, it was a dream and a part of		
1805	5	6:0	5 21	Dreams	the mysteries of life	DREAMS - GHOSTS	DREAMS - GRAMIND - FEAR - DREAMS - CHILDREAMS - VIVID
					The door opens, this is a paradise, you		
					live on a beach, there is this warm		
					water, open water, everyone on the		
					beach gets along. Paradise, you're on this beach sitting on a chair, waves		
					rolling in, everything is available to		
					you. You don't want anything,		
1806	6	10:2	9 11	Dreams	whatever you need is just there.	DREAMS - PARADISE; VIEW OF	DREAMS - BEAIDREAMS - OCE DREAMS - UNI DREAMS - VIVID
					Had a really weird dream about my		
1806		3:0	n 5	Dreams	estranged sister, as outlined in my journal.	DREAMS - SISTER	MIND - ESTRANGED - family; from his
1000		5.0			,		

Prover	Prover Publica	t Timestamn	Day (# format)	Mind/Body System	Concise Symptom Note	Suggested Rubric #1	Suggested Rub Suggested Rub Suggested Rub Suggested Rubric #5
					The night before this dream I thought		
					to myself, I hadn't heard any bad		
					news, I had to turn him into the police without being found out. I had to be		
					secretive. So then he could maybe hit		
					rock bottom and rebuild his life. I am not normally like this. Not at all, this		
					secretive behavior the last year and a		
					half it feels so wrong. My brothers		
					confronted my sister's husband, so now they are cut off, estranged, a big		
180	8 8	3:0	0 7	Dreams	divorce in the family.	DREAMS - DIFFICULTIES	DREAMS - POL DREAMS - SECRET - keep a; must
					Had a dream about a friend I haven't		
					spoken to in over a decade, that she was having a baby shower and I was in		
					charge of choosing the baby's name.		
180	18 8	0:0	0 4	Dreams	(This friend isn't married or pregnant.)	DREAMS - FRIENDS	
					Had a dream about a family member with whom there has been conflict in		
					real life. In the dream, I feel relief		
					because I thought the family member would find an impetus to finally change		
180	8 8	3:0	0 7	Dreams	to be a better person.	DREAMS - QUARRELS	DREAMS - FAMILY, OWN
					Dream of an old male friend from high		
					school and college. He is a very attractive man, could have easily		
					modeled, but he lacked a certain		
					confidence. He could never see his own beauty. We were making love, very		
					passionate, and I was surprised to		
					discover his penis was very, very small In the dream I thought about how		
					difficult that must be, as a man, to		
					have such a tiny cock, and I wondered how that was for him. We continued		
180	19 9	5:3	0 6	Dreams	our lovemaking.	DREAMS - AMOROUS - penis, with relaxed	
					Dreamt of my old therapist, who I saw	i i	
					weekly for four years. We were at a meeting and I saw his smiling face, ran		
					to him. He is someone I feel very		
					tender about because our therapeutic		
					relationship I experienced was the closest thing to unconditional love. I		
					could bring anything to him, express al		
					of myself. In the dream I was so happy to see him. The feeling I got was that		
180	9 9	6:0	0 7	Dreams	he was proud of me.	DREAMS - FATHER - wanting love from her	DREAMS - HAPPY
					I'm talking to my lover's wife. They		
					have an open marriage, I'm his lover and she has her own lover. I want her		
					to know that my feelings for her		
					husband are very strong. The tone is serious, but not tense. I tell her that I		
					love him, that we love each other and		
					it's real. I wish we could all be open about our feelings with each other. I		
					want everyone to know how I feel, and		
180	19 9	6:0	0 2	Dreams	to hide nothing.	DREAMS - TALKING WITH SOMEONE	DREAMS - SECRET - keep a; must
					Vivid dreams last night, definitely still a dystopian theme. I can't remember		
					much but in one scene I was in a huge		
					castle. I was tending some animals and had to move animals from one side.		
					over a fence to another side. When I		
					went to get the animals, they were all stuffed, like big stuffed animals. A		
					moose, a dog. I talked to them like		
					they were real. I heard sounds outside and looked out to see a horse drawn		
					carriage coming quickly. It turned into		
					the entrance to the building and the		
					carriage and horses came whooshing up a road that wound up deeper into		
					the building. I met briefly with a		
					couple, like a king and queen or some other kind of royalty. The feeling was a		
					bit star-struck, and surprise that they		
181	.0 10	9:0	0 4	Dreams	were there.	DREAMS - ANIMALS	DREAMS - HOUMIND - DELUSIONS - castles and palaces; sees
101		5.0	1		Related to this dystopian novel I		The state of the state of the process of the process of the state of t
					started (The Unnamed Midwife) about		
					a plague that wipes out 90% of humanity, mostly women and girls.		
					Women have to be very savvy; they		
					can be owned and sold as slaves, or become a Queen Bee in a 'Hive' of		
181	.0 10	3a	1	Dreams	men. Strange.	DREAMS - BEES	DREAMS - DISIDREAMS - EPII DREAMS - WOMEN

Prover	Prover Publicat	Timestamn	Day (# format)	Mind/Body System	Concise Symptom Note	Suggested Rubric #1	Suggested Rub Suggested Rub Suggested Rub Suggested Rubric #5	
1000	1 TOTAL TODICAL	, micotomp	zay (z torride)	mia, boay bystem	Staying in hotel, requesting a baby	Suggested Habita 112	and the suggested has suggested has suggested has a suggested has a suggested has a suggested has suggested has suggested has suggested has a	
					because we wanted the 'baby			
					experience', finding both a young girl,			
					like teen years, and a baby. She's rented out to couples who want the			
					'baby' experience though usually she			
					ends up being babysitter. Feeling is surreal, kinda shocked. Like she's			
					pimped out, although she works as a			
					child actor. She's hostile, I feel naive			
					and stupid because we have our own kids at home. Why did we want the			
1810	10	3:00	1	Dreams	'baby experience'?	DREAMS - CHILDREN; ABOUT	DREAMS - CHILDREAMS - HOTELS	
					Another dystopian kinda situation.			
					Desert. Dry. There was some kinda a food shortage or the situation was			
					around supplies. There was a young			
					woman, very pretty. Long blond hair, kinda nymph like. I remember her hair			
					more than seeing a face. Someone			
					said, it won't matter that you're			
					beautiful when there's no food. Or something to that extent. There was a			
					mixed feeling of both concern and			
1810	10	9:00	17	Dreams	hope, or maybe disbelief that the situation was real.	DREAMS - DESERT	DREAMS - FOO DREAMS - HAIL DREAMS - SPECTRES, GHOSTS, SPIRITS, NYMPHS	
1010	10	5.00	17	Dicams	Dream of an old friend from college He	DREAMS DESERT	BICARIS TOUBLEARS SI ECINES, GROSTS, SI INTERNATION	
					tells me that he and his wife are			
1810	10	9:00	12	Droams	separated or divorced. I'm shocked.	DREAMS - DIVORCED; OF GETTING - abusive husband; because of	DREAMS SUCDREAMS CHILDREN, AROUT	
1010	10	3:00	13	Dreams	Dream about my sister and food and	DIVORCED, OF GETTING - abusive musballu; because of	DICENS SHOULDING CHEDICH, ADOUT	
					there was the acknowledgement of her			
					bariatric surgery last year. I was staying with her that night, so it was			
					another example of my daytime reality			
1810	10	12:00	14	Dreams	seeping into my dreams. Unusual.	DREAMS - EVENTS - previous - day, of the previous		
					Following someone to his house in the			
					foothills where fires were burning. He said there would be no problem, but			
					the first were burning close on the			
					other side of the canyon and I was shocked he was willing to go back and			
1810	10		27	Dreams	rushed him to leave.	DREAMS - MOUNTAINS - walking in the foothills	DREAMS - FIRE DREAMS - SHC DREAMS - FIRE MIND - DELUSTONS - fire - world is on	
					Waiting in line for a Grateful Dead			
					concert. The line was so long but once we got in, it was sparse. The venue			
					was like a junior high auditorium, dull			
					and gray. They were playing 'Shakedown Street' and we were			
					dancing, but kept looking around like,			
					where is everyone? I found an old friend from high school. We were			
					taking a selfie together and she kept			
					sticking out her tongue and acting			
1810	10	9:00	20	Dreams	stupid. Can we just smile and be normal?	DREAMS - MUSIC - concert	DREAMS - FRIENDS - meeting friends	
					There seems to be more continuity			
					between what I am seeing, watching or			
					reading in the daytime, with my dreams at night. Usually, dreams are			
			_		quite unrelated to what's happening for			
1810	10	7:30	5	Dreams	me in the daytime.	DREAMS - READ PREVIOUS DAY; OF WHAT HE HAD		
1810	10	8:00	9	Dreams	Stepping into a robot suit. Feeling of power.	DREAMS - ROBOTS	DREAMS - POWERFUL	
					More vivid dreams, though hard to			
					remember. Sleep feels both deep, but active with the dreams. I can't			
					remember any particular storyline,			
					other than 'women' though not in any			
1810	10	7:00	5	Dreams	kinda sexual way, just being in some space with many women.	DREAMS - WOMEN	DREAMS - VIVID	
					In a spiral of women. Being passing			
					from one person to another a series of			
					nonsense words, like of like be- bopping, a series of syllables morphed			
					and repeated. When it gets to me, I			
					begin to pass them to my friend next to me. She can't get the syllables, she			
					trips over them and then is not able to			
					morph them into something new to pass on. The continuity is broken. The			
					feeling is disappointment.			
					In another scene, a room in a house.			
					Again, more women. Expecting a man to come; like a supervisor? We are			
					going to do something to him. I am in			
					charge of taking the screens out of the windows and doing something that will			
					supposedly keep him from escaping,			
1810	10	9:00	10	Dreams	but I Don't' think it's going to work.	DREAMS - WOMEN - spiral; in a	DREAMS - SIN(DREAMS - DIS, DREAMS - CRI) DREAMS - ESCAPING - danger; from	
1010	10	9:00	10	Dicailis		DICENTIO WOMEN - Spiral, in a	ENERGIS - SIMPREGIS - DISTUREARIS - CATIONEARIS - ESCAPTING - daliger; ITOIII	

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Prover	Prover Publicat I	imestamp	Day (# format)	Mind/Body System	Concise Symptom Note	Suggested Rubric #1	Suggested Rub Suggested Rub Suggested Rub ric #5
					Sitting at a dinner I was served with a plate that contained a creature shaped		
					like a large bug. Gray green steel		
					colored with two button eyes and two		
					antennae. I was disgusted. The person next to me had removed the insides		
					which were gray pink and proceeded to		
1812	12	7:20	) 1	Dreams	eat it.	DREAMS - EATING - insects	DREAMS - DISGUSTING
					A tour bus came to take us home. We		
					were staying in a hotel. I left my red slippers in a paper bag. I went to get		
					them. I grabbed my suitcase, a		
					flashlight, the slippers, and a red Christmas cactus. When I got outside		
					the bus was gone. I feel abandoned. It		
1812	12	7:1	5 1	Dreams	seemed no one on the bus missed me.	DREAMS - FORSAKEN; BEING	DREAMS - SLIF DREAMS - PLANTS
					I was pushing a wheelchair up a high street behind my husband. He did not		
					help me. I was too tired to call out.		
					I started to fall back. I was angry that		
1812	12	7:1	. 1	Dreams	he didn't turn around to see how I was doing.	DREAMS - FORSAKEN; BEING	DREAMS - DIFFICULTIES
			_		Met my friend while I was looking for a		
					place to have lunch with my mother.		
					We did not have lunch because it got dark. I feel relieved from the		
					responsibility for looking for a place to		
1812	12	7:1	5 1	Dreams	eat.	DREAMS - FRIENDS - meeting friends - old friends; meeting	DREAMS - MOT DREAMS - RES DREAMS - RESTAURANT
					Went to a historical museum with my mother. The museum was crowded.		
					There was a school group sitting on the		
					floor at the junction of two narrow		
1812	12	7:1	1	Dreams	hallways. I feel confined. I left the museum and my mother.	DREAMS - MUSEUM	DREAMS - MOT DREAMS - PEO MIND - FEAR - DREAMS - ESCAPING
					I tried calling my mother using my		
					husband's phone number. The numbers		
					on the phone were small. A small child kept trying to talk to me in a loud		
					voice. I kept misdialing because the		
					child was so loud, distracting me. I was anxious about not being able to dial		
					correctly on the phone. Then I woke		
1812	12	7:1	5 1	Dreams	up.	DREAMS - TELEPHONES	DREAMS - MOT DREAMS - CHII DREAMS - ANX DREAMS - MISTAKES; OF MAKING
					A walk along a city street with my mother. Enjoyed the walk with another		
1812	12	7:1	5 1	Dreams	person.	DREAMS - WALKING	DREAMS - MOT DREAMS - PLEASANT
					I don't recall details but on waking I		
					had a sensation that my dream was all		
					about relationship congration and		
					about relationship separation and		
1809-S	9	0:0	) 2	Dreams	about relationship separation and differentiation. I had a sense that I was distinct from the others around me.	DREAMS - INDIVIDUATION, about	DREAMS - IMPORTANT PERSON, SHE IS AN
		0:00			about relationship separation and differentiation. I had a sense that I was distinct from the others around me. A dream where there was a lot of fire,	DREAMS - INDIVIDUATION, about	
1809-S 1810-S	9	0:00		Dreams  Dreams	about relationship separation and differentiation. I had a sense that I was distinct from the others around me.  A dream where there was a lot of fire, a forest fire.	DREAMS - INDIVIDUATION, about DREAMS - FIRE	DREAMS - IMPORTANT PERSON, SHE IS AN  MIND - DELUSIONS - fire - world is on
1810-S	10	0:00	33	Dreams	about relationship separation and differentiation. I had a sense that I was distinct from the others around me. A dream where there was a lot of fire, a forest fire.  Dreams about a dark technology drama, disturbing, feeling of	DREAMS - FIRE	MIND - DELUSIONS - fire - world is on
		0:00	33		about relationship separation and differentiation. I had a sense that I was distinct from the others around me.  A dream where there was a lot of fire, a forest fire.  Dreams about a dark technology drama, disturbing. feeling of permeability.	DREAMS - INDIVIDUATION, about	
1810-S 1810-S	10	0:00	33	Dreams  Dreams	about relationship separation and differentiation. I had a sense that I was distinct from the others around me. A dream where there was a lot of fire, a forest fire.  Dreams about a dark technology drama, disturbing, feeling of permeability.  Woman in a spiral passing a rhythm	DREAMS - INDIVIDUATION, about  DREAMS - FIRE  DREAMS - FRIGHTFUL	MIND - DELUSIONS - fire - world is on
1810-S	10	0:00	33	Dreams	about relationship separation and differentiation. I had a sense that I was distinct from the others around me. A dream where there was a lot of fire, a forest fire. Dreams about a dark technology drama, disturbing, feeling of permeability. Woman in a spiral passing a rhythm around.	DREAMS - INDIVIDUATION, about  DREAMS - FRIE  DREAMS - FRIGHTFUL  DREAMS - WOMEN - spiral; in a	MIND - DELUSIONS - fire - world is on
1810-S 1810-S	10	0:00	33	Dreams  Dreams	about relationship separation and differentiation. I had a sense that I was distinct from the others around me. A dream where there was a lot of fire, a forest fire.  Dreams about a dark technology drama, disturbing, feeling of permeability.  Woman in a spiral passing a rhythm around.  My baby was crying and it was going to be shot. I told her I can't save you.	DREAMS - INDIVIDUATION, about  DREAMS - FRIE  DREAMS - FRIGHTFUL  DREAMS - WOMEN - spiral; in a	MIND - DELUSIONS - fire - world is on
1810-S 1810-S	10	0:00	33	Dreams  Dreams	about relationship separation and differentiation. I had a sense that I was distinct from the others around me.  A dream where there was a lot of fire, a forest fire.  Dreams about a dark technology drama, disturbing, feeling of permeability.  Woman in a spiral passing a rhythm around.  My baby was crying and it was going to be shot. I told her I can't save you. There's nothing I can do. I was trying.	DREAMS - INDIVIDUATION, about  DREAMS - FRIE  DREAMS - FRIGHTFUL  DREAMS - WOMEN - spiral; in a	MIND - DELUSIONS - fire - world is on
1810-S 1810-S	10	0:00	33 4 10	Dreams  Dreams	about relationship separation and differentiation. I had a sense that I was distinct from the others around me. A dream where there was a lot of fire, a forest fire.  Dreams about a dark technology drama, disturbing, feeling of permeability.  Woman in a spiral passing a rhythm around.  My baby was crying and it was going to be shot. I told her I can't save you.	DREAMS - INDIVIDUATION, about  DREAMS - FRE  DREAMS - FRIGHTFUL  DREAMS - WOMEN - spiral; in a	MIND - DELUSIONS - fire - world is on  DREAMS - UNPLEASANT
1810-S 1810-S 1810-S	10 10 10		33 4 10 37	Dreams Dreams Dreams	about relationship separation and differentiation. I had a sense that I was distinct from the others around me.  A dream where there was a lot of fire, a forest fire.  Dreams about a dark technology drama, disturbing, feeling of permeability.  Woman in a spiral passing a rhythm around.  My baby was crying and it was going to be shot. I told her I can't save you. There's nothing I can do. I was trying to get away but couldn't. You're going to die now.  Ears popped 7-8 times before I fell to	DREAMS - FRIGHTFUL  DREAMS - WOMEN - spiral; in a  DREAMS - SHOT; BEING - going to be shot; crying baby is going to	MIND - DELUSIONS - fire - world is on  DREAMS - UNPLEASANT
1810-S 1810-S 1810-S	10 10 10	23:00	33 4 10 37	Dreams Dreams Dreams	about relationship separation and differentiation. I had a sense that I was distinct from the others around me. A dream where there was a lot of fire, a forest fire. Dreams about a dark technology drama, disturbing, feeling of permeability. Woman in a spiral passing a rhythm around.  My baby was crying and it was going to be shot. I told her I can't save you. There's nothing I can do. I was trying to get away but couldn't. You're going to die now.  Ears popped 7-8 times before I fell to sleep.	DREAMS - INDIVIDUATION, about  DREAMS - FRE  DREAMS - FRIGHTFUL  DREAMS - WOMEN - spiral; in a	MIND - DELUSIONS - fire - world is on  DREAMS - UNPLEASANT
1810-S 1810-S 1810-S	10 10 10		33 4 10 37	Dreams Dreams Dreams	about relationship separation and differentiation. I had a sense that I was distinct from the others around me.  A dream where there was a lot of fire, a forest fire.  Dreams about a dark technology drama, disturbing, feeling of permeability.  Woman in a spiral passing a rhythm around.  My baby was crying and it was going to be shot. I told her I can't save your there's nothing I can do. I was trying to get away but couldn't. You're going to die now.  Ears popped 7-8 times before I fell to sleep.  Ringing in left ear, I can feel my	DREAMS - FRIGHTFUL  DREAMS - WOMEN - spiral; in a  DREAMS - SHOT; BEING - going to be shot; crying baby is going to	MIND - DELUSIONS - fire - world is on  DREAMS - UNPLEASANT
1810-S 1810-S 1810-S	10 10 10		33 4 10 37	Dreams Dreams Dreams	about relationship separation and differentiation. I had a sense that I was distinct from the others around me.  A dream where there was a lot of fire, a forest fire.  Dreams about a dark technology drama, disturbing, feeling of permeability.  Woman in a spiral passing a rhythm around.  My baby was crying and it was going to be shot. I told her I can't save you to be shot. I told her I can't save you to get away but couldn't. You're going to die now.  Ears popped 7-8 times before I fell to sleep.  Ringing in left ear, I can feel my heartbeat; feel like if I stood up I.  Noudl fall over. All the same thought. I	DREAMS - FRIGHTFUL  DREAMS - WOMEN - spiral; in a  DREAMS - SHOT; BEING - going to be shot; crying baby is going to	MIND - DELUSIONS - fire - world is on  DREAMS - UNPLEASANT
1810-S 1810-S 1810-S 1811-S	10 10 10	23:00	33 4 10 37	Dreams Dreams Dreams Dreams Ears	about relationship separation and differentiation. I had a sense that I was distinct from the others around me. A dream where there was a lot of fire, a forest fire. Dreams about a dark technology drama, disturbing, feeling of permeability. Woman in a spiral passing a rhythm around.  My baby was crying and it was going to be shot. I told her I can't save you. There's nothing I can do. I was trying to get away but couldn't. You're going to die now. Ears popped 7-8 times before I fell to sleep.  Ringing in left ear, I can feel my heartbeat; feel like if I stood up I would fall over. All the same thought. I can feel my heartbeat; feel like if I stood up I would fall over. All the same thought. I can feel my heartbeat; feel like if I stood up I would fall over. All the same thought. I can feel my heartbeat in my ear as it my ear better the same thought. I can feel my heartbeat in my ear as it my ear beat my ear as it m	DREAMS - INDIVIDUATION, about  DREAMS - FRIE  DREAMS - FRIGHTFUL  DREAMS - WOMEN - spiral; in a  DREAMS - SHOT; BEING - going to be shot; crying baby is going to  EAR - NOISES IN - explosion, like an	MIND - DELUSIONS - fire - world is on  DREAMS - UNPLEASANT  be
1810-S 1810-S 1810-S 1811-S 1806	10 10 10	23:00	33 4 10 37 0 1	Dreams Dreams Dreams Dreams Ears	about relationship separation and differentiation. I had a sense that I was distinct from the others around me.  A dream where there was a lot of fire, a forest fire.  Dreams about a dark technology drama, disturbing, feeling of permeability.  Woman in a spiral passing a rhythm around.  My baby was crying and it was going to be shot. I told her I can't save you. There's nothing I can do. I was trying to get away but couldn't. You're going to die now.  Ears popped 7-8 times before I fell to sleep.  Ringing in left ear, I can feel my heartbeat; feel like if I stood up I would fall over. All the same thought. I can feel my heartbeat in my ear as it was ringing and I feel unstable.	DREAMS - INDIVIDUATION, about  DREAMS - FIRE  DREAMS - FRIGHTFUL  DREAMS - WOMEN - spiral; in a  DREAMS - SHOT; BEING - going to be shot; crying baby is going to  EAR - NOISES IN - explosion, like an	MIND - DELUSIONS - fire - world is on  DREAMS - UNPLEASANT
1810-S 1810-S 1810-S 1811-S	10 10 10	23:00	33 4 10 37 0 1	Dreams Dreams Dreams Dreams Ears	about relationship separation and differentiation. I had a sense that I was distinct from the others around me. A dream where there was a lot of fire, a forest fire.  Dreams about a dark technology drama, disturbing, feeling of permeability.  Woman in a spiral passing a rhythm around.  My baby was crying and it was going to be shot. I told her I can't save you. There's nothing I can do. I was trying to get away but couldn't. You're going to die now.  Ears popped 7-8 times before I fell to sleep.  Ringing in left ear, I can feel my heartbeat; feel like if I stood up I would fall over. All the same thought. I can feel my heartbeat in my ear as it was ringing and I feel unstable.  Swallowing causes pain in ears.	DREAMS - INDIVIDUATION, about  DREAMS - FIRE  DREAMS - FRIGHTFUL  DREAMS - WOMEN - spiral; in a  DREAMS - SHOT; BEING - going to be shot; crying baby is going to EAR - NOISES IN - explosion, like an  EAR - NOISES IN - left EAR - PAIN - swallowing - agg-	MIND - DELUSIONS - fire - world is on  DREAMS - UNPLEASANT  be
1810-S 1810-S 1810-S 1811-S 1806	10 10 10	23:00	33 4 10 37 0 1	Dreams Dreams Dreams Dreams Ears	about relationship separation and differentiation. I had a sense that I was distinct from the others around me. A dream where there was a lot of fire, a forest fire.  Dreams about a dark technology drama, disturbing, feeling of permeability.  Woman in a spiral passing a rhythm around.  My baby was crying and it was going to be shot. I told her I can't save you. There's nothing I can do. I was trying to get away but couldn't. You're going to die now.  Ears popped 7-8 times before I fell to sleep.  Ringing in left ear, I can feel my heartbeat; feel like if I stood up I would fall over, All the same thought. I can feel my heartbeat; in my ear as it was ringing and I feel unstable.  Swallowing causes pain in ears.  Plugged right ear that just won't seem to release. Nothing can be heard in this center.	DREAMS - INDIVIDUATION, about  DREAMS - FIRE  DREAMS - FRIGHTFUL  DREAMS - WOMEN - spiral; in a  DREAMS - SHOT; BEING - going to be shot; crying baby is going to EAR - NOISES IN - explosion, like an  EAR - NOISES IN - left EAR - PAIN - swallowing - agg-	MIND - DELUSIONS - fire - world is on  DREAMS - UNPLEASANT  be
1810-S 1810-S 1810-S 1811-S 1806 1803-S	10 10 10	23:00 15:5: 0:00	33 4 10 37 1 1 3 1 3	Dreams Dreams Dreams Dreams Ears Ears	about relationship separation and differentiation. I had a sense that I was distinct from the others around me. A dream where there was a lot of fire, a forest fire. Dreams about a dark technology drama, disturbing, feeling of permeability. Woman in a spiral passing a rhythm around. Wy a spiral passing a rhythm around. There's nothing I can do. I was trying to get away but couldn't. You're going to die now. Ears popped 7-8 times before I fell to sleep. Ringing in left ear, I can feel my heartbeat; feel like if I stood up I would fall over. All the same thought. I can feel my heartbeat in my ear as it was ringing and I feel unstable. Swallowing causes pain in ears. Plugged right ear that just won't seem to release. Nothing can be heard in this ear and it's clearly clearth that is	DREAMS - INDIVIDUATION, about  DREAMS - FIRE  DREAMS - FRIGHTFUL  DREAMS - WOMEN - spiral; in a  DREAMS - SHOT; BEING - going to be shot; crying baby is going to EAR - NOISES IN - explosion, like an  EAR - NOISES IN - left EAR - PAIN - swallowing - agg-	MIND - DELUSIONS - fire - world is on  DREAMS - UNPLEASANT  De  MIND - AWARE MIND - FEAR - VERTIGO - ACCOMPANIED BY - Ear - noises in
1810-S 1810-S 1810-S 1811-S 1806	10 10 10 11 6	23:00	33 4 10 37 1 1 3 1 3	Dreams Dreams Dreams Dreams Ears	about relationship separation and differentiation. I had a sense that I was distinct from the others around me.  A dream where there was a lot of fire, a forest fire.  Dreams about a dark technology drama, disturbing, feeling of permeability.  Woman in a spiral passing a rhythm around.  My baby was crying and it was going to be shot. I told her I can't save you. There's nothing I can do. I was trying to get away but couldn't. You're going to die now.  Ears popped 7-8 times before I fell to sleep.  Ringing in left ear, I can feel my heartbeat; feel like if I stood up I would fall over. All the same thought. I can feel my heartbeat in my ear as it was ringing and I feel unstable.  Swallowing causes pain in ears.  Plugged right ear that just won't seem to release. Nothing can be heard in this ear and it's clearly catarrh that is stopping it up.	DREAMS - INDIVIDUATION, about  DREAMS - FIRE  DREAMS - FRIGHTFUL  DREAMS - WOMEN - spiral; in a  DREAMS - SHOT; BEING - going to be shot; crying baby is going to EAR - NOISES IN - explosion, like an  EAR - NOISES IN - left EAR - PAIN - swallowing - agg-	MIND - DELUSIONS - fire - world is on  DREAMS - UNPLEASANT  be
1810-S 1810-S 1810-S 1811-S 1806 1803-S 1809-S 1811-S	10 10 10 11 6 6 3	23:00 15:5: 0:00 0:00	33 4 10 37 1 1 3 1 1 1 1 1	Dreams Dreams Dreams Dreams Ears Ears Ears Ears Ears	about relationship separation and differentiation. I had a sense that I was distinct from the others around me.  A dream where there was a lot of fire, a forest fire.  Dreams about a dark technology drama, disturbing, feeling of permeability.  Woman in a spiral passing a rhythm around.  My baby was crying and it was going to be shot. I told her I can't save you. There's nothing I can do. I was trying to get away but couldn't. You're going to die now.  Ears popped 7-8 times before I fell to sleep.  Ringing in left ear, I can feel my heartbeat; feel like if I stood up I would fall over. All the same thought. I can feel my heartbeat in my ear as it was ringing and I feel unstable.  Swallowing causes pain in ears.  Swallowing causes pain in ears.  Plugged right ear that just won't seem to release. Nothing can be heard in this ear and it's clearly catarrh that is stopping it up.  Ringing in my ears. And the sound changes.	DREAMS - INDIVIDUATION, about  DREAMS - FIRE  DREAMS - FRIGHTFUL  DREAMS - WOMEN - spiral; in a  DREAMS - SHOT; BEING - going to be shot; crying baby is going to EAR - NOISES IN - explosion, like an  EAR - NOISES IN - left EAR - PAIN - swallowing - agg-	MIND - DELUSIONS - fire - world is on  DREAMS - UNPLEASANT  De  MIND - AWARE MIND - FEAR - VERTIGO - ACCOMPANIED BY - Ear - noises in
1810-S 1810-S 1810-S 1811-S 1806 1803-S	10 10 10 11 6 6 3	23:00 15:55 0:00	33 4 10 37 1 1 3 1 1 1 1 1	Dreams Dreams Dreams Dreams Ears Ears Ears Ears	about relationship separation and differentiation. I had a sense that I was distinct from the others around me.  A dream where there was a lot of fire, a forest fire.  Dreams about a dark technology drama, disturbing, feeling of permeability.  Woman in a spiral passing a rhythm around.  My baby was crying and it was going to be shot. I told her I can't save you. There's nothing I can do. I was trying to get away but couldn't. You're going to die now.  Ears popped 7-8 times before I fell to sleep.  Ringing in left ear, I can feel my heartbeat; feel like if I stood up I would fall over. All the same thought. I can feel my heartbeat; freel rike if I stood up Swould fall over. All the same thought. I can feel my heartbeat in my ear as it was ringing and I feel unstable.  Swallowing causes pain in ears.  Plugged right ear that just won't seem to release. Nothing can be heard in this ear and it's clearly catarrh that is stopping it up.  Ringing in my ears. And the sound changes.  My hearing just improved.	DREAMS - INDIVIDUATION, about  DREAMS - FIRE  DREAMS - FRIGHTFUL  DREAMS - SHOT; BEING - going to be shot; crying baby is going to EAR - NOISES IN - explosion, like an  EAR - NOISES IN - left EAR - PAIN - swallowing - agg-	MIND - DELUSIONS - fire - world is on  DREAMS - UNPLEASANT  De  MIND - AWARE MIND - FEAR - VERTIGO - ACCOMPANIED BY - Ear - noises in
1810-S 1810-S 1810-S 1811-S 1806 1803-S 1809-S 1811-S 1811-S	10 10 10 11 6 6 3	23:00 15:5: 0:00 0:00 0:00	33 4 10 37 1 5 1 3 1 1 1 1 1 1	Dreams Dreams Dreams Dreams Ears Ears Ears Ears Ears Ears	about relationship separation and differentiation. I had a sense that I was distinct from the others around me. A dream where there was a lot of fire, a forest fire.  Dreams about a dark technology drama, disturbing, feeling of permeability.  Woman in a spiral passing a rhythm around.  Wy baby was crying and it was going to be shot. I told her I can't save you. There's nothing I can do. I was trying to get away but couldn't. You're going to die now.  Ears popped 7-8 times before I fell to siece.  Ringing in left ear, I can feel my heartbeat; feel like if I stood up I would fall over. All the same thought. I can feel my heartbeat in my ear as it was ringing and I feel unstable.  Swallowing causes pain in ears.  Plugged right ear that just won't seem to release. Nothing can be heard in this ear and it's clearly catarrh that is stopping it up.  Ringing in my ears. And the sound changes.  My hearing just improved.	DREAMS - INDIVIDUATION, about  DREAMS - FIRE  DREAMS - FRIGHTFUL  DREAMS - WOMEN - spiral; in a  DREAMS - SHOT; BEING - going to be shot; crying baby is going to  EAR - NOISES IN - explosion, like an  EAR - NOISES IN - left  EAR - PAIN - swallowing - agg-  EAR - STOPPED SENSATION  EAR - NOISES IN - right  X	MIND - DELUSIONS - fire - world is on  DREAMS - UNPLEASANT  De  MIND - AWARE MIND - FEAR - VERTIGO - ACCOMPANIED BY - Ear - noises in  EAR - STOPPELEAR - DISCHARGES
1810-S 1810-S 1810-S 1811-S 1806 1803-S 1809-S 1811-S	10 10 10 11 6 6 3 9 11 11	23:00 15:55 0:00 0:00 0:00 0:00 9:00	33 4 10 37 0 1 5 1 3 3 0 1 1 1 1 1 1 1 13	Dreams Dreams Dreams Dreams Ears Ears Ears Ears Ears Ears Ears Ear	about relationship separation and differentiation. I had a sense that I was distinct from the others around me.  A dream where there was a lot of fire, a forest fire.  Dreams about a dark technology drama, disturbing, feeling of permeability.  Woman in a spiral passing a rhythm around.  My baby was crying and it was going to be shot. I told her I can't save you. There's nothing I can do. I was trying to get away but couldn't. You're going to die now.  Ears popped 7-8 times before I fell to sleep.  Ringing in left ear, I can feel my heartbeat; feel like if I stood up I would fall over. All the same thought. I can feel my heartbeat; freel like if I stood up to work as a sit was ringing and I feel unstable.  Swallowing causes pain in ears.  Plugged right ear that just won't seem to release, Nothing can be heard in this ear and it's clearly catarrh that is stopping it up.  Ringing in my ears. And the sound changes.  My hearing just improved.  Thick green mucus is coming up today, thick and sticky expectoration.	DREAMS - INDIVIDUATION, about  DREAMS - FIRE  DREAMS - FRIGHTFUL  DREAMS - WOMEN - spiral; in a  DREAMS - SHOT; BEING - going to be shot; crying baby is going to EAR - NOISES IN - explosion, like an  EAR - NOISES IN - left EAR - PAIN - swallowing - agg-  EAR - STOPPED SENSATION  EAR - NOISES IN - right  X  EXPECTORATION - GREENISH	MIND - DELUSIONS - fire - world is on  DREAMS - UNPLEASANT  De  MIND - AWARE MIND - FEAR - VERTIGO - ACCOMPANIED BY - Ear - noises in
1810-S 1810-S 1810-S 1811-S 1806 1803-S 1809-S 1811-S 1811-S	10 10 10 11 6 6 3 9 11 11	23:00 15:5: 0:00 0:00 0:00	33 4 10 37 0 1 5 1 3 3 0 1 1 1 1 1 1 1 13	Dreams Dreams Dreams Dreams Ears Ears Ears Ears Ears Ears	about relationship separation and differentiation. I had a sense that I was distinct from the others around me. A dream where there was a lot of fire, a forest fire.  A fream where there was a lot of fire, a forest fire.  Dreams about a dark technology drama, disturbing, feeling of permeability.  Woman in a spiral passing a rhythm around.  My baby was crying and it was going to be shot. I told her I can't save you. There's nothing I can do. I was trying to get away but couldn't. You're going to die now.  Ears popped 7-8 times before I fell to sleep.  Ringing in left ear, I can feel my heartheat; feel like if I stood up I would fall over. All the same thought. I can feel my heartheat; feel like if I stood up I would fall over. All the same thought. I can feel my heartheat in my ear as it was ringing and I feel unstable.  Swallowing causes pain in ears.  Plugged right ear that just won't seem to release. Nothing can be heard in this ear and it's clearly catarrh that is stopping it up.  Ringing in my ears. And the sound changes.  My hearing just improved.  Thick green mucus is coming up today, thick and stickey expectoration.	DREAMS - INDIVIDUATION, about  DREAMS - FIRE  DREAMS - FRIGHTFUL  DREAMS - WOMEN - spiral; in a  DREAMS - SHOT; BEING - going to be shot; crying baby is going to  EAR - NOISES IN - explosion, like an  EAR - NOISES IN - left  EAR - PAIN - swallowing - agg-  EAR - STOPPED SENSATION  EAR - NOISES IN - right  X	MIND - DELUSIONS - fire - world is on  DREAMS - UNPLEASANT  De  MIND - AWARE MIND - FEAR - VERTIGO - ACCOMPANIED BY - Ear - noises in  EAR - STOPPELEAR - DISCHARGES
1810-S 1810-S 1810-S 1811-S 1806 1803-S 1809-S 1811-S 1811-S	10 10 10 11 6 6 3 9 11 11 11 5 5	23:00 15:55 0:00 0:00 0:00 0:00 9:00	33 4 10 37 0 1 5 1 3 3 6 1 1 1 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Dreams Dreams Dreams Dreams Ears Ears Ears Ears Ears Ears Ears Ear	about relationship separation and differentiation. I had a sense that I was distinct from the others around me. A dream where there was a lot of fire, a forest fire.  Dreams about a dark technology drama, disturbing, feeling of permeability, Woman in a spiral passing a rhythm around.  Wy baby was crying and it was going to be shot. I told her I can't save you. There's nothing I can do. I was trying to get away but couldn't. You're going to die now.  Ears popped 7-8 times before I fell to sleep.  Ringing in left ear, I can feel my heartbeat; feel like if I stood up I would fall over. All the same thought. I can feel my heartbeat; feel like if I stood up I would fall over. All the same thought. I can feel my heartbeat; feel like if I stood up I would fall over. All the same thought. I can feel my heartbeat it cell kie fil stood up it was ringing and I feel unstable. Swallowing causes pain in ears. Plugged right ear that just won't seem to release. Nothing can be heard in this ear and it's clearly catarnt that is stopping it up.  Ringing in my ears. And the sound changes.  My hearing just improved.  Thick green mucus is coming up today, thick and sticky expectoration.  The expectoration is light green today. Yellowish white expectoration, that is hard to get up.	DREAMS - INDIVIDUATION, about  DREAMS - FIRE  DREAMS - FRIGHTFUL  DREAMS - WOMEN - spiral; in a  DREAMS - SHOT; BEING - going to be shot; crying baby is going to EAR - NOISES IN - explosion, like an  EAR - NOISES IN - left EAR - PAIN - swallowing - agg-  EAR - STOPPED SENSATION  EAR - NOISES IN - right  X  EXPECTORATION - GREENISH	MIND - DELUSIONS - fire - world is on  DREAMS - UNPLEASANT  De  MIND - AWARE MIND - FEAR - VERTIGO - ACCOMPANIED BY - Ear - noises in  EAR - STOPPELEAR - DISCHARGES
1810-S  1810-S  1810-S  1810-S  1811-S  1806  1809-S  1811-S  1805  1805  1805	10 10 10 11 6 6 3 9 11 11 5 5	23:00 15:5: 0:00 0:00 0:00 9:00 6:00 17:14	33 4 10 37 1 5 1 3 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Dreams Dreams Dreams Dreams Ears Ears Ears Ears Ears Ears Expectoration Expectoration	about relationship separation and differentiation. I had a sense that I was distinct from the others around me. A dream where there was a lot of fire, a forest fire.  Dreams about a dark technology drama, disturbing, feeling of permeability.  Woman in a spiral passing a rhythm around.  Wy baby was crying and it was going to be shot. I told her I can't save you. There's nothing I can do. I was trying to get away but couldn't. You're going to die now.  Ears popped 7-8 times before I fell to sleep.  Ringing in left ear, I can feel my heartbeat; feel like if I stood up I would fall over. All the same thought. I can feel my heartbeat; feel like if I stood up Swas in the like if I stood up I would fall over. All the same thought. I can feel my heartbeat in my ear as it was ringing and I feel unstable.  Swallowing causes pain in ears.  Plugged right ear that just won't seem to release. Nothing can be heard in this ear and it's clearly catarrh that is stopping it up.  Ringing in my ears. And the sound changes.  My hearing just improved.  Thick green mucus is coming up today, thick and sticky expectoration. The expectoration is light green today. Yellowish white expectoration, that is hard to get up.	DREAMS - INDIVIDUATION, about  DREAMS - FIRE  DREAMS - FRIGHTFUL  DREAMS - WOMEN - spiral; in a  DREAMS - SHOT; BEING - going to be shot; crying baby is going to  EAR - NOISES IN - explosion, like an  EAR - NOISES IN - left  EAR - PAIN - swallowing - agg-  EAR - STOPPED SENSATION  EAR - NOISES IN - right  X  EXPECTORATION - GREENISH  EXPECTORATION - GREENISH  EXPECTORATION - VISCID	MIND - DELUSIONS - fire - world is on  DREAMS - UNPLEASANT  DE  MIND - AWARE MIND - FEAR - VERTIGO - ACCOMPANIED BY - Ear - noises in  EAR - STOPPELEAR - DISCHARGES  EXPECTORATIC EXPECTORATION - VISCID  EXPECTORATIC EXPECTORATION - DIFFICULT
1810-S 1810-S 1810-S 1810-S 1811-S 1806 1803-S 1809-S 1811-S 1805 1805 1805	10 10 10 11 6 6 3 9 11 11 11 5 5	23:00 15:5: 0:00 0:00 0:00 9:00 6:00 17:10	33 4 10 37 37 3 1 5 1 3 1 5 1 1 1 5 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Dreams Dreams Dreams Dreams Ears Ears Ears Ears Ears Expectoration Expectoration Expectoration	about relationship separation and differentiation. I had a sense that I was distinct from the others around me.  A dream where there was a lot of fire, a forest fire.  Dreams about a dark technology drama, disturbing, feeling of permeability.  Woman in a spiral passing a rhythm around.  Woman in a spiral passing a rhythm around.  My baby was crying and it was going to be shot. I told her I can't save you. There's nothing I can do. I was trying to get away but couldn't. You're going to die now.  Ears popped 7-8 times before I fell to sleep.  Ringing in left ear, I can feel my heartbeat; feel like if I stood up I would fall over. All the same thought. I can feel my heartbeat; feel like if I stood up II. Can feel my heartbeat; feel like if I stood up II. Can feel my heartbeat in my ear as it was ringing and I feel unstable.  Swallowing causes pain in ears.  Plugged right ear that just won't seem to release. Nothing can be heard in this ear and it's clearly catarrh that is stopping it up.  Ringing in my ears. And the sound changes.  My hearing just improved.  Thick green mucus is coming up today, thick and sticky expectoration.  The expectoration is light green today.  Yellowish white expectoration, that is hard to get up.	DREAMS - INDIVIDUATION, about  DREAMS - FIRE  DREAMS - FRIGHTFUL  DREAMS - WOMEN - spiral; in a  DREAMS - SHOT; BEING - going to be shot; crying baby is going to EAR - NOISES IN - explosion, like an  EAR - NOISES IN - left EAR - PAIN - swallowing - agg-  EAR - STOPPED SENSATION  EAR - NOISES IN - right  X  EXPECTORATION - GREENISH  EXPECTORATION - GREENISH  EXPECTORATION - VISCID  THROAT - MUCUS - gelatinous	MIND - DELUSIONS - fire - world is on  DREAMS - UNPLEASANT  DE  MIND - AWARE MIND - FEAR - VERTIGO - ACCOMPANIED BY - Ear - noises in  EAR - STOPPEL EAR - DISCHARGES  EXPECTORATIC EXPECTORATION - VISCID  EXPECTORATIC EXPECTORATION - DIFFICULT  EXPECTORATIC NOSE - DISCHARGE - Posterior nares
1810-S  1810-S  1810-S  1810-S  1811-S  1806  1803-S  1811-S  1811-S  1805  1805  1805  1805  1805	10 10 10 11 6 6 3 9 11 11 11 5 5	23:00 15:5: 0:00 0:00 0:00 9:00 6:00 17:11 6:2:	33 4 10 37 3 1 5 1 3 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Dreams Dreams Dreams Dreams Ears Ears Ears Ears Ears Expectoration Expectoration Expectoration Expectoration Expectoration	about relationship separation and differentiation. I had a sense that I was distinct from the others around me. A dream where there was a lot of fire, a forest fire. Dreams about a dark technology drama, disturbing, feeling of permeability. Woman in a spiral passing a rhythm around. Wy a spiral passing a rhythm around. Wy a spiral passing a rhythm around. There's nothing I can do. I was trying to get away but couldn't. You're going to get away but couldn't. You're going to gie away but couldn't. You're going to ge saway	DREAMS - INDIVIDUATION, about  DREAMS - FIRE  DREAMS - FRIGHTFUL  DREAMS - WOMEN - spiral; in a  DREAMS - SHOT; BEING - going to be shot; crying baby is going to EAR - NOISES IN - explosion, like an  EAR - NOISES IN - left EAR - PAIN - swallowing - agg-  EAR - NOISES IN - right X  EXPECTORATION - GREENISH EXPECTORATION - GREENISH EXPECTORATION - VISCID  THROAT - MUCUS - gelatinous EXPECTORATION - DIFFICULT	MIND - DELUSIONS - fire - world is on  DREAMS - UNPLEASANT  DE  MIND - AWARE MIND - FEAR - VERTIGO - ACCOMPANIED BY - Ear - noises in  EAR - STOPPEE EAR - DISCHARGES  EXPECTORATIC EXPECTORATION - VISCID  EXPECTORATIC EXPECTORATION - DIFFICULT  EXPECTORATIC NOSE - DISCHARGE - Posterior nares  EXPECTORATIC NOSE - DISCHARGE - Posterior nares  EXPECTORATIC NOSE - DISCHARGE - Posterior nares  EXPECTORATIC HROAT - MUCUS - tenacious
1810-S 1810-S 1810-S 1810-S 1811-S 1806 1803-S 1809-S 1811-S 1805 1805 1805	10 10 10 11 6 6 3 9 11 11 11 5 5	23:00 15:5: 0:00 0:00 0:00 9:00 6:00 17:10	33 4 10 37 3 1 5 1 3 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Dreams Dreams Dreams Dreams Ears Ears Ears Ears Ears Expectoration Expectoration Expectoration	about relationship separation and differentiation. I had a sense that I was distinct from the others around me.  A dream where there was a lot of fire, a forest fire.  Dreams about a dark technology drama, disturbing, feeling of permeability.  Woman in a spiral passing a rhythm around.  Wy baby was crying and it was going to be shot. I told her I can't save you. There's nothing I can do. I was trying to get away but couldn't. You're going to die now.  Ears popped 7-8 times before I fell to sleep.  Ringing in left ear, I can feel my heartbeat; feel like if I stood up I would fall over. All the same thought. I can feel my heartbeat; freel like if I stood up Suddie of the can be seen to release. Nothing causes pain in ears.  Swallowing causes pain in ears.  Syallowing causes pain in ears.  Syallowing causes pain in ears.  Syallowing causes pain the sound changes.  My hearing just improved.  Thick green mucus is coming up today, thick and sticky expectoration.  The expectoration is light green today.  Yellowish white expectoration, that is hard to get up.  I can feel globs of mucus dropping down the back of my throat.  Gunt stuck in throat.  Thick green gunk had to spit up.	DREAMS - INDIVIDUATION, about  DREAMS - FIRE  DREAMS - FRIGHTFUL  DREAMS - WOMEN - spiral; in a  DREAMS - SHOT; BEING - going to be shot; crying baby is going to EAR - NOISES IN - explosion, like an  EAR - NOISES IN - left EAR - PAIN - swallowing - agg-  EAR - STOPPED SENSATION  EAR - NOISES IN - right  X  EXPECTORATION - GREENISH  EXPECTORATION - GREENISH  EXPECTORATION - VISCID  THROAT - MUCUS - gelatinous	MIND - DELUSIONS - fire - world is on  DREAMS - UNPLEASANT  DE  MIND - AWARE MIND - FEAR - VERTIGO - ACCOMPANIED BY - Ear - noises in  EAR - STOPPEL EAR - DISCHARGES  EXPECTORATIC EXPECTORATION - VISCID  EXPECTORATIC EXPECTORATION - DIFFICULT  EXPECTORATIC NOSE - DISCHARGE - Posterior nares
1810-S  1810-S  1810-S  1810-S  1811-S  1806  1803-S  1809-S  1811-S  1811-S  1805  1805  1805  1805	10 10 10 11 6 6 3 9 11 11 11 5 5	23:00 15:5: 0:00 0:00 0:00 9:00 6:00 17:11 6:2:	33 4 10 37 0 1 5 1 3 3 6 12 1 13 3 5 2	Dreams Dreams Dreams Dreams Ears Ears Ears Ears Ears Expectoration Expectoration Expectoration Expectoration Expectoration	about relationship separation and differentiation. I had a sense that I was distinct from the others around me. A dream where there was a lot of fire, a forest fire. Dreams about a dark technology drama, disturbing, feeling of permeability. Woman in a spiral passing a rhythm around. Wy a spiral passing a rhythm around. Wy a spiral passing a rhythm around. There's nothing I can do. I was trying to get away but couldn't. You're going to get away but couldn't. You're going to gie away but couldn't. You're going to ge saway	DREAMS - INDIVIDUATION, about  DREAMS - FIRE  DREAMS - FRIGHTFUL  DREAMS - WOMEN - spiral; in a  DREAMS - SHOT; BEING - going to be shot; crying baby is going to EAR - NOISES IN - explosion, like an  EAR - NOISES IN - left EAR - PAIN - swallowing - agg-  EAR - NOISES IN - right X  EXPECTORATION - GREENISH EXPECTORATION - GREENISH EXPECTORATION - VISCID  THROAT - MUCUS - gelatinous EXPECTORATION - DIFFICULT	MIND - DELUSIONS - fire - world is on  DREAMS - UNPLEASANT  DE  MIND - AWARE MIND - FEAR - VERTIGO - ACCOMPANIED BY - Ear - noises in  EAR - STOPPEE EAR - DISCHARGES  EXPECTORATIC EXPECTORATION - VISCID  EXPECTORATIC EXPECTORATION - DIFFICULT  EXPECTORATIC NOSE - DISCHARGE - Posterior nares  EXPECTORATIC NOSE - DISCHARGE - Posterior nares  EXPECTORATIC NOSE - DISCHARGE - Posterior nares  EXPECTORATIC HROAT - MUCUS - tenacious

