

Gavier Immer



Proving of the Common Loon

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Class 6 and 7

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Table of Contents

The Loon	4
Themes - Mentals	9
Apathy vs. Productivity.....	9
Birds.....	11
Contamination, Filthy, Disgust, In Disrepair	12
Desire for Nature and Fresh Air.....	15
Distance and Space from Others	17
Exhausted, Waking with the Birds.....	19
Gaining a Deeper Understanding	21
Grief	22
Insects.....	24
Irritable	25
No Worries.....	27
Playfulness, Attractiveness, Sexuality	29
Spacey, Disconnected.....	31
Vigilance	33
Water/Flowing/Floating	35
Themes – Physicals	36
Burning	36
Dryness	37
Extremities: weak, trembling, pain.....	38
Heat	39
Heaviness.....	40
Heightened Senses: Hearing, Smell, and Vision	41

Lump Sensation 42

Pains: piercing, sticking, poking, pricking 43

Pulsation 45

Red, dry, crusty, irritated, sensitive eyes 46

Throat 47

The Loon

BREEDING & BIOLOGY: Loons are usually monogamous and will seek another mate after the death of one of the pair. They begin to breed between the ages of four and seven years old; loons breed annually and will re-nest should their first nest be disturbed by weather or by predators. Their clutch size is small, one to three eggs on a hollowed-out mound of dirt and plant matter on water edge; incubation is 26 to 29 days, both the male and female bird incubate the eggs. The young are precocial this means the young are relatively mature and mobile from the moment of birth or hatching; the loon can leave the nest within the day after hatching. They eat fresh whole foods caught by their parents.

“...when the Loon is breeding, it will dart down suddenly from the air, and alight securely in its nest. I have never witnessed such a procedure, although I have closely watched, from under cover, at least twenty pairs. On such occasions I have seen the incubating bird pass over the dear spot several times in succession, gradually rounding and descending so as at last to alight obliquely on the water, which it always did at a considerable distance from the nest, and did not approach it until after glancing around and listening attentively, as if to assure itself that it was not watched, when it would swim to the shore, and resume its office.”¹

These loons are graceful swimmers and divers, with red eyes, a black head, white body, and checkered black and white mantle; they are 24 – 40 inches in length with a 4 – 5 foot wingspan; they require a long distance in order to take off in flight. Their feet are set back on their bodies, making the loon excellent swimmers and cause difficulty in walking. However, they are expert divers with the ability to go to depths of over 90 feet.

“Although its wings are rather small, its flight is strong and rapid, so that it is enabled to traverse a large extent of country on wing. When traveling, or even when only raised from its nest, it moves through the air with all the swiftness of the other species of its tribe, generally passing directly from one point to another, however distant it may be. Its long transits are at times performed at so great an elevation that its form can scarcely be distinguished, and yet, even then, in calm weather, the noise of its wings striking the air comes distinctly on your ear.”¹

MIGRATION & GEOGRAPHIC RANGE: “The geographic location of the common loon during the breeding season is in forested areas surrounding freshwater, oligotrophic lakes in the northern region of North America, Greenland, and Iceland. During the winter months, the common loon migrates to coastal marine habitats in the southern portion of North America. Migration for the winter occurs between September and December and migration for the summer occurs between March and June. Migration groups can be composed of thousands of irregularly spaced individuals, a small group of individuals, or a single individual.”²

CLASSIFICATION: *Gavia Immer* is one of five species in the Gaviidae family that can trace its genetic roots back to over one-hundred million years ago.

FOOD HABITS: Primarily fish-eaters, the loon in salt water eats herring (Clupeidae), flounder (Platichthys flesus), salmon and sea trout (Salmonidae; Onchorynchus tshawytscha); rock fish (Sebastes borealis), their freshwater diet includes sunfish (Centrarchidae), pike (Esocidae), bass (Moronidae), perch (Percidae), and trout (Salmonidae). They are specialists, when waters are murky they will eat frogs (Anura), crayfish (Astacus and Pacifastacus leniusculus), shrimp (Caridea), leeches (Hirudo) and large aquatic insects.