Prover	Drover Bublicat T	imortama Day (	# format) Mind/Body System	Consiss Symptom Note	Suggested Rubric #1	Suggested Rub Suggested Rub Suggested Rub Suggested Rubric #5
Flovel	FTOVEL FUDICAL I	illiestallip Day (	# TOTTIAL) MINO/BODY SYSTEM	Green mucus, thick, a lot, two tissues	Suggested Rubiic #1	Suggested Kull Sugges
				with one blow and then have to blow		
1803-S	3		7 Expectoration	again.	EXPECTORATION - GREENISH	EXPECTORATION - VISCID
1803-S	3		7 External Throat		EXTERNAL THROAT - STIFFNESS OF SIDES - right	
				Limbs are light. It is hard to lift my bones. Everything is weak, weak,		
1804	4	15:11	10 Extremities	weak.	GENERALS - WEAKNESS - lifting agg-	
				I was walking in my office today and I		
				feel like my left hip just gave out and I		
				either stubbed or sprained or broke the fourth toe on my left foot. The whole		
				foot is black and blue, bruised, sore,		
1005		14.00	14 Futuresition	and it is painful to walk. The toe is	EVEDENITIES LUID, COMPLAINTS OF	EVIDENITIES EVIDENITIES EVIDENITIES INVIDES T
1805	5	14:00	14 Extremities	nearly black.  As I am walking back to bed I feel like	EXTREMITIES - HIP; COMPLAINTS OF	EXTREMITIES - EXTREMITIES - INJURIES - Toes
				my foot is cramping, the arch in my left		
1805	5 5	1:25	13 Extremities	foot has a cramp in it.	EXTREMITIES - PAIN - cramping	EXTREMITIES - EXTREMITIES - CRAMPS - Feet - night
				I have an extreme pain in my left hip. I think I am dehydrated. It hurts to lie		
1805	5 5	1:15	13 Extremities	on my hips.	EXTREMITIES - PAIN - Hips - left	GENERALS - LCEXTREMITIES - PAIN - Hips - lying - agg-
				Getting up to go to the bathroom, it		
				feels like my whole hip is going to snap		
1805	5 5	1:17	13 Extremities	off. Left hip. Like a broken branch. I also have cramps in my left outer calf.	EXTREMITIES - PAIN - Hips - left	MIND - DELUSIMIND - DELUSIMIND - DELUSI EXTREMITIES - CRAMPS - Legs - Calves
				My extreme hip pain in my left hip	·	
				stopped a few weeks back; today I am		
				feeling pain in my right hip. Waking up it hurt to lie on my right hip in a way		
				that it did earlier in the proving on my		
1805	5	5:15	48 Extremities	left.	EXTREMITIES - PAIN - Hips - right	
				The right sided hip pain came and went. It didn't linger like it did in my		
1805	5	12:00	50 Extremities	left hip.	EXTREMITIES - PAIN - Hips - right	
				It is hard to lift my leg and raise my		
1805	5 5	1:19	13 Extremities	left foot upward. Made worse by walking.	EXTREMITIES - PAIN - Legs - walking - agg-	
				My cuticles are peeling back and I want		
1805	5	12:12	9 Extremities	to bite them out.	MIND - TEARING - himself - skin around nails	MIND - BITING - nails
				I was sitting talking to my supervisor		
				and got up to let dogs out and sat down on my left foot with leg bent and		
				my hip bones ached and hip muscles,		
1806	6	9:45	6 Extremities	including flexors are very tight.	EXTREMITIES - CONSTRICTION - Lower limbs	
				Muscle spasm at edge of right armpit next to shoulder blade; lasted 25		
1806	6	21:13	1 Extremities	minutes.	EXTREMITIES - CRAMPS - Upper limbs	
				Tingling, like goosebumps on the inside		
1806	6	15:20	1 Extremities	of the arms and legs.	EXTREMITIES - GOOSE FLESH	EXTREMITIES - EXTREMITIES - GOOSE FLESH - Upper limbs
				I accidentally kicked the clothes organizer for my husband, hard. It was		
				the worst pain in my baby toe. The		
				pain lasted about five minutes and was gone. No swelling, no bruising I		
				seriously thought I broke it with how		
1806		10:00	4 Extremities	hard I kicked it and how much the valet moved.	EXTREMITIES - INJURIES - Toes	
1800	, ,	10.00	4 Extremities	Right palm will not stop itching,	EXTREMITIES - INJURIES - TOES	
				scratched it during dinner for about 15		
1806		18:00	1 Extremities	minutes.	EXTREMITIES - ITCHING - Hands - Palms	EXTREMITIES - ITCHING - Hands - Palms - right
1806	6	11:00	3 Extremities	Itchy right palm.	EXTREMITIES - ITCHING - Hands - Palms	
				Right palm will not stop itching, scratched it for two hours. The entire		
				palm but mostly on the top where the		
1806	6	19:30	6 Extremities	fingers attach to the hand.	EXTREMITIES - ITCHING - Hands - Palms	
				My right thumb on the outer edge won't stop itching. It itched off and on		
1806	6	18:00	5 Extremities	for about two hours.	EXTREMITIES - ITCHING - Thumbs	
				My plantar fasciitis is acting up tonight,		
1806		20:00	5 Extremities	put on my onyx bracelet and it was better in about five minutes.	EXTREMITIES - PAIN - Feet - Back of feet	
1300	. 3	23.00	5 EAG GITTIGGS	Extreme pain in my right thigh, on the		
				side under the hip joint; worse when		
1806		8:30	2 Extremities	moving, I can hardly walk, it's been eight hours. It's still painful!	EXTREMITIES - PAIN - Hips - right	EXTREMITIES - PAIN - Hips - walking - agg-
1000	. 3	3.30	E EAG GITTUGS	Pain in right hip and thigh still present,		This tips tolling agg
				not bad while sitting, very hard to walk		
1806	6	11:00	2 Extremities	or move around, need to limp	EXTREMITIES - PAIN - Hips - walking - agg-	EXTREMITIES - EXTREMITIES - SLEEP - DISTURBED - pain; by - muscles
				Pain in right thigh; I couldn't get comfortable to fall asleep, then I finally		
1806	6	23:00	2 Extremities	fell asleep.	EXTREMITIES - PAIN - Thighs - right	SLEEP - DISTURBED - pain
			2 5 4	Pain in right thigh is gone! Wahoo! I	EVERTURES DATE THE LAND	
1806	6	7:00	3 Extremities	can walk like a normal person.	EXTREMITIES - PAIN - Thighs - right	
				I did not sleep that well, pain in leg kept me up, disappeared around 2-3		
		7.45	2 5 4	am, but, I feel refreshed even though	CLEED DYCTURDED WITH LAND	
1806 1808		7:15 10:15	3 Extremities 1 Extremities	sleep quality poor.	SLEEP - DISTURBED - pain; by - legs EXTREMITIES - TINGLING - Legs	
1808	8	10:15	1 Extremities	Feeling slight tingling down legs	EXTREMITIES - TINGLING - Legs	

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Prover	Prover Publicat	limestamp	Day (# format)	) Mind/Body Syste	Concise Symptom Note	Suggested Rubric #1	Suggested Rub Suggested Rub Suggested Rubric #5
					Twitching in left hip or buttock area for about one minute as I tried to fall		
					asleep, normally this sensation might		
1808	8	23:00	) 2	2 Extremities	last 10 seconds.	EXTREMITIES - TWITCHING - Hips	EXTREMITIES - TWITCHING - Hips - evening - bed agg.; in
1808	8	8:00	) 21	1 Extremities	My neck and left shoulder blade area are still sore but improve each day.	NECK - PAIN - sore	EXTREMITIES - PAIN - sore
	_				Woke up to a very sore and stiff left		
					side of neck and shoulder blade and		
					left arm. Went to my regularly scheduled craniosacral/chiropractor		
					appointment. I assumed the pain was		
					from sleeping wrong but she thinks the pain is from my body being too acidic.		
					She said she sees signs of food		
1808	8	7:00	17	7 Extremities	intolerances (likely gluten).	NECK - STIFFNESS - one side	EXTREMITIES - EXTREMITIES - STIFFNESS - Upper limbs
					I feel like I pulled a muscle or sprained something in the palm of my left hand.		
					I was just toweling off after being in		
					the shower and suddenly feel like I pulled something. Very strange. Never		
1810	10	9:00	11	1 Extremities	done that before.	EXTREMITIES - PAIN - Hands - exertion; as after	EXTREMITIES - PAIN - Hands - Palms - Between first finger and thumb
4040	40	42.00			Persistent aching in my right bicep	EVERTALITIES DATA HAVE BELLEVILLE	
1810	10	12:00	) 16	5 Extremities	while driving.  Horrible, excruciating hip pain in my	EXTREMITIES - PAIN - Upper arms - Biceps - sore	
					left hip. When I put my sock on an leg		
					twisted, I hurt, I couldn't support myself on that leg. It hurt so bad. I		
					have had pain in my hips previously, it		
1811	11		1.0	3 Extremities	was a deep aching. This was in a	EVEDENITIES DAIN Him Info	
1011	- 11		18	LAU emilies	different spot.  Continue to have deep hip pain.	EXTREMITIES - PAIN - Hips - left	
					Usually it is worse on the left side but		
					both sides have pain. If I bend my leg at the hip and turn it, it is excruciating		
					pain. I can't move or put pressure on		
1811	11		23	3 Extremities	my hip until it calms down.	EXTREMITIES - PAIN - Hips - left	EXTREMITIES - PAIN - motion - agg-
1811	11	17:00		5 Extremities	Pain in knees. Burning. Lower part of leg down to ankles is burning.	EXTREMITIES - PAIN - Knees - burning	EXTREMITIES - PAIN - Knees - extending to - Ankle - tearing pain
1811	11	21:00	) 4	4 Extremities	Knee pain while lying in bed. Aching pain. Bending knee helped.	EXTREMITIES - PAIN - Knees - lying - agg-	EXTREMITIES - PAIN - Knees - motion - amel-
					Knee (left) pain while sitting. Burning.		
1811	11	15:00	) 4	4 Extremities	Restless. Standing and moving helped.	EXTREMITIES - PAIN - Knees - sitting - agg-	EXTREMITIES - EXTREMITIES - EXTREMITIES - EXTREMITIES - PAIN - Knees - left
					Hips and knees sore after sitting in meeting for two hours. Joints cracking		
1811	11	0:00		Extremities	when getting up. Painful. Slow to rise.	EXTREMITIES - PAIN - sitting - agg-	EXTREMITIES - EXTREMITIES - PAIN - standing agg sore
1811	11	0:00	) 2	2 Extremities	Shoulders tight.	EXTREMITIES - TENSION - Shoulders	
					The supercharged, wired sensations are mostly in my arms and shoulder,		
					this energy comes in on the left side		
1812	12	9:57	7 3	3 Extremities	and goes around and around to the right side, faster and faster.	EXTREMITIES - ELECTRICAL CURRENT; SENSATION OF AN - Uppe	rlimbs
					Tension around upper back, shoulders,	,	
1812	12	8:36	. 20	9 Extremities	between scapulae, and arms. Those come and go.	GENERALS - TENSION	BACK - TENSIC EXTREMITIES - EXTREMITIES - TENSION - Upper limbs
1012	12	0.50	, 2.	Extremities	I am dropping object because my	CENTENALS TENSION	BACK LENGICE TENGENTES EXTREMELES TENGENT OF THE TE
1803-S	3	19:30		1 Extremities	hands are too smooth	EXTREMITIES - AWKWARDNESS - Hands - drops things	MIND - DELUSIONS - EXTREMITIES - AWKWARDNESS - Hands - drops things; because hands are too smooth
1803-S	3	19:10		1 Extremities	Hands are cold.	EXTREMITIES - COLDNESS - Hands	
1803-S	3	0:00		2 Extremities	My knees ache as if overworked.	EXTREMITIES - PAIN - Knees	GENERALS - LIFTING, STRAINING OF MUSCLES AND TENDONS - from
1803-S	3	18:57	7 1	1 Extremities	Joints and muscles feel loose.	GENERALS - LOOSE; AS IF FLESH WERE	EXTREMITIES - LOOSENESS - sensation of looseness
1807-S	7	3:20	)	Extremities	Don't need to bounce my legs at all. My body feels physically relaxed.	EXTREMITIES - ANXIETY FELT IN - Legs	
1807-S	7	5.20		Extremities	Restlessness; bouncing leg.	EXTREMITIES - ANXIETY FELT IN - Legs	
1808-S	8	9:51	. 1	1 Extremities	Heat in my feet.	EXTREMITIES - HEAT - Feet	
1000 6					Tingling in my feet; tingling on tops,	EVENERAL TRICKING S	
1808-S 1810-S	8 10	9:36		1 Extremities 2 Extremities	bottoms and toes, not heels.  Aching in right bicep while driving.	EXTREMITIES - TINGLING - Feet  EXTREMITIES - PAIN - Upper arms - Biceps - sore	
					Knee pain. Hips hurting. Feel the need		
1811-S	11		5	5 Extremities	to move. Now it's off and on.	EXTREMITIES - KNEES; COMPLAINTS OF	EXTREMITIES - EXTREMITIES - PAIN - motion - amel-
					Left hip pain, localized, deep, bruised, sore, excruciating. Worse pressure and		
					walking. Better laying down. Two days		
1811-S	11	0:00	3	3 Extremities	of pain then it was gone	EXTREMITIES - PAIN - Hips - left	EXTREMITIES - EXTREMITIES - PAIN - Hips - lying - amel-
					Hip and knee pain, sore, hurts when go from sitting to standing. Feels like		
1811-S	11		6	Extremities	they're giving up	EXTREMITIES - PAIN - sitting - agg-	EXTREMITIES - EXTREMITIES - PAIN - standing agg sore
					My eyes are so dry, and feel like sand is in them; 15 minutes, then they were		
1806	6	19:30		1 Eyes	watering.	EYE - DRYNESS - sensation of	EYE - PAIN - fo EYE - PAIN - fg EYE - PAIN - sand; as from
1806	6	19:30		2 Eyes	Eyes dry and feel like sand in them; thi		EYE - DRYNESSEYE - PAIN - sand; as from
1806	6	20:30		3 Eyes	Eyes dry and feel like sand in them; thi		EYE - DRYNESSEYE - PAIN - sand; as from
1806 1806	6	19:00 19:30		4 Eyes 2 Eyes	Eyes dry and feel like sand in them; thi Eye starting to itch a lot.	s EYE - DRYNESS - sensation of EYE - ITCHING	EYE - DRYNESSEYE - PAIN - sand; as from
1806	6	19:30		z Eyes 3 Eyes	Eyes still itching on and off	EYE - ITCHING  EYE - ITCHING	
1000		27.00	1	-, -,	Eyes were watery again today, causing		
1806	6	19:30		2 Eves	nose to run, more right side for both eyes and nose.		NOSE - DISCH/EYE - PAIN - sore
1000	ь	19:30	4	Lycs	cyes and nose.	EYE - ITCHING - lachrymation; with	NOSE DISCHARIE FAIR - SOIC

Prover	Prover Publicat Tim	nestamn	Day (# format)	Mind/Body System	Concise Symptom Note	Suggested Rubric #1	Suggested Rub Suggested Rub Suggested Rub Suggested Rubric #5
110101	TOTAL TODICAL TITL	icocarrige	zay (» ioiiiac)	i ilia, boa, b, stelli	Eye are itching and watery and causing		anguanta han suggested han suggested han suggested han a
1806	6	9:00	3	Eyes	nose to run, more sore on right side.	EYE - ITCHING - lachrymation; with	NOSE - DISCH/EYE - PAIN - sore
					Nose running off and on all day with		
1806	6	19:00		Fire	watering right eye; present more in right nostril.	NOCE DISCUARCE driveing	NOSE - DISCH/EYE - LACHRYMATION
1000	0	19:00	4	Eyes	Pink eye; inflammation, irritation in	NOSE - DISCHARGE - dripping	NOSE - DISCH/ETE - LACHRIMATION
					right eye. Itchy, bloodshot, irritated		
1810	10	6:30	22	Eyes	right eye.	EYE - INFLAMMATION - Conjunctiva	EYE - INFLAMMEYE - ITCHING EYE - INJECTE(EYE - IRRITATION
					My pink eye issues persisted. Bloodshot		
					right eye. Itchy, irritated. I called the other Proving Supervisor Monday		
					morning to inform her. I was not		
					panicked, but it is my eye, so wanted her to be in the loop. Today, Tuesday,		
					it feels like it is on the mend. Have		
					been wearing glasses, I will probably		
1810	10	9:30	24	Eyes	put my contacts in tomorrow.	EYE - INFLAMMATION - Conjunctiva	
1010	10	3.50	2.	2,03	Pink eye; inflammation, in right eye,	ETE IN EN INTENT CONJUNCTIO	
1810	10	10:23	26	Eyes	the whole weekend.	EYE - INFLAMMATION - Conjunctiva	EYE - INFLAMMATION - Conjunctiva - right eye
					Bloodshot in lower right corner, right		
1810	10	22:00	21	Eyes	eye.	EYE - INJECTED - Conjunctiva - dark vessels; full of	
					It feels like an eyelash or dust in my eye, right corner. But there's nothing.		
					It's like when I have my contacts in		
					and there's a speck of dust caught in		
					the contact lens, but I'm not wearing my contact. Or like an eyelash in my		
					eye- but there's nothing. Annoying!		
1810	10	6:00	21	Eyes		EYE - PAIN - foreign body; as from a	EYE - PAIN - fo
					When my eye cleared up, everything kinda settled down, the roller coaster		
					nature of it, it is not going to be up and		
1810	10	10:27		Eyes	down any more.	Х	
1812	12	10:30	1	Eyes	Watery eyes. This went on all day.	EYE - LACHRYMATION	
					Didn't like the taste of maple syrup in my tea and my eyes feel tired for two		
					hours like there is snow in my eye, like		
1802-S	2	10:00		Eyes	my eyes were blurry or snowy.	GENERALS - FOOD AND DRINKS - syrup - aversion	
1802-S	2	19:30	1	Eyes	Aware of my eyes (more than usual).	MIND - AWARENESS HEIGHTENED - body; of - Eyes	
					Left eye blurry like cream in it. Twinges		
					of something, goopy discharge. Worse as night goes on. Itchy red around rim.		
				_	Sharp pain like a splinter. Can't see		
1803-S	3	16:00	8	Eyes	well.	VISION - BLURRED	EYE - DISCHAREYE - PAIN - for EYE - PAIN - foreign body; as from a - hair; as from a
1810-S	10		24	Eyes	Eyes are achy and sore, I thought there was something in my eye.	EYE - PAIN - foreign body; as from a	EYE - PAIN - aching
1010 5	10			2,00	Eyes have been so itchy and gooey.	ETE THAT TOTALS TOTALS	Lie mit deinig
					Gave up wearing contacts. There's no		
1811-S	11		27	Eyes	point.	EYE - ITCHING	EYE - AGGLUTINATED
1811-S	11	0:00	1	Eyes	Everything has a blue gray tint, room is a cool blue.	VISION - COLORS BEFORE THE EYES - blue	
1011 5		0.00	-	2,00	The color blue is coming through	VISION COLONG BEFORE THE ETES SIDE	
1811-S	11	0:00	1	Eyes	everything. More appealing now.	VISION - COLORS BEFORE THE EYES - blue	
					Face flushed, I feel very warm in the		
1806	6	15:55	1	Face	head but the chest is cold.	FACE - CONGESTION	CHEST - COLDNESS
1808	R	9:30	1	Face	Rosy cheeks. Slightly pinker than they were originally.	FACE - DISCOLORATION - rosy	
1808	8	10:08		Face	Cheeks are not as red.	FACE - DISCOLORATION - rosy	
1808	8	12:00		Face	Whole face is a little pink.	FACE - DISCOLORATION - rosy	
1000	Ü	12.30	-	. ==	Jaw is sore again. Tight from the joint		
				F	up to the temples and in the jaw	SACE DATE I	
1811	11	0:00	2	Face	muscle. Both side. Pressure helps. Pimples on lower jaw, one on the right	FACE - PAIN - Jaws - sore	FACE - PAIN - pressure - amel-
					and one on the left. I had this for the		
1802-S	2	6:00	2	Face	whole morning.	FACE - ERUPTIONS - pimples - Jaws - Lower	
1807-S	7			Face	Facial expression was tight all day.	FACE - TENSION OF SKIN	
1807-S	7	3:47		Face	When I hold my face the way I	MIND - DELUSIONS - face - distorted	
1807-S 1808-S	8	10:07		Face	normally do it feels funny.  Cheeks aren't as Rosy on Lily.	FACE - DISCOLORATION - rosy	
1808-S 1810-S	10	10:07		Face	Neuralgic pain in forehead at bedtime.	HEAD - PAIN - neuralgic	HEAD - PAIN - HEAD - PAIN - Forehead - night
1010 3	10			. 400	Lips are really dry and bottom lip is	TELE PAIN Heardigic	THE PAIN PARTY FOR THE PAIN TO CHECK HIGHE
1811-S	11		27	Face	cracked.	FACE - CRACKED - Lips - Lower	
1802	2	0:00		Female	Nipple soreness.	CHEST - PAIN - Mammae - Nipples	
1802	2	0:00	)	Female	Amenorrhea.	FEMALE GENITALIA/SEX - MENSES - absent	
					No headache during my period;		
					typically I have a one sided headache that lasts a few days; I will see if it		
1810	10	12:00	16	Female	returns next month.	HEAD - PAIN - menses - during - agg-	
1811	11		7	Female	Period started a week late.	FEMALE GENITALIA/SEX - MENSES - late, too	
1811	11		43	Female	Period late.	FEMALE GENITALIA/SEX - MENSES - late, too	
					Burger & Burger and Control of Control	FEMALE GENITALIA/SEX - MENSES - scanty	
1811	11			Female	Period light, short duration.		FEMALE GENITALIA/SEX - MENSES - short; too
1811 1811 1802-S	11 11 2		43	Female Female	Period light.  Period light.  Didn't get my period.	FEMALE GENITALIA/SEX - MENSES - Scanty FEMALE GENITALIA/SEX - MENSES - scanty FEMALE GENITALIA/SEX - MENSES - absent	FEMALE GENTI ALIA/SEX - MENSES - Short; too

Prover	Prover Publicat	Timestamp	Day (# format)	Mind/Body System	Concise Symptom Note	Suggested Rubric #1	Suggested Rub Suggested Rub Suggested Rub Suggested Rub	ric #5
					Moon cycle started yesterday earlier			
					the expected 26 days. Typically I am			
1803-S	3		10	Female	ravenous prior to period but I still have a low appetite.	FEMALE GENITALIA/SEX - MENSES - early; too	STOMACH - AP STOMACH - APPETITE - diminished	
1005 5				remaie	I feel like my fever broke around 11	TETRICE GENTINEBYSEK TIENSES CUTY, CO	STOTIFICATION ST	
					pm tonight and I broke into a hot			
1805	5	23:15	14	Fever	sweat.	FEVER - INTENSE HEAT		
					I am exhausted. I have a fever. I am chilly. My throat is draining into my			
					chest. Both my throat and chest feel			
1805	5 5	19:15	12	Pever	full.	FEVER - INTERMITTENT - accompanied by - weariness	GENERALS - W THROAT - FULL CHEST - FULLNESS	
					I was too sick to record any symptoms the last several days. I can't remember			
					being this sick for a long time. My fever			
					broke last night at 11pm on day 11. Then I feel I could sleep really deeply. I			
					was very restless and chilly, even with			
1805	5	7:13		Pever	lots of blankets piled high.	GENERALS - WEAKNESS	CHILL - Chill, etc concomitants - sensations and generalities - restle	ssness, bodily
1803-S	3	14:00		' Fever	Temp of 99.6	FEVER - INTENSE HEAT		
1802		0:00		Generalities	Better with processed foods.	GENERALS - FOOD AND DRINKS - artificial food - amel-		
1802		0:00		Generalities	Worse with, bread	GENERALS - FOOD AND DRINKS - bread - agg-		
1802	2 2	0:00	)	Generalities	Worse with, bread.	GENERALS - FOOD AND DRINKS - bread - agg-		
					I was unable to eat sweets. I haven't feel good eating sweets, preferring			
1802	. 2	13:24	27	Generalities	salty foods over sweet foods.	GENERALS - FOOD AND DRINKS - sweets - aversion	GENERALS - FOOD AND DRINKS - salt - desire	
1802	2	0:00	25	Generalities	Worse with, maple syrup.	GENERALS - FOOD AND DRINKS - syrup - aversion		
1802	2	0:00	)	Generalities	Body feels 'zip', with maple syrup.	GENERALS - FOOD AND DRINKS - syrup - aversion		
1802	2	0:00	)	Generalities	Worse after, meals.	STOMACH - EATING - after - agg-	GENERALS - EATING - after - agg-	
					There have been two sections to this			
					proving, the first two weeks I was very physically ill, flu like symptoms,			
					nausea, throwing up, diarrhea, and			
1803	3	9:07	30	Generalities	extreme headaches.	GENERALS - INFLUENZA		
1803	, ,	9:19	20	Generalities	It spread through my whole body. My whole body feel sick everywhere.	GENERALS - SICK FEELING; VAGUE		
1003	, ,	5.13	, ,,	Generalities	I feel weak. I didn't want to reveal this	GENERALS - SICK FEELING, VAGOE		
1803	3	9:23	30	Generalities	weakness.	GENERALS - WEAKNESS	MIND - INSECURITY; MENTAL - hiding it; but is	
					It was awful. It feel, like I had no			
					energy, absolutely no energy, I couldn't move from the bedroom to the			
1803	3	9:20	30	Generalities	bathroom, I feel my heart would race.	GENERALS - WEAKNESS - motion - agg-	CHEST - PALPITATION OF HEART - motion - agg-	
					Sunday was a really difficult situation.	· ·		
4004		45.4			My body is processing. I really felt as	MAND DESCRIPTION		
1804	4	15:11	. 10	Generalities	though I could lose my mind.  I feel dry and parched. Like I can't get	MIND - DEPERSONALIZATION		
					enough water. Also, I have my morning			
4005		F F			diarrhea coming along. I hope the		CENERAL C. FERENTIAL DIAPRILES	
1805	5	5:59	, ,	Generalities	proving isn't giving me irritable bowel.  I feel completely dried out, my skin	GENERALS - DRY SENSATION - Body; whole	GENERALS - FCRECTUM - DIARRHEA - morning	
					and hair feel dry and brittle; so do my			
1805	5	12:11	. 9	Generalities	nails.	GENERALS - DRY SENSATION - Body; whole	SKIN - DRY HEAD - HAIR - dryness	
					I was craving bread and butter and			
1805	5 5	6:02	21	Generalities	muesli the last three weeks. Foods from my childhood.	GENERALS - FOOD AND DRINKS - bread - desire - butter, and	GENERALS - F(MIND - SENTIMENTAL MIND - HOMES	ICKNESS
					I've continued to eat muesli.			
					Abandoning my paleo plan during the			
					whole proving basically. I especially want the warm milk over the muesli.			
					Comfort foods. When I heard about the			
1805		5:17	, ,,	Generalities	school shooting I could smell warm challah bread baking.	GENERALS - FOOD AND DRINKS - farinaceous - desire	GENERALS - FOOD AND DRINKS - bread - desire	
1605		5:17	20	Certerandes	I am craving spicy foods, I want	OCHEROLO I GOD AND DIGINIC - Idillidecous - desire	SENERALES 1000 AIRO DICIRRO - DI edu - desire	
					Indian, Thai, or Vietnamese food for			
1805		5:15		Generalities	dinner. Something with distinctive	GENERALS - FOOD AND DRINKS - spices - desire		
1805	, 5	5:15	, 1	Generalities	spices. I am craving spicy foods, I haven't	GENERALS - FOOD AIND DRINKS - Spices - desire		
					been eating spices lately, not like this.			
					I really ate a lot of spicy foods when I			
					was younger and studying social work. That whole period when my			
					grandmother was so much a part of my			
1805	5	12:00	,	Generalities	life is coming to the surface right	GENERALS - FOOD AND DRINKS - spices - desire	MIND - GRIEF - loved ones; long lost	
1303		12.00	· ·		I am craving chai. I want warm spices	22.2.2.2.3 1000 / IIIO DICINIO Spices desire	Citize lored office, folig lost	
1805	5 5	5:09	1	Generalities	to get my day going.	GENERALS - FOOD AND DRINKS - tea - desire	GENERALS - FOOD AND DRINKS - spices - desire	
1805	5	7:00	13	Generalities	I am just achy all over.	GENERALS - PAIN - aching		
					Weakness, I just laid in bed all	CENTERAL C. MICHANISCO, L		
1805	5	12:00	9	Generalities	morning.	GENERALS - WEAKNESS - lying - amel-		
					Another, area where I will not stop is in eating. I am really hungry. I want to			
					eat bread and butter. I also want to eat			
1805	5 5	5:57	' 8	Generalities	muesli and hemp milk.	MIND - SELF-CONTROL - loss of self-control - diet; about	STOMACH - AP MIND - SELF-C GENERALS - FC GENERALS - FC	OOD AND DRINKS - farinaceous - desire
1806		14:30		Generalities	Very tired, fell asleep for about 20	SLEEP - SLEEPINESS - overpowering	SLEEP - SHORT - catnaps, in	
1000	, 6	14:30		Generalities	I am a consistent eater of fruits and	JEEL SEEL-MESS - Overpowering	SEEE SHOW - Cathaps, III	
1807	7	8:27	16	Generalities	vegetables and rice and beans.	GENERALS - FOOD AND DRINKS - fruit - desire	GENERALS - FCGENERALS - FCGENERALS - FOOD AND DRINE	CS - beans - desire
1807		8:27		Generalities	I am not a big sweets guy.	GENERALS - FOOD AND DRINKS - sweets - aversion		

Prover	Prover Publicat Tir	mestamn Day /	# format) Mind/Body System	Concise Symptom Note	Suggested Rubric #1	Suggested Rub Suggested Rub Suggested Rub Suggested Rubric #5
	TTOVET T ABIlicat TII	meatomp Jay	# Torriday Plina/Dody System	I require a lot of exercise, when I don't		<u>Ingested into Juggested kan Juggested kan Juggested kan ke-5</u>
1807	7	8:44	16 Generalities	do it, it usually shows.	MIND - ACTIVITY - desires activity	
				I fidget with my hands a lot and		
				bounce my legs a lot. The energy is ceaseless. I have to do some push-ups		
1807	-	0.42	16 Generalities	and then I am fine. I need to release	MANUEL DECEMBERS	PUTTER HOTEL HOTEL FOR A SHARE HE SHARE
1807	7	8:43 8:20	15 Generalities	energy.	MIND - RESTLESSNESS x	EXTREMITIES - MOTION - Fingers - constant
1000	0	6:20	15 Generalities	All symptoms are gone.  Tired just a few hours after waking;	^	
1810	10	9:00	3 Generalities	would like to go back to sleep.	SLEEP - UNREFRESHING	SLEEP - SLEEPINESS - overpowering - waking; on
1810	10	2:13	1 Generalities	Sleepy, yawning a lot Very tired.	SLEEP - YAWNING	
				I am feeling chilled; the air is chilly,		
				like there is a presence in the air, an otherworldly presence. You breathe in		
				the cool air. It reminds me of the dead		
				forest. If I breathe out I will see that damp cool, misty cold breathe, like		
1811	11		18 Generalities	when you are outside.	CHILL - CHILL IN GENERAL	RESPIRATION - GENERALS - PAIN - aching
				There has been this chill associated with this substance. It is returning		
1811	11		18 Generalities	again now.	CHILL - CHILLINESS	
				Lava like, a consistency of something		
				floating down, this heaviness is pulling down. Like a bread dough that sort of		
				falls. Heavy like a sandbag kinda way,		
1811	11		18 Generalities	just gradually falling, moving downward.	GENERALS - HEAVINESS	MIND - DELUSIONS - downward; pulled
1011	11		10 Generalities	Electrical energy, anxious, out of	GENERALS - HEAVINESS	MIND - DEEDSIONS - downward, pulled
				control energy was coursing through		
1812	12	9:02	2 Generalities	my body and I couldn't settle it down to write my article.	EXTREMITIES - ELECTRICAL CURRENT; SENSATION OF AN	MIND - ENERG MIND - ANXIEI GENERALS - ENERGY - excess of energy
1012	12	5.02	2 Generalities	On the other hand I feel like I am	ZERONICO ECCONICOLE CONTENTO DE SENOMICO POR AN	The state of the s
1812	12	9:00	1 Generalities	burning up.	FEVER - BURNING HEAT	
				It is concentrated between my		
				shoulders, it runs up the left arm, it enters at the left side, at the hand, it		
				gets blocked, backed up across the		
				shoulders, and then it pours down the right arm, out the hand, and goes		
1812	12	9:59	3 Generalities	around and around.	GENERALS - ENERGY - excess of energy	
1812	12	7:41	5 Generalities	I am beginning to feel warm and now	GENERALS - HEAT - flushes of	
1012	12	7:41	5 Generalities	I now realize that the physical	GENERALS - HEAT - HUSINES OF	
				symptoms of stiffness relate to a		
				reluctance to move, or go out walking, with a sense of my own direction. Are		
				these psychosomatic symptoms of my		
1812	12	10:22	1 Generalities	behavioral patterns of having to be responsible?	GENERALS - STIFFNESS	
1012	12	10.22	1 Generalities	This morning I woke up with stiffness	GENERALS STITTNESS	
4043	43	5.20	2 C	in my bones, joints, and muscles, like	CENTED ALC. CETTERNICO	STATE AND ADDRESS OF THE ADDRESS OF
1812	12	6:30	2 Generalities	everywhere.  I am burning up; these flames are	GENERALS - STIFFNESS	GENERALS - STIFFNESS - Muscles
				coming out of the top of my head. I am		
1812	12	7:17	4 Generalities	on fire, burning up. It feels good.	MIND - DELUSIONS - fire - flame of fire seems passing through	him FEVER - INTENSE HEAT
				I am very tired. If I go to bed I will wake up too early. I will stay up to my		
1812		20:15	5 Generalities	regular bedtime.	SLEEP - SLEEPINESS	MIND - SELF-CONTROL - increased
1812	12	15:00	5 Generalities	Very tired, slept for one hour.	SLEEP - SLEEPINESS - overpowering	SLEEP - SHORT - catnaps, in
				I didn't crave sweets and if had some sweets didn't like the taste of it which		
				is very unusual for me because I used		
1802-S	2	7:00	7 Generalities	to crave sweets.	GENERALS - FOOD AND DRINKS - sweets - desire	
1802-S	2	14:00	7 Generalities	Feeling extremely relieved after bowel movement.	GENERALS - STOOL - after - amel-	
1803-S	3	0:00	3 Generalities	Chills in afternoon.	CHILL - AFTERNOON	
1803-S	3		7 Generalities	Fresh air improved symptoms.	GENERALS - AIR; IN OPEN - amel-	
1803-S	3	16:00	3 Generalities	Very cold, lasting two hours.	GENERALS - HEAT - lack of vital heat	
1803-S	3	18:57	1 Generalities	Body feels loose.	GENERALS - LOOSE; AS IF FLESH WERE	
1803-S	3	0:00	3 Generalities	Desire to lay down. Even when eating.	GENERALS - LYING DOWN - after - amel-	GENERALS - LIE DOWN - desire to
1803-S	3	0:00	3 Generalities	Desire to be very still.	GENERALS - MOTION - agg-	TUDGAT DAIN WALLEY AND
1803-S	3	0:00	3 Generalities	Want to hold throat still.  Too much effort to sit up must lay	GENERALS - MOTION - agg-	THROAT - PAIN - motion - agg-
1803-S	3	0:00	3 Generalities	down.	GENERALS - SITTING - agg-	GENERALS - LY GENERALS - LIE DOWN - desire to
				Gesture of a crossing wave or crossing		
1803-S 1803-S	3	19:10	1 Generalities	roller coaster. Severe weakness.	GENERALS - WAVELIKE SENSATIONS GENERALS - WEAKNESS	
1003-2	3		4 Generalities	Severe weakness.  Sleepy mid morning wanted to take a	GEIVERMED - WEARINESS	
1803-S	3	0:00	2 Generalities	nap.	SLEEP - SLEEPINESS - morning	
1804-S	4	0:00	0 Generalities	I drank ten servings of alcohol.	GENERALS - FOOD AND DRINKS - alcoholic drinks - desire	
1007 C	_		Corrections	Calm energy has left. Restlessness	MINID TRANSLITH ITY	MIND RECTIFICATION
1807-S 1807-S	7		Generalities Generalities	returned.	MIND - TRANQUILLITY  MIND - WILL - weakness of - smoking; for giving up	MIND - RESTLESSNESS
1807-S 1807-S	7	3:35	Generalities	Smoking cigs less. Less craving.  Yawn.	SLEEP - YAWNING	
-30. 3	,	5.55	oc.iei diities			

Prover	Prover Publicat Timestamp	Day (# format) Mind/Body System	Concise Symptom Note	Suggested Rubric #1	Suggested Rub Suggested Rub Suggested Rub Suggested Rubric #5
			Extreme exhaustion. My eyes feel droopy and I just wanted to lie down. I didn't think it was safe for me to be driving. I could get dinner for my kids		
1809-S	9 17:0	0 1 Generalities	but took a nap at 7 pm and then went to bed at 9 pm. I slept soundly until 6 am.	MIND - PROSTRATION OF MIND - sleepiness, with	EYE - PARALYS SLEEP - SHORT - catnaps, in
1810-S	10	33 Generalities	Lots of things flaming up in the environment, like the stove.	MIND - DELUSIONS - fire - world is on	
1810-S	10	16 Generalities	Complicated dynamics relating to my husband.	MIND - QUARRELSOME - family, with her - husband; to	
1811-S	11 0:0		Cold. I'm usually hot.	GENERALS - HEAT - lack of vital heat	
1811-S	11 0:0		Feeling of a deeper cold.	GENERALS - HEAT - lack of vital heat	CHILL - CHILLINESS
			Bones feel like they're losing density, becoming cold and crumbling, like a		
1811-S 1811-S	11 11 0:0	6 Generalities 0 1 Generalities	Sleepy, like after taking the substance.	MIND - DELUSIONS - crumble; she is about to	MIND - SADNESS
1806			Lingering headache here, doesn't feel like much unless I think about it, then intensity increases but decreases again.	HEAD - PAIN	
1806			I have a headache again today. Not intense, about a 3, behind the eyes and on top of the head. Having a hard time thinking.	HEAD - PAIN - Forehead - Eyes - behind	
			I woke up with a slight headache at the		
1806	6 6:4	5 4 Head	back of the head.	HEAD - PAIN - waking - on	
			Made a headache inhaler for a client this morning with frankincense, eucalyptus, lavender and peppermint, it took my headache away completely		
1806	6 7:3	6 Head	for 1/2 an hour.	MIND - AILMENTS FROM - betrayed; from being	
1808	8 7:4	0 15 Head	Slight itching and tingling on top of my head	HEAD - ITCHING OF SCALP	HEAD - TINGLING
1808	8 7:5	0 15 Head	Itching and tingling spread to whole head, still slight.  Feeling of tingling is gone but slight	HEAD - ITCHING OF SCALP	HEAD - TINGLING
1808	8 11:0	0 1 Head	headache remains near the top of my head, mostly on the right side	HEAD - PAIN - Vertex	HEAD - TINGLING
1808	8 10:0	1 Head	Slight headache on the right side, near the top of my head.	HEAD - PAIN - Vertex - right	
1808	8 9:2	3 1 Head	Slight tingling at front of head at 9:23 am.	HEAD - TINGLING - Forehead	
1808			Tingling moving down to my forehead, above my eyes.	HEAD - TINGLING - Forehead	
1808			Tingling moving towards the back of my head.	HEAD - TINGLING - Occiput	
1808	8 15:0	0 1 Head	All symptoms are gone.	Х	
1809	9 9 21:4	5 1 Head	Headache above left eye, lasted about 15 minutes.	HEAD - PAIN - Sides - left - accompanied by - Eye; pain in left	
1810	10 22:3	0 1 Head	Neuralgic, fluttering pain, upper right forehead; it surged across head about three times as I lay down to sleep.	HEAD - PAIN - neuralgic	HEAD - PAIN - surging
			I woke with headache which is recurring for me. A bit harder to move		
1811	1 11 0:0	0 9 Head	forward with it. More apt to want to go back to bed. Give up.	HEAD - PAIN - waking - on	MIND - DESPAIR - head; with complaints of
1811	1 11 0:0	0 10 Head	Woke with bad headache. Worse on left side. Worse behind left eye. Better with pressure. Hurt all day.		HEAD - PAIN - HEAD - PAIN - HEAD - PAIN - Sides - left - accompanied by - Eye; pain in left
			Ache on right side while throat is sore. Where head curves up. A lot of		
1803-S	3	8 Head	pressure, can not push hard enough. Stiff and tight head.	HEAD - PAIN - accompanied by - Throat; pain in	
1803-S	3	5 Head	By 8:00 PM headache was gone.	HEAD - PAIN - evening - amel-	
			Headache, pains moved all over head. Started in occiput then top of head then back of head, then left. Lasted all night. Tight like something squeezing		
1803-S	3 18:0	0 4 Head	head. Freezer pack helped a bit.	HEAD - PAIN - wandering pains	HEAD - PAIN - cold - applications - amel-
1807-S	7 3:1	.0 Head	My head is heavier. Not pressure. Around my auditory.	HEAD - HEAVINESS	
1808-S	8 9:5		Headache slightly worse.	HEAD - PAIN	
1808-S		1 //	Headache on the top of my head. Common headache when I take a	HFAD - PAIN - Vertex	
1808-2	8 9:4	2 1 Head	remedy.  Tingling is moving towards the back of	HEAD - PAIN - Vertex	
1808-S	8 9:3	7 1 Head	her head. Direction downward.  Slight tingling on sides of head just	HEAD - TINGLING	
1808-S	8 9:2		above forehead	HEAD - TINGLING - Forehead	
1811-S	11 0:0	0 1 Head	Head, pain, behind brow bone.	HEAD - PAIN - Eyebrows	
1811-S	11 0:0	0 1 Head	Pressure on my temples makes pain feel better.  I woke up with a headache. It hurt so	HEAD - PAIN - Temples - pressure - amel-	
1811-S	11 0:0		bad.	HEAD - PAIN - waking - on	
1802-S	2 19:3	1 Hearing	Hear differently. Hear myself talking.	HEARING - STRANGE, HER OWN VOICE SOUNDS STRANGE IN HE	R EARS

Prover	Prover Publicat Timestamp	Day (# format)	Mind/Body System	Concise Symptom Note	Suggested Rubric #1	Suggested Rub Suggested Rub Suggested Rub Suggested Rubric #5	
				I am hoarse, I lose my voice			
1805	5 17:	16 12	Larynx & Trachea	completely by bedtime.  Larvngitis again, I had a hoarse voice	LARYNX AND TRACHEA - VOICE - hoarseness	LARYNX AND TRACHEA - VOICE - hoarseness - evening	
				all day yesterday and last night I lost			
1805	5 5:		Larynx & Trachea	my voice.	LARYNX AND TRACHEA - VOICE - hoarseness		
1803-S	3 0:		Larynx & Trachea	Voice is hoarse.	LARYNX AND TRACHEA - VOICE - hoarseness	MANUE CHARDACH	
1802	2 0:	JU	Mind	Shorter temper.  I have had previous relationship with	MIND - ABRUPT	MIND - SNAPPISH	
				people who are verbally abusive.			
				Telling me a list of what I was doing			
1802	2 13:	10 27	Mind	wrong as a friend, it was mean, and it resulted in pushing me away.	MIND - AILMENTS FROM - abused; after being - emotionally	MIND - CENSORIOUS	
				I wanted my friend to help me through			
				something. I wanted to purchase a car. My friend backed out at the last			
1802	2 13:	3 27	Mind	moment. I became pretty upset.	MIND - AILMENTS FROM - disappointment	MIND - ANGER MIND - ANGER - indignation; from	
				So then, I asked for help, then, he			
				didn't help me, even though he was always encouraging me to ask, when I			
1802	2 13:	04 27	Mind	did he didn't.	MIND - AILMENTS FROM - disappointment		
				I don't know. I feel really disappointed. I feel in doubt and insecure about			
1802	2 13:	11 27	Mind	friendships and relationships.	MIND - AILMENTS FROM - friendship; deceived	MIND - CONFICMIND - INSECURITY; MENTAL	
				How do I go forward. So, I am focusing			
				on school. Throughout the proving I have been extremely motivated more			
				than I normally am. I am in			
1802	2 13:		Mind	homeopathy school.	MIND - AMBITION - increased		
1802	2 13:		Mind	I've completed a lot of school work.	MIND - ANYIETY		
1802	2 0:	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	Mind	Anxious Feeling anxious and upset, upon	MIND - ANXIETY		
1802	2 0:	00	Mind	awakening and in dream.	MIND - ANXIETY - waking, on	DREAMS - ANXIOUS	
				More fiery inside, angry, antagonistic			
1802	2 0:	00	Mind	spirit.	MIND - ARDENT (FIERY TEMPERAMENT)	MIND - ANGER - indignation; from	
				I realized he is never clear with me. It is super frustrating. The last			
				conversation was so yucky, he was			
1802	2 13:	07 27	Mind	being clear with me, but I didn't like how he was talking to me.	MIND - AWARENESS HEIGHTENED - thoughts and feelings; of	MIND - INSECURITY; MENTAL	
				I found myself naming behaviors of my			
1802	2 13:	12 27	Mind	friend and then arguments followed after that.	MIND - AWARENESS HEIGHTENED - thoughts and feelings; of	MIND - CENSORIOUS	
1002	2 13.	JZ 27	Hillia	I said more clearly than ever what I	MIND - AWARENESS HEIGHTENED - thoughts and reenings, of	MIND - CENSORIOUS	
1802	2 13:	27	Mind	was feeling.	MIND - AWARENESS HEIGHTENED - thoughts and feelings; of	MIND - AWARENESS HEIGHTENED - thoughts and feelings; of	
				In a way I was more able to pinpoint			
				things, like voicing my emotions or feelings and my observations. I was			
1802	2 13:		Mind	seeing feelings with greater clarity.	MIND - AWARENESS HEIGHTENED - thoughts and feelings; of	MIND - AWARENESS HEIGHTENED - thoughts and feelings; of	
1802	2 0:	00 2	Mind	Very cautious.	MIND - CAUTIOUS		
				In my mind I am snappy with people, but in real life I am not acting that			
1802	2 0:	00	Mind	way.	MIND - CENSORIOUS	MIND - SNAPPISH	
1802	2 0:	20	Mind	Feelings of having more mental clarity	MIND - CLARITY OF MIND		
1802			Mind	concerning my friend. Want to be alone.	MIND - COMPANY - aversion to		
				Turned down spending time with friend			
1802	2 0:		Mind	to study.	MIND - COMPANY - aversion to		
1802	2 0:	00	Mind	Very focused.	MIND - CONCENTRATION - active		
1802	2 13:	00 27	Mind	I feel more cloudy or foggy. I was really more emotional.	MIND - CONFIDENCE - want of self-confidence	MIND - SADNESS - confusion; with	
				Having doubt, a lot of doubts. Doubt in			
1802	2 13:	06 27	Mind	relationships. Codependency.	MIND - CONFIDENCE - want of self-confidence		
				I was in a different state. Should I have done the proving? Should I have			
1802			Mind	said what I said?	MIND - CONFIDENCE - want of self-confidence		
1802	2 0:		Mind	Feelings of not being good enough.	MIND - CONFIDENCE - want of self-confidence		
1802	2 0:		Mind	Feeling of doubt.	MIND - CONFIDENCE - want of self-confidence		
1802 1802	2 0:		Mind Mind	Feeling unsure about big decisions.	MIND - CONFIDENCE - want of self-confidence - plans; about realizi	MIND - IRRESOLUTION	
1802			Mind	Sad or unsure of how I am feeling.  Feeling more sarcastic.	MIND - CONFUSION OF MIND - feelings; about one's MIND - CYNICAL	MIND - MOCKING - sarcasm	
1002	2 0:		riiilu	As I am retelling this, I'm feel alone. Is		PRINT PROGRAMO ' SOLUDSIII	
			L	this actually a good thing seeing these			
1802			Mind	things?	MIND - DELUSIONS - alone, being	MIND - FORSAKEN FEELING - isolation; sensation of	
1802 1802			Mind Mind	Feelings of being betrayed.  Feelings of being betrayed.	MIND - DELUSIONS - betrayed; that she is MIND - DELUSIONS - betrayed; that she is		
1802	2 0:	,0	rinid	Delusions of dramatic events, qun	Filto Decostors - Decrayed, that she is		
1802			Mind	fights, explosions	MIND - DELUSIONS - danger, impression of		
1802			Mind	Feeling melancholy.	MIND - DESPAIR		
1802			Mind	Feeling hopeless.	MIND - DESPAIR		
1802	2 0:	00	Mind	Fearful. Feeling like something bad will happen	MIND - FEAR		
				while I am driving tomorrow, car			
1802	2 0:	00	Mind	having accident on snow.	MIND - FEAR - accidents, of	MIND - FEAR - accidents, of - car	
1802	2 0:	00	Mind	Delusions that I am going to get in an accident with the snow and ice on road.	MIND - FEAR - accidents of	MIND - FEAR - accidents, of - car	
1002	2 0:	,,,	rand	accident with the show and ice off fodd.	PIND TEAK accidents, of	PIND TERM decidency, or - car	

Prover	Decree Dublicat Times		(# farment) Mind/Dade. C	cystem Concise Symptom Note	Suggested Rubric #1	Suggested Rub Suggested Rub Suggested Rub Suggested Rubric #5
			Mind Mind			Suggested Kub Suggested Kub Suggested Kub Suggested Kub Ku Suggested Kub
1802		0:00		Feeling like I am making a mistake.	MIND - FEAR - mistakes; of making	
1802		0:00	Mind	Feelings of making a mistake.	MIND - FEAR - mistakes; of making	
1802		0:00	3 Mind	Feelings of being alone.	MIND - FORSAKEN FEELING	
1802		0:00	Mind	Feeling abandoned.	MIND - FORSAKEN FEELING	
1802	2 2	0:00	10 Mind	Extremely productive.	MIND - INDUSTRIOUS	MIND - ACTIVITY - desires activity
				I don't know how to go forward right		
1802	2 2	13:14	27 Mind	now with that issue with my friend.	MIND - IRRESOLUTION	MIND - DISCOURAGED - irresolution, with
				I experienced jealousy in a new way. I		
				also feel cloudy or muddled in my	MIND - 1FALOUSY	
1802	2 2	13:01	27 Mind	mind.	MIND - JEALOUSY	MIND - DELUSIMIND - SADNESS - confusion; with
				He backtracked and made a bunch of		
1802	2	13:04	27 Mind	excuses; this made me feel really iealous.	MIND - JEALOUSY	
1002		15.04	27 Fillid	•		
				I feel the jealousy in my chest and my throat. Tight in my chest and a tight		
1802	2 2	13:04	27 Mind	and a lump in my throat.	MIND - JEALOUSY	CHEST - CONS THROAT - LUMP; SENSATION OF A
1802		0:00	Mind	Feelings of jealousy.	MIND - JEALOUSY	
				I feel more emotional; there were		
				friendship disagreements. I found		
				myself highly emotional. I was really		
1802	2 2	13:01	27 Mind	able to see one friend more clearly.	MIND - MOOD - changeable - quickly	HEAD - HEAVINESS - alternating with - clearness of mind
1802	2 2	0:00	Mind	Feelings of giving too much.	MIND - PLEASING - desire to please others	
1802	2 2	0:00	21 Mind	Guilty after fight with friend	MIND - REPROACHING ONESELF	
1802		0:00	Mind	Blaming myself.	MIND - REPROACHING ONESELF	
				He was being defensive, putting things		
				back on me, he was manipulative. 'I		
				say these things and you don't hear		
				me,' it wasn't kind, he doesn't say		
				things nicely, or he doesn't have much		
1802	2	13:08	27 Mind	grace with me. No leeway about who I am as a person.	MIND - REPROACHING OTHERS	MIND - DISCOURAGED - irresolution, with
1802		0:00	29 Mind	Feeling sad.	MIND - SADNESS	PINE DISCOUNTED INFOSTILION, WITH
1802		0:00	Mind	-		
1802	2 2	0:00	MING	Driving slow.	MIND - SLOWNESS - driving; while	
				Don't want to be around my		
1802	2	0:00	Mind	roommates or talk to them while I am alone in my room.	MIND - TACITURN	MIND - COMPANY - aversion to
1002	2 2	0.00	Milia	You know you need to ask for help. Yo		PILIND - COMPANY - aversion to
				can't do it all by yourself all the time,'		
1802	2 2	13:03	27 Mind	he said.	MIND - THOUGHTS - repetition, of	
				I am speaking up to him more about	The state of the s	
1802	2 2	0:00	Mind	his behavior (this is unusual).	MIND - TRUTH - telling the plain truth	
				The most striking thing for me was the		
				realization that the substance was		
				affecting me; it was both subtle and		
				not so subtle. There was one day that	I	
1802	2	13:00	27 Mind	just feel like myself again. That was	v	
	_			around day 18.	X	
1802	2 2	13:23	27 Mind	No changes in diet since the proving.	X	
4000		0.00	Mr. d	Once out of room, okay talking and		
1802	2 2	0:00	Mind	interacting.	X	
				What am I doing here on the planet?		
1803	2 2	9:45	30 Mind	Feeling constant doubt. A weird dichotomy when I have another child.	MIND - AILMENTS FROM - grief - prolonged	MIND - CONFIDENCE - want of self-confidence
1003	, ,	5.45	50 Fillid			MIND CONTIDENCE Want of sen commence
				Can I wear a big sign that says, 'Yes, I lost my son, it is okay for me to laugh		
				today!' or 'Yes, I lost my son, I loved		
				my son, and it is okay for me to cry		
1803	3 3	9:58	30 Mind	today.'	MIND - AILMENTS FROM - grief - prolonged	
				The substance is giving me access to		
1803	3	9:24	30 Mind	my emotional intelligence.	MIND - AWARENESS HEIGHTENED - thoughts and feelings; of	
				As a homeopath we're giving a remedy		
				matching the symptoms, with		
				homeoprophylaxis we're following a certain intention, there is a purpose,		
				benevolence there. Taking this		
				substance feel more malicious or		
1803	3 3	9:18	30 Mind	harmful	MIND - CONCENTRATION - active	
				Doubt, okay, we're doing this proving		
				to help humanity. What is the point,		
				there are so many people around us,		
				we're going to die, all of us are going		
				to die. This is my current life, I had on before, I will have another life, so wha		
1803	3 3	9:47	30 Mind	am I actually doing here?	MIND - CONFIDENCE - want of self-confidence	MIND - DEATH - thoughts of
1803	3	9:57	30 Mind	To validate the experience.	MIND - CONFIDENCE - want of self-confidence	MIND - LONGING - good opinion of others; for
2003	-			I am a single mom, I don't have a lot		
				of support, there aren't a lot of people		
				who sympathize or are there for me		
				compassion wise. I didn't want to let		
				anyone know that I was sick again.		
				Because, going through all of this with my supervisor, by the end of the first		
1803	3 3	9:22	30 Mind	week we flushed this out	MIND - CONFIDENCE - want of self-confidence - support; desires	MIND - ANXIFIGENERALS - SUPPORT AMEL-
1303			1 11110	My mother, when I'd pinch my finger i		
				the door, she'd say, 'Let me look at		
				that, do we need to cut it off?' Instead		
1				of, 'Are you okay?' No sympathy or		
1803	3 3	9:24	30 Mind	empathy.	MIND - CONSOLATION - amel-	MIND - SYMPA MIND - FORSAKEN FEELING - isolation; sensation of

Prover	Prover Publicat	Timestamn	Day (# format)	Mind/Body System	Concise Symptom Note	Suggested Rubric #1	Suggested Rul	Suggested Rub	Suggested Rul	Suggested Rub	ric #5			
110101	- TOTEL TODICAL	THIRD COLOR	Suy (# Torride)	Tima, body bystem	My supervisor was just like what I	pagette name = 2	Daggestea Rai	godggeoted Hab	baggebied ital	Juggested Has				
					needed. I feel so sick. Her response, her empathy, actually made me feel a									
1803	3	9:29	30	Mind	little bit better after that.	MIND - CONSOLATION - amel-	MIND - SYMPA	THY FROM OTH	ERS - desire for	r				
1803	3	9:30	20	Mind	Like, hey, maybe it is okay for me to feel what I am feeling.	MIND - CONSOLATION - amel-								
1803	3	9:30	30	MING	This is a really unique experience. I	MIND - CONSOLATION - amei-								
					don't know what to expect or fully what									
1803	3	9:41	1 30	Mind	to think about it.  There is an incredible lightness, like the	MIND - CONTENT								
					French doors are open, light is									
					streaming out, pure white light is streaming out and filling that empty									
					space within, it's brilliant and you can't see into it. Like when someone is going									
					to the otherside. Like 'heaven' or the									
1803	3	9:50	30	Mind	'afterlife'. Like Superman's emblem, family crest,	MIND - DELUSIONS - light = brightness -								
					mine is this pure white light radiating									
1803	3	9:52	2 30	Mind	outward.  Like entering the unknown. Potential.	MIND - DELUSIONS - light = brightness -								
					Or possibility. Pure possibility. If I									
					could go forward with this light radiating out of me, I could beam my									
					light everywhere, I could touch									
1803	3	9:53	30	Mind	everything with joy. I could be this big radiant light. Pure joy.	MIND - DELUSIONS - light = brightness -								
					Is my son's death a sentence? This is my soul's journey, this is suffering,									
					'Why did this happen?' This is his path,									
					this is my path, now I've been dealt this hand, this is what I have to carry									
					the rest of my life. Otherwise, I don't agree with the new age terms of									
					learning a lesson. But, if that's how my									
1803	3	9:55	30	Mind	life is playing out  I feel invaded or like something, some	MIND - DELUSIONS - persecuted - he is persecuted								
1803	3	9:17	7 30	Mind		MIND - DELUSIONS - poisoned - he - has been	MIND - DELUS	IONS - invaded;	; one's space is	being				
					Something taking over. It was noticeable to have a calm mind. I can									
					go through a whole range of emotions									
1803	3	9:17	7 30	Mind	throughout a typical day, that was not happening. This was not me.	MIND - DELUSIONS - poisoned - he - has been	MIND - DELUS	IONS - invaded;	one's space is	beina				
					The maliciousness was taking over or	·								
1803	3	9:18	30	Mind	invading me. This feels really good to explore this. I	MIND - DELUSIONS - poisoned - he - has been	MIND - DELUS	MIND - MALICI	OUS					
					cried a lot the first week or two of the									
					proving. Now it feels good to verbalize and recognize things for what they are.									
1803	3	9:27	7 30	Mind	I don't feel despair about it.  It is like I have to find some reason for	MIND - DESPAIR - recovery, of								
1803	3	9:56	30	Mind	this other than happenstance.	MIND - EXPRESSING ONESELF - difficult	MIND - DELUS	IONS - hell - to	rments of hell v	vithout being ab	le to explain; si	uffers the		
					Vulnerability or weakness is discouraged. I have to pull myself									
					together all of the time. I can't show									
					that I am weak or hurting because the response I get is worse that the									
1803	3	9:25	30	Mind	problem or hurt I am experiencing.	MIND - FORSAKEN FEELING - isolation; sensation of	MIND - AILME	MIND - DESPA	IR - recovery, o	of				
					My mom isn't a safe space. My ex- husband isn't. I have to put on a brave									
1803	3	9:39	30	Mind	face and plow through.	MIND - FORSAKEN FEELING - isolation; sensation of								
					To be validated, I could finally fully be myself. To have people automatically									
					recognize, 'This women can be sad and happy at the same time and we don't									
					have to judge her for having those									
1803	3	9:57	7 30	Mind	feelings.' I wouldn't have to be neutral and having no emotion at all.	MIND - FREEDOM - doing what he had to do; remarkable freedom ir	1							
					I don't have to be neutral. My family required neutrality. You know what is									
					kinda amazing, my older son, is the									
					most emotionally expressive child I have ever met. Man as a parent									
1803	3	9:59	30	Mind	sometimes, this is hard!	MIND - FREEDOM - doing what he had to do; remarkable freedom in	1							
					I have no right to do that, how dare I, I am a bereaved mom. I need to live out									
1803	3	9:54	30	Mind	my sad little life quietly over here.	MIND - GRIEF - prolonged	MIND - REPRO	ACHING ONESE	LF					
1803	3	9:13	30	Mind	I just wanted to shut down and not engage with any of it.	MIND - HIDING - himself								
					As the years go on, there is less and									
					less arenas of where I can show my grief. That whole concept of one year									
					of grief and then you move on, that doesn't really happen, does it? I tried									
					to talk about my son's death with his									
1803	3	9:38	30	Mind	father and he was like, 'Why do you want to talk about that?'	MIND - HIDING - himself	MIND - GRIEF	- prolonged						
					Apathy, apathetic toward life in									
1803	3	9:10	30	Mind	general. Now that is beginning to lift. That started about two weeks ago.	MIND - INDIFFERENCE								

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				Withdraw, and put on a brave face,		<u>Juggested Kab</u> Juggested Kab Juggested Kab	JIC #3
180	13 3	9:4:	1 30 Mind	that's what I usually have to do. Watching comedies, Jerry Seinfeld's	MIND - INSECURITY; MENTAL - hiding it; but is		
				Comedians in Cars Getting Coffee, 20 minute shows, he drives around with different comedians and they get coffee, his humor is appealing to me			
180	3 3	9:32	2 30 Mind	right now.	MIND - LAUGHING - desire to laugh		
180	12 2	9:3:	3 30 Mind	His cynicism, dry humor, when he laughs, he fully laughs. He fully embraces his laugh, that makes me	MIND - LAUGHING - desire to laugh		
100	3	9:3.	S SO MING	laugh, and smile along with him.  I have some tears in my eyes. It feels	MIND - LAUGHING - desire to laugh		
180	)3 3	9:34	4 30 Mind	good that I was able during this time, on this proving, to hear him laughing, fully laughing, and I too could fully laugh.	MIND - LAUGHING - desire to laugh	MIND - LAUGHING - weeping - same time; weeping and laug	uhing at the
100	,5	5.5	Jo Time	It feels really good to fully laugh. My	This Blocking desire to laugh	Time Broading weeping same time, weeping and lade	ining de che
180	3	9:3	4 30 Mind	child died three years ago. The act of laughing has feel, and continues to feel like I am negating that sorrow of the loss of my child. I remember the first time after I fully laughed, 'Wow, that was real laughter,' it was really few laughs and far between laughs for me.	MIND - LAUGHING - desire to laugh	MIND - FORSAIMIND - GRIEF - loved ones; long lost	
180	3 3	9:0	7 30 Mind	Mind feel pretty calm during that time.	MIND - OCCUPATION - amel-		
180	3	9:09	9 30 Mind	Looking back I went into a deep depression.	MIND - SADNESS		
				I had depression like this two and a half years ago (I only used			
180	13 3	9:1	5 30 Mind	homeopathy previously for that depression so it wasn't suppressed).	MIND - SADNESS		
100	.5	3.2.	SO TIME	It had no triggers, nothing happened in	Third States		
180	13 3	9:1	5 30 Mind	my daily life, other than the proving, that would bring on a depression like that.	MIND - SADNESS		
100	,,,	5.1.	30 Milia	What am I doing here? When I say	PINO - SADNESS		
180	3 3	9:48	30 Mind	that, I feel it in my eyes and in my chest.	MIND - SADNESS - eyes	CHEST - SADNESS FELT IN	
180	)3 3	9:09	9 30 Mind	Was this a pathogen? Or some nosode? I feel like something was taking over my body. This is so unnatural get the substance away from me.	MIND - THEORIZING - proving substance; about the		
				Mentally and emotionally terrible the second two weeks, but physically, I fee great, nothing is keeping me from			
180	3	9:1:	1 30 Mind	doing my day.  Physically I feel terrible the first two	x		
180	3	9:1:	1 30 Mind	weeks, but mentally and emotionally calm.	x		
180	)3 3	9:2:	1 30 Mind	I had the influenza on January 1, 2018, and to be sick again so soon, 'I can't believe I am so fucking sick again!' I hated myself.	x		
				I have been very dedicated to the proving. I haven't taken anything. I am used to quickly taking an acute remedy or an herbal tincture or an over-the-			
180	3 3	9:3:	1 30 Mind	counter pain relief. Breathing, my breath, allows me to	х		
180	04 4	21:4	5 9 Mind	slowly to return to my body. This is what happened after the fluids and the tachycardia. I slowly am returning to my body as I breathe into my heart. Yeah.	CHEST - PALPITATION OF HEART		
				Now I am floating in the middle of the ocean, in a bay, the great orca comes, I am okay with the orca, a steady, steady friend. I feel the most eternal silence. Sun shining through the water.			
180	)4 4	21:4	7 9 Mind	The orca slowly swims around me and I am okay with that.	DREAMS - OCEAN - being in an ocean	DREAMS - WHALES - orcas	
180	)4 4	15:13	3 10 Mind	We're good. I am good. There's a lot to do.	MIND - ACCEPTANCE		
				This suffering is not human I don't have any power. I couldn't do this			
180	)4 4	21:4:	9 Mind	without a strong guide.  Anxious in the moment, then surrender	MIND - ANGUISH	MIND - MANIA - anguish, during	
180	14 4	14:3	2 1 Mind	to this massive greater force. But, then there is chaos.	MIND - ANXIETY	MIND - CHAOTIC	
100	4	14.5.	I Pillid	Ease, fluidity, connecting, I met this beautiful woman, so easy. Just the	The Audit	THE CHARLES	
180	14 4	14:2	5 1 Mind	ability to flow. No anxiety around connecting.	MIND - ANXIETY - company; when in	MIND - CONTENT - quiet; and	
180		14:2:		There is not an earthly anxiety.	MIND - ANXIETY - world; for the	Tarib Contract quiet, and	
100	4	14:2.	1 Millu	mere is not an eartily anxiety.	PILITE ANALETT - WORLD, TOT LITE		

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HOVEL	TTOVEL T ablicat	Timestamp	Say (# Torritac)	rillia/ body System	It has been pure chaos, flowing with	Suggested Rubile #1	<u>Judgested Nab</u> Judgested Nab Judgested Nabile #J
					the group. Pure chaos. I literally didn't		
					make one decision. Pure chaos. Like I		
					was in the ocean, with a school of fish,		
					going with the flow. No identity, no		
1804	4	14:15	1	Mind	decision making, all just flowing with this mass energy.	MIND - CHAOTIC	
1004		14.13	1	riiiu	I flew in Nicaragua and back, I didn't	PIND CHAOTIC	
					have the Yellow Fever vaccine, so they		
					sent me back to Peru. Knowing that all		
					is okay, there is an absolute placidity		
					amidst it all. Even on the flight here, I was in absolute chaos. Now I am in		
					peace. Everything will flow in a greater		
1804	4	14:17	1	Mind	way into meaning.	MIND - CHAOTIC	
					A sense of pure chaos, having no		
					control. Literally going non-stop, one		
1804	4	14:20	1	Mind	thing to another straight.	MIND - CHAOTIC	MIND - CONCE MIND - IDEAS - abundant
					I moved out of my apartment and helped a friend move. Pure		
					unstoppable chaos (and some grand		
					order, but you don't see the grand		
1804	4	14:20	1	Mind	order till later).	MIND - CHAOTIC	
					I am with a bunch of Okinawans,		
					remembering the War of Okinawa. Spanish is flowing out of my mouth like		
					water I am very present to this		
1804	4	14:40	1	Mind	chaos.	MIND - CHAOTIC	
					So, on Sunday, I got delayed in Peru.		
					The airline didn't ticket me, so I was delayed until Monday, the whole thing		
					is out of control. Now it was at a point		
					of out of control. It threatens life as we		
					know it. If we can survive this we can		
1804	4	21:27	9	Mind	be at peace forever.	MIND - CHAOTIC	MIND - FEAR - happen, something will
					I understand why people wanted to get out of this proving. Ordered violence		
					would be easier than this chaos.		
1804	4	21:41	. 9	Mind	Expecting death. Chaos is too much.	MIND - CHAOTIC	
					I thought this was some deep blue		
					ocean remedy, this was beyond that into chaos. I understand why we want		
1804	4	21:43	9	Mind	to live simple lives.	MIND - CHAOTIC	
					I have no power. I am done. I can't do		
					it. This is the first proving I wish I		
					didn't do. It is a tough angle on life. I feel I will be able to weather anything.		
					I have been through all of these crazy		
					and stressful things. It is a very		
1804		15:02	10	Mind	strange substance. Chaos. I need to	MIND - CHAOTIC	MIND - PROSTIMIND - RESIGNATION
1004	4	15:02	10	MINU	look at it and learn to breathe.  One endless reaction after another,	MIND - CHAOTIC	MINU - PROSTIMINU - RESIGNATION
					self-doubt, you get lost, no more mind,		
1804	4	21:33	9	Mind	or identity.	MIND - CONFIDENCE - want of self-confidence	
					I thought I would be lost in limbo for		
					eternity. I tried to ground myself in the physical and the present moment. I		
					have never been overwhelmed by		
1804	4	21:33	9	Mind	terror.	MIND - CONFUSION OF MIND - identity, as to his - boundaries; and	personal
					You are split. No identity. I could see a		
1804	4	21:40	9	Mind	break from reality.	MIND - CONFUSION OF MIND - identity, as to his - duality, sense of	MIND - CONFUSION OF MIND - Identity, as to his
					I understand simple substance. I never knew you could get lost in the		
					unconscious. Death is way better. I		
					don't know if I wanted that experience		
100		24		Mind	that was too much. That was close to	MIND DEATH themsels of	MIND - DEATH - desires
1804	4	21:41	-	Mind	breaking me. That was too much.	MIND - DEATH - thoughts of	MIND - DEATH - desires
1804	4	14:19	1	Mind	I have been avoiding my supervisor.	MIND - DECEITFUL - blame; avoids	
					My supervisor was getting upset; I have not control, so what's the point of		
1804	4	14:21	1	Mind	getting upset?	MIND - DECEITFUL - blame; avoids	
1804	4	14:41	. 1	Mind	My supervisor quit; he is done with	MIND - DECEITFUL - blame; avoids	
					This substance has some remarkable		
1804		21:55	_	Mind	ability to be still as the world around you crumbles.	MIND - DELUSIONS - disintegrating, the world is	MIND - MEDITATING
1004	4	21:55	9	rmiu	I was getting a reading on my star	PART DELUGIONS - disintegrating, the world is	PERIO PEDITATIO
					chart. I didn't realize the importance of		
					my Moon in Scorpio. I don't think I am		
1804		21.42		Mind	a shaman anymore, I would prefer to	MIND - DELUSIONS - great person, is a	
1804	4	21:43	9	minu	live a simple life.  It is like feeling I will be so strong and	mino - Decosions - great person, is a	
					it will be okay. I used to believe I was		
					really strong spiritually and		
				L	intellectually, but I realize I am not		
1804	4	15:12	10	Mind	that strong in actuality.	MIND - DELUSIONS - great person, is a	MIND - CONFIDENCE - want of self-confidence
					Losing my body. I thought I would go into endless mania. Like a dark hall of		
					the unconscious. Twisting patterns and		
					forms. Were not meant to go there. I		
1804		21:35	_	Mind	have never been so aware of it. Do not	MIND DELLICIONS hall in in	MIND - MANIA
1804	4	21:35	9	minu	go there. It is hell.	MIND - DELUSIONS - hell - in; is	PILIVE - PRANTA

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Prover	Flover Fublicat	Illiestallip	Jay (# IOIIIIat)	Miliu/Body System	No heaven, no neace. I thought I	Suggested Rubric #1	Suggested Kill Sugges
					glimpsed hell. An eternal cascade of		
					nonsense and chaos. It was the most		
					terrifying thing in my life. I would never recover. It was an endless limbo		
					between life and death, where you go		
1804	4	21:37	9	Mind	on forever.	MIND - DELUSIONS - hell - in; is	
					This god or some great creature, a guide, this great creature is a guide to		
					that beyond place, it understands all		
1804	4	21:49	9	Mind	that	MIND - DELUSIONS - influence; one is under a powerful	
					I didn't feel like I was conscious for two weeks. I could hardly connect with		
					people for the two weeks since I		
					received the substance. I love this substance. I went partying, connecting,		
					lots of drinking, every night until 5 am		
					(that is not my identity). I lost my identity, I was taken over by		
1804	4	14:37	1	Mind	something.	MIND - DELUSIONS - invaded; one's space is being	MIND - CHAOT MIND - DESTRUCTIVENESS
					The process of transcending goes bad.		
					You are seeking something profound and you get lost in the inner realm of a		
					twisting spiral of endless chaos. You've		
1804	4		٥	Mind	lost your whole body and your whole being. No grounding.	MIND - DELUSIONS - lost; she is - salvation; for	MIND - CHAOT MIND - DELUSIONS - body - out of the body
1004	-		,	riiid	Everything that is fluid and water. All of	PHYD DEEDSTONS TOSE, SHE IS SUIVACION, TO	Pinto Cinco Pinto Secondo Social de Social
					the oceans, the communicative		
					capacity of water, listening to something greater, deeper, wider, just		
1804	4	14:31	. 1	Mind	pure open.	MIND - DELUSIONS - water - blue water; of	
					I watched some orca videos and rested		
1804	4	15:10	10	Mind	last night.  I was in Lima, I couldn't breathe, I	MIND - ESCAPE, ATTEMPTS TO	
					went nuts, I was there in the hospital		
1804	4	21:35	9	Mind	thinking I could die.	MIND - FEAR - death, of	MIND - FEAR - sudden
					After the fluids my heart rate came down, I told everyone I was dving, I		
					saw my funeral. I was convinced I was		
1804	4	21:39	9	Mind	gone. It wasn't like dying it was going into an eternal hell.	MIND - FEAR - death, of	
					I feel this is not good. I ate a weed		
					brownie on Sunday. I could not go to sleep afterward. I feel I was going to		
					fall into an eternal limbo of twisting		
1804		21:33		Mind	realities. I thought I was going to go mad.	MIND - FEAR - insanity	MIND - CONFUSION OF MIND - identity, as to his - boundaries; and personal
1804	4	15:05		Mind	I spent so much money.	MIND - FEAR - poverty, of	MIND - CONFUSION OF MIND - Identity, as to his - Doublearies, and personal
1001	·	15.05	10	111110	The tipping point is so dangerous. It	Table 12 at poreity of	
					used to just be a school of fish of		
					chaos. This substance is insanity. Eternal heaven and no grounding. You		
					could get lost in this substance. It is		
1804	4		9	Mind	schizophrenia. Insane paranoia. The problem with the field of this	MIND - INDIFFERENCE - religion, to his - not caring if he went to he	MIND - INSANI MIND - ESCAPI MIND - DELUSIONS - hell - in; is
					substance is that it is problematic to		
1804	4	8:30	1	Mind	make any decision.	MIND - IRRESOLUTION	
1804	4	15:00	10	Mind	I am pretty exhausted with everything. I have to let go of a bunch of things.	MIND - PROSTRATION OF MIND	MIND - RESIGNATION
					I was sitting at this coffee shop in		
					Peru; I flicked the proving substance off the balcony, and then it flew down		
1804	4	8:45	1	Mind	into a gutter	MIND - REBELLIOUS	
					Whatever was in that weed brownie		
1804	4	21:44	9	Mind	took me beyond.	MIND - SENSITIVE - drugs; from	
1804	4	14:30	1	Mind	I am sorry for being such a whale. I said to my supervisor.	x	
1804	4	21:32	9	Mind	This is the limit.	X	
					Dream a tsunami washed away everything I had ever known my		
1805	5	5:15	28	Mind	familial home, everything	DREAMS - WAVES - tidal wave - tsunami, of;	DREAMS - FLO DREAMS - WATER - danger - in water; from danger
					I am not going anywhere. I've got deep		
1805	5	7:00	9	Mind	chills and a high fever. I am going back to bed.	GENERALS - HEAT - flushes of - alternating with - chills	
					I feel like there's lots of incremental		
1805	5	5:30	8	Mind	loss in my life, and I don't know what I' m supposed to learn from it anymore?	MIND - AILMENTS FROM - grief	MIND - AILMENTS FROM - grief - prolonged
1303		3.50	Ů		I have only been working and I guess		
					going to the toilet since the proving		
					started. Also, I have been fighting about things from the past, old slights		
					and hurts. I think about leaving		
1805	5	6:25	7	Mind	homeopathy and going back into social work.	MIND - ANGER - abdomen; with complaints in	MIND - QUARR MIND - DESPA MIND - RESIGNATION
					I have so many questions. How will		
					these women make it? Most of them have no retirement, no savings, some		
					of them live in the houses they raised		
					their kids in and those houses are large and empty, and falling apart. They are		
1805	5	9:09	5	Mind	like ghost houses.	MIND - ANXIETY - future, about	MIND - THOUGHTS - future, of the

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110101	1 TOTAL TODICAL	- Innestante	zay (z torride)	rima, body bystem	I have an appointment with Ruth	pagette mane 12	Duggested National Suggested Nat		
					Hayden, she teaches classes on				
					Women & Money, and wrote a book How To Turn Your Money Life Around:				
					The Money Book for Women. I would				
1005	_	0.44	_	Mind	like to purchase a copy of this book for	MIND ANNUETY CALLS AND	MATRIC THOUGHTS ( )		
1805	5	9:11	. 5	MING	everyone of my patients.  I'm worried about my throat. I keep	MIND - ANXIETY - future, about	MIND - THOUGHTS - future, of the		
					thinking of all the remedies I could				
1805	5	1:00	13	Mind	take for this.	MIND - ANXIETY - health; about - own health; one's	MIND - MEDICINE - desire to swallow large doses of		
					I could see myself gearing up for a battle with my husband this morning. I				
					was just ready. I get inflamed easily. A				
1805	5	5:45	8	Mind	short fuse.	MIND - ARDENT (FIERY TEMPERAMENT)	MIND - QUARRELSOME		
1805	5	5:30	18	Mind	I slept with my husband last night for the first time since the proving.	MIND - AVERSION - bushand to			
1003		3.30	10	riiid	'I wish I'd had the courage to live a	PHILD AVERGION Husband, to			
					life true to myself, not the life others				
1805	5	5:06		Mind	expected of me.'	MIND - CONCENTRATION - active			
1805	5	5:06	ь	Mind	'I wish I hadn't worked so hard.'     'I wish I'd had the courage to	MIND - CONCENTRATION - active			
1805	5	5:06	6	Mind	express my feelings.'	MIND - CONCENTRATION - active			
					4. 'I wish I had stayed in touch with				
1805	5	5:06	6	Mind	my friends.'	MIND - CONCENTRATION - active			
1805	5	5:06		Mind	5. 'I wish that I had let myself be happier.'	MIND - CONCENTRATION - active			
1803	,	3.00		Hillia	28,000 people died from the enormous	MIND - CONCENTRATION - active			
					quantities of water. The waves from				
					the air are incredible and awesome. The waves move as fast as 5 miles per				
1805	5	5:03	7	Mind	second!	MIND - CONCENTRATION - active			
					Tsunamis are caused by energy moving				
					through water, massive amounts of energy. The movement of energy				
					through water. Energy originating				
					underwater like from an earthquake or				
1805	5	7:15	12	Mind	volcanic activity. Nature is too powerful to stop.	MIND - CONCENTRATION - active			
					"Before every session, I take a moment				
					to remember my humanity. There is no experience that this man has that I				
					cannot share with him, no fear that I				
					cannot understand, no suffering that I				
					cannot care about, because I too am human. No matter how deep his				
					wound, he does not need to be				
					ashamed in front of me. I too am vulnerable. And because of this, I am				
					enough. Whatever his story, he no				
					longer needs to be alone with it. This is what will allow his healing to begin." -				
1805	5	5:00	2	Mind	Carl Rogers	MIND - CONFIDENCE - want of self-confidence			
					I agree. I heard what Ruth had to say,				
					then I feel like can I do this? I was overcome with self-doubt, 'Am I				
					actually helping anybody with				
1805	5	17:32	5	Mind	homeopathy?'	MIND - CONFIDENCE - want of self-confidence			
1805	5	17:37	. 5	Mind	I have had self-doubt before, but I am overwhelmed by thoughts of death.	MIND - CONFIDENCE - want of self-confidence			
2203		2	,		I remember that friends of our family				
					who were very politically minded who				
					participated in the Civil Rights Movement thought that they were				
					being 'listened' to by big brother, when				
					their mother died, they received a file several inches thick detailing their				
					surveillance. It was surreal. I think of				
					this whenever I take a civil action, my self-doubt kicks in, but my thirst for				
1805	5	5:03	29	Mind	justice wins out.	MIND - CONFIDENCE - want of self-confidence	MIND - DELUSIMIND - DELUSIONS - spied; being		
					I keep hearing my patients talking				
					about aging and dying in a new way. I feel I am acknowledging my mortality				
1805	5	8:15	5	Mind	and death since this proving started.	MIND - DEATH - talks of	MIND - DEATH MIND - FEAR - old; of getting		
					I was watching Netflix Grace & Frankie,				
					the Expiration Date, Frankie is in a casket of sorts surrounded by fruits.				
					This was striking because of all of my				
					imagery around death that I have experienced since the beginning of the				
1805	5	22:00	5	Mind	proving.	MIND - DEATH - thoughts of			
					Not to mention, dying, death Grace &				
					Frankie is all about aging this season. One of the main characters is losing				
					her memory and things are falling				
1805	5	22:01	. 5	Mind	apart, their relationships, their house, their bodies.	MIND - DEATH - thoughts of			
2203	3		,		I can't get away from this death				
					theme. I wonder if we are proving				
1805	5	22:03	5	Mind	something like egyptian embalming fluid? Bitumen?	MIND - DEATH - thoughts of	MIND - FEAR - MIND - THEORIZING - proving substance; abo	out the	
							, . , . , , , ,		

Prover	Prover Publicat	Timestamp	Day (# format)	Mind/Body System	Concise Symptom Note	Suggested Rubric #1	Suggested Rub Suggested Rub Suggested Rub Suggested Rubric #5
					I read this blog this morning		
					Continuing on my theme: Regrets of the Dying. http://www.bronnieware.		
1805	5	5:00	6	Mind	com/blog/regrets-of-the-dying	MIND - DEATH - thoughts of	
					Person after person keeps saying the		
					same things. I don't know that I can continue. It's too much. It is like Khalil		
					Gibran saying, 'Only love and death		
1805	5	5:00	7	Mind	change all things.'	MIND - DEATH - thoughts of	MIND - CARES, MIND - WEARISOME - cares; from
					This morning I woke up feeling like		
					myself. It is like a cloud lifted and I feel like myself again. I stopped watching		
					tsunami videos yesterday. I was		
					watching one and I thought to myself, 'What am I doing?' I find them		
					horrifying. Then I thought, 'Where is		
					my husband?' It was as though he was totally out of my life the last several		
1805	5	5:3:	1 18	Mind	weeks.	MIND - DELUSIONS - clouds - black cloud enveloped her; a heavy	DREAMS - WAVMIND - AVERSION - husband, to
					I have been thinking about my		
					visitation from my grandmother all		
					day. That was frightening and intense. It is lingering. She died January 2005,		
	_				it's January 2018. So thirteen years		
1805	5	12:00	) 1	Mind	ago.	MIND - DELUSIONS - dead - persons, sees	
					I had a ghostly visitation of my grandmother, she appeared by my		
					beside, she said, "I can see how hard		
1805	5	1:00	) 1	Mind	you are working and you need to rest"	MIND - DELUSIONS - specters, ghosts, spirits	MIND - DELUSIMIND - RESPONSIBILITY - taking responsibility too seriously
1003	3	1.00	1		She appeared ghostly and frightening	The species of alloats, spirits	The official Committee of the committee
					at first, then as I awoke more she		
1805	5	1:15	5 1	Mind	appeared as I remembered her in the 1970s.	MIND - DELUSIONS - specters, ghosts, spirits	MIND - DELUSIMIND - THOUGHTS - past, of the
1003	,	1.1.	1		One of my patients called with an acute	The control of control of control of control	The state of the s
					respiratory influenza; she said she has		
					been crying out for her grandmother as she remembers being a child and in		
					hospital for pneumonia; her		
					grandmother nursed her to health with		
					chicken broth and singing her lullables. She said, 'I have been having		
					continuous thoughts about my		
					grandmother today.' I thought that was interesting because of that frightening		
					vision of my ghostly grandmother. I		
1805	5	19:00	1 3	Mind	have never had such a vision or experience.	MIND - DELUSIONS - specters, ghosts, spirits	
1005	3	15.00	, ,	riiid	Which contributed to bringing me to	Pinto Decostono speccers, gnosta, apinta	
	_				places of despair and meaninglessness		
1805	5	5:3:	1 8	Mind	and over come with self-doubt.	MIND - DESPAIR	MIND - RESIGN MIND - CONFIDENCE - want of self-confidence
1805	5	6:50	13	Mind	Despair, isolation, wanting to withdraw into my own room or my mind.	MIND - DESPAIR	MIND - COMPA MIND - WITHDRAWAL FROM REALITY
1805	5	6:4:		Mind	I feel like I'll never get better.	MIND - DESPAIR - recovery, of	
1805	5	22:00	26	Mind	Devastated about the school shootings.	MIND - DESPAIR - world; for the	MIND - SADNESS
1805	5	5:5	5 8	Mind	But, I will not stop!!	MIND - DETERMINATION	
					I haven't been going to yoga or to the		
1805	5	6:20	7	Mind	YMCA to walk or exercise. I hasn't crossed my mind.	MIND - EXERTION - physical - aversion	
					I feel like doing yoga today. I haven't		
					moved my body for almost three		
					weeks. I was really sick for a while. I couldn't do yoga with diarrhea for		
1805	5	5:3	3 18	Mind	instance.	MIND - EXERTION - physical - desire	
					All of these women, my age, over 50,		
					are talking about being older, not wanting to work as hard, to retire,		
1805	5	9:0	5 5	Mind	worrying about money.	MIND - FEAR - age; of one's own	
					There are all sorts of terms in tsunamis		
					that I've never heard before. One wave in one of the tsunamis was almost as		
					tall as the Transamerica Pyramid in		
					San Francisco, California, it has a structural height of 853 feet (260 m)		
					and has 48 floors of retail and office		
					space. I have never watched videos like this before it is horrifying and		
					fascinating at the same time. It is		
	[		_		related to this theme of death.	MIND STAD BOOK OF	WW9 5719 WW9 5719 Avil 4
1805	5	5:10	J 7	Mind	Although, sudden death. Watching these YouTube videos on	MIND - FEAR - disaster; of	MIND - FEAR - MIND - FEAR - death, of
					tsunamis, is about preparedness. A		
					part of me wants to be prepared for		
1805	5	1:0	7 13	Mind	something. Parallels with the potential for things to collide in life.	MIND - FEAR - disaster; of	
	-				I have been watching tsunami videos		
1005	_	2.00	,	Mind	all afternoon. Could I be prepared?	MIND FEAR happen compthing will be with a paint	MIND CONSIDENCE want of colf confidence
1805	5	3:00	9	Mind	Could I run? I feel really sick.  I woke up feeling afraid that we are	MIND - FEAR - happen, something will - terrible is going to happen;	PHIND - CONTIDENCE - Wall of Self-Confidence
					losing our rights and that this is the		
1805	-	5:06		Mind	end of American democracy as we know it.	MIND SEAR happen compthing will torrible is called to become	competition
1805	5	5:00	29	rinid	KIIOW IL.	MIND - FEAR - happen, something will - terrible is going to happen;	Something

Description	Decree Dublicat Timestone	2011 (# 60mm)	b) Mind/Dady Cychan	Canaina Comantam Nata	Connected Dubric #1	Connected Bulb Connected Bulb Connected Bulb Connected Bulb Connected Bulb State Connected Bulb Bulb Connected Bulb Bulb Bulb Bulb Bulb Bulb Bulb Bulb
Prover	Prover Publicat Timestamp	Jay (# forma	t) Mind/Body System		Suggested Rubric #1	Suggested Rub Suggested Rub Suggested Rubric #5
				These are all of the things I am hearing my peers talking about. I am late to		
				supper; I haven't ever feel these		
1805	5 5	09	6 Mind	things	MIND - FEAR - old; of getting	
				I keep thinking about the things my		
				patients have been telling me about ending their careers and wanting to		
				move to Florida or Arizona. All these		
				women who have no savings. One		
				woman is 80-something, she's a social		
1805	5 1	04 1	.3 Mind	worker friend, she still leads courses because she has very little savings.	MIND - FEAR - old; of getting	MIND - FEAR - MIND - CONFIDENCE - want of self-confidence
				The power of the ocean. Life, death,		
				thinking about my husband dying. He's		
1805	5 1	09 1	.3 Mind	a few years older than me.	MIND - FEAR - old; of getting	MIND - DEATH MIND - FEAR - death, of
				Preparing for the end. Preparing for something big. That is what the		
1805	5 1	14 1	3 Mind	tsunami videos are about.	MIND - FEAR - old; of getting	MIND - DEATH MIND - FEAR - MIND - FEAR - happen, something will - terrible is going to happen; something
				I struggled with the elderly and dying		
				courses; it bothered me how afraid others became around older people in		
1805	5 9	00	5 Mind	my social work courses.	MIND - FEAR - old; of getting - and the elderly	
				I am experiencing grief, and a sense of		
				relief, it is nice to think of someone		
				looking after me. I am looking after so many people in my homeopathic		
1805	5 12	30	1 Mind	practice.	MIND - GRIEF	MIND - CONFIDENCE - want of self-confidence - support; desires
				I really haven't feel like this since the		
				1980s, issues from thirty years ago are rising to the surface. Like the tsunami.		
				I am triggered and then I am flooded		
1805	5 5	33	8 Mind	with emotion.	MIND - HELPLESSNESS; FEELING OF	
				I am getting subtle, but intense		
1805	5 /	21	4 Mind	thoughts.	MIND - IDEAS - abundant	
				I called and left a scathing message on Speaker of the House Paul Ryan's		
				voicemail. I am so affronted by the		
1005	5 5	02	9 Mind	continuous commentary on the NRA	MIND INDICNATION	MIND MINICIPATION by a region by a project
1805	3 3	02 2	:9 Milliu	and gun laws in the U.S.A.  I have so much to do. I can't cancel my	MIND - INDIGNATION	MIND - INDIGNATION - hypocrisy; by society
				day. I have errands to run, etc. But, I		
1805	5 6	41	9 Mind	am really sick.	MIND - INDUSTRIOUS	
				I have a self-righteousness. That is not		
1805	5 5	51	8 Mind	so good. It is a mixture of self-doubt and self-righteousness.	MIND - INJUSTICE, CANNOT SUPPORT	MIND - CONFIDENCE - want of self-confidence
		_		Rabbi Sid Schwarz writes in Judaism &		
				Justice, 'Righteousness is when we act		
				toward others in a spirit of tolerance,		
				righteousness is when we come to be		
				convinced that our own religion,		
1805	5 5	53	8 Mind	lifestyle, or philosophy of living is superior to alternate paths.'	MIND - INJUSTICE, CANNOT SUPPORT	
				I can hear this coming through me in		
				Torah Study. It is like the voice of my		
				mother, or grandmother, rising up to do battle against injustice. I am tired of		
				fighting for homeopathy. I am tired of		
				thinking about neo-Nazis and white		
1805	5 5	54	8 Mind	supremacists	MIND - INJUSTICE, CANNOT SUPPORT	
				I'm in shock and grief over the school shootings in Parkland, Florida. How		
				many children will have to die by gun		
1805	5 21	00 2	27 Mind	violence?	MIND - INJUSTICE, CANNOT SUPPORT	MIND - INDIGNATION
				When I really explore this it was easier for me to see other people being afraid		
				then it is for me to admit that I am		
1805	5 9	02	5 Mind	actually the one who is afraid.	MIND - INSECURITY; MENTAL - hiding it; but is	
1805	5 5	52	9 Mind	I am feeling tired and irritable. Like I've got zero tolerance.	MIND - IRRITABILITY - sleepiness, with	
1005	5 5	JE	J Pilliu	Incremental losses, that is what keeps	PHAT MATABLETT - Steepiness, Willi	
1805	5 7	12	9 Mind	going through my mind.	MIND - LOSS; SENSE OF	
				A woman said to me the other day, 'I		
				don't really have to worry about		
				finances if I don't have that much time to live'. She was relieved by that		
				thought? It made me sad and I feel		
1805			.3 Mind	pained in my heart.	MIND - LOSS; SENSE OF	
1805	5 5	09	1 Mind	I feel very practical and matter of fact.	MIND - PRACTICAL	
				I got into a huge argument about something from long ago with my		
1805	5 9	00	1 Mind	husband.	MIND - QUARRELSOME	MIND - THOUGHTS - past, of the
				He always leaves the dishrag balled up		
				and his cereal pan, and bowl caked with oatmeal. I want to pick up the pan		
				and slam it down on the counter. I am		
1805	5 5	47	8 Mind	feeling like I want to fight.	MIND - QUARRELSOME	