“Unlike the Cormorant, the Loon usually swallows its food under the water, unless when it happens to bring up a shell-fish or a crustaceous animal, which it munches for awhile before it swallows it. Fishes of numerous kinds, aquatic insects, water-lizards, frogs, and leeches, have been found by me in its stomach, in which there is also generally much coarse gravel, and sometimes the roots of fresh-water plants.”¹

MERCURY, METHYLMERCURY & SELENIUM TOXICITY: Ecotoxicity is an issue of great concern for the common loon. Acid rain, industrial waste, and pollutants collect in freshwater lakes; the common loon (*Gavia immer*) and bald eagles (*Haliaeetus leucocephalus*), both fish eaters are therefore susceptible to poisons that affect neurochemistry such as, but not limited to, mercury, methylmercury, and selenium poisoning.

PREDATORS: Humans are predators of the loon by way of drowning in fishing nets, lead poisoning from fishing weights, pollution, acid rain, and chemical contamination from industrial waste; non-human predators typically focus their efforts on the young loon, they include snapping turtles foxes (*Aplex*, *Urocyon*, and *Vulpes*), (*Chelydra serpentina*); crows (*Corvus brachyrhynchos*), and ravens (*Corvus corax*); bald eagles (*Haliaeetus leucocephalus*); gulls (*Larus*); skunks (*Mephitis*); as well as mink and weasels (*Mustela*).

NAME: *Gavia immer*, the Common Loon, the Great Northern Diver. *Gavia* is Latin for ‘sea smew’ (loons are not smew); the specific meaning of ‘immer’ is etymologically unknown. The Latin word ‘immergo’, means to immerse, and ‘immersus’ means, deeply submerged; the Swedish words immer and emmer, are terms for the grey or blackened ashes of a fire, and are associated to the loon's dark plumage. Other names include big loon, black-billed loon, call-up-a-storm, ember-goose, greenhead, guine-a-duck, imber diver, ring-necked loon, and walloon.

USES: Ancient peoples ate loons. The loons’ diver skin used for making cloth, caps karpuses, a kind of cap or hood that protects the ears and neck), bags and other items are well-known from the circumpolar area. Alaskan Inuits made loon-skin parkas made entirely from the neck skin and feathers. “The great northern diver has played a significant role in the traditional environmental knowledge of the various people living within its range. Of course its impact has been greater in North America, where the species is common in the boreal and sub arctic areas. It has there been of great importance from economic, symbolic and cognitive aspects. However, its size, loud voice and its behaviour have also attracted the people on the island and coastal societies of the northern Atlantic sea. It has been a well-known bird both in Norse and Celtic traditions and it has been seen as a weather prophet, but also its meat and skin, and the live bird have been utilized too.”⁵

WATCHDOG: “An interesting feature in this whole story is the fact that the great northern diver seems also to have been caught alive in Greenland in former times and used as a “watchdog”, i.e. tied with a rope around its legs or neck and put somewhere high up (e.g. on a house-top or roof), “on guard”, so to speak, as it made loud sounds when it saw someone approaching, and thus warned the owner of coming visitors.” ⁵

MEDICINE: Several Native American Indians have a Loon Medicine Ceremony. Loon Medicine is an awakener and dream medicine.

FOLKLORE: “Divers have always played an important role in the folk ornithology of people of the circumpolar area. Peasants, hunters, herdsmen and others wandering in wetland areas and forests are well acquainted with their call, which can be heard over long distances in the evenings. Sometimes fishermen at sea have also encountered them. Five species exist within the area. The black-throated diver (*Gavia arctica*) and red-throated diver (*Gavia stellata*) have been most important in the folk ornithology over large parts of the circumpolar region. From north-east Russia and Siberia over to Alaska the white-billed diver/yellow-billed loon (*Gavia adamsii*) is of significance. In North America two other species, the Pacific diver (*Gavia pacifica*) and the great northern diver (*Gavia immer*), have been more important. The great northern diver or common loon is a widespread species that nests throughout the lake country of the northern United States, Canada, and Alaska.” ⁵

“Once a raven and a loon happened to meet, and they agreed to tattoo each other. First the raven tattooed the loon, and when it was done, the loon set about tattooing the raven. But the raven was very ill pleased with its tattooing, and would not keep still, and again and again the loon said: “If you won’t keep still, I will pour the soot I am using all over you.” At last the loon lost patience, and poured all the soot over the raven, and then ran out of the house. But just as the loon was on the point of disappearing, the raven picked up the fire stones that lay in the house and threw them at the loon. The fire stones struck the loon on the thighs, and it sank down and could hardly walk. From that day all ravens are black and all loons awkward on their feet” ³

THE COPPER INUITS: The mythology of loons focuses primarily on loons’ diving ability and their calls or their distinctive black and white feather patterns. The story of a miracle performed by a loon is one legend repeated in several ways. The Copper Inuit tribe, in western-most Canada, tells of a loon who restores the sight of a blind boy. In other tribes, a variant version tells of a shaman who was sight was cured by a loon. In one version, the shaman carried on the back of the loon to the bottom of the lake several times curing his blindness. In gratitude, the loon receives a necklace from the boy or shaman; this necklace, thrown over the loon’s head and becomes the white pattern of feathers which we know as the loon’s necklace.