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			I can remember my mother and		
			grandmother fighting over these kinds of stupid things. My grandmother's		
			house was spotless. My grandmother		
			told me I needed to rest at the very		
			first day of this proving. I am more like my grandmother every day of this		
			proving. Practical, matter of fact, and		
1805	5 5:4	9 8 Mind	certain I am right.	MIND - QUARRELSOME	MIND - PRACTI MIND - TRUTH MIND - CONFIDENT
			I really can't think of what came over me. But, it was instantaneous. I was		
1805	5 7:1	0 2 Mind	livid.	MIND - RAGE	
			I told my husband, 'I love you,' and 'I		
			am not myself, I think it's the proving,' I haven't feel like this since the late		
			1980s before I went to social work		
1805	5 6:4	0 13 Mind	school.	MIND - REMORSE	
			I am feeling guilt because I can't explain myself. My husband wouldn't		
			understand that I am involved in a		
			proving. He doesn't get homeopathy on that level. Whatever happened before		
1805	5 7:1	2 2 Mind	bed was really old.	MIND - REPROACHING ONESELF	MIND - ANXIETY - conscience; anxiety of
1805	5 1:0	8 13 Mind	Tsunamis are natural, it surprises me that people don't know what to do.	MIND - REPROACHING OTHERS	
1005	3 1:0	13 Millu	I am tired of all of this. I want to walk	TARIO ALI ROACHINO OTTERO	
1805			away from all of this.	MIND - RESIGNATION	
1805	5 5:0	4 7 Mind	I wonder if I could run?	MIND - RUNNING - desire for	
			I woke up early, read a Torah reading, and when for a walk, and just started		
			running, I have been so sleepy during		
1805	5 5:1	5 45 Mind	the proving. I am feeling more and more awake.	MIND - RUNNING - desire for	
1003	3.1		I've been depressed, isolated, and cut		
			off from people, when I couldn't get		
			back to sleep this morning, I decided to get up and go to Torah Study. But, I		
1005	5 6.3	3 7 Mind	didn't want to listen to the old women	MIND - SADNESS	The second state of the se
1805	5 6:2	3 / Mind	complaining all morning.  Today, I am me. Not the substance. I	MIND - SAUNESS	MIND - FORSA MIND - DELUS MIND - IRRITABILITY - talk of others; from
			am awake. I feel alive. I feel very		
1805	5 6:0	0 21 Mind	physically depressed the last several weeks.	MIND - SADNESS - despair; with	
1003	5 0.0	21 11110	(My husband thinks this is funny. I am		
1805	5 17:1	6 12 Mind	not laughing.)	MIND - SERIOUS	
			I actually feel relieved to evacuate my bowels. Usually when I am eating so		
1805	5 6:0	2 8 Mind	many grains I do not go so easily.	MIND - STOOL - after - amel-	
			Why do we do it? What is it all for?		
			Raising our children and then our husbands leave us. I have too many		
			patients who raised their families and		
1805	5 9:0	7 5 Mind	then their husbands leave them, just like that.	MIND - THEORIZING	
			Get it, embalming, the dead. If not, the		
			school should prove these embalming substances, natron, palm wine, cedri		
1805	5 22:0	3 5 Mind	succus, bitumen, and resin.	MIND - THEORIZING - proving substance; about the	
1805	E 0.1	0 5 Mind	Empty houses. These thoughts are very dark.	, MIND - THOUGHTS - negative	
1805	5 9:1	U 5 MING	I am thinking about my training as a	MIND - INOUGHIS - negative	
			social worker, from the early 1990s, I		
			am especially thinking about the books that I read that formed my mind and		
			helped me in my counseling skills. I		
			pulled out a couple of them, by Carl Rogers and Irvin Yalom, oh, and one by		
1805	5 5:0	0 1 Mind	Murray Bowen.	MIND - THOUGHTS - past, of the	
			I feel like diving into these old		
1805	5 5:0	6 1 Mind	textbooks. To refresh my memory on the counseling side of things.	MIND - THOUGHTS - past, of the	
			That whole period when my		
			grandmother was so much a part of my life is coming to the surface right		
1805	5 12:0	5 2 Mind	now	MIND - THOUGHTS - past, of the	
			Sometime in the last week I began to watch tsunami YouTube videos. I		
			watched one from March 11, 2011 in		
			Japan. First an earthquake 9.0, 80 miles offshore, the people run, they go		
			to higher ground, watching in horror as		
1805	5 5:0	2 7 Mind	all that they build is washed away in seconds.	MIND - THOUGHTS - persistent	MIND - FEAR - happen, something will - terrible is going to happen; something
1003	3.0	, , , , , , , , , , , , , , , , , , , ,	In 2004, there was an Indian Ocean		September 2 going to appear, something
			tsunami, the earthquake itself released		
			more energy than every single bomb released in World War II. 250,000		
1805	5 5:0	9 7 Mind	people died in that tsunami.	MIND - THOUGHTS - persistent	
			I am really serious. Also, I can't stop watching these tsunami videos. They		
1805	5 17:1	7 12 Mind	are horrifying. Such devastation.	MIND - THOUGHTS - persistent	

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					My husband asked if I checked in on		33				
1805	5	6:22	13	Mind	him last night, I told him no. I don't know why?	MIND - UNTRUTHFUL					
1605	5	0:22	13	MIIIG	I know I can do homeopathy, but it	MIND - UNTRUTHFUL					
					feels so hard right now, everyone in						
					Torah Study their husbands are doctors or their fathers were doctors, they sit						
					and complain about their health and						
					their children, and I think, 'Take a remedy!' But, I can't say anything.						
					They attack and they're so anti-						
1805	5	9:27	, 7	Mind	homeopathy. But, mostly because they don't know any better.	MIND - WORK - impossible	MIND - REPROMIND - Q	QUARRELSOME			
					I'm a light sleeper. I can hear my						
					husband snoring in the other room. I quietly walk in and turn his head.						
					Touch his cheek. I do love him. During this proving, I have feel like I just want						
					to be alone. I don't want to battle, but						
1805	5	1:25		Mind	I do at the same time.		MIND - COMPA MIND - C	QUARRELSOME			
1805	5	5:21	. 28	Mind	Tiredness, from grief.  I saw Ruth Hayden, she said, 'Victims	SLEEP - SLEEPINESS - grief; from					
					cannot get past their own story If						
					you can teach a victim you have to get them past that victim stance, they						
					have to stabilize themselves first, to help themselves first, then their						
					children, then they have to learn how						
1805	5	17:30	5	Mind	to get out and find good work'  I also found Andra Day's Rise Up video	X					
					(I see the words rise up as I type them						
1805	5	19:00	12	Mind	and think of the tsunami).  I'll rise up. And I'll do it a thousand	X					
	_				times again. And I'll rise up. High like	l,					
1805	5	19:07	12	Mind	the waves. I'll rise up.' Warmth, peace, calming, a huge hug.	X					
					An embrace, it is totally angelic, an angelic presence. It is soft, kind,						
					wistful, very, not non-confrontational,						
1806	6	10:31		Mind	or non-judgemental. Loving, kind, wonderful	DREAMS - ANGEL	MIND - TRANQUILLITY				
	_				I see this wide open water, the water is						
					the most amazingly blue color than you've ever seen, the sands are white,						
1806		10:30		Mind	no one is around, it is calm, flowing,	DREAMS - PARADISE; VIEW OF					
1806	ь	10:30	,	Mina	peaceful, it is just you and the waves. Like your mother, but 100x better. Like						
					tasting the most magnificent dessert you've ever tasted. Nothing bad can						
					ever happen. No school shootings,						
					children dying, no fighting with ex- spouses, or conflicts or conflicted						
					feelings, no doubt, everything is						
1806	6	10:32		Mind	perfect and paradise. The beach is wonderfully enclosed,	DREAMS - PARADISE; VIEW OF	MIND - TRANQUILLITY				
					white sands, tall rocks form a cove, it						
					is very secluded. I feel warm, and relaxed, sitting on the beach touched						
					by the sun. There's a drink in my hand, the perfect idea of bliss, no						
					responsibilities, no time, I can do what						
1806	6	10:34		Mind	I want, when I want, whenever.  It's pure paradise. If I died, and went	DREAMS - PARADISE; VIEW OF					
1806	6	10:36	5	Mind	to heaven, this is what it would be like.	DREAMS - PARADISE; VIEW OF	MIND - TRANQUILLITY				
					Scared, excited, nervous, thrilled and worried to take the substance I saw						
1806	_	15:00		Mind	symptoms of the Ixodes dammini the deer tick proving	MIND - ANXIETY - proving, about	MIND THEODIZING	roving substance; about the			
1806	6	15:00	, 1	rmiu	I feel good, rested, peaceful but	INITIAL - ANALE I T - Proving, about	יייייי - וחבטאוצואק - p	roving substance; about the			
1806		8:30	,	Mind	aggressive. Taking everything the	MIND - ARDENT (FIERY TEMPERAMENT)	MIND - OFFENDED, EAS	TI V			
1006	ь	0:30	2	emiu	wrong way.  The proving substance was like sticking		- OF ENDED, EAS.	ICI			
					a key in a long locked door and opened the doors to my past lives, I don't						
					know what others believe, all of a						
1806	6	10:24		Mind	sudden I have access to my past life.  All of this is new to me.	MIND - AWARENESS HEIGHTENED	MIND - CLARITY OF MIN	D			
					That long locked door was hidden to						
					me; I didn't know that there was another side, or a door being there all						
					that time. I didn't know that this other realm was here. I had nothing to						
1806	6	10:25	5	Mind	compare it to.	MIND - AWARENESS HEIGHTENED	MIND - CLARITY OF MIN	D			
					I see my own doubts about not being on the right path or doing the right						
					thing. I started using homeopathy						
					around Thanksgiving. Working with a homeopath, my son kept getting sicker						
					and sicker, I wanted proof that						
					homeopathy worked, then the remedy changed, and my son got better and						
1806	6	10:23	3	Mind	better.	MIND - CONFIDENCE - want of self-confidence					

Drover	Brover Bublicat	Timostama	Day (# format)	Mind/Rody Systom	Concise Symptom Note	Suggested Rubric #1	Cuggostad Bul	Suggested Bu	h Cugaactad Du	b Suggested Rub	ric #E		
Prover	FTOVEL FUDICAL	Timestamp	Jay (# IOIIIIat)	Miliu/Body System	The locked door was like a dark room,	Suggested Rublic #1	Suggested Kul	g Suggested Ku	b Suggested Ku	i Juggesteu Kut	JIIC # 3		
					the dark side, I don't want to say I was								
					unhappy, not happy in the way I wanted to be. Doubt, full of doubt,								
					anger, resentment, fury. Liver issues.								
1806	5 6	10:26		Mind	Things were going in this certain direction.	MIND - CONFIDENCE - want of self-confidence							
1000		10.21	1	Pillio	This proving experience proved to me	MIND COM IDENCE Walle of Self confidence							
					what I can be and there's something to								
1806	5 6	10:2	3	Mind	this.	MIND - CONFIDENT							
					The proving was the shove, the								
1806	5 6	10:2	7	Mind	unlocking of that door and now I am going in the right direction.	MIND - CONFIDENT							
					It is like I can just be there for myself,								
1806	5 6	10:33	3	Mind	responsible for myself only.	MIND - CONFIDENT							
					To access this wisdom from my past								
					lives is thrilling. So exciting. I have been in doubt about my future, what is								
					this all for, but with the proving								
					substance, I am not feeling all that								
					doubt or questioning, I feel like where am I going and full of doubt previously.								
					But not now, I want to get this show on								
1806	5 6	10:3	7	Mind	the road and just do.	MIND - CONFIDENT							
					This has been the most amazing thing I								
					have ever done. I can hardly control my tears, the emotional access I have								
					gained in this proving is time one								
1806	6	10:42	2	Mind	million! I am crying so much.	MIND - CONFIDENT	MIND - TRANC	OTLLITA					
					I am Type A not a bubbly effervescent person My husband say, 'I never see								
1806	5 6	10:4	7	Mind	you smile or laugh, this is so good'.	MIND - CONFIDENT							
					I feel like I am floating outside my								
1806	6	15:20	1	Mind	body watching everything happening	MIND - DELUSIONS - body - out of the body	MIND - DELUS	IMIND - OBSER	RVER - being an				
					I am realizing how hard it is to always be 'on', it is hard, it is always being								
					called to do something, it is hard,								
100		10.1	26	Mind	amazing and wonderful. To do it all. I	MIND FACTIDIOUS	MIND CONC	CIENTIONS ARC	OUT TRIELEC				
1806	5 6	10:13	3 26	MING	am everything rolled into one.	MIND - FASTIDIOUS	MIND - CONSC	CIENTIOUS ABO	JUI IKIFLES				
					Upper three chakras, in the feminine side. I run in my lower chakras, I have								
					five boys and my husband. This								
					substance allowed me to access my feminine side and the deeper spiritual								
					aspect of myself this is awesome, it is								
1806	5 6	10:20	)	Mind	so cool.	MIND - FEMININITY - increased sensation of							
					The substance unlocked this potential								
1806	5 6	10:2:	L	Mind	and allowed me to access this feminine side.	MIND - FEMININITY - increased sensation of							
					I feel relaxed, heavy, and grounded								
1806	5 6	15:10	1	Mind	like everything was in slow motion.	MIND - HEAVINESS; SENSATION OF	MIND - SLOWI	NESS; SENSATI	ION OF				
					People think this stuff is just crazy, but this is how I learn. I know that behind								
					that locked door is all of what I have								
					learned. That full moon eclipse at the								
1806	5 6	10:2		Mind	end of January, people were just crazy, crazy.	MIND - LEARNING - desire for							
1000		10.2.	1	Pilliu	I feel overly exhausted, I feel like I got	PIND LEARNING desire for							
					a lot of things done today, great								
1806	5 6	23:00	2	Mind	progress physically and creatively.	MIND - PROSTRATION OF MIND	MIND - ACTIV	IIY - desires ac	tivity - creative	activity			
					My kids are fighting and I actually don't care. That is so unusual, usually I want								
1806	5 6	15:4	5 1	Mind	to get up and smack the kids.	MIND - QUARRELSOME							
					I want to control. But, then my kids								
					fight. Then I say these shitty things to my kids. I was able to observe myself,								
					'Wow, that was really harsh,' I feel								
					remorseful, like I feel sorry for the first								
					time. You know when you say something so shitty and it flies out of								
					your mouth and it was like you saw it								
1806	5 6	10:18	3	Mind	for the first time.	MIND - QUARRELSOME	MIND - RUDEN	MIND - REMO	RSE				
					I want to sit and just be. Commitment free, no responsibilities, no duty. I feel								
					I am responsible for everything in so								
1806	6	10:3	3	Mind	many people's lives.	MIND - RESPONSIBILITY - taking responsibility too seriously	MIND - MEDIT	ATING					
					I saw the harshness and the rudeness								
1806	5 6	10:18	3	Mind	of my own behavior and I learned how to apologize.	MIND - RUDENESS	MIND - REMOR	RSE					
					Very emotional, my feelings were hurt								
1806	5 6	18:00	,	Mind	and I actually cried. feel like I needed to be comforted and feel better after	MIND - SADNESS - weeping - with	MIND CONE	DENCE wast	of colf confider	ce - support; des	rimor		
1000	0	16:00	, 2	MING		MIND - SADNESS - Weeping - With	MIND - CONFI	DENCE - Wallt	or seir-confident	.e - support; des	sires		
1806	5 6	3:00	3	Mind	I woke with a start, like someone was standing next to the bed.	MIND - STARTING - bed, in	MIND - DELUS	IONS - person	- present; some	eone is			
					It was a huge shift. I don't care if mine								
1806	5 6	10:19	9	Mind	was the placebo, I had a huge shift.	MIND - THEORIZING - proving substance; about the							
					I feel like everything was calm and doable. I have these kids, I am always								
					running, and trying to catch up on								
				Mind	things. I am always behind, a total	MIND TRANSLITUTY	MIND CHAR	TC.					
1806	9 6	10:10	26	Mind	Type A personality and I didn't care	MIND - IKANQUILLIY	MIND - CHAOT	IIC					

D	Descriptions	Timenatama	2011 (# 60 mm at)	Mind/Dady Contain	Canaina Communa Nata	Suggested Rubric #1	Consessed Dod	C	C	Consessed Book			
Prover	FIOVEL FUDICAL	IIIIestailip	Jay (# IUIIIaL)	Filliu/Body System	Concise Symptom Note	Suggested Rublic #1	Suggested Kut	2 Suggested Ku	Suggested Rub	Juggesteu Kub	IIC#J		
					I feel like letting the kids figure things								
					out. I was able to see things from a								
					new perspective. I could see others fighting and it becomes stressful and I								
					want to control it. But, whatever on								
1806	6	10:1:	1 26	Mind	this substance.	MIND - TRANQUILLITY							
1000	0	10.1.	20	Milia		MIND - INANQUILLITI							
					I am the disciplinarian in our household								
					and on this substance I just stepped								
					back. Usually, I take care of								
1000		40.4		Mind	everything. I am a stay at home mom	MAND TRANSLITH TTV							
1806	6	10:13	2 26	Milna	and that was what we agreed to.	MIND - TRANQUILLITY							
					I have never been that calm or relaxed								
1000	_	40.41	_	Maria d	person before. I have never let go of	MIND TRANSPIRED							
1806	6	10:1	•	Mind	control before in my life.	MIND - TRANQUILLITY							
					It is completely exhausting to be in								
					control all of the time. I have never								
					gone to bed feeling so peaceful as I did								
					on the substance. It is undescribable. I								
					have never ever not been the Type A personality. I have to control								
					everything. My husband is so not that								
					person. If I don't do it, no one will. I								
1806	6	10:17	7	Mind	still feel it to some extent.	MIND - TRANQUILLITY							
					I am crying, I saw the me that I want								
					to be. I saw all of the good in myself								
					that I would like to project into the								
					world; instead of the defensive, hostile,								
1806	6	10:20	0	Mind	angry side that I usually project.	MIND - WEEPING - joy, from							
					I woke with a start again, like someone								
1806	6	2:30	9	Mind	was standing next to me.	SLEEP - WAKING - sudden							
					Went to dinner to celebrate acceptance								
					into school and was completely								
					overwhelmed by everything. This has								
					happened from time to time but it took								
					hours for me to decompress. I am not								
					generally affected by this. Not anxiety,								
					just the energy, chaos and too much								
					going on. Complaining kids, poor								
					server and the meal. I feel								
					disappointed, sad that it wasn't awesome since I was able to spend								
					time with four of my five kids and								
1806	6	19:30	. 6	Mind	angry it kinda sucked.								
1000	U	15.50		Fillio									
1807	7	8:44	1 16	Mind	I get burned out if I don't use the energy.	GENERALS - ENERGY - excess of energy							
1007		0.1		Time		deficioned energy							
1807	,	8:19	40	Mind	I have also seen more increase in affirmation.	MIND - ACCEPTANCE							
1807	/	8:42	2 16	Mind	Alone, I feel more relaxed.	MIND - ANXIETY - alone; when - amel-							
					I often feel anxious after feeling								
	_				socially exhausted. When I've run out								
1807	/	8:42	2 16	Mind	of something to contribute.	MIND - ANXIETY - company; when in							
					The energy is a fiery energy. That's								
					how I'd put it. Fiery, it'll burn me out. I								
1807	7	8:4	16	Mind	become over physically stimulated and	MIND - ARDENT (FIERY TEMPERAMENT)	CENEDALC E	NERGY - excess	of operay				
1007	,	0.4.	3 10	Milia		MIND - ARDENT (TIERT TEMPERAMENT)	GLINLKALS - L	INLINGT - EXCES	or energy				
					I would say that I am carefully								
1807	7	8:38	3 46	Mind	confident. I have a good idea of when it is a good time to be more coachable.	MIND - CAUTIOUS							
1007		6:30	10	- mu		1.1.1.0 0.1011000							
					Socially exhausted, I become silent, I don't want to add or increase a								
1807	7	8:4:	1 16	Mind	dialogue. I want to return to silence.	MIND - COMPANY - aversion to - alone amel.; when	MIND - OUIET	; WANTS TO BE	:				
1007	· '	0.4.	10			221117811 GVCISION CO GIONE GINEN, WHEN	QUILI	, 10 BL					
1807	-	8:36	5 40	Mind	Flow is a concentration of process or lack of concentration in process.	MIND - CONCENTRATION - active	MIND . CONCE	NTDATION	tive - alternatin	with - transmit	lity		
1007	,	8:30	10	rinid		MIND CONCENTRATION - active	HIND - CONCE	INTION - do	Live - aiternatiff	y widi - dailqui	iicy		
					There has been a lot of confusion in me. Relationship monitoring. Needing								
1807	7	8:1	16	Mind	reaffirmation.	MIND - CONFIDENCE - want of self-confidence							
1007		6:1:	10	- mu		CONTIDENCE WANT OF SELF-COMMUNICE							
					I want to know that my relationships are concrete. I am seeking blatant								
1807	7	8:16	5 16	Mind	affirmation more than usual.	MIND - CONFIDENCE - want of self-confidence	MIND - LONGI	NG - good onin	ion of others; fo	r			
1007		0.11	10		I am not trusting my emotional		20.101	. 5500 00111					
					intelligence as much. I am wondering if								
					someone I am with is actually enjoying								
1807	7	8:1	7 16	Mind	my company.	MIND - CONFIDENCE - want of self-confidence	MIND - CONSO	OLATION - ame	-				
					Struggling more with the area of								
					emotional intelligence. Questioning,								
					doubting, all friendships and								
1807	7	8:17	7 16	Mind	relationships.	MIND - CONFIDENCE - want of self-confidence	MIND - CONSO	OLATION - ame	I-				
					Advancing in human communications,								
					to openly speak my mind, to give open								
					constructive criticism, and to give								
1807	7	8:22	2 16	Mind	advice.	MIND - CONFIDENCE - want of self-confidence							
					Ongoing doubts about my minor								
					failures, not fulfilling my duty in piano								
1807	7	8:2	5 16	Mind	practice and stuff like that.	MIND - CONFIDENCE - want of self-confidence - failure, feels himse	MIND - REBEL	LIOUS					
					Expanding on ideas, stuff like that,								
					finding more creative outlets. Stuff like								
1807	7	8:3:	1 16	Mind	that.	MIND - IDEAS - abundant	MIND - ACTIV	ITY - desires ac	tivity - creative	activity			
1807	7	8:39	9 16	Mind	I spend most of my time by myself.	MIND - INTROSPECTION							

Brover	Drover Bublicat T	imostama	Day (# format)	Mind/Rody Systom	Concise Symptom Note	Suggested Rubric #1	Suggested Rub Suggest	tod Bub Suggested B	uh Cuggostod Bu	bric #E			
Prover	Prover Publicat I	imestamp	Jay (# IOIIIIat)	Miliu/Body System	Coachable means to take someone	Suggested Rubric #1	Suggested Rub Suggest	tea Rub Suggestea R	uu Suggesteu Ru	Dric #5			
					else's advice and try it, to take new								
					thoughts and integrate them into myself. I am more coachable in this								
1807	7 7	8:39	16	Mind	proving in some ways.	MIND - LEARNING - desire for	MIND - CURIOUS						
					Wanting affirmation, acknowledge, identifying a problem in relationship.								
					Juggling, is this my fault or the other								
					person's fault. It is a brief feeling. Other than that it can be rationalized								
1807	7 7	8:28	16	Mind	pretty quickly.	MIND - LONGING - good opinion of others; for	MIND - REPROMIND - I	REPROACHING OTH	ERS				
					I like to express myself through music,								
					I like to play piano. The raw range of the instrument allows me to expand								
1807	7 7	8:32	16	Mind	whatever I am working on whether it be improvisational or composition.	MIND - MUSIC - ability for	MIND - ACTIVI MIND - (	CONCENTRATION -	active				
1007	1	0.52	. 10	i-iiiid	Lately, when I am playing the piano, I	PINE PIOSIC ability for	PIND ACTIVITING	CONCENTION	active				
					find that it is a pretty strong conductor of emotion, in terms of letting process								
1807	7 7	8:34	16	Mind	flow, especially in improv.	MIND - MUSIC - ability for	MIND - ACTIVI MIND - 0	CONCENTRATION -	active				
					Flow, unconscious thought process, thoughts that you don't control, or that								
					you are riffing on they just riffing on								
1807	7 7	8:35	16	Mind	those thoughts itself Flowing, thinking or not thinking, the	MIND - MUSIC - ability for	MIND - ACTIVI MIND - (	CONCENTRATION -	active				
1807	7 7	8:37	16	Mind	creation of abstract thoughts	MIND - MUSIC - ability for	MIND - ACTIVI MIND - 0	CONCENTRATION -	active				
					I guess having my internal monologue is relaxing. When I am with others my								
					thought process is more concerned or								
					considerate of the people around me. I have to include others in my thoughts,								
1807	7 7	8:39	16	Mind	when they are in my presence.	MIND - PLEASING - desire to please others							
					Your brain has to shift gears and do something different in the presence of								
1807	, ,	8:40	16	Mind	others. After a while I become socially exhausted.	MIND - PROSTRATION OF MIND - conversation - after	MIND - PROSTRATION (	OE MIND talking	from				
1607	, ,	0:40	10	MING	Whenever I identify something, I will	MIND - PROSTRATION OF MIND - conversation - after	MIND - PROSTRATION (	OF MIND - talking -	Irom				
					not necessarily bring it up, I think								
					about whatever is going through my head. It is a milestone to have these								
1807		8:30		Mind	conversations.	MIND - RESERVED							
1807	/ /	8:39	16	Mind	I am majority introverted.  Spending time in friendships	MIND - RESERVED							
					questioning how strong they are.								
					Wanting to get out routines and be more active. Strengthening								
					relationships. Platonic friendships with people I meet from work and other								
1807	7 7	8:20	16	Mind	connections.	MIND - UNIFICATION - desire for							
					I have become more honest with myself about what friendships mean to								
					me and what I need. I want them to be								
1807	7 7	8:21	. 16	Mind	stronger, more special, and meaningful.	MIND - UNIFICATION - desire for							
					The main difference is my questioning								
					in a new way about the depth of the relationships. Identifying and being								
1807	7 7	8:24	16	Mind	more honest about where I stand in relationships.	MIND - UNIFICATION - desire for							
1307	1	0.2	10		A good friendship, I don't know, it is								
1807	7 7	8:29	16	Mind	about being constructive and honest, synergized and coherent.	MIND - UNIFICATION - desire for							
					Playing Rune Scape and strategy. I am								
1807	7 7	8:25	16	Mind	20 years old.	X							
1807	7 7	8:25	16	Mind	Playing the same video games as I normally do.	x							
					I have a large shuffle on social media that I listen to. No specific genre or								
1807	7 7	8:33	16	Mind	tune.	x							
1808	9	13:35	14	Mind	The anger is felt in my chest. Kind of in the center.	CHEST - ANGER AGG-	MIND - ANGER						
1300		15.52	14		The water is like a lake, it is just me or		/OEK						
					someone, walking from the shore into the water, just deep enough that you								
					begin to feel weightlessness, like you								
					are treading water. The water looks like it would be chilly, but I really have								
1808	8	13:33	14	Mind	no sense of the temperature.	DREAMS - SWIMMING							
					Relief is letting go, completely letting go of things you lock inside, freedom								
1808		13:31	1.4	Mind	from stress, and freedom from the situations that are bothering you.	MIND - ACCEPTANCE	MIND - CONFILMIND - I	EREEDOM - doing w	hat he had to do:	remarkable fro	edom in		
1000		13.31	14		I think he is a narcissist, he is right,	THE ACCE MICE	CONTENTIND - I	dollig w	nac ne nau to do,	. C. riai Kabie II e	CGOIII III		
					and everyone else is wrong. He doesn't have the capacity to see what he is								
1808	8	13:21	. 14	Mind	doing to his family.	MIND - ANGER							
					Some anger, some family members have done things that have made								
,		40.00			things worse. No one has helped the	MATHE ANGED							
1808	8	13:25	14	Mind	situation.	MIND - ANGER							

Prover	Prover Publicat	Timestamn	)av (# format)	Mind/Rody System	Concise Symptom Note	Suggested Rubric #1	Suggested Rub S	Suggested Buh	Suggested But	Suggested Bulb	ric #5				
HOVEL	TTOVEL T UDICAL	Timestamp	Day (# Torritac)	rillia/body System	For thirty minutes I feel an	Suggested Rubite #1	Daggestea Rab	Juggesteu Rub	Juggesteu Rut	Juggesteu Rub	110 # 5				
					exaggerated anger and impatience with										
					my kids. I occasionally have these										
					emotions during normal dealings with										
1808	8	10:30	6	Mind	my kids but this was more intense than usual.	MIND - ANGER - children; towards - own children; towards one's									
					As I practiced I feel angry that the										
					music seemed hard for me to learn,										
					when it was actually fairly simple. I										
					was angry because my piano skills are not nearly as great as they were when										
					I was studying piano in college. I do										
					not have time to practice and I sometimes feel sad that I'm never										
					going to be at a higher level of playing										
					again. I feel the anger in my tense										
					shoulders and had to consciously tell myself to relax the tension so I could										
1808	8	13:00	15	Mind	play.	MIND - ANGER - work - about	MIND - FASTID	MIND - RESIGN	EXTREMITIES	MIND - POSTPO	ONING EVERYT	HING TO NEXT	DAY		
					My sister's husband has some serious										
					mental health issues, there is a conflict										
					and a division, trying to say everything in keeping neutral. My sister is in the										
					dark. She is almost in an abusive										
					relationship, we are trying to balance what to say to her, she doesn't										
					understand she is in this abusive										
1808	8	3:00	7	Mind	relationship.	MIND - CARES, FULL OF - relatives, about									
					I am worried about having to watch my										
					diet more closely and cut out certain things like gluten. That will be a hassle										
					and I don't want to feel deprived of										
					foods I love. I am annoyed that my										
					body is betraying me. I try hard to take care of myself and now I have this										
1808	8	7:00	17	Mind	extra dietary issue to figure out.	MIND - HELPLESSNESS; FEELING OF									
					So we are trying to remain neutral, so										
1808	8	2.00		Mind	my brother-in-law doesn't cut us off. It	MIND - HELPLESSNESS; FEELING OF		MIND - OBSER\	(CD being on						
1808	8	3:00		Milia	is a big mess.  It makes sense to me that my body	MIND - HELFLESSNESS, I EEEING OF		HIND - OBSERY	VER - Deling all						
					might have physical changes related to										
					stuffing emotions down. When I think										
					about this situation with my family surrounding my brother-in-law, I										
					realize that I have not been free to										
					share my opinions but have feel that I										
					need to be secretive. I am not sure what it looks like exactly to be not										
					holding emotions in, but I feel										
					frustrated that these stressors have so										
					much control over my body. I certainly don't go around feeling like I'm stuffing										
					things in, but I guess that's what has										
					happened. I'm angry because I										
					haven't done anything wrong in this family issue and yet my health is										
					apparently suffering. I want to scream										
					at everyone to get over themselves and leave me out of it. I can feel the										
					anger as tightness in my shoulders and										
					back of my neck and I want to clench										
1808	8	7:00	17	Mind	my fists.	MIND - HIDING - himself	MIND - EMOTION	MIND - AILMEN	TS FROM - and	er - suppressed					
					Anger, 'Why are you not understanding this?' I have explained this a thousand										
					times. So it's impatience and										
1808	8	13:05	14	Mind	frustration.	MIND - IMPATIENCE									
					This proving was much more subtle										
					and mild than I was expecting. On days 5 and 6, I had this impatience,										
					irritation, and intense feelings with my										
1808	8	13:00	14	Mind	kids, it came on more suddenly than normally.	MIND - IMPATIENCE	MIND - IRRITA	MIND - IDDITA	RILITY - childre	MIND - ANCER	- children: tou	iarde - own chi	ldren: towards s	nne'e	
1000	8	13.00	14	· ······d	Realizing my anger, a revelation that	TAND ATTITUDE	IND INICIAL	INCIAL	Jacan Cilillare	D ANGER	ciliaren, tow	a.as own cili	o.c.i, towards t	3	
					others aren't standing up for her, my										
1808	8	13:34	14	Mind	sister in this situation.	MIND - INJUSTICE, CANNOT SUPPORT	MIND - ANGER								
					I was helping my kids with school, we home school, and that was a trigger for										
					those feelings. I was helping my										
					daughter with math and she is the										
1808	R	1:02	14	Mind	daughter I clash most with. It was much more intense.	MIND - IRRITABILITY - children, towards									
1000		1.02	17		The playing at church ended up going	The state of the s									
					fine and I feel good about it after, but I										
					also feel physically exhausted and										
1808	8	18:00	15	Mind	wanted to lay down when we got home.	MIND - PROSTRATION OF MIND									
		22700	1		One of my daughters gets frustrated										
					and angry with me, that triggers me,										
					then she shuts down, 'I am just done', she guits, she won't do anything more.										
					Then I get frustrated and angry back at										
1808	8	13:06	14	Mind	her.	MIND - QUARRELSOME	MIND - ANGER -	- children; towa	ards - own chile	dren; towards o	ne's				

Prover	Prover Publicat	Timestamn	Day (# format)	Mind/Rody System	Concise Symptom Note	Suggested Rubric #1	Suggested Rub Suggested Rub Suggested Rub Suggested Rubric #5
HOVEL	TTOVEL T ablicat	micstamp	Jay (# Torrilac)	I-IIIIa/Dody System	It becomes a vicious cycle. I want to	Suggested Rubite #1	Judgested Kab Suggested Kab Su
					raise my voice and yell. I say, 'Okay,		
					we're done for the day.' I just end it. I		
					feel bad when I haven't ended it well. When I end it with an angry tone. If I		
					do raise my voice then I feel guilty		
1808	8	13:08	14	Mind	about that.	MIND - QUARRELSOME	MIND - ANGER MIND - REMORSE
					I am married, I have four kids, 6, 7, 8,		
					and 9 years old. This is a tough job,		
					plenty of time to be irritated. It is a tough job. Aside from these two days, I		
					was surprised at how angry I got. I		
1808	8	13:09	14	Mind	don't feel that I had that much of an effect.	MIND - REMORSE - anger; after	
1808		13.05	14	Hillia	Day 6 I also was doing school work. I	MIND - REMORSE - dilger, diter	
					immediately feel guilty, as a		
					homeschooling mom I should have		
1808	8	13:04	14	Mind	infinite patience, but I don't. Then I am annoyed with myself afterward.	MIND - REPROACHING ONESELF	MIND - FASTID MIND - IMPATIENCE - children; about his
1000		15.0		1 11110	I feel just now, that would be	TARBONICIANO CHESCH	The first and th
					impossible, because of how everyone		
1808	8	13:30	14	Mind	else feels. And, if that could happen,	MIND - RESIGNATION	
1000	0	13:30	14	MING	what a relief that would be  I got a call at 1:00 pm asking if I could	MIND - RESIGNATION	
					sub for the church planist for the 4:30		
					service. I feel annoyed and taken		
1808	8	13:00	15	Mind	advantage of, and stressed by the short notice.	MIND - RESPONSIBILITY - taking responsibility too seriously	
1008	8	15.00	13		It was just friends together and it was		
					peaceful. I feel like, 'Oh, I guess I need		
1808	8	0:00	1	Mind	to name the baby,' matter of fact, not too stressful, or a huge responsibility.	MIND - RESPONSIVE - interest; but without	
1000	Ü	3.00			This situation with my brother-in-law is		
					so sad, everyone is picking up on this,		
					people are speaking ill of him, and		
1808	8	13:20	14	Mind	generation.	MIND - SADNESS	
					Sadness, for sure, that this could even		
1808	8	13:23	14	Mind	happen.	MIND - SADNESS	
1808	8	13:25	14	Mind	Sadness for my sister, she is being seriously hurt and can't see it.	MIND - SADNESS	
					In my dream, it was very important to		
1808	8	13:27	14	Mind	not let anyone know	MIND - SECRETIVE	DREAMS - SECRET - keep a; must
					Secretive is hiding, acting different than yourself, covering up how you'd		
					like to really act in a situation, it		
1808	8	13:28	14	Mind	doesn't feel good because you're doing something.	MIND - SECRETIVE	MIND - CONFUSION OF MIND - identity, as to his - duality, sense of
1000		15.20	17	rillia	I don't remember thinking about her or		MANUE CONTROL MANUE INCIDENCE OF
					haven't seen her in a long time. In real		
					life, this friend is unmarried, I would think she is in a place of being sad, too		
					old now to have kids. It was as though		
					we were still friends, I was helping with		
1808	8	0:00	4	Mind	the baby shower, every one expected me to name the child as well.	MIND - THOUGHTS - past, of the	
2000	Ü	3.00	·	_	Picturing the aftermath of relief,		
					someone swimming in water, nothing		
					holding you in, free easy water all around you. Just floating, swimming, it		
					would be peaceful and calm and living		
					in the moment. Living in joy and enjoying the moment, rather than		
					worrying about the past or thinking		
1808	8	13:32	14	Mind	about the future.	MIND - TRANQUILLITY	DREAMS - SWIMMING
					I would like to, if I had the freedom, to tell her the horrible things he has done,		
					tell her the horrible things he has done, this is an emotionally abusive situation		
					for you, as my sister, and your five		
					kids. He was involved in this business and he was saying things that were		
					unethical to clients, making poor		
					decisions, he cost the business		
					probably millions of dollars. He spins everything around to make it look like		
1808	8	13:22	14	Mind	other people's faults.	MIND - TRUTH - telling the plain truth	
					If I weren't afraid, what would I do? I would get everyone together and say		
1808	8	13:29	14	Mind	what I want to say.	MIND - TRUTH - telling the plain truth	
					I would like to say something to my		
1808		13:37		Mind	sister if I had the freedom to do so	MIND - TRUTH - telling the plain truth	
1808		9:12		Mind	Took first dose	X V	
1808 1809		7:30 20:00		Mind Mind	Took second dose Took substance (see journal notes).	MIND - AILMENTS FROM - excitement	MIND - CHAOT MIND - ANGER - children; towards - own children; towards one's
		20.00		i mid	. ook substance (see journal flotes).	TALL TALLETTS I NOT EXCICEMENT	Table Content and Table Condition towards own Children, towards one's

	D D	T		M:- 1/D:-1 - C1	Concise Symptom Note	Suggested Rubric #1	Suggested Rub Suggested Rub Suggested Rub Suggested Rubric #5
Prover	Prover Publical	Hillestamp	Jay (# Iorinat)	Miliu/Body System	I hate you. I hate you with a fire so	Suggested Rubric #1	Suggested Kub Suggested Kub Suggested Kub Kub Suggested Ku
					intense it could burn this house down,		
					should I choose to let it out. I don't		
					trust you around my feelings at all. My		
					feelings will hurt you. I need to keep		
					my feelings inside, so my tears burn my eyes as they fall instead of setting		
					flame to this house. Even if I wanted to		
					let them out. I wouldn't know where to		
					begin. How do I feel? I have no idea		
					which words to pick, which words could		
					symbolize the swirling mass inside me.		
					Fuck words. I feel hot. I feel grrrrrrr. I feel smash and break and snap and		
					slap. I feel get the hell away from me.		
					Don't touch me, don't look at me, do		
					not regard me in any way. I hate you		
					for the effect you have upon me. I do not wish to impinge upon you in any		
					way, because I do not want you to be		
					troubled with conjuring a response. Do		
4000	9	44.0		Mr. d	not have a response to me. Ignore me.	MAID ADDENT (FIEDV TEMPEDAMENT)	ATTAIN DAGE WARD WATER WARD GUARDER COME
1809	, 9	11:00	0	Mind	Turn and walk away.	MIND - ARDENT (FIERY TEMPERAMENT)	MIND - RAGE MIND - HATRE MIND - QUARRELSOME
					Spoke up for myself about a financial matter with my landlord. I feel good		
					and ended fairly for all. Historically I'd		
					remain quiet for the sake of preserving		
					her feelings at my own expense		
1809	9	12:30	0 3	Mind	(emotional and financial).	MIND - CONFIDENT	
					When I feel very emotional I get very		
					very quiet because historically my emotions have made other people		
1809	9	20:30	0 5	Mind	upset.	MIND - EMOTIONS - suppressed	
					Moving the last of my things out of my		
					house. My landlord is there; she has		
					been a good friend but our relationship		
					is changing. She suddenly left her marriage and needed her house back,		
					hence my sudden move out. She didn't		
					do anything wrong; because we're		
					friends she wanted us all to live		
					together, my kids too. But the act of her moving back in made me feel like a		
					quest in my own house. It's really her		
					house. It was her house all along, I		
					only pretended it was mine. Entering		
					the house again, it feels like I never		
					lived there. Doesn't even smell like me anymore. I want to leave, get out, I		
					don't belong here. I don't have a		
					home, I'm staying with my parents.		
1809	9	12:00	0 3	Mind	I'm a gypsy, no place of my own.	MIND - ESCAPE, ATTEMPTS TO	
					Recently I've moved out of my home		
					into temporary housing. Basically, I'm		
					living with my parents again for the first time in twenty years. A strange		
					series of events led me here very		
					abruptly two days ago. Since I work		
					out of my home I need to find a new		
					office in which to see clients. I'm seeing clients in the basement of a		
					bookstore I work at, which is nice in		
					that it's free, but the surroundings are		
					dingy. Is this what I want? Take it		
					because it's free? Anxiety about money. Can I choose what I prefer, or		
					do I take what's offered for free		
					because I'm afraid of lack of money?		
	,		_	Mind	This office doesn't feel very	MIND FEAD assects of	MIND ANVIEW
1809	9	8:00	U 2	Mind	professional	MIND - FEAR - poverty, of	MIND - ANXIETY - money matters, about
					I want to authentically share my emotions. I've been reading and		
					listening to a lot of David Deida. He		
					writes about sexuality, about masculine		
					and feminine energy. Feminine energy		
					wants to be allowed the freedom to authentically express. To be affected		
					by things and to freely show what that		
					effect is in the moment. 'In the		
					moment' is a very important point,		
					because the feminine response changes, and it does so quickly		
					sometimes. It is fluid, like water		
					responding to things around it.		
					Responding differently depending on		
					what size stone is thrown in. Big ripples, little ripples. I want to freely		
					express the power of my emotions,		
					witnessed by a man who is		
					unflappable. Who doesn't let my emotions dictate his. I want to be		
					opened up so deeply, to have someone		
					witness me and all my emotional		
1809	9	20:30	5	Mind	reactivity.	MIND - FEMININITY - increased sensation of	MIND - TRUTH - telling the plain truth

Drover	Drover Bublica	Timostama	Day (# format)	Mind/Rody Cyctom	Concise Symptom Note	Suggested Rubric #1	Suggested Bub Sugges	sted Rub Suggested Rub Suggested Rub	ric #E		
Prover	Flover Fublica	Limestamp	Jay (# IUIIIIat)	Miliu/Body System	I want to be my full feminine Self. I	Suggested Rublic #1	<u>Juggesteu Kub</u> Jugges	sted Kut Suggested Kut Suggested Kut	IIC#J		
					want every ounce of my feminine						
					energy available and at my disposal. I						
					want to adorn myself in scented oils,						
					beautiful cloth, gold jewelry. I want my						
					hair to be beautiful, I want to feel so unabashedly beautiful and not						
					apologize for it. I am so tired of						
					apologizing for every aspect of myself.						
					My emotions. My choices. My						
1809	9	21:00	5	Mind	preferences.	MIND - FEMININITY - increased sensation of					
					I see how I have withheld my emotions						
					from most people in my life. It feels dangerous to share them, to share with						
					others how I feel, because it might						
					make them upset, it might make them						
1809	9	20:30		Mind	mad at me. I can't have anyone mad at	MIND - PLEASING - desire to please others					
1005	, ,	20.30	, ,	Milia	The intensity of my back tightness is	MIND - FLEASING - desire to please others					
					decreasing slightly as I cry and write						
1809	9	11:00	8	Mind	about my feelings.	MIND - WEEPING - amel-					
					So this whole last weekend, watching						
					Legally Blonde, my daughter was sick,						
					Queer Eye for the Straight Guy reboot, we binged watched this, these guys						
					who are a wreck, their lives are a						
					wreck, trying to get my life in order,						
					we can get our lives in order! We can Queer Eye our entire house, we can get						
					things looking better, normally, it is						
					like, it's all too much, I don't want to						
1810	10	10:22	2 26	Mind	deal.	DREAMS - TRANSFORMATION					
					I went on walk with dogs in woods.						
					There was a rope swing hung from a tree. I didn't feel I had the strength to						
					pull myself up and use it. Feeling weak						
					and a bit discouraged about lack of						
					physical strength in that way. Husband and I talked this morning about						
					exercise, the barriers to exercise, how						
					often I feel exhausted from all aspects						
					of life, I don't want to expend big						
1810	10	15:00	) 2	Mind	physical energy. But I want to feel stronger.	GENERALS - WEAKNESS	MIND - HELPLESSNESS	S: FEELING OF			
					Today a friend of mine with alopecia			,			
					who made a documentary about it was						
					interviewed for a podcast that went live today. I listened to it. The Podcast						
					theme is about being brave. My friend						
					talked about her healing through						
1810		12.00	24	Mind	alopeciabut accepting herself as she	MIND ACCEPTANCE	MIND - CONFIDENT				
1810				Mind	is. This seems to be a recurring theme.		MIND - CONFIDENT				
1810	, 10	10:23	26	mind	Making sketches.	MIND - ACTIVITY - desires activity - creative activity					
					So annoyed with dogs once I put them on leashes after some off-leash						
					running. Constantly pulling them.						
					Barely holding my temper. Impatient.						
					Usually I am better and try to be more creative about getting them to move. I						
1810	10	19:00	) 2	Mind	just wanted them to obey me.	MIND - ARDENT (FIERY TEMPERAMENT)	MIND - IMPATI MIND -	IRRITA MIND - IRRITABILITY - domini	ant animals; in		
					Look, I have this fiery aggressive side,						
					I need to get edgy and fired up						
					sometimes,' there was a resolve, I was in this women's group, I could be super						
					clear and channeling like, helping						
					someone in the group to see how she						
					was asking her husband to be present in a way he couldn't actually be yet, I						
					feel super clear and very sure about						
					that. In contrast to the doubt. This is						
1810	10	10:18	3 26	Mind	very interesting.	MIND - ARDENT (FIERY TEMPERAMENT)	MIND - FEMINI MIND -	CONFIDENT			
					It is not really a big emotional thing; this is definitely the substance, a						
					proving state, it is not me. Only one						
					day of crossover, questioning my work						
1810	10	10:10	26	Mind	crossed over into my daily life.	MIND - CLARITY OF MIND					
					Very domestic day cleaning and dusting surfaces disposing of and						
1810	10	15:00	) 11	Mind	tidying clutter. Loved it.	MIND - CLEANNESS - desire for cleaning					
1010					, 5						

Secretary   Company   Co	Prover	Prover Publicat	Timestamp	Day (# format)	Mind/Body System	Concise Symptom Note	Suggested Rubric #1	Suggested Rub Suggested Rub Suggested Rub Suggested Rubric #5
Content of the fine date in the Street of price personnel of the street of the street of personnel of the street of the street of personnel of th						Inspired by Queer Eye, I am desperate		
For part of mining and participation of the control						to clean up the house, make it nice,		
State of the Control of the Contro								
1975   1976						Goodwill). Before the proving, a few		
Section for regions and section 4 miles (see Asset). I be a section of the sectio								
10   10   10   10   10   10   10   10						about how hard it is for me to care about my dress and what I look like I		
19.00   19.00   19.00   2.0 Mod   19.00   19						just don't engaged with the world		
1930   10   12   12   13   15   10   15   10   10   10   10   10						through my aesthetic self. My body,		
1911   10   10   10   10   10   10   1						relationships, ves. But my clothes?		
1910   10   12:30   24   Need   Secretary April 2   Secretary Ap						Ugh. Hard. But The show made think		
1810   10   12-30   24 Mod								
1800   10   18:00   3 Mod	1810	10	12:30	24	Mind		MIND - CLEANNESS - desire for cleaning	
1510						Serendipitously, ended up being the		
Double Action by will till a property of the P	1010	10	10.00	,	Mind		MIND COMPANY aversion to alone amply when	
Interest of table and control of the bear disco. Flower interest of table and control of tabl	1010	10	18:00		MIIIU		MIND - COMPANT - aversion to - alone amer.; when	
interpreted that I was early will be to interpret that I was early will be to interpret any giving when you was I make the your I don't give you interpret any giving will be to give you will be you will be to give you will be to give you will be to give you w								
1810   10   900   5   Miral   The death is loss, but still fresh be project from any Triangle and Table from Controlled Why are fidently place Wildow Controlled Why and the second wave desired with the second groups. The death feed like it is generally writen and the second groups. The death feed like it is generally writen and the second groups. The death feed like it is generally writen and the second groups. The death feed like it is generally writen and the second groups. The death feed like it is generally writen and the second groups. The death feed like it is generally writen and the second groups. The death feed like it is generally writen and the second groups. The death feed like it is generally writen and the second groups. The death feed like it is generally writen and the second groups. The death feed like it is generally writen and the second groups. The death feed like it is generally writen and the second groups. The death feed like it is generally writen and the second groups. The death feed like it is generally writen and the second groups. The second groups will be an appearation where I was a second to the writen and the second groups. The second groups will be a second group writen and the second groups will be a second groups will be a second groups will be a second group will be a sec						project that I have been excited and		
1810   10   9-00   5   New   1   New Company   19						manage any doubts that came up. This		
10   10   10   10   10   10   10   10						week I made a bigger step in getting		
will benefit of which could recover do do No.  1810 10 9.00 5 Mand The debte is less, but still receive the control of the county of the count								
1810   10   9:00   5   Mind   New to do that?						will benefit and what qualifications do I		
1810 10 12:00 19 Mond persistent of the provided in the provided in the persistent of the persistence of the persistenc	4040	40	0.00	_	Maria d		MAND CONTENED THE CONTENED TO SERVICE AND	WIND DAME OF THE CONTROL OF THE CONT
1810   10   12-00   19 Mind   presistent   MIND_CONTIDENCE   wast of self-confidence   MIND_FERAL   MIND_REAL   MIND_FERAL   MIND_FER	1810	10	9:00	5	MING	The doubt is loss, but still feels	MIND - CONFIDENCE - Want or seir-confidence	MINU - PLANS - making many plans
social groups. The doubt feet like 15 statement on Leff like 16 doubt and uncertainty about every decision I ve library and the library of th	1810	10	12:00	19	Mind		MIND - CONFIDENCE - want of self-confidence	
getting wome. It was existed to certain formation and uncertainty shoot every decisional five made in my life. Why do I like here?  1810 10 12:00 20 Mind understand shoot every decisional five made in my life. Why do I like here?  1810 10 10:00 26 Mind like my life. Why do I like here?  1810 10 10:00 26 Mind like my life. White shoot my life my life. It is shoot for the my life. White shoot my life. White						Doubt, insecurity about work, life,		
### STATE OF THE PROPERTY OF T						social groups. The doubt feels like it's		
uncortaining about every decision I Vo made in my life. Why of Just heart of Just heart of Self-confidence with the state of Self-confidence w								
Why do I set up my life in this way so that miscled and ording my kilds and the miscled and ording my kilds and the miscled and ording my kilds and the biggest thread is externed coult, about myreaff, my abilities what i an doing, questioning my creabilities, this what is an doing, questioning my creabilities, this which is made and the staff. Fit.  I had an experience where I was walking with my harband, doubt came was doing, the whole thing years a side of the staff. Fit was a side of the staff or the staff or the staff or the staff or the side of the staff or t						uncertainty about every decision I've		
that I'm isolated and driving my kids and walking my dough of my times about myself, my abilities what is and doug, questioning my capabilities, the last and dough guestioning my capabilities, the limits to much about this stuff. File.  1810 10 10.00 26 Mind I had an experience my capabilities, the limits of much about this stuff. File. I had an experience where I was valid my the my hashand, doubt came was valid my the my hashand, doubt and the my h								
The biggest thread is extreme doubt, about myself, my abilities what it am is leavery different for me. I don't usually thinks so much about this stuff. Pit.  I had an experience where I was a superior that it was often, the whole thing went assessment was a strongly about a project that I was often, the whole thing went seekeys. We don't exactly right. The was often, the whole thing went seekeys. We don't exactly right. The was often, the was often and the was often an						that I'm isolated and driving my kids		
about myself, my abilities what is an diorig, questioning my capabilities, this will be an experience where I was valving with my husband, doubt came upon the side of t	1810	10	12:00	20	Mind		MIND - CONFIDENCE - want of self-confidence	MIND - FORSAI MIND - REMORSE
doing, questioning my capabilities, this servery different for me.] doff usuals with self-confidence.  I had an experience where it was walking with my husband, doubt came up so strongly about a project that I was doing, the whole thing west of the rails. I shouldn't be talking with my husband, doubt are up so strongly about a project that I was doing, the whole thing west of the rails. I shouldn't be talking about any of the whole thing west of the rails. I shouldn't be talking about any of the whole thing west of the rails. I shouldn't be talking about any of the whole thing west of the rails. I shouldn't be shouldn't be talking about any of the whole thing west of the rails. I should be about the self-confidence will be about the self-confid								
is very different for me. I don't usually think so much bout this stort. For the I don't usually think so much bout this stort. For the I was doing, the whole thing went up so strongly about a project that I was doing, the whole thing went sideways. We don't exactly fight. The sideways we didn't e						doing, questioning my capabilities, this		
I had an experience where I was walking with my hubband, obut came up so strongly about a project that I sidewysis. We didn'th eactly high. The whole thing went off the rails. I should'the the sking about any of this. A kind a message showed up more in the sew hoy our are, show up, live your authentic self. In contrast to this self-doubt, it showed the prevant authentic self. In contrast to this self-doubt, it showed up free yand stowed up free yand stowed up free yand stowed up free want of self-confidence.  I stowed the service of the service of the self-doubt, it showed up free yand stowed up free years the service of th	4040	40	40.00	3.0	Maria d	is very different for me. I don't usually	MAND CONSTRUCT CONTROL OF CONTROL	
walking with my husband, doubt came up so strongly about a ryone that I was doing, the whole thing west whole thing west whole thing west of the rails. I was doing, the whole thing west of the rails. I was doing, the whole thing west of the rails. I was doing, the whole thing west of the rails. I was doing, the whole thing west of the rails. I was doing, the whole thing west of the rails. I was doing, the whole thing west of the rails. I was doing, the whole thing who whole whole thing who was doing and the rails of the	1810	10	10:00	26	MING		MIND - CONFIDENCE - Want or seir-confidence	
up so strongly about a project that I was doiny, the whole thing speak up the staking about any of this.  1810 10 10:15 26 Mind Should's the talking about any of this.  A kind a message showed up more in relief than is would normally show up be who you are, show up, live your authentic self-confidence with self-confidence								
sideways. We didn't exactly fight. The whole thing went of the ray let this whole thing went of the ray let the whole thing went of the ray let the whole thing went of the ray let the whole who you are, show up, live your authentic seff. in contrast to this self-confidence in contrast the sould normally show up be who you are, show up, live your authentic seff. in contrast to this self-doubt, it showed up fiery and strong. The doubt that I had been experiencing in the strong of the stron						up so strongly about a project that I		
whole thing went off the rails. I shouldn't be talking about any of this.  A kind a message showed up more in earlief than is would normally show up: authentic self. in contract to this self-double, it showed up from a surface of country. It showed up from a surface of country is showed up from a surface of country. It showed up from a surface of country is showed up from a surface of country. It showed up from a surface of country is showed up from a surface of country in country and strong.  It is not not show that I had been experiencing has given way to a sense of groundedness.  The doubt that I had been experiencing has given way to a sense of groundedness.  There are projects I want to do, who am I to do that?  There are projects I want to do, who am I to do that?  I teach and I question myself, why do live and I question myself, why do live and I question myself, why do live and in my work place, and bled over into my daily life  Why do I make the decisions I do? Why would anyme pay extension to this work burning in the leadness was like "Hey no, that's not it," how could I do this health practice and not know the symptoms of appendicties?  I didn't feel comfortable free flowing, allowing my thoughts to fitou, I was my appendict bursting, the leadness was like "Hey no, that's not it," how could I do this health practice and not know the symptoms of appendicties?  I didn't feel comfortable free flowing, allowing my thoughts to fitou, I was my appendicties?  I didn't feel comfortable free flowing, allowing my thoughts to fitou, I was my appendicties?						was doing, the whole thing went sideways. We didn't exactly fight. The		
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1810 10 10:04 26 Mind thing that I want to do? MIND - CONFIDENCE - want of self-confidence MIND - FEAR - MIND - RESIGNATION  Why? Why? I thought it was my appendix bursting, the teladoc was like 'Hey no, that's not it', how could I do this health practice and to know the Symptoms of appendicitis?  I didn't feel comfortable free flowing, allowing my thoughts to flow, I wish we weren't doing it this way, her observing me, aware of insecurity, doubt, and								
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appendix bursting, the teladoc was like 'Hey no, that's not it, wo could I do this health practice and not know the symptoms of appendictis?  MIND - CONFIDENCE - want of self-confidence  MIND - FEAR - MIND - RESIGNATION  I didn't feel comfortable free flowing, allowing my thoughts for flow, I wish we weren't doing it this way, her observing me, aware of inscurity, doubt, and						Why? Why? I thought it was my		
this health practice and not know the symptoms of appendicities  I didn't feel comfortable free flowing, allowing my thoughts to flow, I wish we weren't doing it this way, her observing me, aware of insecurity, doubt, and						appendix bursting, the teladoc was like		
1810 10 10:05 26 Mind symptoms of appendicitis? MIND - CONFIDENCE - want of self-confidence MIND - FEAR - MIND - RESIGNATION  I didn't feel comfortable free flowing, allowing my thoughts to flow, I wish we weren't doing it this way, her observing me, aware of insecurity, doubt, and						this health practice and not know the		
allowing my thoughts to flow, I wish we weren't doing it this way, her observing me, aware of insecurity, doubt, and	1810	10	10:05	26	Mind		MIND - CONFIDENCE - want of self-confidence	MIND - FEAR - MIND - RESIGNATION
weren't doing it this way, her observing me, aware of insecurity, doubt, and								
me, aware of insecurity, doubt, and								
1810 10 10:07 26 Mind questioning of myself. MIND - CONFIDENCE - want of self-confidence MIND - FEAR - MIND - RESIGNATION					l	me, aware of insecurity, doubt, and		
	1810	10	10:07	26	Mind	questioning of myself.	MIND - CONFIDENCE - want of self-confidence	MIND - FEAR - MIND - RESIGNATION

Prover	Prover Publicat	Timestamp	Day (# format)	Mind/Body System	Concise Symptom Note	Suggested Rubric #1	Suggested Rub Su	uagested Rub S	Suggested Rul	Suggested Rul	oric #5			
					I also feel a sense of disappointment					JJ				
					and some doubt about a project that I									
					have already had going. I had been chugging along very unattached to									
					outcome and feel more in alignment									
					with what I enjoyed about it. Today I'm questioning it. Maybe it's not as good									
					as I thought it was.									
					I think the thing is that these projects									
					are more outward facing, and the pull is to work for myself, to go deeper and									
					feel more certain about my own									
					knowledge before turning to project to others.									
1810	10	9:00	5	Mind	others.	MIND - CONFIDENCE - want of self-confidence - plans; about realiz	i MIND - FEAR - fai	ilure, of - thing	s not done in	the way he wa	nts, in			
					Oh, and I feel like all my cases are									
					going to shit. People are doubting the process, or well indicated remedies are									
					aggravating. I'm like, what the fuck,									
1810	10	12:30	20	Mind	can I even practice homeopathy successfully!?	MIND - CONFIDENCE - want of self-confidence - support; desires								
1810	10	12.30	20	Hillia	Polarity, being the authentic self, you	MIND - CONTIDENCE - Walle of Self-Confidence - Support, desires								
					have to be who you are, the									
					importance of being yourself, not doubting that. In this interaction with									
					my husband we got into a heated									
					discussion about a book group. He									
1810	10	10:17	26	Mind	wasn't listening to what I was saying, he felt I was aggressive.	MIND - CONFIDENT	MIND - QUARREL	SOME						
					Watching Legally Blonde, the main									
					character finally shows up and kicks ass in the court, and this teared me up,									
					because she is so very different from									
					everyone else, she's this blonde pink,									
					unique self, with her own unique perspective to show up and do what									
					she does. That Elle in the movie. Elle									
1810	10	10:21		Mind Mind	Woods (played by Reese Witherspoon).		MIND - DETERIM	IIND - FREEDO	M - doing wha	it he had to do;	remarkable fre	eedom in		
1810	10	10:28	26	MING	Oh, okay, I got through it, (sigh)!  I am back to thinking about my	MIND - CONFIDENT								
					projects. I do not have the doubt									
					anymore, but feel inspired and creative									
					to just dive in and see what happens. I also feel less of a need to get 'approval'									
					or see if people will like it ahead of									
					time. I feel back to being confident, but not overly so, and with less attachment									
1810	10	9:00	31	Mind	to outcome.	MIND - CONFIDENT								
					I had fire flare up at me twice									
					yesterday. Once when I was making a fire in the woodstove I was using the									
					blowtorch to ignite the kindling; I do									
					that daily, often multiple times, and it flared back at me. That has never									
					happened before. And, a second time I									
					was grilling burgers on our stove and									
					the flame leapt around the outside of the griddle. That has never happened									
1810	10	22:00	21	Mind	before either.	MIND - DELUSIONS - fire - world is on								
					I had a meeting with some close friends, they were so 'light', 'bright',									
					'engaged', I didn't know how to									
1010		10.45			connect with them. it was like a chain	MIND DELLICIONS links brinks								
1810	10	10:13	26	Mind	link one doubt became another doubt.  I am not willing to keep things in my	MIND - DELUSIONS - light = brightness -								
					life that don't feel right. I decided									
					today to not sign a lease to stay at my									
1810	10	9:30	40	Mind	current office space and will leave in search of something that feels better.	MIND - DETERMINATION								
2010	10	3.50	10	-	i decide what my boundaries are									
					around the work that i was feeling left									
					out of, and send an email to communicate those boundaries, in a									
					clear way. I explain that I do not									
					expect them to change to suit me, but nor can I absorb all of the									
					repercussions of what they are									
					potentially asking for. I understand it									
1810	10	9:30	33	8 Mind	may result in me losing my position with the work. I am okay with that.	MIND - ESTRANGED	MIND - DELUSIMI	IIND - FEAR - I	nfit for work:	of becoming				
									,,,,,	9				

Prover	Prover Publicat Timestam	Day (# format)	Mind/Body System		Suggested Rubric #1	Suggested Rub Suggested Rub Suggested Rub Suggested Rubric #5
				lemailed Master Prover about my appendicitis fears. Contacted Teladoc who informed me that she found it highly unlikely that I had appendicitis. Told me the tell-tale signs. I feel stupid in that I'm a health practitioner and I did not know these clear signs. She said she thought it could be my ovaryon my right side. Possibly cysts (Have I had them?) Yes, I had a very large one that was removed, along with my left		
				ovary, nearly four years ago. Mild panic. I do not want to have another cyst or surgery. Interesting that it could be an ovarian issue, given my earlier random thought about wanting a baby and some of the female and male dynamic themes earlier in proving.		
1810	10	9:00 24	Mind		MIND - FEAR - disease, of impending	
1810	10	0:30 10	Mind	On the return from my walk, old feelings imagining him in some tragic accident resurface. I used to worry about this a lot, but it's been awhile. I struggle with feeling acutely upset, thinking about losing him.	MIND - FEAR - happen, something will	MIND - FEAR - death, of
				Today while walking my dogs, I listened to a podcast with the author of 'The Soul of Money.' She talked about the idea of having 'enough' and the scarcity model that our society operates around And, how that trickles down into believing that 'we' are not enough. It made me think about the doubt that i've been having around my projects, and how it also makes me think about my ambition.  Do I have ambition for reasons that feel in integrity? Do I seek out ways to put my self out into the world because of a root feeling of not being 'enough' or because I actually have something to share, and offer it from a place of generosity and wanting to make the world a better place?  Do I have doubt because maybe my motivations need checking?		
1810	10 1	5:00	Mind		MIND - FEAR - poverty, of	MIND - CONFIDENCE - want of self-confidence
1810	10 1	5:45 5	Mind	On a walk, thinking more about my project and what are the deeper layers. Like yin and yang, in the past year or so 1've been more in touch with a sense of ambition than I have that I have never really identified in myself before. I have a drive to put things out into the world. But, then there's this doubt, and asking myself the question, before I put myself out there in a big way, could I, should I not take a yin approach to going deeper with my own study, building my own foundation? And, at the same time, I am acutely aware that women often over-prepare compared to mem Doubting their own abilities, they wait and prepare and meanwhile, men with half their qualifications are marketing themselves.	MIND - FEMININITY - increased sensation of	MIND - CONFIDENCE - want of self-confidence
1810	10 1	5.43	mind	There was this whole dystopian thing,	LITAD - LELITATIAT LL - IIICLEGREG RELIZIONI OI	LITIAD - COLAI TOFIACE - MAIN OI 26II-COLIIIGENICE
1810	10 1	1:24 26	Mind	whatever! was reading would show up in my life at night, initially I was reading these dystopian novels about this plague that came hitting earth, killing women and children, babies were wiped out, masculine, feminine things; yang was out in the world too much, over-reaching, an awareness came that I needed to pay attention to the internal flowing part, not the external building parts.	MIND - FEMININITY - increased sensation of	
1010	10 1	26	entiu	external bulluling parts	PERIOD I ENTERTRE I - INCIGASED SENSALION OF	

Prover	Drover Bublicat	Timostama	Day (# format)	Mind/Rody Cyctom	Concise Symptom Note	Suggested Rubric #1	Cuggosted Bub	Suggested Bul	Suggested Bu	b Suggested Rub	ric #E		
Flovel	Flover Fublical	Illiestamp	Jay (# IOIIIIac)	Milid/Body System	I went to meet two friends with whom I	Suggested Rublic #1	Suggested Kub	Juggesteu Kui	Juggesteu Ku	u Suggesteu Kut	IIC#J		
					have a women's group. We meet								
					monthly, and have for over ten years. I								
					listened to upbeat music in the car to try and shift my mood. When I arrived								
					they were light and bright and laughing								
					and I feel heavy and dark and it was								
					hard to connect. I didn't have much to								
					say. We went for a walk and their chattiness was frankly annoying. I feel								
					disconnected and again, it played into								
					my doubt and insecurities. Why has my								
					life gone in such a way that I feel like								
					this around my best friends? That they are out in the world and connecting								
					and engaged and I'm more or less								
					reclusive in my home?								
					I did not share during our time (we								
					each take a chunk of time to share deeply); but, said I was doing a								
					proving, and was in a different state so								
					I couldn't really talk about what was								
					going on. But I did respond to my friends and I feel very clear and								
					confident about what I could share with								
					them in response to the situations in								
					their lives. One was about a friend's								
					daughter, and believing her in what she has to say even if my friend is not								
					sure. The other was about my friend's								
					partnership and the communication								
					struggles between them. She needs to								
					give him more space, lift expectations of how he will, or won't, show up, and								
					not control the dynamics. That feel								
					good.								
1810	10	21:30	20	Mind		MIND - HEAVINESS; SENSATION OF	MIND - MOOD	MIND - ESTRA	MIND - DESE	VED			
1010	, 10	21.50	20	riiid	I didn't want my supervisor to observe	PIND HEAVINESS, SENSATION OF	PILIND PICOD	HIND ESTIG	I IIIID KESEI	VLD			
					me in the first hour, I didn't want the								
					exposure. I didn't articulate this at the								
1810	10	10:0	7 26	Mind	time.	MIND - INSECURITY; MENTAL - hiding it; but is							
					Irritable and feeling combative with								
					people on Facebook. I want to argue.								
1810	10		7	Mind		MIND - IRRITABILITY	MIND - QUARR	ELSOME					
					Irritability toward dogs on walk; I want								
					to keep walking. They want to stop								
1810	10	15:00	2	Mind	every 4'. No patience.	MIND - IRRITABILITY - dogs; towards	MIND - IMPATI	ENCE					
					Overall I would say that I am more								
1810	10	15:00	1 3	Mind	annoyed and irritable that usual. Less patience.	MIND - IRRITABILITY - dogs; towards	MIND - IMPATI	ENCE					
1010	, 10	13.00	, ,	riiiiu	Some irritability toward family	MIND INTERDICITE dogs, towards	PILIND INITATI	LINCE					
1810	10	12:2:	3 1	Mind	member	MIND - IRRITABILITY - family, to her	MIND - IRRITA	BILITY - loved	ones, to				
					I am feeling a bit irritated and left out								
					of discussions regarding some work I								
1810	10	9:30	32	Mind	am involved with.	MIND - IRRITABILITY - working, when							
					I have not feel like journaling. In fact, I								
1810	10	9:00	) 24	Mind	feel like I have been avoiding it. Too much.	MIND - LAZINESS							
1010	. 10	5.00	24		After conversation with friend or								
					colleague, I decided that I want to								
					pursue my nursing degree. I have been								
					feeling uncomfortable with how limited								
					my knowledge of medical sciences is.  My decision to do an nursing degree								
					doesn't come from those feelings of								
					doubt, but from identifying where I								
1810	10	9:30	20	Mind	want to feel stronger, and making a concrete plan to do so.	MIND - PLANS - making many plans							
1010	, 10	5:31	29		On a walk thinking about things my	Time Tonio making many plans							
					husband does that frustrate me, his								
					rigidity over some issues, his ego, his								
					tendency to be distracted when								
					listening to me. Old annoyances coming up fresh again. How much do I								
1810	10	9:00	10	Mind	care? Is it worth talking about?	MIND - QUARRELSOME	MIND - AVERSI	MIND - THOU	GHTS - past, of	the			
					My husband approached me and we								
					had a difficult and emotional								
					conversation, relating to those things								
					that bothered me on our walk on Day 10. The crux of it is how we are in								
					conflict, or at least conversations								
					where we have different perspectives								
					and enter a debate. I have a tendency								
					to push and get intense; he feels like I don't listen to him and only reinforce								
					my view. I feel like he's not allowing								
					me to stand in my intensity at times;								
					to only be amenable and keep it all								
1810	10	12:00	12	Mind	nicey-nice. I have edges, and I don't want to be made to dull them down.	MIND - QUARRELSOME							
1010	. 10	12.00	12		to be made to dan them down.	25,44425512							

Prover	Prover Publicat Timestamp	Day (# format)	Mind/Body System	Concise Symptom Note	Suggested Rubric #1	Suggested Rub Suggested Rub Suggested Rub Suggested Rubric #5
				Argument with my husband over kids and chores. Old argument, but I feel more rooted in my position, less thrown off by the discord, and less triggered. Pytically, I will state my position and engage in conversation, but I'm more apt to try and reconcile the disagreement and smooth things over because I don't want the discord. Right now, I kinda don't care and do not feel responsible for helping him feel		
1810	10 12:0	00 3	Mind	better about it.	MIND - QUARRELSOME - family, with her	MIND - QUARRELSOME - family, with her - husband; to
				Dissatisfied with self. Feeling fat. Want to lose weight. Thinking about how to better structure my time. Old cyclical		
1810	10 15:0	00 7	Mind	thoughts.  I don't feel engaged or bright, usually I	MIND - REPROACHING ONESELF	MIND - PLANS MIND - CONCE MIND - CYNIC/ MIND - ANTAGONISM WITH HERSELF
				am pretty talkative, talky, I didn't want to discuss the proving or what was		
1810	10 10::	.5 26	Mind	going on  I went away with my daughter to a	MIND - RESERVED	MIND - INTROSPECTION
				weekend dance festival. I was at first overwhelmed by the crowd, the busyness the people who knew each other. I kinda wanted to hide in my hotel room. But I made myself go. I had a great time. I remembered how to contra dance, forgave myself for my mistakes and feel at home with strangers and feel more energetic and inspired than I had in a long time!		
1810	0 10 9:0	00 27	Mind	Last night my friends and I met in her	MIND - SENSITIVE - people; to presence of other	MIND - HIDINGMIND - DANCI MIND - ENERGIZED FEELING
				partner's office, on the third floor of an old rick building. I was immediately example, and the control of the		
1810	10 17:0	00 21	Mind	I thought that I wanted a baby while	MIND - THOUGHTS - future, of the	
				I thought that I wanted a baby Mhile making love. Unusual. I don't want a baby. He's had a vasectomy for ten years. I stopped pining away for some miracle baby for at least eight years ago. I've had 'no' desire to have a baby again.		
1810	10 12:0	10	Mind	Also interesting, was obsessed with	MIND - THOUGHTS - past, of the	
1810	0 10 9:	80 24	Mind	new reboot of Queer Eye for the Straight Guy all weekendwhile my eye was irritated. I was deeply moved by it. Feel like I have been bombarded and surrounded by various media with the message of 'be yourself' 'be your true, authentic self'.	MIND - TRUTH - telling the plain truth (AUTHENTICITY)	
				My daughter and I watched Legally Blond when she as sick this weekend.		
1810	10 9:	30 24	Mind	The ending courtroom scene made me teary.	MIND - WEEPING - amel-	

Prover	Prover Publicat	Timestamn	Day (# format) Mind/Body 9	ystem Concise Symptom Note	Suggested Rubric #1	Suggested Ru	h Suggested Ru	h Suggested Ru	b Suggested Rul	hric #5			
				It reminded me of an old friendship that hit the nocks last summer. My friend told me that being friends with me is 'hard.' I'm sitting with what it means to be a difficult or hard presence for some people, in some aspects of my being. I don't want to shape myself, at the expense of		pagested to	g Juggested Ru	Juggested Ru	Juggested Kul	one #3			
1810		12:30		myself, for the comfort of others.  Hard time falling back to sleep after going to the bathroom in the wee hours. Back in bed, my mind starts spinning. Some worries or issues that I used to be concerned with, though									
1810	10	10:00	4 Mind	have been less active lately.  Still having a hard time falling back to	SLEEP - SLEEPLESSNESS - thoughts - activity of thoughts; from	MIND - CARES	S, FULL OF - nig	ht					
1810		7:30		sleep after getting up to go to the bathroom. Worried, spinning mind.  And I'm bailing out of a seminar I signed up for this weekend. Feels like I m pulling so many things together to cover my kids, the animals. The weather is forecasted to be shit. Just can't deal with all the hoping it all goes									
1810		14:00		fine. Not worth it.  The proving was really was slow at firs and then ramped up for the next few weeks, second or third week, and now	t								
1810	10	10:05	26 Mind	it's tampering off  Return of some doubt about my qualification and abilities in teaching, once after a class. I think it went fine, but I wished that I had been more prepared, had set up the material mon in advance and presented it in a better way. A second time the next day after a conversation with my mentor. There was no doubt from her about my abilities, it was my feeling after comparing what I thought about the case, and what she thought about the									
1810	10	17:00	15 Mind	case.									
				Roots, muck, death, dead forest, in a way, I am just accepting of this I am trudging along. I feel if I allow myself to go into it completely, I will come through to a tropical rainforest, spring, with happy bugs, butterflies, in the dead forest, there are creepy bugs, worms, beetles, etc. and in the tropica rainforest, there are all of these magnificent, bugs, renewed bugs, beautiful. It is not scary and creepy, it									
1811	. 11		18 Mind	is hard, tiring.  Driving in the car, I was feeling anxious, not knowing where I was exactly, and having this fear of getting lost. I have a GPS. She's talking lesses the "Its beginning the start of t	DREAMS - FOREST	DREAMS - FO	REST - dead for	est, a;					
1811	11		18 Mind	incessantly, "Is this important right now?"	MIND - ANXIETY	MIND - CONF	MIND - FEAR	MIND - TALKI	MIND - TALKI	NG - others agg	g.; talk of		
1811	. 11	0:00	2 Mind	I continue to be aware of and notice the color gray. Seeing the grayness of color. It is standing out.	MIND - COLORS - gray - desire for								
1811	11	0:00		Color gray stands out.  There was like a turning point of the day of the Super Blue Moon eclipse; at work we got really giggly, and laughing. The death in this has been about letting go and rebirth. More that about dying. Even though you can get news of someone dying, before the proving, I would have this sadness, bu I am like, detached, "Oh, okay, he's moving on, he's had a good life." Wher David Bowie died, and Prince, I went into this deep depression. But there wasn't this sadness with this recent death. More of a sweetness, lingering, a loss for the world, a sweetness for their passing rather than the	MIND - COLORS - gray - desire for								
1811			18 Mind	Something like a slow mudslide. Like in the movie the Princess Bride, they go into the Fire Swamp, there is dark, gray, and oozing, not a green forest, it's a dead forest, there is this gray mud, like quicksand, it is slow, bogging down, dragging down, absorbing, coolness, and grayness,									
1811		0:00		Sensed a presence. Towel on the rack about 4' from me moved. Then a cord moved. I am remembering that our cats have been acting strange. As if spooked. Jumping and running away.	, MIND - DELUSIONS - specters, ghosts, spirits								

Prover	Prover Publicat	Timestamn	hay (# format)	Mind/Rody System	Concise Symptom Note	Suggested Rubric #1	Suggested Rub Suggested Rub Suggested Rub Suggested Rubrio	c #5
FIOVEL	riovei rubiicat	Hillestallip	Jay (# IUIIIIaL)	Miliu/Body System	I could see in my dark room, the	Suggested Rublic #1	Suggested Rub Suggested Rub Suggested Rub III	2#3
					vacuum in the corner, it appeared to			
					move on it's own accord. Okay, I am			
1811	11		18	Mind	not alone, I have a ghostly presence.	MIND - DELUSIONS - specters, ghosts, spirits		
					I was with a friend in her house, "There			
					is a presence here." I thought of			
					Ghostbusters and Echo Bodine (a			
1811	11		18	Mind	woman to clears ghosts).	MIND - DELUSIONS - specters, ghosts, spirits		
					The movie from the 1970s, the Fog.			
					"Oh my God, there's something in the			
1811	11		18	Mind	fog," you totally know that its there.	MIND - DELUSIONS - specters, ghosts, spirits		
					The next day, I was in my bathroom,			
1811	11		10	Mind	and the towels were moving. 'There is a presence here. I am not alone.'	MIND - DELUSIONS - specters, ghosts, spirits		
1011	11		10	Miliu		MIND - DEEOSIONS - specters, ghosts, spirits		
					When I first took the substance, my supervisor, the room was dark, all I			
					could see of my supervisors face was			
					gray and floating, it reminded me of a			
					cartoon character, Nearly Headless			
					Nick, his head was gray and floating,			
1811	11		18	Mind	like a dark character.	MIND - DELUSIONS - specters, ghosts, spirits		
					I saw an image on the back of a pick up truck that reminded me of this			
					proving. It was a specter like face. The			
					image was grey and white. Dark.			
					Shadowy. It was like it was melting			
1811	11	0:00	40	Mind	down.	MIND - DELUSIONS - specters, ghosts, spirits		
					Feel like we need to acquiesce. It's			
					time for the old to crumble. A co-			
					worker observed people in the city			
					walking over a man that overdosed. He			
					was unconscious and barely breathing. Aren't we as humans here for each			
1811	11	0:00	43	Mind	other?	MIND - DESPAIR - world; for the		
					Attended a hockey game and thought it			
					was quite pointless. Comical. People			
					dressed up in team jerseys, hats,			
					cheering. For what? To watch these			
					kids skate around the ice. Shoot and			
1811	11	0:00	2	Mind	score. I usually have a good time and get caught up in the excitement.	MIND - DETACHED - observing; as if - outside; from		
1011	11	0.00		riiid		PHYD DETACHED Observing, as it outside, from		
					I've disconnected with my supervisor, no sense of anything happening. The			
					last thing I have in journal entries is			
1811	11		18	Mind	day 10.	MIND - ESTRANGED		
					Dead forest, all of the life has been			
					sucked down out of it, it has been			
					pulled down. What is left is this gray			
					charcoal burnt, like a burnt forest, cold			
					and gray, deep in this dark forest, there is no sun, below that there is			
					earth, below that there is this thick			
					forest, it is not lush and green, it is a			
					mud forest, you sink in and you trip			
					over the roots, the branches, and the			
					dead muck. You are trudging through it. You are weighted down. The			
1811	11		18	Mind	quicksand will suck you down and in.	MIND - FEAR - unknown; of the	DREAMS - FOR DREAMS - FOR MIND - DELUSIONS - sinking; to	he - quicksand; in
1011	21		10		I can see where others could be afraid		Sinking, Co	
					of the grayness, the fog, and the dead,			
					the dead forest. This is fascinating and			
1811	11		18	Mind	so lovely.	MIND - FEAR - unknown; of the	DREAMS - FOR DREAMS - FOREST - dead forest, a;	
					I went to a hockey game with my			
					daughter. We usually get pulled into			
					the energy. I thought to myself, how			
					ridiculous that we are sitting here with all these people, wearing hockey gear,			
					hats, shirts, it feel so silly, ridiculous			
					silly, "We're watching these people			
					thwacking a hockey puck around." It			
					was just ridiculous. Then I thought,			
1811	11		10	Mind	"This isn't me, this is the way I connect with people in Minnesota."	MIND - FRIVOLOUS		
1011	11		10	- mid		1110 111101000		
					Feeling totally annoyed at my preteen daughter, her rambling, and			
					frivolousness. Frivolousness of things.			
					She was discussing an art project. I			
					was like, "Just stop talking!" I want to			
				Mr. d	withdraw into my book. I wanted to be	MANUEL ADDITIONAL TO CARRIE AND A STATE OF THE STATE OF T	MAND DEDDO MAND ESCAPE ATTEMPTS TO 1	Harris Harris American
1811	11		18	Mind	alone.	MIND - IRRITABILITY - children, towards - own; his	MIND - REPRO MIND - ESCAPE, ATTEMPTS TO - family and chil	aren; attempts to escape from her
					Irriatated with my kid talking in the car. Just want them to be quiet. On			
					the verge of getting very frustrated. I			
					don't. I wait and let it pass. I realize			
1811	11	0:00	2	Mind	she is not trying to irritate me.	MIND - IRRITABILITY - talk of others; from	MIND - IRRITABILITY - children, towards	
					It is like she was pulling me out of			
					what I was doing. This happened this			
					past week while I was cooking, I			
					wanted to focus on the recipe and			
1011				Mind	cooking, and not burn myself, "Please	MIND IDDITABILITY talk of others from		
1811	11		18	MIIIIG	stop talking!?"	MIND - IRRITABILITY - talk of others; from		

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Prover	Prover Publicat	Hmestamp	Day (# format)	Mind/Body System	Concise Symptom Note	Suggested Rubric #1	Suggested Rub Suggested Rub Suggested Rub Suggested Rubric #5
					She was talking in the car on the way		
					home from the hockey game, "Please		
					stop." Things that are usually of		
					interest to me, no longer have interest		
					to me. She's following this person who		
					draws on YouTube with all of these followers, she's going on and on about		
					these cactuses. Trying to follow my		
1811	11		18	Mind	own thoughts.	MIND - IRRITABILITY - talk of others; from	
1011	**		- 10	1 11110	Continue to be irritated when people	THE THEIR CONTROL OF CONTROL OF THE	
1811	11		23	Mind	talk. Their talking is interrupting me. I want to yell at them to shut up!	MIND - IRRITABILITY - talk of others; from	MIND - IRRITA MIND - SENSITIVE - noise, to - voices, to
		0.00					MIND INITIAL SENSITIVE Holse, to Voices, to
1811	11	0:00	9	Mind	Very tired. Could have napped.	MIND - PROSTRATION OF MIND	
					I am more tired than usual after work.		
			_		This lasted a couple hours of being		
1811	11	0:00	8	Mind	very tired.	MIND - PROSTRATION OF MIND - working too hard	MIND - PROSTRATION OF MIND
					I can no longer be around destructive		
					energy. I must move forward. I must		
1811	11	0:00	43	Mind	focus on what I can do.	MIND - SENSITIVE	MIND - CONFIDENCE - want of self-confidence
					This substance chose the blue vial, it		
4044			40	Marin d	wanted to be proved. It was a weird	MIND THEORETING to a between the table	
1811	11		10	Mind	and interesting thought.	MIND - THEORIZING - proving substance; about the	
					When I did the deer tick proving, I was		
					bouncing up and down, my supervisor,		
					she said, "This is definitely the proving." I was the deer tick on the		
					back of the deer. What is this		
1811	11			Mind	substance I wonder?	MIND - THEORIZING - proving substance: about the	
1311	21				My cats have gone bonkers during this		
					proving they were running from		
					presences too; cats can see these		
1811	11		18	Mind	things. They were just wild.	MIND - WILDNESS	
1011			10	-	I don't know if things are so subtle or if		
					I just don't notice things. Initially,		
					there was this grayness, there was this		
					cool gray tint to things, it was very		
					odd. I never thought I liked the color		
					gray, but now the color became calm		
1811	11		18	Mind	and cool.	VISION - COLORS BEFORE THE EYES - gray - objects seem	
					I was both repelled, my natural state,		
					and the substance state really enjoyed,		
					was attracted to it. I feel like I had on		
					my "gray-colored glasses" not the		
					"rose-colored glasses". A grayish aura		
1811	11		18	Mind	or tint to every light.	VISION - COLORS BEFORE THE EYES - gray - objects seem	
					In the middle of my shoulders, it's in		
					my throat chakra, the heart chakra is		
					closed off, the hara is okay, this energy		
					circumvents the heart chakra, to go to		
1812	12	10:00	,	Mind	the solar plexus, and then it comes up	CUECT CLOSED, SENSATION AS IS abelian been	TUDOAT, ODES ADDOMENT ODEST, OFFICATION ACID, shallow calculations
1012	12	10:00	3	MING	and out of my throat chakra.	CHEST - CLOSED; SENSATION AS IF - chakra; heart	THROAT - OPEN ABDOMEN - OPEN; SENSATION AS IF - chakra; solar plexus
					One bird flies by, I cannot tell what		
1812	12	7:13		Mind	kind it is, there are no markings of any sort.	DREAMS - BIRDS	
1012	12	7:13	1	MING		DREAMS - DIRUS	
					In my growing up I learned that		
					something magic will happen to solve everything. But I was not taught to		
					take responsibility for what I wanted		
					nor taught how to get it. I did not learn		
					how to live and work in the real world.		
					My parents struggled to survive and to		
1812	12	10:00	1	Mind	protect me.	DREAMS - MAGIC - gifts, magical	MIND - AILMENTS FROM - expectations of parents too high
					I never was confronted by any		
					challenges like meeting a dwarf. So		
					there was never any opportunity for		
				l	magic to happen. I just wanted to live		
1812	12	10:12	1	Mind	happily ever after.	DREAMS - MAGIC - gifts, magical	
					There are these nymphs or water		
					sprites, they see me, I am not		
					interested in conversation. They drift		
					off. I see sparkling, swirling kinda		
					energy or smoke, drifting transparent		
					glass, star-like, shining, sparkly They		
					are like wisps of smoke. Are they curious about me, do they want		
1812	12	7:24	1	Mind	something from me?	DREAMS - SPECTRES, GHOSTS, SPIRITS, NYMPHS	
1312	12			- ··-	Joy feels heavy to me, the opposite of	a. zzzz, zzz.z, prakto, minio	
					the fish, who are light, the nymphs or		
1812	12	7:35	1	Mind	water sprites are wispy.	DREAMS - SPECTRES, GHOSTS, SPIRITS, NYMPHS	
1312	12	7.55				a. zzzz, zzz.z, zr.taro, minio	
					Today, there are no nymphs, no water		
					sprites, no magical fish, just the vast expanse of water, and the breeze.		
					There is a little overcast of clouds, not		
1812	12	10:30	3	Mind	dark, just light clouds.	DREAMS - SPECTRES, GHOSTS, SPIRITS, NYMPHS	
1312	12	10.50			Seeing that canoe again, and Rose Red		
					and Rose White, the nymphs and water		
1812	12	7:45	5	Mind	sprites.	DREAMS - SPECTRES, GHOSTS, SPIRITS, NYMPHS	
1312	12	,,,,,			If I open that door, I will be agreeing	a. zamiza, zmasta, prikitoj kinimo	
					to do something that I don't want to		
1812	12	7:33	4	Mind	do.	DREAMS - TRANSFORMATION	MIND - FEAR - responsibility

Brover	Brover Bublica	Timostama	)au (# format)	Mind/Rody Cyctom	Concise Symptom Note	Suggested Rubric #1	Suggested Rub Suggested Rub Suggested Rub Suggested Rubric #5
Prover	Flover Fublica	IIIIestailip	Jay (# IOIIIIaL)	Miliu/Body System	This has truly been a war, this proving,	Suggested Rublic #1	Suggested Kub Su
					this time around. Because I have been		
					struggling with wanting to participate		
					and truly dig deeper in what is		
					happening within myself. An ongoing struggle. Making a choice around		
					making a change, a truly lasting		
1812	2 12	8:00	29	Mind	change in my life.	DREAMS - TRANSFORMATION	
					Now I am having this sensation of		
					something leaving my shoulders,		
1812	2 12	7:18	2 1	Mind	tension, fear, or anger, and it is going out my hands.	EXTREMITIES - ELECTRICAL CURRENT; SENSATION OF AN	GENERALS - ENERGY - sensation of
1011		7.120		· mid	Today, I am feeling restricted,	Extraction of the content of the content of the	School Control School St
					uncertain how to really deal with the		
1812	2 12	10:21	1 3	Mind	energy.	GENERALS - ENERGY - excess of energy	
					This writing experience is about my		
					own energies, which are increased, wired, and I don't know how to work		
					through the high volume and intensity,		
					until I work to balance the energies		
					with my own faults, foibles, quirks, all the reasons that we reincarnate. We		
1812	2 12	10:24	3	Mind	come into work things out.	GENERALS - ENERGY - excess of energy	
					Now I am having this sensation of		
					something leaving my shoulders,		
1812	2 12	7:16	5 4	Mind	tension, fear, or anger, and it is going out my hands.	GENERALS - ENERGY - excess of energy	
1012	. 12	7.10	1 4	· mid	I try to keep the energy moving. My	CENTEROLES ENERGY CACCOS OF CHELDY	
1812	2 12	10:41	. 5	Mind	body and mind resist.	GENERALS - ENERGY - excess of energy	MIND - REBELLIOUS
					I think this is why I have trouble with		
					the concept in Zen of letting everything flow. I have become accustomed to		
					just floating through life. The water		
					sprites and fish in their appearances		
				Mind	attempted to get me excited to take		
1812	2 12	10:03	5 1	MING	action. Undigested and unorganized material	GENERALS - ENERGY - excess of energy - aura and chakras; in	
1812	2 12	10:02	2 3	Mind	or energy or something.	GENERALS - ENERGY - excess of energy - aura and chakras; in	
					Unformed, undigested pieces, of	·	
1812	2 12	10:04	,	Mind	irregular shape, like globs of mashed	GENERALS - ENERGY - excess of energy - aura and chakras; in	
1012	2 12	10:02		MING	potatoes, plunk, plunk, plunk.  It is like having the influenza and not	GENERALS - ENERGY - excess of ellergy - dura and cliakras; iii	
					realizing it and once you vomit you feel		
1812	2 12	10:07	7 3	Mind	so much better.	GENERALS - ENERGY - excess of energy - aura and chakras; in	
					I am attempting to slow it down, erect		
1812	2 12	10:13	3	Mind	a barrier, to slow it down, to organize it and put it down	GENERALS - ENERGY - excess of energy - aura and chakras; in	
					This burning sensation means I am	The state of the s	
1812	2 12	7:18	3 4	Mind	alive. I have to live my life.	GENERALS - PAIN - burning	
1812	2 12	10:35		Mind	I need time to process what is happening.	MIND - ACCEPTANCE	
1012	2 12	10.5.	, ,	Miliu	I wish I were the palm tree standing	MIND - ACCEPTANCE	
					tall and waving in the breeze.		
					Embracing whatever comes on the		
1812	2 12	8:15	0	Mind	wind. Enjoying it.	MIND - ACCEPTANCE	MIND - JOY
1812	2 12	10:36	5 5	Mind	I need time to let the substance work it's magic in my body.	MIND - ACCEPTANCE	
1812	2 12	10:40	5	Mind	My body and mind want to rest.	MIND - ACCEPTANCE	
					I am learning about energy in my		
1812	2 12	10:45	5 5	Mind	body.	MIND - ACCEPTANCE	
					This is the half way point of the trial. One lesson I have learned. To express		
					my needs and desires. Being with the		
1812	2 12	18:00	16	Mind	simple things like controlling my diet.	MIND - ACCEPTANCE	
					I finally wrote in my journal. I feel like		
1812	2 12	14:00	17	Mind	I am beginning to manage the energy that has been exposed during this trial.	MIND - ACCEPTANCE	
1012	12	200	1,		Accepting the slowing down and resting		
					piece. Just wanting to sit back in my		
1812	2 12	8:10	29	Mind	canoe.	MIND - ACCEPTANCE	MIND - TRANQUILLITY
1812	2 12	8:06	5 6	Mind	At first I pressure myself into going to the gym.	MIND - AMBITION	MIND - AMBITION - increased
1812				Mind	I feel upset.	MIND - ANGER	
		7.07			Taking action, energy, discipline, flow,		
1812	2 12	8:38	3 29	Mind	preparing to fight, and resistance.	MIND - ANTAGONISM WITH HERSELF	MIND - IRRESCMIND - DISCIP MIND - REBELLIOUS
					When I am seeking validation I feel	MAND AND THE	
1812	2 12	10:15	3	Mind	anxious.  I drove to the dentist. Driving in South	MIND - ANXIETY - company; when in	
1812	2 12	13:30	11	Mind	I drove to the dentist. Driving in South Florida is stressful.	MIND - ANXIETY - driving from place to place	
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Prover	Prover Publicat	Timestamn	)av (# format)	Mind/Rody System	Concise Symptom Note	Suggested Rubric #1	Suggested Rub Suggested Rub Suggested Rub Suggested Rubric #5
Prover	FIOVEI FUDIICAL	IIIIestallip	Jay (# IOIIIIat)	Miliu/Body System	I have come to this fork in the road	Suggested Rublic #1	Suggested Kut Suggested Kut Suggested Kut Suggested Kut H
					lots of times in my life. However, I		
					have never quite known what to do		
					with it? Is this a simple matter of doing what I don't want to do? Or if there is		
					an invitation to an adventure or new		
					consciousness that I don't want to		
					partake in? Or integrate? I don't ever		
					seem to figure this out. I am a good problem solver, but this whole piece?		
					Even when I go to meditate on it: it		
					just doesn't want to, there is a desire		
1812	12	7:28	4	Mind	to keep the door shut.	MIND - ANXIETY - incarnate in physical world; to	MIND - MEDIT MIND - REBELL MIND - OBSTINATE
					There is this anxiousness, my whole routine, inner peace of mind has been		
					upset by this substance. I don't		
1812	12	7:00	4	Mind	understand what is going on.	MIND - ANXIETY - proving, about	
					The nervous energy was most difficult		
					between the first day of the proving and the 15th day. I decided to settle		
					down into it. I haven't explored the		
1812	12	8:18	29	Mind	origin or cause of the nervous energy.	MIND - ANXIETY - sudden	
					When I woke up I feel anxious and		
					frustrated. For the last two days I have been adhering to the needs and		
1812	12	7:00	22	Mind	interests of others.	MIND - ANXIETY - waking, on	MIND - PLEASING - desire to please others
					I became so anxious trying to write an	•	
					article. I wanted it to be all done,		
1812	12	9:00	,	Mind	completed, and perfect immediately, and my whole body feel anxious.	MIND - ANXIETY - work - preventing work; anxiety	
1012	12	5.00			Putting together the fiery red of Mars	p. 2. 2. 2. 2. 3. 4 divides	
					and the blue of this substance this haze		
10:0				Mind	of purple comes over the water What		
1812	12	7:47	1	Mind	does that mean?	MIND - ARDENT (FIERY TEMPERAMENT)	
					The thrill, the excitement arises, but it gets burned up. It has to do with		
					potential energy, having this		
					challenging situation or problem, but it		
1812	12	7:47	4	Mind	somehow gets burned up? Is that what I want to say here?	MIND - ARDENT (FIERY TEMPERAMENT)	MIND - EXCITEMENT - desire for
1812	12	7:11		Mind	I am angry; I am burning up.	MIND - ARDENT (FIERY TEMPERAMENT)	MIND - ANGER MIND - DELUSIONS - fire
1012		7.11	Ů		Transiting Moon in Aries trines my	THE THEET (TEN LIGHEN)	and index, industrial
					natal Jupiter and Mars. Transiting Mars		
1812	12	8:20		Mind	trines my natal Pluto. I am learning all	MIND - ARDENT (FIERY TEMPERAMENT)	MIND - LEARNING - desire for
1012	12	0.20	0	Milia	about energy.  Mars is about where we need to take	MIND - ARDENT (TERT TEMPERAMENT)	PIND - LLANNING - desire to
					action and do things, daily life chores,		
					career, doing something, actually		
					taking an action. It seems like during this proving I have had all of this		
					energy, an excess, but I don't exactly		
					know what I am supposed to be doing		
1812	12	8:22	29	Mind	with this energy.  I became aware of the relationships	MIND - ARDENT (FIERY TEMPERAMENT)	
					between this proving and the		
					astrological aspects with my natal		
1812	12	9:00		Mind	Mars.	MIND - ARDENT (FIERY TEMPERAMENT)	
1812	12	10:08	,	Mind	Frustration, a feeling of being out of	MIND - CHAOTIC	MIND - HELPLESSNESS; FEELING OF
1012	12	10:08	3	rmiu	control, or losing control.  Yesterday, I feel frustrated, totally out	PHAD CHAOTIC	PINO TEL LEGINESS, I LLLING OF
					of control. I couldn't sit down and		
					write. Writer's block. What is going on?	l	
1812	12	10:08	3	Mind		MIND - CHAOTIC	MIND - HELPLE MIND - WRITII MIND - FEAR - failure, of
					Sitting under a tree with my supervisor. We are dressed in blue and		
1812	12	8:15	0	Mind	white sitting on a blue blanket.	MIND - COLORS - blue - desire for	
					It all comes back to the color of blue.		
					This is peaceful. The last proving was so weird, so ethereal, all of those		
					intense dreams, a weird mishmash.		
1812	12	7:18	1	Mind	This is peaceful, soothing, flowing.	MIND - COLORS - blue - desire for	MIND - PEACE - heavenly peace; sensation of
					This means I have to shut out people		
1812	12	6:38	,	Mind	and situations. I am supposed to be a nice, pleasant, and lovely person.	MIND - COMPANY - aversion to	MIND - CONFU MIND - SENSITIVE
1012	12	0.30		u	To disconnect from their non-physical	THE COPIEMIT OVERSION OF	School Management of the Control of
					self, their aura or energy imposes itself		
					on me. I really don't relate to people		
					on a physical level, or their outward appearance. I don't understand		
					people's motives or actions		
1812	12	6:41	2	Mind	appropriately, so I withdraw or retreat.	MIND - COMPANY - aversion to	MIND - CONFU MIND - SENSITIVE
1812	12	6:44	,	Mind	Withdrawing, retreating equals safety, not having to interact with anybody.	MIND - COMPANY - aversion to	MIND - COMPA MIND - SENSITIVE - people's inner nature's; to
1012	12	0:44		riniu	How do I settle in and figure out what	PHAND COMMAND AVEISION TO	Companie Science and Inter-people's mile nature s, to
1812	12	7:15	4	Mind	is really going on here?	MIND - CONCENTRATION - active	
			·		Do the planets truly affect us? Or is it		
					all symbolic. Mars in Scorpio for		
					instance has been transiting and making lots of aspects to my natal		
					Mars in Leo. The recent eclipse affected		
1812	12	8:19	29	Mind	my Mars.	MIND - CONCENTRATION - active	

Prover	Prover Publicat	Timestamp	Day (# format)	Mind/Body System	Concise Symptom Note	Suggested Rubric #1	Suggested Rub S	uggested Rub	Suggested Rub	Suggested Rubi	ric #5		
					Burdens of things. I don't have to dust the knick knacks, or water the plants,								
					or sweep the floor. I have a clear								
					vision. There are no things in the way. There is a wide open space. I am								
					surrounded by empty space. Gray in								
					color. Waiting for a sunrise. A cool wind is blowing clearing out the energy of								
1812	12	9:20	51	Mind	things.	MIND - CONCENTRATION - active							
					I am struggling against a rope that is holding me back. It feels like I am								
					attached to a cart. The cart is filled with a big load that I have to drag with								
1812	12	18:35	0	Mind	me.	MIND - CONFIDENCE - want of self-confidence							
1812	12	10:20	,	Mind	I was not motivated to operate from my true self.	MIND - CONFIDENCE - want of self-confidence							
1012	12	10.20	1	Milia	I realize I just don't have enough faith	MIND - CONTIDENCE - Walle of Self-Confidence							
					in my own abilities or intelligence to deal with what is comes along in life:								
1812	12	7:37	4	Mind	to go with the flow.	MIND - CONFIDENCE - want of self-confidence							
					I feel like I am failing this test. I am disappointed in myself. I am too hard								
1812	12	10:24	5	Mind	on myself.	MIND - CONFIDENCE - want of self-confidence							
					I feel like my soul is washing away what no longer is in my best interest. It								
					is like the water eroding the rock.								
1812	12	16:00	12	Mind	I have not identified what the rock represents.	MIND - CONFIDENCE - want of self-confidence							
					It is easy for me to talk or write about								
1812	12	18:31	R	Mind	these feelings. it is difficult for me to	MIND - CONFIDENCE - want of self-confidence - support; desires							
1012		10.51	·		In view of the Saturn in Capricorn	·							
					transit I hope that I will learn how give form to what I want and learn to set								
					my own goals, boundaries, and								
1812	12	10:27	1	Mind	direction. That's what I want my own sense of direction.	MIND - CONFIDENT							
1812	12	10:45	_	Mind	I understand this is about being in	MIND - CONFIDENT							
1012	12	10:43	3	MIIIG	charge of my energy. I feel good.  I feel like I can pick up the paddle of	MIND - CONFIDENT							
1812	12	23:30	18	Mind	my canoe and paddle to the horizon.	MIND - CONFIDENT							
					Sometimes, I get this sensation that people want something from me, but I								
					don't want to give anything. I wonder, 'Are they trying to take something from								
1812	12	7:26		Mind	me without my permission?' Or is it my inability to share unconditionally?	MIND - CONFUSION OF MIND - identity, as to his - boundaries; and	MIND DECERVE	-D					
1012	12	7.20	· .	Milia	I am supposed to be a giving person. I		MIND - KLSEKVE	D					
					would like to feel that I give unconditionally, out of abundance, joy,								
					and love. Most of my life I feel								
					obligated to give, "In order to be a good person, you have to give or be a								
1812	12	7:28	1	Mind	part of something."	MIND - CONFUSION OF MIND - identity, as to his - boundaries; and	MIND - DUTY - to	oo much sense	of duty - child	ren; in			
					What do I want? Maybe at the end of this proving I will know that I want?								
1812	12	10:25	1	Mind	Who knows! It's exasperating!!	MIND - CONFUSION OF MIND - identity, as to his - duality, sense of							
					It is almost as if I am living two lives at the same time, although they are								
1812	12	10:24	3	Mind	interconnected.	MIND - CONFUSION OF MIND - identity, as to his - duality, sense of							
					Two different lives Rose Red and Rose White. One life wants to be left alone in								
					nature, with a book, paper and a pen, to read and write and meditate. One								
					life has demands of interacting with								
1812	12	10:25	3	Mind	people and interacting with them on their terms and by their impositions.	MIND - CONFUSION OF MIND - identity, as to his - duality, sense of							
					Everything I write is accepted or								
					appreciated by the group. The back and forth, going out in the canoe, or								
					resting on the shore, a flow, an acceptance. Conversely, everything I								
					write by myself is wanting, lacking, I								
1812	12	8:34	29	Mind	have this idea of perfection, I reject my own writing.	MIND - DELUSIONS - appreciated, she is not	MIND - LONGIM	IIND - FASTIDI	ous				
					If someone came along and opened the box they would find an alive, not dead,								
1812	12	7:25	4	Mind	but empty shell of my body.	MIND - DELUSIONS - body - out of the body							
1812	12	7:25	4	Mind	My spirit goes up into a tree, amongst it's branches and leaves.	MIND - DELUSIONS - body - out of the body							
1012		,,,2,			The box is a pale yellowish brown color								
					and it has the rich scent of freshly cut wood. The only way is out through a								
					small hole in the top. My body remains								
1812	12	7:25	4	Mind	in the box, but my spirit goes up out through the hole in the top of the box.	MIND - DELUSIONS - body - out of the body							
1812	12	7:55		Mind	How do I get into my body and actually participate? This is the challenge.	MIND - DELUSIONS - body - out of the body	MIND - COURAGE	EOUE					
1012	12	7:55	4	ratio	I am not so stuck in my head as I am	PELOSIONS - Body - out Of the Body	COUKAGI	2003					
1812	12	7:55	4	Mind	in my body. Whatever I am thinking or feeling is disconnected from my body.	MIND - DELUSIONS - body - out of the body							
1012	12	,.5.			abconnected from my body.								