THE LOON’S NECKLACE: A Canadian movie about the legend that explains the white band around the black neck of the loon. Kelora, the main character, once a proud medicine man, blind and neglected in his old age; however, his totem, the loon, remains faithful to him and gives him back his sight. In gratitude Kelora places his necklace of magic shells around the loon’s neck, where it remains to this day in her ancestors. Directed by Radford Crawley, 1950.

SONG OF THE LOON: The loon has a connection to the ancient world, a vigilant bird whose hauntingly eerie voice pierces the veils between worlds. "During the summer the loons' voice has been described as falsetto wails, weird yodeling, maniacal quavering laughter, and at night as a tremulous ha-oo-oo; in flight as a barking kwuk. Winters find this bird quiet." ⁴

The Indians in the Pacific Northwest traveled mainly by water, because the forest was so thick it was difficult to travel by land. This story tells how they were able to find their way back to shore.

One day, a little girl went deep into the forest. She walked until she found a family of loons. She stopped and played with the loons. In fact, she stayed for several days, becoming good friends with the loons. They taught her many things. But, soon, she knew it was time to return to her family, so she said good bye and returned to her village.

In time, this little girl grew to be a Mother and then Grandmother. One day she was out in a canoe with her two Grandchildren. All of the sudden the fog rolled in. They couldn't see the shore. They heard a splashing off in the distance. The children thought it was a sea monster. But, the Grandmother knew it was something far worse. It was hunters from a tribe farther north. If they captured them, they would take them as slaves. The children would never see their family or village again.

The Grandmother told the children to get down in the canoe and be quiet. The other canoe passed by them without seeing them. The children were still hiding in the bottom of the canoe. But, how would they find their way back to the village? How would they avoid the hunters in the other canoe? The Grandmother started to sing. This was a strange song. The Grandmother sang often, and the children knew all of her songs. They thought. The children looked up. Where their Grandmother had been sitting, there was a giant loon. It spread its wings and flew out of the canoe. It circled the canoe and then flew off. The children watched it fly off into the fog. Soon, the loon returned and circled again. When it left, this time, the children followed it. It led them safely back to their village. For you see, only the loon has eyes that can see through the fog.

When the Grandmother was a girl, playing with the loons, they thought her a song. If she ever sang that song, she would change into a loon forever. So when the Indians were canoeing in the fog, they always listen for Grandmother loon to guide them back to shore." ⁶

SYMBOLISM: The common loon is the state bird of Minnesota, United States and the provincial bird of Ontario, Canada.

Remedy Source Information was gathered from the author's personal experience/knowledge and the following references:

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Themes - Mentals

Apathy vs. Productivity

"I just lay in bed, not wanting to be productive "

"feel very energized, my industriousness is pronounced."

Tasks they don't want to do are approached with apathy, indifference, and sometimes even resentment. Just doing as they please, they find themselves doing something seemingly unimportant just because they want to instead of what they are supposed to do. They enjoy this break in routine. If they do try to work or meet their obligations, they may have an inability to concentrate or focus. Life may seem to be without joy while compelled to perform a task they would rather not.

On the other side, there is also productivity and focus. When they are doing something they want to, there is both enjoyment and focus. They enjoy being outside and tending to their home. They may want to clean, organize, or complete projects around the house. They may also want to just be outside, walking or gardening. They feel a sense of duty to be productive at times, especially concerning the home or family.

They seem to oscillate between these two sides, apathy and productivity, with periods of both. They seem to feel this teetering between the two and may even feel they achieve a balance between rest and productivity.