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Prover	Prover Publicat	IImestamp	Jay (# format)	Mina/Body System	Concise Symptom Note	Suggested Rubric #1	Suggested Rub Suggested Rub Suggested Rub Suggested R	ubric #5
					My spirit is up in the tree, my body is in the box. My spirit doesn't know how			
					to motivate the body, to get it going.			
					My spirit needs to escape my body			
					periodically because my body isn't			
1812	12	7:5	6 4	Mind	doing what my spirit wants.	MIND - DELUSIONS - body - out of the body		
					There are things nibbling on my skin. I			
1812	12	7:1	0 6	Mind	want to jump out of the canoe and into the water.	MIND - DELUSIONS - body - out of the body		
1012	12	,.1	0	riiid	The substance is in the lower right	MIND DEEDSTONS BODY Out of the Body		
					under my tongue; it is sprouting little			
1812	12	7:1	5 1	Mind	flowers.	MIND - DELUSIONS - flowers; of - proving substance; sprouting into		
					Tiny pale, bluish whitish little flowers,			
					like forget-me-nots. They are tiny little			
1812	12	7:1	5 1	Mind	flowers.	MIND - DELUSIONS - flowers; of - proving substance; sprouting into		
					On the way home I looked up at the			
1812	12	10:1	5 15	Mind	tree tops. I feel like I was flying instead of drifting in my canoe.	MIND - DELUSIONS - flying		
					My father was the only one who had a	, ,		
1812	12	10:0	9 1	Mind	friend. A blind man and his companion.	MIND - DELUSIONS - friendless, he is		
					A sense of being chained: related to			
1812	12	10:2	3 1	Mind	responsibility, obligation, and duty.	MIND - DELUSIONS - hell - chains of; in	MIND - DUTY - too much sense of duty	
					Chained is a sense of having some			
1812	12	10:2	2 1	Mind	ability to move, but still being held back.	MIND - DELUSIONS - hell - chains of; in		
1012	12	10.2	, ,	Militu		MIND - DEEDSTONS - Hell - Chains of, III		
					I feel I arrived and then I was abandoned, And, I feel that there are			
1812	12	7:3	7 4	Mind		MIND - DELUSIONS - influence; one is under a powerful	MIND - FORSAI MIND - FORSAKEN FEELING - isolation; ser	sation of
-312					The substance is poisoning me, it did		and the second s	
					occur to me that I was laid open to			
					guides, energies, water sprites,			
					magical beings, information, energy that were pouring through me faster			
1812	12	10:0	9 3	Mind	than I could handle.	MIND - DELUSIONS - poisoned - he - has been	DREAMS - SPECTRES, GHOSTS, SPIRITS, NYMPHS	
					I got nothing; I drifted along with life.			
					Books, movies, school work, and			
					getting a job. Ordinary, not special			
1812	12	7:4	3 1	Mind	things to do.	MIND - DELUSIONS - poor; he is		
					I have in preparation for this proving,			
					been drawn to these mysteries, a series of books, where there is this			
					woman in her sixties, who decides to			
					become a spy, she goes off to			
					Washington, D.C. to apply at the C.I.			
					<li>A., she is hired as a courier, she has a simple task of being an courier, and a</li>			
					simple task of being an courier, and a			
					exponentially complicated, as she finds			
					herself captured, winding up with the			
					wrong people, there is always some			
1812	12	6:4	7 2	Mind	person who appears, in each book, who helps her to find herself.	MIND - DELUSIONS - spied; being	DREAMS - SPIEMIND - READING - desires - mystery and d	etertive stories
1012		0		111110	Out on a boat, in the water, a canoe,	Time Become spice, being	breatis briefins rending debies mystery and d	State Stories
					out in the great blue realm of the			
					water, it's all blue there is nothing on			
1812	12	7:1	0 1	Mind	the horizon.	MIND - DELUSIONS - water - blue water; of	DREAMS - OCE DREAMS - BOAT	
					I wanted a movie like life, where			
					everyone got along, or if problems			
					arose, they were solved easily. I had no idea about how to get any of that.			
					To just do what I have to do, I was			
					always doing what I was supposed to			
					do, or what others wanted me to do, that made it difficult to know what I			
1812	12	7:4	5 1	Mind	really wanted.	MIND - DELUSIONS - wealth, of		
2012	12	/			I did what I wanted to do. I feel like I			
					have taken up the paddle of my canoe			
1812	12	15:0	0	Mind	and set out.	MIND - DETERMINATION		
					It is like I am becoming aware of not			
					being disciplined. Saturn was transiting			
					through Sagittarius and trining my Mars in Leo. Thinking about this			
					situation with Mars, maybe what the			
					struggle is going through the past 29			
					days, learning how to find a flow and a			
1812	12	8:2	E 30	Mind	balanced discipline that I am comfortable with.	MIND - DISCIPLINE - want of		
1612	12	6:2	29	riilu		PHIND DISCIPLINE - WAIR OF		
					I hear people say that they wake up and are looking forward to the day. I			
					feel that for me I just focus on the			
					routines; the daily tasks or chores of			
					life. Why did the universe send me			
1812	12	7:3	4	Mind	here, or why did I choose to incarnate here, in my ongoing cycle of lives?	MIND - DUTY - too much sense of duty - children; in	MIND - PLANS - making many plans	
1012	12	7:3	. 4	· miu	Remembering my mother reading me a		The Componient many plans	
					fairy tale of Rose Red and Rose White.			
					It was a Grimm's Fairy Tale. The book's			
1812	12	7:1	7 1	Mind	cover was blue.	MIND - DWELLS - childhood, on his	DREAMS - EVE MIND - THOUGHTS - past, of the	

Drover	Drover Bublicat	Timostama	)au (# format)	Mind/Rody Systom	Consiss Symptom Note	Suggested Bubric #1	Suggested Bub Suggested Bub Suggested Bub Suggested Bubsis #5
Prover	FTOVEL FUDICAL	Hillestallip	Jay (# IUIIIIaL)	Miliu/Body System	Concise Symptom Note As long as I am thinking and engaging	Suggested Rubric #1	Suggested Rub Suggested Rub Suggested Rubric #5
					with life in terms of a mental problem		
					to solve, this is more exciting. It is like		
					looking at an astrological chart to understand the dynamic of energy.		
					rather than participating in the energy.		
1812	12	7:49		Mind	That is what is means to stay in the box.	MIND - EMOTIONS - predominated by the intellect	MIND - THEORIZING
1012	12	7.45	4	Milia	I don't get out of my head. I remain	ININD - ENOTIONS - predominated by the intellect	PIND - HEOREING
					stuck in my head. Rather than being in		
					my body. Rose Red and Rose White,		
1812	12	7:53	4	Mind	two separate halves of a whole, they need each other.	MIND - EMOTIONS - predominated by the intellect	MIND - CONFUSION OF MIND - identity, as to his - duality, sense of
					I get a sensation of a lot of high	,	
					vibrations, nervousness. I am writing		
1812	12	9:53	3	Mind	and I sit down and I get more information than I can write down.	MIND - ENERGIZED FEELING	
1012		3.55	,		I feel supercharged, super wired, this is		
					highly unusual for me. I am usually		
					very well organized and feel that I can calmly list my ideas, sort them, but		
					since taking the proving substance it is		
					like too much information is coming through me, like a channel or		
1812	12	9:54	3	Mind	something.	MIND - ENERGIZED FEELING	
					It is going from left to right, it is fast		
1812	12	9:58	3	Mind	and supercharged.	MIND - ENERGIZED FEELING	
					Real life is boring. I am drawn to mysteries, books, television, movie		
					productions where people find		
					themselves in challenging situations		
1812	12	7:40	4	Mind	and muster up the ability to get out of that predicament.	MIND - ESCAPE, ATTEMPTS TO	
					I attempted do some chores around		
1812	12	11:00	7	Mind	the house. I have no energy. I retreated into movies. I feel empty.	MIND - ESCAPE, ATTEMPTS TO	
1012	12	11.00		Milia	The far horizon looks inviting from my	MIND - ESCAPE, ATTEMPTS TO	
1812	12	7:45	8	Mind	canoe. I want to sail there.	MIND - ESCAPE, ATTEMPTS TO	
					I want to return to my canoe and be		
1812	12	7:00	22	Mind	left alone. These experiences need deeper exploration.	MIND - ESCAPE, ATTEMPTS TO	MIND - MEDIT/MIND - SITTING - inclination to sit - meditates, and
1012	12	7.00	22	Milia	I like just a little bit of excitement in	MIND - LSCAPE, ATTEMPTS TO	MIND - MEDITY MIND - 31111NG - Incimation to sit - Heditates, and
					the day to day. I want a fictional or		
					fairytale kinda life. I would feel like I was more in control of my life, not that		
					exactly, more in a situation Control is		
					not the word. I would be more		
1812	12	6:50	2	Mind	adaptable on my terms, instead of reacting to everyone else.	MIND - EXCITEMENT	
					There is a sense of relief in		
					communicating this, I need to		
					understand this about myself. Like there's something that is bothering me		
1812	12	10:05	3	Mind	and I cannot put my finger on it.	MIND - EXPRESSING ONESELF - difficult	
					It is like attempting to organize my		
					closet and the volume of the shoes and clothing continues to pour out of the		
					closet; like there is more in there than		
1812	12	9:57	3	Mind	I knew and can possibly fit.	MIND - FASTIDIOUS	
1812	12	10:02	1	Mind	This resulted in my feeling defeated before I even started. I gave up.	MIND - FEAR - failure, of	MIND - RESIGNATION
			_		I wanted to join the Girl Scouts, but		
					mother said, "We do not have the		
					money for the fees." When I really go after what I want, I do not have the		
					resources, inner resource or financial		
					resources to get it. There is no possible way to get what I want Hmm. This is		
1812	12	7:39	1	Mind	really messed up.	MIND - FEAR - poverty, of	
					Responsibilty means not living my life		
					the way I want to live it. This goes back to living with my parents. Not		
1812	12	7:39	1	Mind	having the resources to do thing.	MIND - FEAR - poverty, of	MIND - FEAR - responsibility
					What I really wanted and didn't get		
					was to live in a nice house, not having to worry incessantly about money, that		
					is something that is for survival What		
1812	12	7:43	1	Mind	did I really want?	MIND - FEAR - poverty, of	MIND - YIELDING DISPOSITION - children; in
					I keep going back to the boat. I do so, because I don't want to deal with what		
					is coming up inside me. The feeling is		
					having to take responsibility for my		
					life, where is it going, what do I want? I have to deal with life, rather than just		
				Marine de	drifting, floating, being in comfort,		
1812	12	7:37	1	Mind	alone in my little boat.  Joy feels like a burden, and a heavy	MIND - FEAR - responsibility	
					responsibility, I feel a great wait in the		
1812	12	7:37	1	Mind	center of my forehead.	MIND - FEAR - responsibility	MIND - HEAVIN HEAD - HEAVINESS
					There is a sense that something is about to be asked of me that I just		
1812	12	7:33	4	Mind	don't want to do	MIND - FEAR - responsibility	

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Prover	Prover Publicat T	imestamp	Day (# format)	Mind/Body System	Concise Symptom Note	Suggested Rubric #1	ggested Rub Suggested Rub Suggested Rub Suggested Rubric #5	
					What keeps me from taking a different view of life and setting up different			
					view of life and setting up different experiences within my own life? I don't			
					know what that would mean, to take a			
1812	12	7:45	5 4	Mind	different view.	MIND - FEAR - responsibility	ND - ANXIETY - incarnate in physical world; to	
					What is coming up that I don't want to	WWD SEAD OF THE SE		
1812	12	7:07	7 4	Mind	deal with? I have no idea.	MIND - FEAR - unknown; of the		
					I have had this experience before, I need to peer into the other side, and a			
					great door closes; I don't know if it is			
					because I am not ready or if it is			
					because the universe is saying I am not ready. The door closes so I cannot			
1812	12	7:20	9	Mind	see.	MIND - FEAR - unknown; of the		
					I realize that I have control over my			
					energy and how I use it. I choose to go			
1812	12	8:15	5 6	Mind	to the gym. I will be back in plenty of time to shower and meet my friend.	MIND - FREEDOM - desires		
					I want a simple life. To be free. To fly.			
1812	12	8:05	5 8	Mind	To soar. To embrace life.	MIND - FREEDOM - desires		
					Completely overwhelmed and flooded			
1812		10:11		Mind	by energies forces and ideas.	MIND - HELPLESSNESS; FEELING OF	ND - CONCE MIND - ENERG MIND - IDEAS GENERALS - ENERGY - excess of energy	
1812	12	7:27	/ 1	Mind	Protecting myself and being open.	MIND - HIDING - herself	ND - CONFUSION OF MIND - identity, as to his - boundaries; and personal	
					The canoe somehow relates to the spirit going up into the tree; and the			
					body is separate, it remains in the box.			
1013	13	7.50	, 4	Mind	There is a comfort in the box. I can	MIND HIDING horself		
1812	12	7:59	4	minu	remain hidden. Hiding away. Burdens of relationships. I don't have	MIND - HIDING - herself		
					to tell anyone what I am going or			
					where I am going. I don't have to			
1812	12	9:20	51	Mind	answer to anyone.	MIND - HIDING - himself	ND - INDEPENDENT	
					This is really strange for me to have such a strong feeling of wanting to be			
					done. I don't want to do this. I don't			
					know where this is coming from or			
					what that is. It is as though the substance is somehow interfering with			
1812	12	7:08	3 4	Mind	my whole life.	MIND - HINDERED; INTOLERANCE OF BEING	ND - DELUSIONS - hindered; she is	
					I am looking forward to this proving			
					this time. I feel this is very different, I feel this is going to be very helpful to			
1812	12	7:49	1	Mind	me somehow, I feel hopeful.	MIND - HOPEFUL		
					The horizon is the unknown. I want to			
4043	42			Maria d	meet intelligent people and share	MIND ADDICE TO THE PERSON OF T		
1812	12		8	Mind	ideas. Watched four documentaries	MIND - IDEAS - abundant		
					nominated for awards. My mind was			
1812	12	23:30	18	Mind	inspired by several ideas.	MIND - IDEAS - abundant		
4043	43	7.0		Maria d	I would like this to be over and done	MAND MONTHENES	ND - HINDERED; INTOLERANCE OF BEING	
1812	12	7:04	1 4	Mind	with.	MIND - IMPATIENCE	ND - HINDERED; INTOLERANCE OF BEING	
					This is hard, I start to peer inward, below the surface of the waters and a			
1812	12	8:28	3 29	Mind	part of me doesn't want to go there.	MIND - INTROSPECTION	ND - MEDIT/MIND - REBELLIOUS	
					Resistance is the issue, not having to			
					fight or take action, it is just sitting in my canoe, meditating, looking out into			
					the expanse of the waters, resisting life			
					somehow. Resisting taking the			
1812	12	8:39	9 29	Mind	necessary actions needed for my own life	MIND - INTROSPECTION	ND - MEDITAMIND - REBELLIOUS	
1012	12	3.5.	23		I am unsure where to go with this next.			
					I am feeling kinda stuck, like I've come			
					to a fork in a road and I don't know where to go next with these thoughts			
1812	12	10:27	7 3	Mind	and feelings.	MIND - IRRESOLUTION		
					The intelligence required is to look at			
40:0			,	Min d	the situation squarely and deal with	MIND IRRECOLUTION		
1812	12	7:37	4	Mind	what is arising.	MIND - IRRESOLUTION		
					I am realizing there is a major disconnect here. This is something I			
					need to work on somehow, but I am	l		
1812		7:57		Mind	not sure what to do next?	MIND - IRRESOLUTION		
1812	12	8:23	5 29	Mind	I don't know what I am to do first?  Instead of fighting against myself,	MIND - IRRESOLUTION		
					Instead of fighting against myself, being at war. I ought to learn how to			
					act for myself, on my own behalf			
1812	12	8:34	1 29	Mind	Hmm. This is complicated.	MIND - IRRESOLUTION - changeable		
					I become sleepy in groups. Especially, when people are making small talk, I			
1812	12	7:50	5	Mind	am bored by small talk.	MIND - IRRITABILITY - talk of others; from		
					What change is needing to take place?			
					Really looking at where I am at age			
					wise (I am 81). Where do I want to be? I am 81 physically and yet, I am 21			
					mentally. Seeking knowledge, learning,			
1812	12	8:06	29	Mind	wanting to be challenged.	MIND - LEARNING - desire for	ND - CURIOUS	

Drover	Drover Bublicat	Timostama	)au (# format)	Mind/Rody Cyctom	Concise Symptom Note	Suggested Rubric #1	Cuggostad Bub	Cuganetad Bul	Suggested Rub Suggested Rub	ric #E		
Prover	FIOVEL FUDICAL	IIIIestallip	Jay (# IOIIIIat)	Miliu/Body System	I want to know that what I am saying	Suggested Rublic #1	Suggested Kub	Suggested Kul	Suggested Rub Suggested Rub	IIC#J		
					is making sense to one other person,							
					so that what I am thinking, doing,							
1812	12	10:14	3	Mind	experiencing is actually right for me.	MIND - LONGING - good opinion of others; for						
					I want to feel that what I am writing is accepted or liked by others. Is it that I							
					am writing for other acceptance? On							
					one hand, I have control over what I							
					write, I do better writing something, anything, by having a group to write							
1812	12	8:29	29	Mind	for	MIND - LONGING - good opinion of others; for						
					In the fairy tale I mentioned there are							
					two girls - Rose Red likes to be out and							
					about enjoying nature and life and Rose White who likes to stay at home,							
					taking care of the house and reading. A							
					bear arrives at the door seeking							
1812	12	10:05	1	Mind	shelter. The girls and their mother take him in.	MIND - LONGING - SAFETY - a protected feeling; for						
					Survival is really protecting myself,	3,						
					rather that providing myself with the							
1812	12	10:01	2	Mind	circumstances or tools that would help me to grow.	MIND - LONGING - SAFETY - a protected feeling; for						
1012	12	10.01	-	riiid	I am sitting in a canoe, leaning against							
					this pillow that light yellow, with green							
					and red thin stripes. I am leaning back							
					and looking out across the vast expanse the water. The canoe is just							
					floating, gently floating, it is very							
					relaxing, I am just drifting along the water; it is so very comfortable. It is							
					like on the edge of drifting off into							
1812	12	7:21	1	Mind	sleep but still being awake.	MIND - MEDITATING						
					I want to go back into that canoe and							
					just drift alone, going with the flow, "How can I live my life just drifting							
					along the water's edge and still have a							
1812	12	7:31	1	Mind	sense of control?"	MIND - MEDITATING						
					I want to escape in that canoe from the							
					first day of the proving. I can just drift along, meditating, on the vast open							
					waters, not having to think or feel or							
1812	12	10:28	3	Mind	do anything. Just drifting along.	MIND - MEDITATING	MIND - ESCAPE	E, ATTEMPTS T	0			
					It is so nice, relaxing, there's a soft breeze, all those sensations of being							
					highly charged, wired, all that energy							
					going around and around up my left							
1812	12	10:28	2	Mind	arm and through my body, are being released out across the water.	MIND - MEDITATING	GENERALS - EN	NEDGY - evces	of energy			
1012	12	10.20	,	riiild	Now I escape by going back in my	PIND PIEDITATING	GENERALS EI	VERGT EXCESS	or energy			
					mind to my canoe, this drifting along							
					allows me to feel safe. Just drifting							
1812	12	7:21	4	Mind	along in the wide expanse of the open waters.	MIND - MEDITATING						
			·		I want to have a leisurely morning.							
1812	12	8:05	6	Mind	Drifting in my canoe.	MIND - MEDITATING						
					Wanting to just be out on the waters,							
1812	12	8:03	70	Mind	drifting along in my canoe, and just sitting on the shore.	MIND - MEDITATING						
1012	12	3.02	2.5		The canoe is like my body containing	TARIO TECETITINO						
					my spirit, my body can move me along							
					the waters. The waters are so							
					mysterious and always changing. The unknown, whatever will come up and							
					reveal itself. A wave might come along							
1812	12	8:15	20	Mind	and take me. But, I do not fear drowning.	MIND - MEDITATING	MIND - FEAR -	unknown: of H	he			
1012	12	0.13	29	u	I have wanted to sit in my comfortable	TAND TEDITATING	IND FEAR -	anknown, of the				
1812	12	9:00	19	Mind	canoe and not move.	MIND - MEDITATING - desire for						
					Keeping the door to consciousness shut							
1812	12	7:32	4	Mind	keeps me safe.	MIND - MEDITATING - difficult						
					What I am doing now, just being able							
					to meditate on, analyze my life situation, during the proving, I can do							
					this, but, I don't want to do it. I am							
					feeling resistance. Maybe, once I figure this out I can just be done with it and							
1812	12	7:39	4	Mind	move on with it.	MIND - MEDITATING - difficult	MIND - REBELL	MIND - OBSTI	MIND - IMPATIENCE			
					I want to stay in my canoe. It feels							
1812	12	7:40	8	Mind	comfortable.	MIND - MEDITATING - difficult						
					The ideal is to pick up a book, sitting							
					out in nature, and just retreating into the absence of people. To go inward, to							
					be by myself, to feel nature around							
1013	4.3	C 45	_	Mind	me, and getting lost, escaping into my	MIND NATURE version for	MIND CENSUS	TVC	inner networks to			
1812	12	6:45	2	Mind	book. This tremendous feeling of	MIND - NATURE - yearning for	MIND - SENSIT	ivt - peoplé's	inner nature's; to			
					This tremendous feeling of stubbornness appears. This is my							
1812	12	7:22	4	Mind	defense system, I put up these walls.	MIND - OBSTINATE	MIND - CONFID	DENCE - want o	of self-confidence			

Prover	Prover Publicat T	mestamp	Day (# format)	Mind/Body System	Concise Symptom Note	Suggested Rubric #1	Suggested Rub Su	uggested Rub S	uggested Rub	Suggested Rub	ric #5			
					I resist the routine, I prefer excitement. The excitement of being									
					burned up somehow burns the									
					resistance. The energy is burned up so it never gets connected with doing									
1812	12	7:46	4	Mind	something exciting.  I wasn't able to write, I abandoned the	MIND - OBSTINATE	MIND - EXCITEME	ENT - desire fo	r					
					effort, and distracted myself by doing									
1812	12	9:05	2	Mind	house work.  At the grocery store the cashier was	MIND - OCCUPATION - amel-								
					new and harried. The bagger was mentally challenged and had difficulty									
					bagging. I took charge. Helped him bag									
1812	12	10:00	1	Mind	and reassured the cashier that she was doing a good job.	MIND - PLEASING - desire to please others								
					I retreated to my old behavior pattern.  Doing what the other person wants, I									
					feel like my energy was usurped. My									
1812	12	19:00	1	Mind	canoe was tied to the shore. I could not sail off into the horizon.	MIND - PLEASING - desire to please others								
					Most of my life I have intuited what	·								
					others want. I go alone following that intution about what they wanted me to									
1812	12	7:27	1	Mind	do.  It's forced giving. It's a duty, and	MIND - PLEASING - desire to please others								
					obligation, I have to do it, it is an effort, it is what I am supposed to do.									
					It is being dragged out of me, it is what									
1812	12	7:28	1	Mind	is expected of me.  I had talents, skills, abilities that other	MIND - PLEASING - desire to please others	MIND - DUTY - MI	IND - YIELDIN	G DISPOSITIO	)N				
					people could benefit from but this left									
					me feeling used. My experiences at work, in astrology groups, in the									
					church were the result of my performing what was expected that of									
1812	12	10:15	1	Mind	being nice and useful.	MIND - PLEASING - desire to please others								
					Survival is like, having to adapt to what others want, I have to survive									
					myself, does that make sense, I am always adjusting myself to what others									
1812	12	6:35	2	Mind	want.	MIND - PLEASING - desire to please others	MIND - YIELDING	DISPOSITION						
					I want validation that this makes sense (more than permission). That would									
1812	12	10:15	3	Mind	give me some relief, I would then feel better about who I am	MIND - PLEASING - desire to please others	MIND - CONFIDEN	NCE - want of	self-confidenc	e				
					Always living my life based on what									
					others expect of me is exhausting; I must adapt. It is okay, but it is not									
1812	12	7:34	4	Mind	exciting.	MIND - PLEASING - desire to please others								
					There is a strong urge for perfection (Virgo) and I am forever trying to figure out what others want or need									
					and how to get them to fit into my									
					sense of perfection. This of course is an unrealistic attitude to relationships. So									
					I give up my sense of what I think is perfect to the point where I have									
					retained nothing of what I want or									
					need. And I do not communicate to others my needs or wants. Naturally I									
1812	12	8:30	4	Mind	am always adapting myself into other people's lives, ideas, situations.	MIND - PLEASING - desire to please others	MIND - FASTIDMI	IND - YIELDIN	G DISPOSITIO	N				
					I went out with my husband. I was not happy with what we did. I could have									
1812	12	19:00	20	Mind	made other suggestions.	MIND - PLEASING - desire to please others								
					The group gives me a sense of accomplishment, acceptance,									
					belonging, it's like my writing becomes a gift for the group. Hmm, this is									
1812	12	8:30	29	Mind	perplexing.	MIND - PLEASING - desire to please others								
					Why can't I just sit down and write for myself? What is it about the group that									
1812	12	8:33	29	Mind	allows me to do this?	MIND - PLEASING - desire to please others								
					My whole life has been about pleasing everyone, I guess I am still doing that									
					in the writing group, wanting their appreciation or acceptance. Maybe I									
					writing from the unconscious to please the others. Not being able to truly write									
1812	12	8:40	30	Mind	what I want to write. Maybe, at 81		MIND - LONGII MI	IND CONET A	IIND CONTU	CTON OF MAND	idontity as to	hic		
1812	12	8:40	29	PHILI	years, I still don't know what that is?  I am feeling very, very tired. This	MIND - PLEASING - desire to please others	HIND - LONGITMI	TIND - CONFIL N	ITMD - COMFO	OTOIN OF MIND	- identity, as to	riiS		
					tiredness comes from the desire to shut everything out; to build a box. All									
40.5				Mi-J	of my energy and resources, are used	MIND DOCTRATION OF MIND	MIND CONFINE	ON OF 14715	identie · · ·	hia house to				
1812	12	7:27	4	Mind	to keep up this separation or wall.  The whole imagery of the canoe comes	MIND - PROSTRATION OF MIND	MIND - CONFUSIO	ON OF MIND -	iuentity, as to	ıııs - poundari	s; and persona	1		
					to me again and again. A canoe is a safe place, there is a kinda comfort in									
40.5				Mind	it, there are supplies, like pillows and a	MIND PROTECTED FEELING								
1812	12	8:15	29	MIIIId	blanket.	MIND - PROTECTED FEELING								

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Prover	Prover Publicat	Iimestamp	Day (# format)	Mind/Body System	Concise Symptom Note	Suggested Rubric #1	Suggested Rub Suggested Rub Suggested Rub Suggested Rubric #5
					This defense is around my whole body.		
					My consciousness is in a square box. It		
1812	12	7:23	4	Mind	is as though I am building layers.	MIND - PROTECTING - desire to protect	
					It is like I am clenching up throughout		
					my whole body and getting ready to		
					fight. Gathering the energy needed to		
					fight. Not using the excess energy in a		
					positive expression or action, but		
1812	12	8:38	20	Mind	wanting to fight and resist things	MIND CHARRELCOME	CENEDALC, TENCION
1812	12	8:38	29	MING	altogther	MIND - QUARRELSOME	GENERALS - TENSION
					I feel I am holding on in the battle of		
					doing what I don't want to do.		
					Everything I do not want to do creates a tension, I am trying to hold myself		
1812	12	6:32	2	Mind	up, to stay alive, and to survive.	MIND - REBELLIOUS	MIND - QUARR MIND - TALKIN MIND - FIGHT, WANTS TO
							THE CONTRACT PARTY OF THE PARTY
1812	12	7:43	4	Mind	I resist real life!	MIND - REBELLIOUS	
					Internal conflict. There is a way that I		
					am fighting myself. I stay in the box.		
1812	12	7:48	4	Mind	Doing so, I don't have to go out and deal with anything.	MIND - REBELLIOUS	MIND - OBSTITMIND - IMPATIENCE
1012	12	7.40	-	Miliu		MIND - REBELLIOUS	MIND - OBSTIT MIND - IMPATIENCE
					I am wondering if not wanting to participate in the proving is stopping		
					symptoms and images from coming		
1812	12	7:49	5	Mind	through?	MIND - REBELLIOUS	
1012		,,,,				TIMB RESELECTOR	
					I tell myself it is okay to start on my terms. I feel good. I do not feel any		
					guilt or pressure from anyone outside		
1812	12	7:36	6	Mind	myself.	MIND - REBELLIOUS	MIND - OBSTINATE
					I woke up trying to stay connected with		
					thoughts so I could write them down. I		
					kept resisting. I feel like I want to end		
1812	12	6:45	10	Mind	this trial.	MIND - REBELLIOUS	
					I feel guilty because I cannot maintain		
1812	12	10:41	5	Mind	the work.	MIND - REPROACHING ONESELF	
					My family was not open to other		
					people. We were ashamed of our		
					circumstances. The only contact I had		
					were with people was at school or in		
					church and that was limited or		
1812	12	10:08	1	Mind	superficial.	MIND - RESERVED	
					I want to give up everything. Call the		
					junk man to haul it away with my		
1812	12	9:20	51	Mind	husband sitting on top of the pile.	MIND - RESIGNATION	MIND - HATRED - husband; of
					I just want to get rid of all of my		
1812	12	8:33	2	Mind	obligations and duties.	MIND - RESPONSIBILITY - aversion to	
					Burdens of responsibilities. I don't have		
					to pay bills. I don't have to go to the		
					gym or watch my diet. I am free of		
					obligations to my groups. I am		
					vomiting them all out of my system. I		
					am lying down and sleeping. Waiting for the dawn of a new day. I am		
1812	12	9:20	51	Mind	waiting for inspiration to wake me up.	MIND - RESPONSIBILITY - aversion to	
1012	12	5.20	31	riiiiu	Responsibility has to do with real	MIND RESIGNATIBLETT dversion to	
					everyday, physical people imposing		
1812	12	10:22	3	Mind	their will upon me and I have to adapt	MIND - RESPONSIBILITY - taking responsibility too seriously	MIND - PLEASING - desire to please others
1012		10.22	,		I have acted based on what is expected	TITLE RESIGNATION CONTINUES CONTINUES CONTINUES	TELOSING GENERAL SURES
					of me. I have responded to the rules of		
1812	12	10:45	5	Mind	daily interaction.	MIND - RESPONSIBILITY - taking responsibility too seriously	
1012		23.13			The shore is my desire to be active. Do		
1812	12	7:55	Ω	Mind	daily chores without resentment.	MIND - RESPONSIBILITY - taking responsibility too seriously	MIND - REBELLMIND - OBSTIT MIND - IMPATIENCE
1012	12		Ů		I attending a meeting of my		
					astrological group. I did not want to		
1812	12	19:00		Mind	go. I feel duty bound.	MIND - RESPONSIBILITY - taking responsibility too seriously	
					Responsibility, obligation, duty: I just		
					did what I had to do in order to survive		
1812	12	10:14	1	Mind	and function. No magic. Reality.	MIND - RESPONSIBILITY - taking responsibility too seriously - childr	en; in
					The whole piece of responsibility and	2 , , , , , , , , , , , , , , , , , , ,	
					obligations has to do with interacting		
					with people, living with others in the		
					real world versus the unreal fairytale		
1812		10:20	_	Mind	world.	MIND - RESPONSIBILITY - taking responsibility too seriously - childr	en; in
1812	12	10:24	5	Mind	I feel disappointed when call ended.	MIND - SADNESS	
1812	12	9:00	19	Mind	I have been struggling.	MIND - SADNESS	
1812	12	9:00		Mind		MIND - SADNESS - burden; as from a	
1012	12	9:00	19	riniu	I feel like I am carrying a burden.	PRINCE ORDINESS - Duruell, as Holli a	
					All the writing I am doing, having a		
1812	12	7:17	1	Mind	hard time letting the writing flow instead of controlling it.	MIND - SELF-CONTROL - increased	MIND - EMOTIONS - predominated by the intellect
1012	12	7.17	1	Iu	-	TAND DEE CONTROL INCRESSED	The Eligible Predominated by the interior
1013		0.20	_	Mind	I have control over how I use my	MIND CELE CONTROL increased	
1812	12	8:36	ь	minu	energy. That makes me feel good.	MIND - SELF-CONTROL - increased	
					Today I took control of my diet. I had a		
					few nuts for an afternoon snack. Turkey vegetables and potato for		
1812	12	18:00	16	Mind	dinner. A plum for dessert.	MIND - SELF-CONTROL - loss of self-control - diet; about	
1012	12	13.00	10			TAME OLD CONTINUE 1033 OF SELF CONTION CIEC, ADOUT	
					I feel I am not paying attention to other people's outer appearance so		
					much as I am aware of and reacting to		
1812	12	6:42	2	Mind	their non-physical energy.	MIND - SENSITIVE	MIND - SENSITIVE - aura of others, to
					. ,		· ·

Prover	Prover Publicat	Timestamn	Day (# format)	Mind/Rody System	Concise Symptom Note	Suggested Rubric #1	Suggested Rub Suggested Rub Suggested Rub Suggested Rubric #5
Prover	riovei rubiicat	IIIIestailip	Jay (# IOIIIIat)	Miliu/Body System	Reacting to the non-physical, the sense	Suggested RubitC #1	Suggested Kub Suggested Kub Suggested Kub Suggested Kub K # S
					impressions, the aura of others, causes		
					me to retreat, or withdraw, or escape		
1812	12	10:00	2	Mind	into a book or nature. This is a matter of survival for me.	MIND - SENSITIVE - aura of others, to	MIND - ESCAPE, ATTEMPTS TO
1012		10.00	-	111110	The pellets look like they have a bluish	Third Sensitive data of others, to	Table Estate (Three Into 16
1812	12	7:00	1	Mind	tint	MIND - SENSITIVE - aura of things, to	
1812	12	7:15	4	Mind	I feel like I want to scream.	MIND - SHRIEKING - anxiety, from	
					This substance tastes sugary, are you		
1812	12	7:13	1	Mind	certain it's not a placebo?	MIND - THEORIZING - proving substance; about the	
					I am off to the dentist. I wonder if this		
1812	12	8:00	4	Mind		MIND - THEORIZING - proving substance; about the	
					I received the spiritual insights, the seeds, and the flowers blossom, and I		
					don't think about the seeds. Although,		
					that is not as true, I have this jasmine		
					shrub that went to seed and now I have several other shrubs starting		
					(what does that have to do with		
1812	12	7:20	1	Mind	anything?).	MIND - WILL - loss of will power - insight, self-awareness; with incr	MIND - THOUGHTS - past, of the - insightful
					Writing the essays or stories I write, they are such an effortful thing. I get		
1812	12	7:19	1	Mind	the idea and then I am done.	MIND - WRITING - desire for	
					The only thing that I am doing now is		
4043	4.3	7.4-		Maria d	my writing. I seem to be getting lots of	MATAID MIDITIANG days for	ANNO TREES IN A LOS
1812	12	7:47	1	Mind	ideas for my stories and things.	MIND - WRITING - desire for	MIND - IDEAS - abundant
					For so long I've struggled with my ability to write. I wanted to complete		
					things piece by piece, but now		
					suddenly, thoughts keep pouring in. It is like, I think this is connected to how		
					I sort of am always open to other		
					people, here this is happening with		
1812	12	10:12	, ,	Mind	guides and forces. 'This is what we want you to write about!'	MIND - WRITING - desire for	
1812	12	7:00		Mind	Today I used the energy to write.	MIND - WRITING - desire for	
1012	12	7.00	- 11	riiid	It is like all or nothing, I feel I should	PHO WITHO desire to	
					be writing more, but I don't have to		
1013	12	0.24	20	Mind	write ten hours a day. I still have to do daily chores, etc.	MIND MULTING desire for	
1812	12	8:24	. 29	Mind	The writing conundrum, I will write	MIND - WRITING - desire for	
					when I go to a writing group, I will sit		
					down and write and it seems okay;		
					however, when I am by myself, when I sit down I find that I'd rather be doing		
1812	12	8:24	29	Mind	something else seemingly.	MIND - WRITING - desire for	MIND - WRITIN MIND - CONCENTRATION - difficult
					Why do I write for the group but not		
4043	4.3	0.3-	20	Maria d	for myself? I joined the group because	MATAID MIDITIANG days for	MANUEL FEBRUAGE AND G
1812	12	8:27	29	Mind	I truly wanted to learn something	MIND - WRITING - desire for	MIND - LEARNING - desire for
1812	12	8:34	29	Mind	I write and just toss it aside, I just forget about it	MIND - WRITING - desire for	
					What would I write about if I weren't		
					afraid or seeking appreciation or		
1812	12	8:42	29	Mind	acceptance from others?	MIND - WRITING - desire for	MIND - WRITING - difficulty in expressing ideas in
					What I really want or is good for me, I was never allowed to have. I never had		
					the support to get what I really wanted		
1812	12	7:40	_	Mind	or needed. There was no support.	MIND - YIELDING DISPOSITION - children; in	
1812	12	10:41	. 5	Mind	I feel tired.	SLEEP - SLEEPINESS	
					I feel this anxiety in my throat chakra. When I am saying things I get the		
					feeling that others aren't following		
					what I am saying, is this dumb? Am I		
					crazy? Why are they silent now? I tend to read into other people's silence, that		
					something is wrong with me, that I am		
					weird or crazy. I make it into a	TUROAT OPEN CENCATION AS TO 11 11 11	LINE RESEARCE LOUGHING CONTROLLE
1812	12	10:16	3	Mind	negative.	THROAT - OPEN; SENSATION AS IF - chakra; throat	MIND - PLEASI MIND - LONGI MIND - CONFIDENCE - want of self-confidence
					At the throat chakra, it feels like it is vomiting out, not smoothly		
					communicating, not harmoniously		
					communicating, like singing or easy talking, it is like vomiting something		
1812	12	10:03	3	Mind	out.	THROAT - RELEASING ENERGY; SENSATION AS IF - chakra; throat	
					My 6th house has the sign of Aquarius		
					on it, ruled by Saturn and Uranus.		
					Uranus always wants to change things upset the apple cart, but Saturn		
					prefers rules and regulations. I would		
					like someone to manage my life		
					according to what I want. I am responsible for myself. The 6th house		
					has to do with daily rituals and		
1812	12	7:30	1	Mind	routines.	X	
					I see these fish jumping up out of the		
					water, they are laughing (do fish have sound boxes?), they are silvery in		
					color. They are just playful, jumping in		
					and out. Like kids do on playgrounds. Releasing their energy and feeling or		
1812	12	7:34	1	Mind	experiencing joy.	x	

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					Later in the fairytale the girls meet a			
					dwarf whose long beard is stuck in a tree. They cut off his beard and help to			
1812		10:1		Mind	free him from the tree.	х		
1812	12	10:0	7 3	Mind	I am experiencing feeling better.	X		
					This substance opens a door or tears down a wall, allowing too much to rush			
1812	12	10:1	0 3	Mind	in too fast, like a flood.	X	HARKENS TO TSUNAMIS	
					I observed that I feel relaxed having spent the rest of the day in these			
					activities. Since I took the substance			
					on Day 1 I have feel anxious and nervous. It feel like I had no control			
					over my activities. Now, I feel like I am			
1812	12	17:0	0 3	Mind	back in control of the ordinary things of my life.	x		
1812	12	7:4	5 4	Mind	Maybe I need to change my attitude?	x		
					There is a way of understanding the energy mentally (staying in the box)			
					versus participating in the energy			
1812	12	7:5	2 4	Mind	(being forced to adapt or being burned up or used by others' demands on me).	Y		
1012	12	7.3		riiid	Seeing the palm tree out my window,	^		
1812	12	7:4		Mind	dancing around, like a fox trot.	<b>V</b>		
1012	12	7:4	5 5	MIIIG	Enjoying the wind.  The substance dissolved quickly in my	*		
10:0		40.0	-	Mind	mouth. There was no immediate			
1812	12	10:3	U 5	Mind	response to the substance.  My usual use of energy is work four	X		
					days. Monday through Thursday			
1812	12	10:3	7 5	Mind	writing, housework, errands. Then relax three days.	x		
1012		10.5	,	1 1110	I have been doing the trial for four			
1812	12	10:4	0 5	Mind	days. Friday through Monday	x		
1812	12	7:3	0 6	Mind	I am not ready to begin today. I am meeting my friend for lunch.	x		
					I went to see a dietician. She gave my			
1812	12	7:3	0 6	Mind	a lot of good information.	X		
1812	12	7:3	5 6	Mind	I want to start following the dietitian's plan on my terms. When I am ready.	x		
					I am meeting my friend at 11 am. I			
1812	12	8:0	0 6	Mind	have time to go to the gym.	X		
					The palm tree outside my window stands firm. The fronds embrace the			
1812	12	18:3	0 8	Mind	wind.	X		
1812	12	19:0	0 9	Mind	It is because I was pulling the symbolic cart from the day 8.	x		
1812		16:0	0 12	Mind	My canoe is in a rocky cove.	x		
					Today I went to a book club discussion. I chose to do this instead of another			
					astrological meeting with my group. I			
1812	12	15:0	0 22	Mind	enjoyed an intelligent discussion with	v		
1812		8:3		Mind	interesting people at the book club.  Nothing else is coming to me	X		
1802-S	2	19:3		Mind	Aware of senses.	EXTREMITIES - PAIN - Upper arms - Biceps - sore		
					I have much more motivation for doing			
					my school work and I did a lot of school work and study for school since			
1802-S	2		2-35	Mind	I started the proving.	MIND - AMBITION - increased		
1802-S	2	5:0	0 6	Mind	Anxious and fearful that something bad will happen.	MIND - ANXIETY	MIND - ANXIET MIND - FEAR - happen, something will	
1302 3	2	5.0	0		I woke up feeling anxious, upset and	Table Filling To the Control of the	TANGET PRINCE TEAK Happen, Something will	
1802-S	2	3:1	5 26	Mind	lost. I feel it's too late to fix it now and I will stay single forever.	MIND - ANXIETY - waking, on	MIND - FORSAIMIND - FEAR - alone, of being	
1802-S 1802-S	2	19:3		Mind	Focused.	MIND - CONCENTRATION - active	PINO TORSALPHING TEAK TRIONE, OF DEILING	
1802-S	2	19:4		Mind	Super focused again.	MIND - CONCENTRATION - active		
				Mr. a	Don't know what decision to make,	MAND CONSTRUCTOR AND A STATE OF THE STATE OF	MANUEL TERRESOLUTION	
1802-S 1802-S	2	20:0		Mind Mind	second guessing myself. Feeling hopeless.	MIND - CONFIDENCE - want of self-confidence MIND - DESPAIR	MIND - IRRESOLUTION	
2002 3	2	5:1	30	· ·········	Afraid that get to an accident while was			
1902 6	2	6.0	0	Mind	driving, had this feeling when I woke	MIND - FEAR - accidents, of	MIND - FEAR - MIND - FEAR - happen, something will - wal	ilay on
1802-S 1802-S	2	6:0 17:0		Mind	up until sun came up. Feeling alone and abandoned.	MIND - FORSAKEN FEELING	PINO - LAK - MINO - FEAK - Happen, something will - Wal	uniy, on
					Feeling jealousy, no one takes care of			
1802-S	2	17:0		Mind	me.	MIND - JEALOUSY		
1802-S	2	17:3	0 8	Mind	Feeling jealousy.  Feeling my friend chose someone else	MIND - JEALOUSY		
1802-S	2	17:3	0 8	Mind	over me and feel betrayed.	MIND - JEALOUSY	MIND - DELUSIONS - betrayed; that she is	
					Not getting along with my friends, sad,			
1802-S	2	20:0	0 20-35	Mind	alone, abandoned, feel I have no support.	MIND - QUARRELSOME	MIND - SADNESS - anger - after	
					I feel I made a mistake, I still want to			
1802-S 1803-S	2	20:0 19:1		Mind Mind	fix it. Sensation of sliding down a tunnel.	MIND - REMORSE DREAMS - TUNNEL	MIND - REMORSE - anger; after MIND - DELUSIONS - sliding - impelled by an invisible agen	she is sliding down a tunnel
1003-2	3	19:1	0 1	mind	I have not had coffee (caffeine) for two	DREAMS - TONNEL	Printo - DECOSTONS - Sliding - Impelled by an Invisible agen	g sile is siluling dowlf a tufffler
1803-S	3		4	Mind	days.	GENERALS - FOOD AND DRINKS - caffeine - desire		

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1803-S	3 0:0		Desire lots of blankets.	GENERALS - WARM - wraps - amel-			
			Feel weak, back is disjointed and out of				
1803-S	3	5 Mind	alignment.	GENERALS - WEAKNESS	GENERALS - WEAKNESS - pain; from		
1803-S	3	5 Mind	Desire sympathy.	MIND - AILMENTS FROM - grief	MIND - AILMENMIND - SYMPATHY FROM OTHERS - desire for		
			Anger was comical. Funny anger.				
			Ridiculous, light. I wanted to laugh and				
1803-S	3	5 Mind	scream at the same time. Threw shovel	MIND - ANGER	MAND ANGED The Control of the Control		
			to watch it get stuck in snow.		MIND - ANGER - alternating with - laughing		
1803-S	3	5 Mind	Aversion to speaking with prover.	MIND - AVERSION - persons - certain, to			
1803-S	3 19:1	0 1 Mind	Feel buoyant.	MIND - BUOYANCY	MIND - ACTIVITY - desires activity		
			I have great sympathy and desire to console her. I am concerned about her				
1803-S	3	4 Mind	wellbeing	MIND - CARES, FULL OF - others, about			
			Mother does not have any sympathy				
			for others, she deflects. Even as a				
			teenager I always had to pull myself				
			together. Brings up frustration and constriction in throat. Jason is similar				
1803-S	3	10 Mind	and I want to punch him in the face.	MIND - CARES, FULL OF - others, about	MIND - CARES, FULL OF - relatives, about		
1803-S	3 18:5		Clear headed.	MIND - CLARITY OF MIND			
1005 5	3 20.5	1 11110	I feel glad to be alone over weekend;	Take Collection take			
			but I feel also good to share her				
1803-S	3	5 Mind	misery.	MIND - COMPANY - aversion to			
			Glad no one else has been here. I have				
1803-S	3	7 Mind	no desire to be comforted or consoled.	MIND - COMPANY - aversion to	MIND - CONSO MIND - CONSOLATION - agg sympathy agg-		
1803-S	3	10 Mind	Desire to spend time with son.	MIND - COMPANY - desire for - children; of			
			Fear she may not want to communicate				
1803-S	3	4 Mind	with me	MIND - CONFIDENCE - want of self-confidence	MIND - FEAR - opinion of others, of		
1803-S	3	8 Mind	Sense of accomplishment.	MIND - CONFIDENT			
1803-S	3 0:0		Feel pleased.	MIND - CONTENT			
1803-S	3 0:0		Desire darkness.	MIND - DARKNESS - desire for	MIND - DARKNESS - lie down in the dark and not be talked to, de	esire to	
1803-S	3	4 Mind	I am concerned I will not feel better.	MIND - DESPAIR - recovery, of			
1803-S	3	4 Mind	I feel I have been sick all winter.	MIND - DESPAIR - recovery, of			
			Despair about being sick all the time,				
			disgusting, awful. Mother was sick all				
1803-S	3	8 Mind	the time thought she was gross. She couldn't do anything with us. (Crying.)	MIND - DESPAIR - recovery, of	MIND - CENSO MIND - WEEPING - telling - sickness; when telling	of her	
1005 5		0.11110	I am aggravated by snow storm, had	Third Desirate recovery of	Time delibertate week and telling stealess, when telling	, 61 11.0	
			mishaps on the way home. Almost got				
			into car accident, got stuck in alley,				
			almost hit cross country skiers in the				
1803-S	3	5 Mind	middle of the road. Became angry. I feel others are selfish.	MIND - FEAR - accidents, of			
1003 5		5 1 11110	When my neighbor came to snow blow	Time Term decidency of			
1803-S	3	5 Mind	my driveway I felt thankful.	MIND - GRATITUDE			
1803-S	3	5 Mind	I'm feeling much more healthy.	MIND - HOPEFUL			
			Short tempered with son's temper				
1803-S	3	5 Mind	tantrums.	MIND - IMPATIENCE - children; about his	MIND - ARDENT (FIERY TEMPERAMENT)		
			Yesterday morning (day 9) I was				
			cranky for no reason. I yelled at son he				
1803-S	3	10 Mind	was hanging on me	MIND - IMPATIENCE - children; about his	MIND - IRRITABILITY - children, towards - own; his		
1803-S	3	5 Mind	Lack of emotion and mental pressure.	MIND - INDIFFERENCE	MIND - TENSION, MENTAL		
1803-S	3	4 Mind	I feel I have to do it all myself.	MIND - RESPONSIBILITY - taking responsibility too seriously			
1803-S	3	4 Mind	Sadness. Crying. Very sick.	MIND - SADNESS	MIND - WEEPING - illness, during		
1803-S	3 0:0		I want to block out the whole world.	MIND - SADNESS - sits in corner and does not want to have anyther	ing to do with the world		
1803-S	3 19:1	.0 1 Mind	Feeling calm.	MIND - TRANQUILLITY			
1804-S	4 0:0	00 0 Mind	Transition in life.	MIND - CHANGE - desire for - life; in			
			I'm chaotic and I can't figure out how				
1804-S	4 0:0	0 Mind	to be grounded!	MIND - CHAOTIC	MIND - CONFIDENCE - want of self-confidence		
			This is going to take me for the ride of				
1804-S	4 0:0		my life and it will be going nuts.	MIND - CHAOTIC			
1804-S	4 0:0		I don't know; I'm full of joy.	MIND - CONFIDENCE - want of self-confidence	MIND - CONFIDENCE - want of self-confidence		
1804-S	4 0:0	00 Mind	I've been anxious about little details.	MIND - CONSCIENTIOUS ABOUT TRIFLES			
			Moving yet feeling lost in it. A				
1804-S	4 0:0		disoriented feeling.	MIND - DELUSIONS - lost; she is	MIND - CHAOTIC		
1804-S	4 0:0	0 Mind	Being forced out.	MIND - DELUSIONS - outcast; she were an	MIND - CURSING		
			You are moving without volition. A				
1804-S	4 0:0	00 0 Mind	greater consciousness is moving you!	MIND - DELUSIONS - sliding - impelled by an invisible agent; he i	s MIND - DELUSIMIND - DELUSIONS - superhuman; is - control; is	under superhuman	
			I really liked that idea. What if I just				
			got lost and missed my flight? It's the experience of being lost. Freedom in				
			that, they just control everything and				
4004 =			there is a freedom of just being one of	MAID BEDELLIOUS			
1804-S	4 0:0		the fish.	MIND - REBELLIOUS			
1804-S	4 0:0		I want to be me not one of the school.				
1804-S	4 0:0		It feels like I could derail my life.	MIND - REBELLIOUS			
1804-S	4 0:0		Leaving roots, uprooting	MIND - REBELLIOUS			
1804-S	4 0:0	00 0 Mind	Everything is too fast.	MIND - TIME - quickly, appears shorter; passes too			
			I was scared it was going to affect my				
1804-S	4 0:0	0 Mind	speech and I was going to bumble.				
			Pressure around my eyes telling me to				
1807-S	7 3:4	Mind Mind	go to bed.	EYE - PAIN - pressing pain - sleep; as from loss of	SLEEP - SLEEPINESS - eyes - pressing; with		

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				I don't know what I am allowed to feel.		
1807-S	7	15:00	1 Mind	I feel like I am coming up on opiates.	GENERALS - NARCOTICS - opium, as if had taken	MIND - DELUSIONS - opiate - influence of an opiate; he were under the
1807-S	7		Mind	Overthinking social situations.	MIND - ANXIETY - company; when in	
				I feel like I was betraying my parents, purposefully not eating dinner with		
				them. It was rudimentary, regardless		
1807-S	7		Mind	of the magnitude, it feel wrong.	MIND - AVERSION - parents, to	
				I feel good, my state of mind completely shifted. Before I came in I		
				was all in my own head. This could		
	_			possibly alleviate social anxiety. It is		
1807-S	/	3:12	Mind	nice to experience this shift.	MIND - AWARENESS HEIGHTENED - thoughts and feelings; of	MIND - TRANQUILLITY
				I feel excerpts of emotion a certain way, accept it and move on. Normally		
				my emotions are not that fluid. Usually		
				I feel an emotion and try hard to stay in it. Usually grab an emotion and hang		
1807-S	7	3:50	Mind	onto it	MIND - AWARENESS HEIGHTENED - thoughts and feelings; of	
1807-S	7	3:50	Mind	O: The prover is very reflective of his si	MIND - AWARENESS HEIGHTENED - thoughts and feelings; of	MIND - REFLEC MIND - INTROSPECTION
1807-S	7		Mind	Connection to others increased.	MIND - COMPANY - desire for	
				I am able to be visually focused on		
				other things while still observing auditorially. I normally dissociate and		
1807-S	7	3:25	Mind	sentences will bounce out of my ears.	MIND - CONCENTRATION - active	MIND - AWARENESS HEIGHTENED - thoughts and feelings; of
				I can construct better sentences that		
1807-S	7		Mind	feel more confident and more relevant	MIND - CONCENTRATION - active	MIND - CONFIDENT
1807-S	7		Mind	Feel pretty carefree. Not stressed at work or the task at hand.	MIND - CONTENT	
200, 5	,			It wouldn't be a bad task to count all		
1807-S	7	3:28	Mind	the threads in this pillow.	MIND - COUNTING CONTINUALLY	
				I feel shut down at work. Like a		
1807-S	7		Mind	zombie, disconnected.	MIND - DEPERSONALIZATION	
1807-S	7	3:20	Mind	Discusses drug experiences.	MIND - DRUGS - desire - psychotropic	
1807-S	/		Mind	Drug use; abuse. Pharmaceuticals.	MIND - DRUGS - desire - psychotropic	
				Once I start carrying emotional tension, I rationalize it quickly to		
1807-S	7		Mind	myself.	MIND - EMOTIONS - predominated by the intellect	
1807-S	7	18:00	4 Mind	Grudge-holding with a friend.	MIND - HATRED	
				Resentful at work today. Emotional		
				detached from everyting. More worked up at work than I needed to be.		
				Frustrated with everyone for being late		
				Made me angry at my boss. Detached from it now. Resentment wasn't deep. I		
1807-S	7	18:00	3 Mind	was aware it was insignifiant.	MIND - HATRED - persons - offended him; hatred of persons who	
1807-S	7	3:00	25 Mind	Overthinking situations.	MIND - IDEAS - abundant	
				Overcontemplating mential things.		
1807-S	7	18:00	2 Mind	making moral conflict out of small things.	MIND - INJUSTICE, CANNOT SUPPORT	
1807-S	7	10:00	Mind	Relaxed but don't trust my judgement.		
1007 3	,		Fillid	Short with everyone all day. We have a		
				co-worker on the spectrum and I		
1807-S	7		Mind	normally try to take it in stride but couldn't today.	MIND - IRRITABILITY	
1007-5	/		MIIId	I should be more accomplished. I still	MIND - IRRITABILITY	
				haven't accepted that beign good at		
1807-S	7	2.40	Mind	something is going to take a long	MAND LONGTING and a delice of all the conference	MIND - IMPATI MIND - DELUS MIND - DEEDS - great deeds; sensation as if he could do
1007-5	/	3:40	MIIId	Feeling love for friends. Missing friends	MIND - LONGING - good opinion of outers; for	marku - Imraati marku - Decus marku - Beeus - great deeds, sensatiin as ii ne could do
				Caught up in friends emotions of pure		
1807-S	7		Mind	joy.	MIND - LOVE - friends; for	
1807-S	7		Mind	Been procrastinating on piano.	MIND - POSTPONING EVERYTHING TO NEXT DAY	
1807-S	7	18:00	5 Mind	Woke with irrational anger. Angry at my job.	MIND - RAGE	
1007-3	/	10.00	3 Milia	Remorseful, always considering	MIND - RAGE	
1807-S	7		Mind	needing to be grateful.	MIND - REMORSE - quickly, repents	
				(Talk about frustration?) Not being fair		
				with myself. Inner conflict that is not healthy for me in getting along with		
1807-S	7	3:45	Mind	myself.	MIND - REPROACHING ONESELF	
				Go with the flow, but feeling guilty		
1807-S	7		Mind	about it.	MIND - REPROACHING ONESELF	
				I feel kind of depressed. I haven't been eating much or sleeping well, hanging		
				out with the wrong crowd. Hard to		
1807-S	7	3:42	Mind	come to terms with it.	MIND - SADNESS	STOMACH - AP SLEEP - ANXIOUS
1007 C	7	3:40	Mind	O: Prover's speech is slowing down, he	MIND - SPEECH - slow	MIND - SLOWN GENERALS - WEAKNESS
1807-S	/	3:40	Mind	looks tired.  I don't feel tired anymore. My body is	PIND * SPEECH* SIOW	PHAD SCOMIGERALS WEAKIESS
1807-S	7	3:27	Mind	more relaxed.	MIND - TRANQUILLITY	MIND - CONTENT
				O: Prover is very relaxed; chill but in a		
1807-S	7	3:45	Mind	different manner then normal.	MIND - TRANQUILLITY	
				I am more relaxed. I haven't bounced my legs since taking the dose. Not my		
1807-S	7		Mind	normal state.	MIND - TRANQUILLITY	MIND - CONTENT
	-					

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1975   1975				Tears. Almost cried in front of three people over a situation with a friend. I feel very betrayed. It was not a		
1905   1906	1807-S	7	Mind		MIND - WEEPING	MIND - WEFPI MIND - DELUS MIND - EMOTIONS - subdued
1965   1968				I have recently created a boundary with a family relationship that has been a long time coming. I am finally feeling secure in where I stand in my		
	1809-S	9 0:	00 0 Mind		MIND - CONFIDENCE - want of self-confidence	
1809   1				I finally let a renter go who was, for years, never paying their rent on time. I feel a sense of lightness and know		
1899   1899	1809-S	9	Mind	the right person.	MIND - CONFIDENCE - want of self-confidence	
1809   1809   1800   18 mm   1800   1800   18 mm   1800	1800-5	9 0.	00 3 Mind	I try to get work done into the night but end up feeling exhausted and then grouchy. I've gone to bed before 9 pm	MIND . HEI DI ECCNECC: EEFI ING OF	MIND - FSCAD MIND - IDDITA MIND - DROSTRATION OF MIND - cleanings; with
March   Marc	1009-3	9 0.	3 Mila		PIND - HELFLESSNESS, FELLING OF	PINO - LSCAPE PINO - INCITA PINO - PROSTRATION OF PINO - SIEEPINESS, WILL
1985   1986   1987   1988   1988   1989	1809-S	9 0:	00 3 Mind	overwhelmed by my caseload and other responsibilities. I am moving forward on a lot of things but constantly feel a backlog.	MIND - PROSTRATION OF MIND - working too hard	MIND - HELPLE MIND - DUTY - too much sense of duty
180-5   9				A phrase that keeps coming up for me is. "Fear is excitement without the		
10   10   10   10   10   10   10   10		J 0.		breath."		MIND - IDEAS - abundant
1819-5	1810-S	10	20 Mind		MIND - AILMENTS FROM - mental exertion	
1816-5   10   10   10   10   10   10   10   1	1810-S	10 0:	00 1 Mind	via internet.	MIND - AWKWARD	
1910   10   10   10   10   10   10   1	1910 €	10	6 Mind	Having feelings of doubt, wondering	MIND CONFIDENCE want of colf confidence	
1910-5   10   10   10   10   10   10   10   1						
1819-5   10						
1810-6   10   20 Mind   Male Female between, mentality   Mind   Male Female between, mentality   Mind   Male Female between, mentality   Mind   Min	1810-S		24 Mind		MIND - CONFIDENCE - want of self-confidence	
1810-5   10   0.00   2   Pind   mirable, myshe need surbane from the present problems of the					Time Com obtain or Time	
121-95   10   0.00   3   Plend						
1810-5   10						
1810   10   10   10   10   10   10   1						
1811-S   11   0.00   1   Mind   Min	1810-S			Irritability	MIND - IRRITABILITY	
1810   10   0.00   1   Mind   Unnamed Mode/se,   Mind   Land Floor, Table May a floor, Table May be a floor of the Mind				I am thinking about epidemics and		
1811-5	1810-S	10 0:	00 1 Mind	Unnamed Midwife.	MIND - THEORIZING - philosophic; mind dwells on	
1811-S 11 0:00 3 Mind Worse. High bornibly painful.  1811-S 11 0:00 1 Mind Comment cleaning Deck was a complete disease that now I'm cleaning Deck was a complete disease that now I'm cleaning Deck was a complete disease that now I'm cleaning Deck was a complete disease that now I'm cleaning Deck was a large was a complete disease that now I'm cleaning Deck was a large was a complete disease that now I'm cleaning Deck was a large was a complete disease that now I'm cleaning Deck was a large was a large was a complete disease that now I'm cleaning Deck was a large w	1811-S	11 0:	00 1 Mind	observing everything. I was the	MIND - ANGER	MIND - ANGER MIND - OBSER MIND - QUARRELSOME
1811-S 11 0:00 3 Mind celan. Ive been cleaning Desk was a complete deather but now I'm cleaning. It is completed to the complete deather but now I'm cleaning. It is completed to the complete deather but now I'm cleaning. It is completed to the complete deather but now I'm cleaning. It is completed to the complete deather but now I'm cleaning. It is completed to the complete deather but now I'm cleaning. It is completed to the complete deather but now I'm cleaning. It is completed to the complete deather but now I'm cleaning. It is completed to the complete deather but now I'm cleaning. It is completed to the complete deather but now I'm cleaning. It is completed to the complete deather but now I'm cleaning. It is completed to the complete deather. It is complete	1811-S	11	27 Mind	Anger, irritability, frustration. All were worse. Hips horribly painful.	MIND - ANGER	
1811-5						MIND FEAR new enterprises of undertaking a
1811-5	1011 5	11 0.	5 Pillid	I've been cleaning! Desk was a complete disaster but now I'm cleaing.	PIND AWARTT New tillings, when seeing	HAND TEAK HEW ENCEPTISE, O'CHIOCHTAKING I
get things done; moving back and forth like a torrado.  No fear, no care, there's nothing. It's swampy, ded, gray, and black. Just swampy, ded, gray, and gray, g	1811-S	11	27 Mind	Get rid of stuff. Very unusual.	MIND - CLEANNESS - desire for cleaning	
No fear, no care, there's nothing, It's swampny, dead, array, and black. Just dead. Nothing: No life, no feeling, you can't care. Deadness.  1811-5 11 0:00 3 Mind Thought the vacuum was moving on it's own and the cord of the hair ron moved on it's own too.  1811-5 11 0:00 1 Mind Desolation, despair, tornado, panic.  1811-5 11 0:00 3 Mind Frustration but unable to act on it.  1811-5 11 0:00 3 Mind Frustration but unable to act on it.  1811-5 11 0:00 3 Mind Frustration but unable to act on it.  1811-5 11 32 Mind Loss of interest in food and eating.  1811-5 11 32 Mind Uses of interest in food and eating.  1811-5 11 32 Mind Would rather provings are one week.  1811-5 11 32 Mind Would rather provings are one week.  1811-5 11 0:00 1 Mind Vould rather provings are one week.  1811-5 11 0:00 1 Mind Vould rather provings are one week.  1811-5 11 0:00 1 Mind Vould rather provings are one week.  1811-5 11 0:00 1 Mind Vould rather provings are one week.  1811-5 11 0:00 1 Mind Vould rather provings are one week.  1811-5 11 0:00 1 Mind Vould rather provings are one week.  1811-5 11 0:00 1 Mind Vould rather provings are one week.  1811-5 11 0:00 1 Mind Vould rather provings are one week.  1811-5 11 0:00 1 Mind Vould rather provings are one week.  1811-5 11 0:00 1 Mind Vould rather provings are one week.  1811-5 11 0:00 1 Mind Vould rather provings are one week.  1811-5 11 0:00 1 Mind Vould rather provings are one week.  1811-6 11 0:00 1 Mind Vould rather provings are one week.  1811-7 Mind Vould rather provings are one week.  1811-7 Mind Vould rather provings are one week.  1811-8 Mind Vould rather provings are one week.  1811-9 Mind Vould rather provings are one week.  1811-9 Mind Vould rather provings are one week.  1811-1 0:00 Mind Vould rather provings are one week.  1811-1 0:00 Mind Vould rather provings are one week.  1811-1 0:00 Mind Vould rather provings are one week.  1811-1 0:00 Mind Vould rather provings are one week.  1811-1 0:00 Mind Vould rather provings are one week.  1811-1 0:00 Mind Vould rather provings are o	1811. C	11 0.	00 1 Mind	get things done; moving back and forth		
1811-S 11 0:00 3 Mind Can't care. Deadness.  1811-S 11 0:00 3 Mind Introdupt the vacuum was moving on it's own row.  1811-S 11 0:00 1 Mind Desolation, despair, tornado, panic. 1811-S 11 0:00 1 Mind Desolation, despair, tornado, panic. 1811-S 11 0:00 3 Mind Freiling dismal. What's the point? Wash 1811-S 11 0:00 3 Mind Freiling dismal. What's the point? Wash 1811-S 11 0:00 3 Mind Freiling dismal. What's the point? Wash 1811-S 11 0:00 3 Mind Freiling dismal. What's the point? Wash 1811-S 11 0:00 3 Mind Freiling dismal. Don't care. Not taking care of myself at all. Don't care. Not taking care of myself at all. Don't wash to eat. It's too much 1811-S 11 32 Mind Loss of interest in food and eating.  1811-S 11 37 Mind Wash 1811-S 11 32 Mind Loss of interest in food and eating.  1811-S 11 37 Mind Of the proving. I don't care. Boos sis pissing me off and I want to quit but I realize it's part of and I want to quit but I realize it's part	1311 3	11 0.	1 Pilliu	No fear, no care, there's nothing. It's swampy, dead, gray, and black. Just	TATE SEC. CARESS TRUTHS OF	
1811-S 11 0:00 3 Mind lit's own MIND - DELUSIONS - specters, ghosts, spirits  1811-S 11 0:00 1 Mind Desolation, despair, fornado, panic.  1811-S 11 0:00 3 Mind Feeling distration but unable to act on it.  1811-S 11 0:00 3 Mind Frustration but unable to act on it.  1811-S 11 0:00 3 Mind Efusion but unable to act on it.  1811-S 11 0:00 3 Mind Horizone. Not taking care of myself sells. Don't went exist., Life to girth sells. Don't went exist., Life to girth sells. Don't went exist., Life to girth sells. Don't wont exist. Don't wont exist. Life to girth sells. Don't wont exist. Don't wo	1811-S	11	27 Mind	can't care. Deadness.	MIND - DELUSIONS - dead - everything is	MIND - INDIFFERENCE - dead to him; everything seems
1811-S   11	1811-S	11 0:	00 3 Mind	it's own	MIND - DELUSIONS - specters, ghosts, spirits	
1811-S 11 0:00 1 Mind Desolation, despair, tornado, panic.  1811-S 11 0:00 1 Mind Desolation, despair, tornado, panic.  1811-S 11 0:00 3 Mind Feeling dismal. What's the point? Want to quit.  1811-S 11 0:00 3 Mind Frustration but unable to act on it.  1811-S 11 0:00 3 Mind Frustration but unable to act on it.  1811-S 11 0:00 3 Mind Frustration but unable to act. It's too much effort so I eat some not off too I eat some not off too I eat some not off too I eat some not week.  1811-S 11 0:00 Mind Loss of interest in food and eating.  1811-S 11 0:00 Mind Frustration but unable to act on it.  1811-S 11 0:00 Mind Loss of interest in food and eating.  1811-S 11 0:00 Mind Frustration but unable to act on it.  1				Towel in bathroom was moving on it's own and the cord of the hair iron		
1811-S				moved on it's own too.	MIND - DELUSIONS - specters, ghosts, spirits	
1811-S 11 0:00 3 Mind Frustration but unable to act on it.  1811-S 11 0:00 3 Mind Frustration but unable to act on it.  1811-S 11 27 Mind Frustration but unable to act on it.  1811-S 11 27 Mind Loss of interest in food and eating.  1811-S 11 37 Mind Hate filling out my journal. Been busy. Would rather provings are one week.  1811-S 11 27 Mind of the proving. I don't care. Not taking care of myeelf at all. Don't want to eat. It's too much effort so I eat some not have the reference of a least some not have the reference of the proving. I don't care.  1811-S 11 32 Mind I ritated with boss.  1811-S 11 0:00 1 Mind Feel like I'm an observer, feeling disconnected  1811-S 11 0:00 1 Mind Feel like I'm an observer, feeling disconnected  1811-S 11 0:00 1 Mind Feel like I'm an observer of life that the reference of the proving. I feel like Such an observer of life that the reference of life that the reference of the proving. I feel like Such an observer of life that the reference of the proving of the	1811-S	11 0:	00 1 Mind			MIND - FEAR - MIND - FEAR - sudden
I don't care. Not taking care of myself at all. Don't want to eat. It's too leat some units. They're easy.  1811-S 11 32 Mind Loss of interest in food and eating.  1811-S 11 37 Mind Would rather provings are one week.  1811-S 11 27 Mind of the proving. I don't care.  1811-S 11 32 Mind I related with boss.  1811-S 11 32 Mind Feel like I'm an observer, feeling disconnected  1811-S 11 0:00 1 Mind Feel like Such an observer of life that with the such as a such as					MIND - DESPAIR	
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1811-S 11 32 Mind Loss of interest in food and eating.  Hate filling out my journal. Been busy. Would rather provings are one week.  In a good place. Boss is pissing me off and I want to quit but I railze it's part of the proving. I don't care.  Isti-S 11 32 Mind of the proving. I don't care.  Isti-S 11 0:00 1 Mind Feel like I'm an observer, feeling disconnected  If ell like Such an observer of life that the				at all. Don't want to eat. It's too much		
Hate filling out my journal. Been busy. Would rather provings are one week.  In a good place. Boss is pissing me off and I want to quit but I realize it's part of the proving. I don't care.  MIND - IRRITABILITY MIND - LAZINEMIND - OBSTINATE  MIND - IRRITABILITY people; with MIND - INDIFFERENCE - work.  MIND - IRRITABILITY - people; with MIND - INDIFFERENCE - work.  MIND - IRRITABILITY - people; with MIND - INDIFFERENCE - work.  MIND - IRRITABILITY - people; with MIND - INDIFFERENCE - work.  MIND - IRRITABILITY - people; with MIND - INDIFFERENCE - work.  MIND - IRRITABILITY - people; with MIND - INDIFFERENCE - work.  MIND - IRRITABILITY - people; with MIND - INDIFFERENCE - work.				effort so I eat some nuts. They're easy.		MIND - INDIFFERENCE - eating - to eating
1811-S 11 37 Mind Would rather provings are one week.  In a good place. Boss is pissing me off and I want to quit but I realize it's part of the proving. I don't care.  1811-S 11 32 Mind Irritated with boss. MIND - IRRITABILITY — people; with MIND - INDIFFERENCE — work.  1811-S 11 0:00 1 Mind Feel like I'm an observer, feeling disconnected  1811-S 11 0:00 1 Mind Mind — Indifference — work.  MIND - IRRITABILITY — people; with MIND - INDIFFERENCE — work.  MIND - OBSERVER — being an MIND - OBSERVER — being an	1611-5	11	32 MING		a and S	
and I want to quit but I realize it's part of the proving. I don't care.  1811-S 11 32 Mind Irritated with boss. MIND - IRRITABILITY - people; with MIND - INDIFFERENCE - work.  1811-S 11 0:00 1 Mind Feel like I'm an observer, feeling disconnected I feel like such an observer of life that  I feel like such an observer of life that	1811-S	11	37 Mind	Would rather provings are one week.	MIND - IRRITABILITY	MIND - LAZINEMIND - OBSTINATE
1811-S 11 32 Mind Irritated with boss. MIND - IRRITABILITY - people; with  1811-S 11 0:00 1 Mind disconnected MIND - OBSERVER - being an  I feel like such an observer of life that				and I want to quit but I realize it's part		
1811-S 11 0:00 1 Mind disconnected MIND - OBSERVER - being an MIND - OBSERVER - being an						MIND - INDIFFERENCE - work
1811-S 11 0:00 1 Mind disconnected MIND - OBSERVER - being an  I feel like such an observer of life that	1011-2	11	32 MIIII		Partie Attribution - people, With	
1811-S 11 0:00 3 Mind it seems silly.  MIND - OBSERVER - being an MIND - FRIVOLOUS	1811-S	11 0:	00 1 Mind	disconnected	MIND - OBSERVER - being an	
	1811-S	11 0:	00 3 Mind	it seems silly.	MIND - OBSERVER - being an	MIND - FRIVOLOUS

n	D. L.P T		( " ( ) N:	Construction Notes	Constant Patrice #4	
Prover P	rover Publicat Ti	mestamp Day	(# rormat) Mind/Body Syst	Concise Symptom Note	Suggested Rubric #1	Suggested Rub Suggested Rub Suggested Rub Suggested Rubric #5
1811-S	11	0:00	1 Mind	Things aren't working at all and I'm giving up.	MIND - RESIGNATION	
1811-S	11	0:00	1 Mind	Wanted to quit.	MIND - RESIGNATION	
1011-3	11	0.00	1 Milid	I have sadness, not grief. It feels old.	MIND - RESIGNATION	
1811-S	11		6 Mind	Crumbly. Giving up.	MIND - SADNESS	MIND - RESIGNATION
1811-S	11	0:00	1 Mind	I'm so confused, sad, and frustrated.	MIND - SADNESS - confusion; with	PIRO RESIGNATION
1011 5		0.00	1 mild	I feel this slowing down. Like being on	PHRE SAURESS Comusion, with	
				a frozen lake, in the dead of winter.		
				You need to slow down in order to		
1811-S	11	0:00	1 Mind	make it.	MIND - SLOWNESS	
				I feel totally relaxed which is unusual.		
1811-S	11	0:00	3 Mind	Everything seemed silly.	MIND - TRANQUILLITY	MIND - LAUGH MIND - FRIVOLOUS
1000		45.40	4 44	Head and ears, mouth freezing even	CENTERAL C. LIEAT. In de 16 Teal basel	CENTRAL CONTENTATION CONTENTS OF PREATURE AND A 111
1806	6	15:40	1 Mouth	my breath was cold.	GENERALS - HEAT - lack of vital heat	GENERALS - C(RESPIRATION - COLDNESS OF BREATH - chill; during
1806	6	15:45	1 Mouth	I taste copper in my mouth, like blood.		
1808	8	9:23	1 Mouth	Slight tingling on the roof of my mouth	MOUTH - PRICKLING - Palate	
1000		0.50	1 Marsh	No longer feel tingling on the roof of	MOUTH PRICKLING Palata	
1808	8	9:59	1 Mouth	my mouth.	MOUTH - PRICKLING - Palate	
				Sores on tongue are nearly gone, now sores on cheek (right side near salivary		
				gland) and upper lip (right side), with a		
1808	8	10:00	17 Mouth	desire to chew on them.	MOUTH - SORDES - Gums	MOUTH - ULCE MOUTH - SORDES - Tongue
1808	8	8:00	18 Mouth	All mouth sores gone.	MOUTH - SORDES - Gums	MOUTH - ULCE MOUTH - SORDES - Tongue
				Sores on my tongue, the back left and		
				front right, with a desire to chew on		
1808		10:00	16 Mouth	them. This sometimes happens when I have a cold.	MOUTH - SORDES - Tongue	
1000	٥	10:00	10 1100011	My jaw has been really sore, I have	PIOOTIT SORDES - Tollique	
				had TMJ (temporomandibular joint		
				disorder) since my 20s, I am in my 50s		
				now, it is creeping back, but		
				intensified. The alignment feels off,		
				when I talk I have to adjust my jaw. My jaw doesn't feel like I am sitting		
1811	11		18 Mouth	right. I have to adjust my jaw.	FACE - PAIN - Jaws	FACE - PAIN - FACE - PAIN - Jaws - Joints - motion agg sore
				My mouth is weird, my jaw is not right,		
1811	11		18 Mouth	I am drooling, my speech is slurred.	FACE - PAIN - Jaws	MOUTH - SALINMIND - SPEECH MIND - SPEECH - affected - head; with complaints of
				It feels like my mouth will just hang		
				open if I let it relax. It just wants to		
				hang open. I am salivating a lot, a lot more than usual. So, I feel I have to		
1811	11		18 Mouth	keep it closed, shut tightly.	MOUTH - SALIVATION - profuse	MOUTH - OPEN - involuntarily
1811	11		23 Mouth	Increased amount of saliva.	MOUTH - SALIVATION - profuse	NOTE OF EACH INVOICEMENT
1803-S	3	0:00	2 Mouth			
1807-S	3	15:00	1 Mouth	Weird taste, yeasty and salty.  Taste of bitterness.	MOUTH - TASTE - salty MOUTH - TASTE - bitter	
1808-S	8	9:25	1 Mouth		MOUTH - PRICKLING - Palate	
1808-5	8	9:25	1 Mouth	Tiny tingling on the roof of my mouth.	MOUTH - PRICKLING - Palate	
				I have a sensation of increased saliva. It was a bit disturbing at first, like the		
				feeling you get in your mouth just prior		
1809-S	9	14:30	2 Mouth	to vomiting.	MOUTH - SALIVATION - profuse	MOUTH - SALIVATION - vomiting; before
1810-S	10	0:00	1 Mouth	Working the mouth a lot.	FACE - CHEWING MOTION OF THE JAW	
1810-S	10	0:00	1 Mouth	Yawning.	MOUTH - YAWNING - agg-	
				Jaw still has soreness or tightness in		
1811-S	11		6 Mouth	the joint; it is more tight than painful.	FACE - TENSION OF SKIN - Jaws	
				I have so much saliva, I would let it		
				drool out if no one was watching.		
1811-S	11		27 Mouth	Mouth would just hang open.	MOUTH - SALIVATION - profuse	MOUTH - OPEN - half open
105=	_	5.40	20 Nove	I cried so hard my sinuses became	MAND WEEDING	NOCE CONCENSOR CONCENSOR
1805	5	5:18	28 Nose	congested.	MIND - WEEPING - agg-	NOSE - CONGENOSE - CONGESTION
1005	5	6:12	9 Noce	My nose has these little bloody crusts.	NOSE DISCHARGE crusts scales incide	NOSE CONCECTION
1805	5	6:13	8 Nose	I feel congestion.	NOSE - DISCHARGE - crusts, scabs, inside	NOSE - CONGESTION
				I have a lot of post nasal drip. It feels like it is burning. I am also getting		
				thick globs of mucus in my sinus		
1805	5	5:50	9 Nose	passages.	NOSE - DISCHARGE - Posterior nares	NOSE - DISCH/NOSE - DISCH/NOSE - DISCHARGE - gelatinous
1805	5	5:20	28 Nose	Post nasal drip.	NOSE - DISCHARGE - Posterior nares	
				When I try to clear my nasal passages		
				it's just completely dry. Nothing		
				moves. It feels like the mucus is caked onto the sinus passages. I get these		
				hard little crusts today, I was getting		
1805	5	6:35	9 Nose	bloody crusts earlier this week.	NOSE - DRYNESS - Inside - sensation of	NOSE - DISCHARGE - crusts, scabs, inside
				Nose started run on the right side and		
				hasn't stopped for four hours		
1806	6	18:10	1 Nose	continuously.	NOSE - DISCHARGE - constant	NOSE - DISCHARGE - right
				Slight tickle in nose and clear, thin		
1808	8	12:00	2 Nose	discharge, like I'm coming down with a cold.	NOSE - ITCHING (=TICKLING)	NOSE - DISCHARGE - dripping
1000	0	12.00	Z 1405C	Fluid diarrhea for four days in a row. 3	HOUL THING (-HEREING)	note discussed unpping
				Feb - 13 Feb a week and three days. I		
1804	4	14:15	1 Rectum	received the substance on 28 Jan 18.	RECTUM - DIARRHEA	STOOL - COPIOUS
				After dinner, all of that dread, poured		
	_			out of me like diarrhea. Earlier, I had		
1805	5	18:45	5 Rectum	constipation. Now diarrhea.	RECTUM - DIARRHEA - alternating with - constipation	

Prover	Prover Publicat	Timestamn	Day (# format)	Mind/Body System	Concise Symptom Note	Suggested Rubric #1	Suggested Rub Suggested Rub Suggested Rub Suggested Rubric #5
110101	1 TOTAL TUBICAL	- Innestante	zay (* Torritat)	rima, body bystem	Diarrhea this morning, some hard	buggested Habite #1	and the supported has supporte
					stool, followed by very loose stool, like		
					a plop of mud filling the toilet. It was an explosive stool, spattering the sides		
1805	5	6:00	7	Rectum	of the toilet.	RECTUM - DIARRHEA - alternating with - constipation	STOOL - FORCISTOOL - SPUTTERING
					Diarrhea, again this morning, with hard		
1805	5	6:00	8	Rectum	stools first, then loose, burning stools.	RECTUM - DIARRHEA - alternating with - constipation	STOOL - BURNING
1805	5	6:15	13	Rectum	Diarrhea drives me out of bed to the bathroom again this morning.	RECTUM - DIARRHEA - morning - bed; driving out of	
1003	J	0.11	15	rectum	No diarrhea this morning. Just hard	Record Branchest morning Bed, driving Sac Si	
1805	5	7:17	12	Rectum	stool.	STOOL - HARD	
					I thought I was going to have diarrhea		
					this morning. But, instead, I had a long regular formed stool. Matt Wood once		
					said that a healthy stool will have an 's'		
					shaped curve to it, I never in my life have had one of those until today. So,		
1805	5	6:00	15	Rectum	yay me!	X	
1808		20:30		B	Started having stomach cramps and	CTOMACH, DATH, AND	CONTROL OF THE CONTRO
1808	8	20:30	3	Rectum	gas, relieved by diarrhea.  Difficult stool; want to go, but can't.	STOMACH - PAIN - cramping	GENERALS - DIARRHEA - amel-
1810	10	9:00	3	Rectum	Too much effort.	RECTUM - CONSTIPATION - difficult stool	
					Diarrhea, loose stools, it came on really		
1812	12	8:30	2	Rectum	suddenly and I had to run to the hathroom.	RECTUM - DIARRHEA	STOOL - FORCIBLE, SUDDEN, GUSHING
			_		Another bout of diarrhea, this time it		
1812	12	9:30		Rectum	wasn't explosive, there was a sudden urge to go and a lot of water.	RECTUM - DIARRHEA	STOOL - FORCIBLE, SUDDEN, GUSHING
1812	12	8:30		Rectum	Diarrhea.		STOOL - FORCIBLE, SUDDEN, GUSHING
1812	12	6:45		Rectum	Diarrhea.		STOOL FORCIBLE, SUDDEN, GUSHING
	-				Diarrhea again. I feel like I have a lot		
					of nervous energy. It is more than I can handle at the moment. I am letting		
1812	12	8:30	11	Rectum	go of some of it.	RECTUM - DIARRHEA	STOOL - FORCI MIND - ANXIET GENERALS - ENERGY - excess of energy
					Diarrhea, getting rid of things. When		
1812	12	8:35	29	Rectum	that concentrated, excess energy comes.	RECTUM - DIARRHEA	GENERALS - ENERGY - excess of energy
1001.6		0.00		B	I have had diarrhea 2-3 days in a row.	DECTUM DYADDUEA	STORY CORPUS CURDEN CUCINA
1804-S 1810-S	4 10	0:00		Rectum Rectum	Always needing to shit in the mornings. Gas.	RECTUM - FLATUS	STOOL - FORCIBLE, SUDDEN, GUSHING
1010-3	10		24	Rectuiii	I was near paralysis. They gave me	RECTOM - LEATOS	
					fluids at the hospital. I thought I would		
					pass out and get tachycardia. I feel paralyzed. I couldn't breathe. I was		
					close to passing out. If I passed out I		
1804	4	21:38		Respiration	wouldn't ever come back. (From cannabis)	MIND - MENTAL SYMPTOMS	CHEST - PALPI GENERALS - FAINTNESS
1004	7	21.50	,	Respiration	Range of motion is decreased. I cannot		CHEST THEI CENERALS THEIR THE
					take in a full breath. Sometimes the		
					spasming wraps around to the front of my chest. Worse movement. Better		
1809	9	5:10		Respiration	from remaining still.	BACK - PAIN - inspiration agg-	BACK - PAIN - motion - agg aching
1811-S	11	0:00	1	Respiration	Hard to breathe in the cold air.	RESPIRATION - DIFFICULT - cold - air - agg-	
					Noticed insides (bends) of my elbows are itchy. After a couple hours I look		
					and realize I have eczema there. This		
					happened once before about three years ago while I was doing a candida		
1000		40.00		CI.:	cleanse with diet restrictions and	ENTERONITIES TECHNIC Elleren Break of alleren	EVENTAGE EDUNTAGE EN
1808	8	10:00	19	Skin	supplements.  Part of me is worried about this new	EXTREMITIES - ITCHING - Elbows - Bends of elbow	EXTREMITIES - ERUPTIONS - Elbows - eczema
					eczema. Is it a sign that I've got		
					something deeper going on with my body? But, part of me is thinking that		
					maybe this is a sign that things are		
					being let out of my body. Maybe this		
					proving substance is helping my body to realize where unhealthy things are		
					being held and forcing them to let go. I		
					went into this thinking I was pretty healthy and now I'm wondering if I'm		
					all screwed up. I feel exasperated. I		
					want to throw up my hands and be done, or at the very least stop		
					discovering new things that are wrong		
1808	8	10:00	19	Skin	with me.	SKIN - ERUPTIONS - eczema	
					Small pink or peach raised bumps between my breasts on my chest.		
					Itching. This reminds me of an old symptom I had at age 10, though at		
1809	9	10:00	5	Skin	that time it was much worse.	CHEST - ERUPTIONS - rash - pink	
					The bumps between my breasts that		
1809	9	20:00	6	Skin	seem like a return of an old symptom are gone now.		
					A dry patch on my nose I used to		
					think it was a basal cell carcinoma. I had years ago, flaked dry over and		
					over. I have a dry flaky spot that has		
1810	10	9:30	30	Skin	reappered in what I think is the same place.	SKIN - CANCER	FACE - DRYNESNOSE - CANCER