Rebelling against work and obligations

- ". I **didn't want to do what I was supposed to...** I completely **rebelled against my to do list**" (19)
- "Also I don't want to be at work. I **just don't wanna be here**. It's really hard to concentrate. I'm more distractible." (24)
- "I like this, **it breaks the routine**" (13)
- "I wanted only to finish the duties that felt a bit burdensome **so I could be free** to enjoy any kind of free time." (05)
- "It's also a freeing feeling, because much of **my responsibility has gone**." (09)
- "I decided to **play hooky** from the first half of work" (02)
- "I did it again! I found **another dilly-dally job** that isn't a priority and did it instead of the important stuff." (19)
- "I feel **my responsibilities are very imposing** and I desire a sabbatical from them." (05)
- "I need a **vacation**. I'd like to lay at a beach, read a book, relax, eat good food, hiking a bit. I want to **go to a different environment**" (04)

Apathetic

- "**I have no desire to do anything**. I feel **completely apathetic**." (02)

- “**The joy has been taken out of everything.** The days have felt like a series of tasks, moving from one task to the next. **Mundane.**” (02)
- “I [usually] read every night; I just **haven’t bothered with it** now.” (05)
- “feeling **bored, unmotivated**” (13)
- “I just lay in bed, **not wanting to be productive** “ (13)
- “I have been sitting here for the last 10 minutes and have been trying to identify my feelings right now... flippant, a ‘so what’ and ‘**who gives a rats petite**’ ‘about any thing anyhow?’” (19)
- “With this, I feel apathetic, **like it just doesn’t matter.** “ (02)
- “I stayed somewhat focused at work **but didn’t want to attend to it.** I felt myself wanting to drift away from it. “ (04)

Feeling Responsible, Desire to fluff my nest

- "Realize that when it comes to work, I can’t just think about anything or anyone without feeling responsible for it/them." (21)
- "I feel a great **duty and responsibility** for completing this task." (09)
- “**I had a strong desire to fluff my nest** (clean, organize and de-clutter my home)” (05)
- “The feeling was that I just wanted to **stay home and do things in the garden and inside my house**...I feel I want to be outside most of the time, and am resenting anything I have to do inside that is not directly related to **putting my house in order.**” (05)
- “ **Have finished some projects** around the house that have taken years to finish “ (08)

Productive, Clear thinking, focused

- “**Clear thinking, quite focused.**” (19)
- “I feel like I am on caffeine but I haven’t had any today. **Feel very energized, my industriousness is pronounced.**” (04)
- “... but actually got a lot done. I have been **really focused** and able to get ahead at work too.” (20)
- “**Yard work, I just love it! It gets me jazzed,** just being out “ (05)
- “I am getting things accomplished, with moments of resting, having some down time too...**being productive and having a balance between being productive and rest.**” (04)
- "I overworked today. I had a strong drive to accomplish well into the night." (01)
- “feeling **very productive** this morning.” (13)
- “I feel a **great duty and responsibility** for completing this task.” (09)
- “Concentration was good. But I really really enjoy this class. **It consumes me.**” (19)

Birds

“Saw a male cardinal on the other lane. There was nothing in the road for him to eat...”

There are many images of birds. Birds are heard upon waking, often waking at early hours with the birds. Birds are noticed in everyday life with interest and sometimes empathy. Birds are seen in dreams at night and heard at times during the day.

- “Very **aware of sounds, birds** outside.” (03)
- “I have always liked birds and typically enjoy them, but **the times I hear them feels more heightened** and feels significant in some indefinable way.” (05)
- “**Birds - continued attention to them.** Notice that the singing is sweet sounding and seems to open up my heart more, very aware of this.” (13)
- “**I am watching two birds.** The big one was trying to intimidate the small one by puffing up its wings. The small one would make a snipe at the big one and it would go running. It was very comical and the scene kept repeating itself.” (03)
- “See two dead birds within two blocks at one point on my walk. They appear to be young crows. First thought is of the bird flu, wondering **how these birds died.**” (03)
- “**Awoke to the chirping birds** and then went back to sleep.” (04)
- “sat quietly on the couch, **image of the ducks comes into my mind** and stays in my head. Want to be outdoors, in the woods, but not deep woods. Want to breathe air and go outside.” (03)
- “My imagination started to take off, and I thought the **mother [duck] may have sacrificed herself** to a predator in order to protect her babies.” (09)
- “Saw a **male cardinal** on the other lane. There was nothing in the road for him to eat. My imagination was thinking this is spring, he should be by his female, he should be feeding her.” (09)
- “(dream) **I am coming up over a hill, sort of eagle eye view, sort of not, like a plane coming in for a landing (flying).**” (13)
- “(dream) I am out with people on a boat and there is something to do with **an eagle.** Sense of duty in the dream and of being on guard.” (01)

7 (out of 18) provers experienced a connection or increased awareness of birds (1, 3, 4, 5, 6, 9, 13)

Contamination, Filthy, Disgust, In Disrepair

"...the ickiness of the water, there was some sort of algae in it."