Prover	Brover Bublicat	Timoctomo	Day (# format	Mind/Rody System	Concise Symptom Note	Suggested Rubric #1	Suggested Rub Suggested Rub Suggested Rub Suggested Rubric #5
Flovel	Prover Publicat	IIIIestailip	Jay (# IOIIIIat	J Miliu/Body System	A mole on left shoulder, itching and	Suggested Rubiic #1	Suggested Rub Suggested Rub Suggested Rub Suggested Rub III # 3
					bleeding a bit. Happened in the		
1810	10	9:00		7 Skin	summer, but had healed.	SKIN - ERUPTIONS - bleeding	
					A reflaring up of a small patch of peeling skin, possible athlete's foot		
					fungus or candida between my pinkie		
1810	10	9:30	30	0 Skin	and fourth toe on right foot.	SKIN - EXCRESCENCES - fungus haematodes	
					My skin feels cold, like somethings		
					there, it feels more like I am in a fog, surrounded by this fog, the fog has		
					rolled in, it sort of moves, you can feel		
					its presence over you. It is like a wind, or a force, something else, a cool, cold		
					chill, only clammy like it's a fog, it's		
1811	11			8 Skin	more like it's damp. Fog.	MIND - DELUSIONS - person - present; someone is	
1812	12	7:00		6 Skin	My skin is burning.	SKIN - BURNING	SKIN - DRY - burning
1812	12	7:00		6 Skin	My skin is dry.	SKIN - DRY	
1812	12	7:00		6 Skin	My skin itches. I want to tear it off.	SKIN - ITCHING - scratching - must scratch	
1803-S	3	19:10		1 Skin	Skin feels smooth.	SKIN - SOFT - feels	
1810-S	10			9 Skin	There are moles on arm that are bleeding.	SKIN - ERUPTIONS - bleeding	SKIN - SENSITIVENESS - spots; in
1805		19:18		2 Sleep	I'm ready for bed.	MIND - PROSTRATION OF MIND	SKIR - SENSTIVENESS - Sputs, III
1805		12:15		9 Sleep	I have been sleeping all morning.	SLEEP - DEEP - morning	
1805		1:00		3 Sleep	I'm tossing and turning. I feel restless.		
	,		-		Usually the long winters don't bother		
	_			0 61	me. But, I am tired of the cold. I just	CLEED CLEEDINGCO	
1805	5	5:04	25	9 Sleep	want to sleep.	SLEEP - SLEEPINESS - coldness, from	
					I was so angry last night, I am not sure what I was so angry about, that I		
					couldn't sleep. It was a sleepless night.		
4005	_	7.00		2 61	My husband and I slept in separate rooms.	SLEEP - SLEEPLESSNESS	CLEED CLEEDWIND OWNERS COME
1805 1805		7:00		2 Sleep		SLEEP - SLEEPLESSNESS SLEEP - SLEEPLESSNESS	SLEEP - SLEEP MIND - QUARRELSOME
1005	5	2:00	1.	3 Sleep	I am so awake.  I didn't sleep all night from the pain in	SLEEP - SLEEPLESSINESS	
					my throat. It was a total drag. The		
	_				restlessness and throat pain and		
1805	5	6:20	1.	3 Sleep	cramping in my leg, pain in my hips.	SLEEP - SLEEPLESSNESS - pain; from	
1805	5	5:06		1 Sleep	I wake up with a gasp, startled, just as I went to touch the body, I woke up.	SLEEP - WAKING - fright, as from	MIND - STARTING - fright; from and as from
1003	3	5.00		Бісер	Extremely exhausted today, I fell	See: Hittano migney as morn	
1806	6	22:30	:	3 Sleep	asleep quite quickly.	GENERALS - WEARINESS	SLEEP - FALLING ASLEEP - easy
					It took a long time to decompress to		
					actually fall asleep. Not many thoughts running through my head, just an		
1806	6	23:30		6 Sleep	overall feeling of overwhelm.	SLEEP - DISTURBED - anxiety, from	SLEEP - FALLINMIND - HELPLESSNESS; FEELING OF
					Fell asleep while watching television		
					with my kids. I woke up to get them in		
1806	6	20:00		4 Sleep	bed. I fell asleep within about 15 minutes after getting back into bed.	SLEEP - SLEEPINESS - overpowering	SLEEP - FALLING ASLEEP - early
					I fell asleep so early, this is so great, I		
1806	6	20:30		5 Sleep	finally feel refreshed in the morning!	SLEEP - UNREFRESHING	
					I feel like I slept okay last night,		
1806	6	6:45	,	5 Sleep	however I look so tired and ragged. How can this be?	SLEEP - UNREFRESHING - morning - tired in morning than in ev	vening; more
1000	, and	0.15		э эксер	I finally woke up this morning with no	SEEL STATES THE MOTHING CITES IN MOTHING CHAIN IN CV	in the state of th
1806	6	7:30		7 Sleep	headache!!	X	
1807	7	8:24		Sleep	Not many sleep schedule changes.	X	
1810	10	14:00	:	1 Sleep	Drooling while napping. Deep sleep.	SLEEP - DEEP - daytime	MOUTH - SALIVATION - sleep - during - agg-
				4 61	Interrupted sleep, tossing and turning.	CLEED DICTURDED	NETO DOCUMENT AND A STATE OF THE STATE OF TH
1810	10	0:00		1 Sleep	Anxious.	SLEEP - DISTURBED - anxiety, from	SLEEP - POSITION - changed frequently
					I had a terrible nights' sleep. Interrupted every hour or two by upset		
					kids or dogs. Came home and napped		
					after taking my daughter to school. I		
					thought I heard the dog nosing around in the bathroom trash. I got up and put		
					the can in the sink. I went back to bed,		
					and dreamed of hearing a clanking sound. When I went to investigate, it		
					was a small metal trash can, banging		
1810	10	9:00		6 Sleep	around in a sink full of water	SLEEP - DISTURBED - anxiety, from	DREAMS - NOI SLEEP - LIGHT - hears every sound
					Waking often, sleep light. Lots of		
1810	10	0:00	:	3 Sleep	images, busyness, but no coherency to the dreams that I can remember.	SLEEP - WAKING - noise - slight noise, from	SLEEP - LIGHT DREAMS - CHAOTIC
				· .	Interactions with old friends and		
					acquaintances feel superficial. I arrived		
					home in a high state of anxiety. I had a very difficult time going to sleep.		
					Thinking about my interactions, too		
1812	12	19:00	2:	1 Sleep	many thoughts.	MIND - ANXIETY - company; when in	SLEEP - DISTU SLEEP - SLEEPLESSNESS - thoughts - activity of thoughts; from
10.0				E Class	Feeling sleepy, there's just a dullness.	MIND DULLNESS elections 11	
1812	12	7:47		5 Sleep	A gray haze.	MIND - DULLNESS - sleepiness, with	
					I slept deeply in my canoe all day. The past few days have been exhausting.		
					At my age the mind and physical body		
1812	12	16:00	3.	4 Sleep	need more time to recuperate from highly energized situations.	SLEEP - DEEP - daytime	
1012	12	10.00		. оксер	mgm, chergized situations.	occer occi dayanic	

10	Prover	Prover Publicat T	imestamp	Day (# format) Mind/Body System	Concise Symptom Note	Suggested Rubric #1	Suggested Rub Suggested Rub Suggested Rub Suggested Rubric #5
10   1   10   10   10   10   10   10							
10   10   10   10   10   10   10   10					relaxing, unfocused, quiet, no		
Company   Comp					thoughts, just comfortable. I feel like I		
10   10   10   10   10   10   10   10	1812	12	10:36	3 Sleep		SLEEP - SLEEPINESS - overpowering	
Section   Sect				·	I was sleeny. The sudden in rush shut	· · ·	
1875   1   10   10   10   10   10   10   10							
1905   2   0.00   3   2   2   2   2   2   2   2   2   2	1812	12	10:30	5 Sleep	information, feelings, and messages.	SLEEP - SLEEPINESS - overpowering	
1905   2   0.00   3   2   2   2   2   2   2   2   2   2	1803-S	3	0:00	2 Sleep		GENERALS - HEAT - flushes of - sleep - during - agg-	
1905   7   1906   7   1907   7							
1875   7   1870   8   1870		-					
Second Color	1803-S	3	0:00	3 Sleep		SLEEP - WAKING - tight; everything seems too	
Second Street (Conf.)   Seco					I've been sleeping very well. Woke up		
Section   Sect					stunned and dazed today though and		
1809   7   Start   S					stared at my (dog? I am uncertain) for		
March   Process   Proces					playing on my radio before I was even		
1807-5	1807-5	7		Sleen	awake Piano music No dreams	SLEEP - DEEP	MIND - STUPE MIND - DELUSIONS - music - thinks she hears
1907-5   7   1800   8   5 mg   Omnopourny perspects (as energy   1907-5   1908   1800   180							PAIND STOLETHIND DECOSIONS Music utilities she near
1870   10   10   10   10   10   10   10							
1902   1.0   0.00   3   Greek   Scott Speed well							GENERALS - WEARINESS
1902   2   13.05   27   Security   1   Security	1810-S	10	0:00	2 Sleep	I didn't sleep well.	SLEEP - DISTURBED	
1902   2   13.05   27   Security   1   Security	1810-S	10	0:00	3 Sleep	I didn't sleep well.	SLEEP - DISTURBED	
MINUTES   1   1   1   1   1   1   1   1   1					I wasn't able to eat. Diminished		
1907   2   10.00   Servedo   Serve	1802	2	13:05	27 Stomach	appetite.	STOMACH - APPETITE - diminished	
1802   2		2					
1807   2   1808   Someth   Resource in stronch after entropy		2					
1802   2		2					
1907   2   0.00   Street   Management and manufacturing up to provide the friend with a manufacturing up to prov		2					
1872   2	1802	2	0:00	Stomach			
1872   2					Heaviness in stomach and extending up		
1802   2   0.00   Serroch   Reases for a hours   STOMACH - ANGURA   1905   19	1802	2	0:00	Stomach		STOMACH - HEAVINESS - nausea; during	STOMACH - NAUSEA - Throat, in
1902   2   0.00   30 Shomach   Names with trend		2					
1802   2   0.00   20   20   20   20   20		-					
1802   2   0.00   Shorted   Makesing Eliting, availabrate   1800   2   1932   2   9   Shorted   Makesing Eliting, availabrate   1800   3   913   3   9   Shorted   Makesing Eliting, availabrate   1800   1	1802	2	0:00	30 Stomach		STUMACH - NAUSEA - bread; after	
1902   2   1312   27   Stamuch   Mayasper, Edining, ameliorative   Mayasper in Arthur   May						CTOMACH NAMES A LAND C	
1802   2   13.22   27   Storeach   Storeach trouved and the store and		_					
1801   3   9,19   30   Screech independent of subjects, for the subjects of		2				STOMACH - NAUSEA - eating - amel-	
1801   3   9,19   30   Screech independent of subjects, for the subjects of	1802	2	13:22	27 Stomach	My appetite has returned.	X	
100							
1803   3   919   3   30   5kmach					indigestion, low appetite, no hunger for		
1805   5   1210   9   Stormach   Stilling and partied by each gold, and partied by each gold and the first of year and partied by each gold and the first of year and partied by each gold and the first of year and partied by each gold and the first of year and partied by each gold and the first of year and partied by each gold and the first of year and partied by each gold and the first of year and partied by each gold and the first of year and partied by each gold	1803	3	9:19	30 Stomach	two weeks.	STOMACH - FLATULENCE OF STOMACH	STOMACH - AP STOMACH - UNEASINESS
1805   5   1210   9   Stormach   Stilling and partied by each gold, and partied by each gold and the first of year and partied by each gold and the first of year and partied by each gold and the first of year and partied by each gold and the first of year and partied by each gold and the first of year and partied by each gold and the first of year and partied by each gold and the first of year and partied by each gold and the first of year and partied by each gold					I have no appetite. I am extremely		
1805   5   12-10   9   8   5   12-10   10   17-33   5   5   5   5   5   5   5   5   5					thirsty. I feel completely dried out, my		
STOMACH - FER. P. R. of the atomach   STOMACH - FER. P. R. of the at	1805	5	12:10	9 Stomach		STOMACH - APPETITE - diminished - thirst; with	STOMACH - TH GENERALS - DI SKIN - DRY HEAD - HAIR - dryness
STOMACH - FER. P. R. of the atomach   STOMACH - FER. P. R. of the at					The self-doubt is in the pit of my		
1805   5   17:35   5   5   5   5   5   5   5   5   5	1805	5	17:33	5 Stomach		STOMACH - FEAR - Pit of the stomach	
1805   5   17:35   5   5   5   5   5   5   5   5   5					I feel dread thinking about this Do I		
1805   5   6-15   9   Stomach   1 ms or binary.   STOMACH - TRINST	1805	5	17:35	5 Stomach	know what I am doing? Can I do this?	STOMACH - FEAR - Pit of the stomach	MIND - CONFIDENCE - want of self-confidence
Sodden onset of nausea and heavy feeling. Like what happened when I first took be substance. I feel like I let took I foot that?    1806   6   15:25   1 Stomach   I couldn't hold my beed up, feel sick to gring to pulse. I let bloated, I limit grains, but my stomach feels tender and unhappy.   1806   6   15:50   1 Stomach   I feel bloated, I limit grains, but my stomach feels tender and unhappy.   1806   6   15:50   1 Stomach   Wave of nausea again, heavy feeling, heavy feeling, let took in the limit grains, but my stomach feels tender and unhappy.   1806   6   15:30   1 Stomach   Marker slight ontone has the limit morning, and a little nausea. All feelings opine, feel better.   STOMACH - NAUSEA - waves; in STOMACH - HEHEAO - HEAVIT GENERALS - NI GE	1005		6:15	0 Stomach			
Feeling_Like what happened when I   Feeling_Like whe	1003	3	0.13	9 Stomath		STOMACIT - ITINST	
Trick to the substance. I feel like I   need to go lay down, but who has time feel to go lay down, but who has time feel to go lay down, but who has time feel to go lay feel six to storach, increased alive like It was go lay to puke. I storach judgment of the steeder and unitary. I feel bloated, it limit grains, but my storach feels tender and unitary. I feel bloated, it limit grains, but my storach feels tender and unitary. I feel bloated, it limit grains, but my storach feels tender and unitary. I feel bloated, it limit grains, but my storach feels tender and unitary. I feel bloated, it limit grains, but my storach feels tender and unitary. I feel bloated, it limit grains, but my storach feels tender and unitary. I feel bloated, it limit grains, but my storach feels tender and unitary. I feel bloated, it limit grains, but my storach between the storach and a little nauses. I feel bloated, it limit grains, but my storach and tender and unitary. I feel bloated, it limit grains, but my storach and tender and not limit grains, but my storach and tender and unitary. I feel bloated, it limit grains, but my storach and tender and unitary. I feel bloated, it limit grains, but my storach and tender and not limit grains, but my storach and tender and not limit grains, but my storach and tender and not limit grains, but my storach and tender and not limit grains, but my storach and tender and not limit grains, but my storach and tender and not limit grains, but my storach and tender and not limit grains, but my storach and tender and not limit grains, but my storach and tender and not limit grains, but my storach and tender and not limit grains, but my storach and tender and not limit grains, but my storach and tender and not limit grains, but my storach and tender and not limit grains, but my storach and tender and not limit grains, but my storach and tender and not limit grains, but my storach and tender and not limit grains, but my storach and tender and not limit grains, but my storach and tender and not limit gra					Sudden onset of nausea and heavy		
1806   6   9:30   5   5   5   5   5   5   5   5   5							
1806   6   9:30   5   Stomach   For that?   Loudin't hold my head up, feel sick to stomach, increased salva like I was pulsed to stomach resist tender and unhappy.   Stomach feels tender and unhappy.   Stomach feels tender and unhappy.   Stomach feels tender and unhappy.   Stomach - Have slight stomach ache the smorning and a little nausea.   All feelings one feel better.   Stomach - Marked having stomach cannot be stomach ache gone, feel fine.   Stomach - Marked having stomach cannot and a little nausea.   Stomach ache gone, feel fine.   Stomach - Stomach - Stomach ache gone, feel fine.   Stomach - Stoma							
1806   6   15:25   1   Stomach   15:25   1   Stomach   2   Stomach   15:25   1   Stomach   15:25   STOMACH - DISTRISION   STOMACH - HEAD - HEAVIT GENERALS - HI GENERA	1806	6	9:30	5 Stomach		ABDOMEN - NAUSEA IN ABDOMEN	
1806   6   15:25   1   Stomach   Stomach   Intelligrating, but my   Stomach   Stomach   Intelligrating, but my   Stomach   Stomach   Intelligrating, but my   I	1000	- J	5.50	J Diomidin		ABBOTIER TRABBOTIER	
1806   6   15:25   1   Stomach   Stomach   Tele bloated, I limit grains, but my stomach feels tender and unhappy.					stomach increased saliva like I was		
1806   6   9:00   2   Stomach   Ifeel bloated, I limit grains, but my stomach feels tender and uniappy.   STOMACH - DISTENSION   STOMACH - PA STOMACH - UNEASINESS   STOMACH - BASTOMACH - UNEASINESS   STOMACH - BASTOMACH - UNEASINESS   STOMACH - BASTOMACH -	1806	6	15:25	1 Stomach		HEAD - HEAVINESS	HEAD - HEAVINSTOMACH - NAUSEA - Abdomen: in
1806   6   9-00   2   Stomach   Stomach feels tender and unhappy.							
1806   6   15:50   1   Stomach   Stomach   Cannot hold hed up, feel terrible   Have slight stomach ache this morning, and all title nauses   1806   6   15:30   1   Stomach   All feelings one; feel better.   X   Stomach   All feelings one; feel better.   X   Stomach   Stomach ache gone, feel fine.   X   Stomach   St	1806	6	9.00	2 Stomach	stomach feels tender and unhappy	STOMACH - DISTENSION	STOMACH - PA STOMACH - LINEASINESS
1806   6   15:50   1   Stomach   Cannot hold head up, feel terrible   Have slight stomach ache this morning and all little nausea.   Have slight stomach ache this morning and all little nausea.   STOMACH - NAUSEA - waves; in   STOMACH - HEAD - HEAVII GENERALS - HIGENERALS - H	1000	3	5.00	2 Storilatii		T. T. T. D. D. T. L. I. D. L.	
1806   6   6:45   4   Stomach   All feelings gone; feel better   X	1000		15.50	1 Stomach	wave or maused again, neavy reeling,	STOMACH NATISEA WOVES IN	CTOMACH HELEAD HEAVIS CENEDALS HICENEDALS WEAVINGS
1806   6   6:45   4   Stomach   and a little nausea.   STOMACH - PAIN - nausea - during	1000	0	15:50	1 Stomath		STOPIACITE NAUSEA - Waves, III	STOPPICE TEACH THEATH GENERALS THIS ENERGES WEARINGS
1806   6   15:30   1   Stomach   All feelings gone; feel better.   X	1000	_	6.45	4 5	nave slight stomach ache this morning,	STOMACH BAIN pauses during	
1806 6 17:00 4 Stomach Stomach ache gone, feel fine.  1808 8 8:10 15 Stomach Slightly nauseous.  Started having stomach cramps and gas, relieved by diarrhea. This occurred of the blue, I could see no reason for this to happen.  Stomach Stomach for this to happen.  Stomach Stomach ache gone, feel fine.  STOMACH - NAUSEA  STOMACH - PAIN - cramping  STOMACH - PAIN - crampi		ь					
Stomach Slightly nauseous. Started having stomach cramps and gas, relieved by diarrhea. This occurred out of the blue, I could see no reason for this to happen.  Stomach still feels slightly crampy and a little gassy but there has been no more diarrhea.  Stomach still relies slightly crampy and a little gassy but there has been no more diarrhea.  Stomach still relies slightly crampy and a little gassy but there has been no more diarrhea.  Stomach still relies slightly crampy and a rabby sub there has been no more diarrhea.  Stomach still relies slightly crampy and rabby sub there has been no more diarrhea.  Stomach still relies slightly crampy and rabby sub there has been no more diarrhea.  Stomach still relies slightly crampy and rabby sub there has been no more diarrhea.  Stomach still relies slightly crampy and rabby sub there has been no more diarrhea.  Stomach still relies slightly crampy and rabby sub there has been no more diarrhea.  Stomach still relies slightly crampy and rabby sub there has been no more diarrhea.  Stomach still relies slightly crampy and rabby sub there has been no more diarrhea.  Stomach still relies slightly crampy and rabby sub there has been no more diarrhea.  Stomach still relies slightly crampy and rabby sub there has been no more diarrhea.  Stomach still relies slightly crampy and rabby sub there has been no more diarrhea.  Stomach still relies slightly crampy and rabby sub there has been no more diarrhea.  Stomach still relies slightly crampy and rabby sub there has been no more diarrhea.  Stomach still relies slightly crampy and rabby sub there has been no more diarrhea.  Stomach still relies slightly crampy and rabby sub there has been no more diarrhea.  Stomach still relies slightly crampy and sub there are substilled still relies slightly crampy and substill relies slightly crampy and substilled slightly crampy and substilled sligh		6				Х	
Started having stomech cramps and gas, relieved by diarche. This occured out of the blue, I could see no reason for this to the appen.  Stomach still feels slightly crampy and a little gassy but there has been no more diarrhea.  Stomach more diarrhea.  1808 8 12:30 4 Stomach longer feel gassy and crampy.  Wave of warmth; awareness of stomach.  Realized I that the past two days I gidn't eat lunch. I usually have to eat. I get very hungry and crabby if I don't busy and it won't matter. I don't need usustenance. It's like end of life. No need for it anymore. It's over.  1810 10 23 Stomach No need for it anymore. It's over.  I woke up and feel squaesies, My	1806	6	17:00	4 Stomach	Stomach ache gone, feel fine.	X	
Started having stomach cramps and gas, relieved by darfarts, its occured out of the blue, I could see no reason for this to happen.  Stomach still feels slightly crampy and a little gasey but there has been no more diarrhea.  Stomach still feels slightly crampy and a little gasey but there has been no more diarrhea.  Had normal bowel movement and no longer feel gassy and crampy.  Wave of warmth; awareness of stomach.  Realized I that the past two days I didn't eat lunch. I usually have to eat. I get very hungry and crabby if I don't busy and thought it was pointless to eat. What's the point. I'm so busy and it won't marter. I don't need sustenance. It's like end of life. No need for it anymore. It's over.  1810 11 23 Stomach No need for it anymore. It's over.  1811 12 23 Stomach No need for it anymore. It's over.  1820 I woke up and feel squeemish. My	1808	8	8:10	15 Stomach	Slightly nauseous.	STOMACH - NAUSEA	
gas, relieved by diarrhea. This occured out of the blue, I could see no reason for this to happen.  Stomach for this to happen.  Stomach still feels slightly crampy and a little gassy but there has been no more diarrhea.  Stomach still feels slightly crampy and a little gassy but there has been no more diarrhea.  Had normal bowel movement and no longer feel gassy and crampy.  Wave of warmth; awareness of stomach.  STOMACH - PAIN - cramping STOMACH - FLATULENCE OF STOMACH  STOMACH - PAIN - cramping STOMACH - FLATULENCE OF STOMACH  STOMACH - PAIN - cramping STOMACH - FLATULENCE OF STOMACH  STOMACH - PAIN - cramping STOMACH - FLATULENCE OF STOMACH  STOMACH - PAIN - cramping STOMACH - FLATULENCE OF STOMACH  STOMACH - PAIN - cramping STOMACH - FLATULENCE OF STOMACH  STOMACH - PAIN - cramping STOMACH - FLATULENCE OF STOMACH  STOMACH - PAIN - cramping STOMACH - FLATULENCE OF STOMACH  STOMACH - PAIN - cramping STOMACH - FLATULENCE OF STOMACH  STOMACH - PAIN - cramping STOMACH - FLATULENCE OF STOMACH  STOMACH - PAIN - cramping STOMACH - FLATULENCE OF STOMACH  STOMACH - PAIN - cramping STOMACH - FLATULENCE OF STOMACH  STOMACH - PAIN - cramping STOMACH - FLATULENCE OF STOMACH  STOMACH - PAIN - cramping STOMACH - FLATULENCE OF STOMACH  STOMACH - PAIN - cramping STOMACH - FLATULENCE OF STOMACH		-					
1808 8 7:00 4 Stomach Stomach of the blue, I could see no reason for this to happen.  Stomach Still feels slightly crampy and a little gassy but there has been no more diarrhea.  1808 8 12:30 4 Stomach Devel movement and no longer feel gassy and crampy.  1810 10 10:30 1 Stomach					gas, relieved by diarrhea. This occurred		
1808 8 20:30 3 Stomach for this to happen. Stomach still feels slightly crampy and a little gassy but there has been no more diarrhea.  1808 8 7:00 4 Stomach Had normal bowel movement and no longer feel gassy and crampy.  1810 10 10:30 1 Stomach Wave of warmth; awareness of stomach.  Realized I that the past two days I didn't eat lunch. I usually have to eat. I get very hungry and responsibly if I don't eat. I didn't feel like eating. I was very busy and the work in freed sustenance. It's like end of life. Not attached to what gives here you wall.  1811 11 23 Stomach Mind - Appetitie - diminished Mind - DELUSIONS - dying - he is					out of the blue, I could see no reason		
Stomach still feels slightly crampy and a little gassy but there has been no more diarrhea.  1808 8 12:30 4 Stomach Mad normal bowel movement and no longer feel gassy and crampy.  1810 10 10:30 1 Stomach Wave of warmth; awareness of stomach.  Realized I that the past two days I didn't eat lunch. I usually have to eat. I get very hungry and cramby if I don't eat. I didn't feel like eating I, was very busy and thought it was pointless to eat. What's the point. I'm so busy and it won't matter. I don't need. No need for it anymore. It's over.  1811 11 23 Stomach No need for it anymore. It's over.  I woke up and feel sugarsh. My	1808	8	20:30	3 Stomach		STOMACH - PAIN - cramping	GENERALS - DIARRHEA - amel-
1808 8 7:00 4 Stomach a little gassy but there has been no more diarrhea.  1808 8 12:30 4 Stomach Had normal bowel movement and no longer feel gassy and crampy. X  1810 10 10:30 1 Stomach Wave of warmth; awareness of stomach.  Realized I that the past two days I didn't eat lunch. I usually have to eat. I get very hungry and reply if I don't eat. I didn't feel like eating. I was very busy and it won't matter. I don't need sustenance. It's like end of life. Not attached to what gives keeps you alive.  1811 11 23 Stomach No need for it anymore. It's over.  I woke up and feel sugarshish. My					Stomach still feels slightly crampy and		
1808 8 7:00 4 Stomach more diarrhea. STOMACH - PAIN - cramping STOMACH - FLATULENCE OF STOMACH  1808 8 12:30 4 Stomach Had normal bounger feel gassy and crampy. X  1810 10 10:30 1 Stomach Stomach Stomach. STOMACH - HEAT - sensation of STOMACH - H					a little gassy but there has been no		
1810 10 10.30 1 Stomach longer feel gassy and crampy. X  Wave of warmth; awareness of stomach.  Stomach Stomach Stomach STOMACH - HEAT - sensation of STOMAC	1808	8	7:00	4 Stomach		STOMACH - PAIN - cramping	STOMACH - FLATULENCE OF STOMACH
1810 10 10:30 1 Stomach longer feel gassy and crampy. X  Wave of warmth; awareness of stomach.  Realized I that the past two days I didn't eat lunch. I usually have to eat. I get very hungy and crabby if I don't eat. I, I didn't feel like eating. I was very busy and thought it was pointless to eat. What's the point. I'm so busy and It won't matter. I don't need sustenance. It's like end of life Not attached to what gives keeps you alive.  No need for it anymore. It's over.  I woke up and feel suggestion. STOMACH - APPETITE - diminished MIND - DELUSIONS - dying - he is							
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busy and though it was printless to eat. What's the point. Tim so busy and it won't matter. I don't need sustemance. It's like end of life. Not attached to what gives keeps you alive.  1811 11 23 Stomach No need for it anymore. It's over.  I woke up and feel squaemish. My					get very hungry and crabby if I don't		
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eat. What's the point. I'm so busy and it won't matter. I don't need sustenance. It's like end of life. Not attached to what gives keeps you alive.  1811 11 23 Stomach No need for it anymore. It's over.  I woke up and feel susmemish. My					busy and thought it was pointless to		
it won't matter. I don't need sustemance. It's like end of life. Not attached to what gives keeps you alive.  1811 11 23 Stomach No need for it anymore. It's over.  I woke up and feel squaemish. My					eat. What's the point. I'm so busy and		
attached to what gives keeps you alive.  No need for it anymore. It's over.  I woke up and feel squeamish. My  I woke up and feel squeamish. My					it won't matter. I don't need		
1811 11 23 Stomach No need for it anymore. It's over.  I woke up and feel squeamish. My					sustenance. It's like end of life. Not		
I woke up and feel squeamish. My	101			33 6:	attached to what gives keeps you alive.	CTOMACH ADDETITE diminished	MND DELUCIONS drive he is
I woke up and feel squeamish. My stomach had a knot in it.  Stomach Stomach had a knot in it.  STOMACH - KNOTTED TOGETHER; SENSATION AS IF	1811	11		23 Stomacn		STUMACH - APPETITE - diminished	PILIND - DECUSIONS - USHING - IIE IS
1812 12 7:20 14 Stomach Stomach had a knot in it. STOMACH - KNOTTED TOGETHER; SENSATION AS IF	40.0	, .		44 61	I woke up and feel squeamish. My	CTOMACH MAIOTTED TOCETHED, CENCATION 12 17	
	1812	12	/:20	14 Stomach	stomach had a knot in it.	STOMACH - KNOTTED TOGETHER; SENSATION AS IF	

Prover Publicat Timestamp	In my solar plexus, it is like a lump that sits in my stomach, like I've eaten a heavy meal and it just sits there undigested.  That lump sensation in my stomach has returned. I feel it in my solar plexus.  I want to vomit. I am struggling.  Bread made my stomach heavy and nauseous.  Not eating as much.  Feeling gassy and bubbly feeling in stomach, I had it for about three hours.  Feel full, when I woke up until noon.  Nausea, better with eating salad.  Great thirst but drinking water makes me nauseous.	STOMACH - LUMP; SENSATION OF A  STOMACH - LUMP; SENSATION OF A  STOMACH - VOMITING  GENERALS - FOOD AND DRINKS - bread - agg- STOMACH - APPETITE - diminished  STOMACH - FLATULENCE OF STOMACH STOMACH - FULINESS, SENSATION OF - noon	Suggested Rub Suggested Rub Suggested Rub Suggested Rubric #5  STOMACH - FOOD - stays in stomach and will not go down  STOMACH - VO STOMACH - VC ABDOMEN - VOMITING - before - agg-  STOMACH - HEAVINESS - eating - after - agg-
1812         12         7:19         4         Stomach           1812         12         7:30         8         Stomach           1802-5         2         10:00         20-35         Stomach           1802-5         2         20:00         7         Stomach           1802-5         2         6:00         8         Stomach           1802-5         2         5:00         6         Stomach           1802-5         2         12:00         Stomach	that sits in my stomach, like I've eaten a heavy meal and it just sits there undigested.  That lump sensation in my stomach has returned. I feel it in my solar plexus.  I want to vomit. I am struggling.  Bread made my stomach heavy and nauseous.  Not eating as much.  Feeling gassy and bubbly feeling in stomach, I had it for about three hours.  Feel full, when I woke up until noon.  Nausea, better with eating salad.  Great thirst but drinking water makes	STOMACH - LUMP; SENSATION OF A  STOMACH - LUMP; SENSATION OF A  STOMACH - VOMITING  GENERALS - FOOD AND DRINKS - bread - agg- STOMACH - APPETITE - diminished  STOMACH - FLATULENCE OF STOMACH STOMACH - FULINESS, SENSATION OF - noon	STOMACH - VCABDOMEN - VOMITING - before - agg- STOMACH - HEAVINESS - eating - after - agg-
1812         12         7:19         4         Stomach           1812         12         7:30         8         Stomach           1802-S         2         10:00         20-35         Stomach           1802-S         2         20:00         7         Stomach           1802-S         2         6:00         8         Stomach           1802-S         2         5:00         6         Stomach           1802-S         2         12:00         Stomach	a heavy meal and it just sits there undigested. That lump sensation in my stomach has returned. I feel it in my solar plexus. I want to vomit. I am struggling. Bread made my stomach heavy and nauseous. Not eating as much. Feeling gassy and bubbly feeling in stomach, I had it for about three hours. Feel full, when I woke up until noon. Nausea, better with eating salad. Great thirst but drinking water makes	STOMACH - LUMP; SENSATION OF A  STOMACH - LUMP; SENSATION OF A  STOMACH - VOMITING  GENERALS - FOOD AND DRINKS - bread - agg- STOMACH - APPETITE - diminished  STOMACH - FLATULENCE OF STOMACH STOMACH - FULINESS, SENSATION OF - noon	STOMACH - VCABDOMEN - VOMITING - before - agg- STOMACH - HEAVINESS - eating - after - agg-
1812         12         7:19         4 Stomach           1812         12         7:30         8 Stomach           1802-S         2         10:00         20-35 Stomach           1802-S         2         20:00         7 Stomach           1802-S         2         6:00         8 Stomach           1802-S         2         5:00         6 Stomach           1802-S         2         12:00         Stomach	That lump sensation in my stomach has returned. I feel it in my solar plexus.  I want to vomit. I am struggling.  Bread made my stomach heavy and nauseous.  Not eating as much.  Feeling gassy and bubbly feeling in stomach, I had it for about three hours.  Feel full, when I woke up until noon.  Nausea, better with eating salad.  Great thirst but drinking water makes	STOMACH - LUMP; SENSATION OF A STOMACH - VOMITING  GENERALS - FOOD AND DRINKS - bread - agg- STOMACH - APPETITE - diminished  STOMACH - FLATULENCE OF STOMACH STOMACH - FULINESS, SENSATION OF - noon	STOMACH - VCABDOMEN - VOMITING - before - agg- STOMACH - HEAVINESS - eating - after - agg-
1812         12         7:30         8 Stomach           1802-S         2         10:00         20-35 Stomach           1802-S         2         20:00         7 Stomach           1802-S         2         6:00         8 Stomach           1802-S         2         5:00         6 Stomach           1802-S         2         12:00         Stomach	has returned. I feel it in my solar plexus.  I want to vomit. I am struggling. Bread made my stomach heavy and nauseous. Not eating as much. Feeling gassy and bubbly feeling in stomach, I had it for about three hours. Feel full, when I woke up until noon. Nausea, better with eating salad. Great thirst but drinking water makes	STOMACH - VOMITING  GENERALS - FOOD AND DRINKS - bread - agg- STOMACH - APPETITE - diminished  STOMACH - FLATULENCE OF STOMACH STOMACH - FULINESS, SENSATION OF - noon	STOMACH - HEAVINESS - eating - after - agg-
1812         12         7:30         8 Stomach           1802-S         2         10:00         20-35 Stomach           1802-S         2         20:00         7 Stomach           1802-S         2         6:00         8 Stomach           1802-S         2         5:00         6 Stomach           1802-S         2         12:00         Stomach	plexus.  I want to vomit. I am struggling.  Bread made my stomach heavy and nauseous.  Not eating as much.  Feeling gassy and bubbly feeling in stomach, I had it for about three hours.  Feel full, when I woke up until noon.  Nausea, better with eating salad.  Great thirst but drinking water makes	STOMACH - VOMITING  GENERALS - FOOD AND DRINKS - bread - agg- STOMACH - APPETITE - diminished  STOMACH - FLATULENCE OF STOMACH STOMACH - FULINESS, SENSATION OF - noon	STOMACH - HEAVINESS - eating - after - agg-
1812         12         7:30         8 Stomach           1802-S         2         10:00         20-35 Stomach           1802-S         2         20:00         7 Stomach           1802-S         2         6:00         8 Stomach           1802-S         2         5:00         6 Stomach           1802-S         2         12:00         Stomach	I want to vomit. I am struggling. Bread made my stomach heavy and nauseous. Not eating as much. Feeling gassy and bubbly feeling in stomach, I had it for about three hours. Feel full, when I woke up until noon. Nausea, better with eating salad. Great thirst but drinking water makes	STOMACH - VOMITING  GENERALS - FOOD AND DRINKS - bread - agg- STOMACH - APPETITE - diminished  STOMACH - FLATULENCE OF STOMACH STOMACH - FULINESS, SENSATION OF - noon	STOMACH - HEAVINESS - eating - after - agg-
1802-S         2         10:00         20- 35         Stomach           1802-S         2         20:00         7         Stomach           1802-S         2         6:00         8         Stomach           1802-S         2         5:00         6         Stomach           1802-S         2         12:00         Stomach	Bread made my stomach heavy and nauseous.  Not eating as much. Feeling gassy and bubbly feeling in stomach, I had it for about three hours. Feel full, when I woke up until noon. Nausea, better with eating salad. Great thirst but drinking water makes	GENERALS - FOOD AND DRINKS - bread - agg- STOMACH - APPETITE - diminished  STOMACH - FLATULENCE OF STOMACH STOMACH - FULLNESS, SENSATION OF - noon	STOMACH - HEAVINESS - eating - after - agg-
1802-S         2         20:00         7 Stomach           1802-S         2         6:00         8 Stomach           1802-S         2         5:00         6 Stomach           1802-S         2         12:00         Stomach	nauseous.  Not eating as much. Feeling gassy and bubbly feeling in stomach, I had it for about three hours. Feel full, when I woke up until noon. Nausea, better with eating salad. Great thirst but drinking water makes	STOMACH - APPETITE - diminished  STOMACH - FLATULENCE OF STOMACH STOMACH - FULINESS, SENSATION OF - noon	
1802-S         2         20:00         7 Stomach           1802-S         2         6:00         8 Stomach           1802-S         2         5:00         6 Stomach           1802-S         2         12:00         Stomach	Not eating as much. Feeling gassy and bubbly feeling in stomach, I had it for about three hours. Feel full, when I woke up until noon. Nausea, better with eating salad. Great thirst but drinking water makes	STOMACH - APPETITE - diminished  STOMACH - FLATULENCE OF STOMACH STOMACH - FULINESS, SENSATION OF - noon	
1802-S 2 6:00 8 Stomach 1802-S 2 5:00 6 Stomach 1802-S 2 12:00 Stomach	Feeling gassy and bubbly feeling in stomach, I had it for about three hours. Feel full, when I woke up until noon. Nausea, better with eating salad. Great thirst but drinking water makes	STOMACH - FLATULENCE OF STOMACH STOMACH - FULLNESS, SENSATION OF - noon	
1802-S         2         5:00         6         Stomach           1802-S         2         12:00         Stomach	stomach, I had it for about three hours. Feel full, when I woke up until noon. Nausea, better with eating salad. Great thirst but drinking water makes	STOMACH - FULLNESS, SENSATION OF - noon	
1802-S         2         5:00         6         Stomach           1802-S         2         12:00         Stomach	Feel full, when I woke up until noon. Nausea, better with eating salad. Great thirst but drinking water makes	STOMACH - FULLNESS, SENSATION OF - noon	
1802-S 2 12:00 Stomach	Nausea, better with eating salad. Great thirst but drinking water makes		STOMACH - BUBBLING
	Great thirst but drinking water makes		
1902 6		STOMACH - NAUSEA - eating - after - amel-	
	me nauseous.		
1803-S 3 7 Stomach		ABDOMEN - COMPLAINTS OF ABDOMEN - accompanied by - thirst	
	No desire for coffee feels it would be		
1803-S 3 5 Stomach	too much for system. Desire to have everything stay calm.	GENERALS - FOOD AND DRINKS - coffee - aversion	MIND - TRANQUILLITY
1803-S 3 5 Stomach	Gassy, smelly.	RECTUM - FLATUS - offensive	The Hongotteri
1803-S 3 5 Stomach	Low appetite.	STOMACH - APPETITE - diminished	
1803-S 3 19:30 1 Stomach		STOMACH - APPETITE - diminished STOMACH - APPETITE - diminished	
1111	Not thinking of food.		CENTRALS, FOOD AND DOTAINS, transport
1803-S 3 5 Stomach	I feel better after drinking black tea.	STOMACH - DISTENSION	GENERALS - FOOD AND DRINKS - tea - amel-
	Bloated after eating like gas trapped in stomach. Worse as night went on.		
	Strong cramp in abdomen, gripping,		
	gurgling. Thought I was passing gas		
	but I shit my pants. Ran to the		
	bathroom and had explosive diarrhea. Came with force, no holding it back.		
	Thick liquid. Smelled sickly sweet like a		
	bad baby's diaper. Filled the whole		
1803-S 3 7 Stomach	toilet.	STOMACH - DISTENSION - eating - after - agg-	STOOL - FLATUSTOOL - FORCIBLE, SUDDEN, GUSHING
1803-S 3 0:00 3 Stomach	Hungry, empty, with no appetite.	STOMACH - EMPTINESS - hunger - without	
1803-S 3 0:00 2 Stomach	Stomach rumbling, gurgling or		
1803-S 3 0:00 2 Stomach	bubbling after eating.	STOMACH - RUMBLING	STOMACH - GUSTOMACH - BUBBLING
1803-S 3 4 Stomach	While talking stomach getting agitated had to go was going to be sick.	STOMACH - TALKING AGG-	
1003-3 3 4 Stolladii	Threw up yesterday after talking to my		
	supervisor. As we talked my stomach		
	became more agitated. I felt weak.		
1803-S 3 10:30 5 Stomach	After speaking I feel much better.	STOMACH - TALKING AGG-	GENERALS - TAGENERALS - WEAKNESS - talking agg-
1803-S 3 4 Stomach	Unsettled stomach, nausea; I forced	CTOMACH UNIFACINECO	TTOMACH VICETOMACH VOMITING
1803-S 3 4 Stomach	vomit but only liquid came out.	STOMACH - UNEASINESS	STOMACH - VOSTOMACH - VOMITING
	Just after diarrhea I feel nauseous. Projectile vomit. So forceful. Four big		
	heaves. Hurt my esophagus and		
	diaphragm area like a cramp, muscles		
	were spasming. Mostly liquid.		
1803-S 3 7 Stomach	Wondered if it had to do with the sips of beer I had.	STOOL - FORCIBLE, SUDDEN, GUSHING	RECTUM - DIA STOMACH - VCTHROAT - PAI GENERALS - FOOD AND DRINKS - drinks - aversion - accompanied by - thirst
1807-S 7 Stomach	Been craving bad food, garbage food.	GENERALS - FOOD AND DRINKS - artificial food - agg-	Accided by Dail of Control of the Co
1810-S 10 0:00 1 Stomach	A wave of subtle warmth.	STOMACH - HEAT - sensation of	
1802 2 0:00 Stool	Great relief relaxation after stool.	GENERALS - STOOL - after - amel-	
1002 Z U:00 St00l	Pure liquid, like I was peeing out of my		
	ass. It wasn't unpleasant, not burning.		
	Just liquid. I was releasing a lot, a lot		
1804 4 14:16 1 Stool	of diarrhea.	STOOL - WATERY	STOOL - WATE STOOL - FORC RECTUM - DIARRHEA - painless
	I am somewhat constipated, my stools		
	are hard and dry, difficult to pass. This is unusal for me since I have been		
1805 5 8:00 1 Stool	eating paleo. The rectum feels dry.	RECTUM - CONSTIPATION	STOOL - DRY STOOL - DRY - RECTUM - CON RECTUM - PAIN - tenesmus
3 0.00	There is some blood on the tissue as I		Constant Control Contr
1805 5 8:03 1 Stool	wipe.	RECTUM - HEMORRHAGE FROM ANUS	
	Stools were like scalding hot water,		
1805 5 6:16 7 Stool	they were burning and acidic.	STOOL - BURNING	STOOL - ACRIESTOOL - WATE STOOL - HOT
	The stool smelled very sweet, like		
1805 5 18:47 5 Stool	mixed berries or something, and it was	STOOL - ODOR - sweetish	CTOOL CONSISTANCE CONSISTANCE OF CONTRACTOR
1000 5 18:47 5 St00l	rushing, forceful, and explosive.	STOOL - ODOR - Sweetish	STOOL - FORC STOOL - ODOR - fruity
	more than normal since taking the		
1806 6 23:00 1 Stool	remedy.	STOOL - FREQUENT	STOOL - COPICSTOOL - FREQUENT - normal stool
	Started having stomach cramps and		
	gas, relieved by diarrhea. Diarrhea was		
1808 8 20:30 3 Stool	light brown. Gas is not terribly offensive.	CTOMACH DAIN	STOMACH - PA GENERALS - DIARRHEA - amel-
1000 0 20:30 3 St00l		STOMACH - PAIN - cramping	STOPACH - FA GENERALS - DIARKREA - MINE-
	Mucus in stool. All the mucus I couldn't spit out passes through me and comes		
	out in the stool, which is coating the		
1803-S 3 7 Stool	stool which is small and hard.	STOOL - MUCOUS	STOOL - HARD
	Ache in tooth from surgery almost two		
1806 6 15:45 1 Teeth	weeks ago gone.	TEETH - PAIN - aching	

Prover	Prover Publicat	Timestamp	Day (# format) Mind/Body System	Concise Symptom Note	Suggested Rubric #1	Suggested Rub Suggested Rub Suggested Rub Suggested Rub	ric #5			
				During the procedure I relaxed with my eyes close. I feel like I was in control of						
1812	12	14:00	11 Teeth	my energy. I anticipate the pain of the	MIND ANTICIPATION doptict physicians before sping to	MIND - SELF-CONTROL - increased				
1012	12	14:00	11 reetii	Pain upper right molar, I can't chew	MIND - ANTICIPATION - dentist, physician; before going to	MIND - SELF-CONTROL - Ilicreased				
1810-S	10		10 Teeth	well on that side.	TEETH - PAIN - Upper teeth	TEETH - PAIN - TEETH - PAIN - chewing - agg-				
1802	2	13:04		Tightening of my throat.	THROAT - CONSTRICTION					
1802	2	13:10		Tightness in my throat.	THROAT - CONSTRICTION					
1802	2	0:00	Throat	Throat constriction.	THROAT - CONSTRICTION					
1802	2	0:00	Throat	Heaviness in throat accompanied by nausea.	THROAT - HEAVINESS	STOMACH - NAUSEA - Throat, in				
1802	2	0:00	Throat	I am only able to take small bites when eating.	THROAT - PAIN - eating - agg-	THROAT - PAIN STOMACH - EATING - small quantities - agg-				
1803	3	9:49	30 Throat	Tight. I am breathing into it. Well, actually, before I said it outloud, I feel tightness, now it just feels empty.	THROAT - CONSTRICTION - painful	THROAT - EMPTINESS				
1805	_	7:00	13 Throat	Cough, tickling in throat. Soreness is improved, but still feels thick and sore all over. Like burning is going up and causes the dripping	COUGH - TICKLING - Throat; in	THROAT - THICTHROAT - PAIN THROAT - PAIN - extending to	- Posterior nares			
	5					_	- Posterior nares			
1805	5	5:59	8 Throat	Thick clear mucus, tickling my throat.  Mucus is collecting in my throat, at the	THROAT - MUCUS - clear	THROAT - TICKLING				
1805	5	5:51	9 Throat	base of my throat. Thick mucus.	THROAT - MUCUS - thick	EXTERNAL THROAT - PAIN - Throat-pit - hawking of mucus				
1805	5	5:51	9 Throat	The mucus is clear to whitish today.	THROAT - MUCUS - white					
1805	5	5:00	29 Throat	My throat is really sore. This is similar to what I had on day 9.	THROAT - PAIN					
				Throat pain burning from the post nasal drip. I feel dry and burning throughout my sinuses and in my						
1805	5	5:23	28 Throat	throat.	THROAT - PAIN - burnt; as if	THROAT - PAIN NOSE - DISCH, THROAT - MUCUS - drawn from	n posterior nares			
1805	5	5:59	8 Throat	Minor throat pain on swallowing this morning.	THROAT - PAIN - sore	THROAT - PAIN - morning - sore				
1805	5	5:45	9 Throat	My throat is really sore, it hurts to swallow.	THROAT - PAIN - sore	THROAT - PAIN - swallowing - after - agg-				
1805	5	17:15	12 Throat	My throat is still sore, very dry, red, and parched.	THROAT - PAIN - sore	THROAT - PAIN - dryness; with - burning				
1805	5	6:32	9 Throat	Dry, painful, parched throat, worse from swallowing.	THROAT - PAIN - swallowing - empty - agg-	THROAT - PAIN - dryness; with - burning				
1805	5	1:11	13 Throat	Extreme pain on swallowing. My throat is dry and burning.	THROAT - PAIN - swallowing - empty - agg-	THROAT - PAIN - dryness; with - burning				
1808	8	12:00	2 Throat	Slight tickle at the back of my throat, like I'm coming down with a cold.	THROAT - TICKLING					
				There remains a slight tickle at the back of my throat, like I'm coming						
1808	8	10:00		down with a cold.	THROAT - TICKLING					
1808	8	15:00	3 Throat	No more throat symptoms!  Throat is constricted, I had to take	X					
1802-S	2	12:00	#6 Throat	small bites when eating because throat was tight. I had it all day.	THROAT - CONSTRICTION	THROAT - CON THROAT - PAIN - eating - agg-				
				Tickle in throat is dry. Cough clears the						
1803-S	3	0:00		tickle. Loose, cold sensation in throat. Icy	COUGH - TICKLING - Throat; in					
1803-S	3	19:30	1 Throat	coldness. Sore and swollen in throat and lymph	THROAT - COLDNESS, SENSATION OF	THROAT - COLDNESS, SENSATION OF - icy coldness				
1803-S	3	0:00	2 Throat	nodes.	THROAT - INFLAMMATION	EXTERNAL THR EXTERNAL THR GENERALS - SWELLING - Glan	ds; of			
1803-S	3	0:00		Burning heat in throat after eating.	THROAT - PAIN - burning	THROAT - PAIN - eating - after - agg burning				
1803-S	3		4 Throat	Sore throat is improved Sore on right side in tonsils and back of	THROAT - PAIN - sore					
1803-S	3		8 Throat	mouth goes to ear; worse on empty swallowing.	THROAT - ULCERS - Tonsils	THROAT - PAIN - swallowing - empty - agg-				
1810	10	12:00	19 Urination	I think that the frequency of urination and bladder not feeling empty symptoms, have improved.	BLADDER - URINATION - urging to urinate - accompanied by -	disch BLADDER - FULLNESS, SENSATION OF - urination - after - ag	ıg-			
1803-S	3		7 Urination	Urine comes out before fully sitting on toilet.	BLADDER - URINATION - involuntary					
1803-S	3		7 Urine	Mucus in urine.	URINE - SEDIMENT - mucous					
1802	2	0:00		Blurriness, snow in eyes after eating maple syrup.	VISION - BLURRED					
1811-S	11	0:00		A lot of coming and going. The blue- gray vision is coming and going	VISION - COLORS BEFORE THE EYES - blue					
1811-S	11	0:00		Everything still seems gray	VISION - COLORS BEFORE THE EYES - gray - cover before the	eyes; a gray				
	11	0:00		Not seeing gray any longer. I don't feel much.	VISION - COLORS BEFORE THE EYES - gray - cover before the					
	11		6 Vision	Gray or blue filter is gone	VISION - FOGGY	VISION - COLOVISION - COLOVISION - COLORS BEFORE TH	E EYES - blue			
1811-S 1811-S	11		3 Vision	Not seeing gray any longer. I don't feel much.	VISION - COLORS BEFORE THE EYES - gray - cover before the	eyes; a gray	E EYE	:S - blue	:S - blue	.S - blue