The loon's natural habitat has suffered degradation in recent years, perhaps accounting for the reoccurring themes of contamination, filth, and disgust. As the loon's water quality has suffered in the wild, so do the dreams reflect, dark, murky, and contaminated water. At times there was a sensitivity to disgust about the contamination they experienced but at other times it was just accepted.

Descriptive words were used to describe the things they saw or felt that were contaminated such as "filth", "dilapidated", "disgust", "murky", "moldy", "slime", "ickiness", etc. They would see or dream of things like dirty toilets or waste, of piles of garbage, of dirt, and of flood waters.

As a response they might want to clean or repair the ruined objects. They might want to clean their house or to clean a "blackened" object to restore it.

Dirty Water, Toilets, Waste, Dirt

- (dream) "Had a dream that night of a **liquid in a glass that was dark brownish and had moldy blobs coming up from the bottom of the glass**. No real emotion with this...it was just a very clear image." (05)
- (dream) "... about being in a forested swamp, in a house that was **flooding- water and slime rising up all around . . .**" (08)
- (dream) ". . . **the ickiness of the water, there was some sort of algae** in it. But I wasn't going to die from that. . . ." (19)
- (dream) "I needed to put my hands **into the water** to somehow **release the gross stuff that was sitting in this urinal**. I remember feeling **very grossed out and disgusted**" (05)
- (dream) ". . . in the toilet were **remnants of someone's stool**. I no longer felt like I could get clean in that place." (02)
- "I have been using the word 'smarmy' a lot. It feels like it is the **perfect expression of murky, unclear or slightly unethical**." (19)
- ". . . two birds sitting on my car. One had **defecated** and it dripped all the way down the window. " (03)
- (dream) ". . .our dog had **pooped on the bed** and had then moved the stools to the floor!?" (02)
- (dream) "...The only **toilets** I could find were **horrendously filthy**, or broken beyond repair, or missing altogether. There was a sense of urgency to find a decent place to go to the bathroom." (05)

Disgust, Repulsive

"I don't mind crushing bugs in the garden with my hands but caterpillars are **repulsive**." (02)

". . . acutely aware that outside of homeopathy, these people would call me a 'freak', and have **disgust and despise** me." (19)

"(lying on my back I get an image) of my head as a **black rotted mass of stuff**. Gross, horrible to look at. Feeling it was just there lying open. Felt like the [she] didn't want to talk with me, as if she could see the gross, black stuff too. My face looked like a **rotted eggplant, fleshy and rotten.**" (07)

"I start to think about being wrapped up, cocoon-like. Immediately, I think of cicadas and I am **disgusted.**" (02)

- "I find myself thinking about having sex with women I have no attraction towards. It's as if the act of perversity is the driving force. I'm not normally puritanical about having passions, but there is **something filthy about this sexual quality.**" (02)
- (Dream) "There was a man who was following me and he looked all **disheveled and surly** and seemed to be stalking me." (05)

Ruined, Dilapidated

- (dream) "It seemed our neighbors hauled in some **black dirt into their yard and into ours!** We didn't ask for this. They said they would have it cleaned up and rearranged. Well, there was a lot of dirt and didn't look real hopeful that it would be any time soon." (19)
- "For a moment, I felt like I was in a time warp. Even the buildings **looked old and dilapidated.**" (02)
- (dream) "The house is **very old and large and in disrepair.** . . .I am walking around the house noticing all the repairs that have to be made and thinking that there is a lot to do." (13)
- "I see a woman **with a beat up car.** . . . It makes me feel like **everything is going to hell and nothing is right.**" (02)
- (dream) "I was outside **in white pants and this man splashed mud all over them – ruined!!**" (06)
- (dream) ". . . the Teflon separated off of our new pans. It was frustrating because they were **new pans and now they were ruined.**" (19)
- "The feeling that she can't put things back together, can't repair the "cracks" or the dissention she feels and sees all around her. She is left with feeling helpless (cannot **repair the crack, cannot bring in unity) and hopeless about this.**" (19)
- (Dream) "see a woman on a motorcycle hit a semi-truck right in front of me; her head is smashed like a pumpkin. I feel the sinking in my gut . . . **I know it's too late for her, her head is smashed.** " (06)

Clean or Dirty/Cleaning

- "...Eventually, I did find a really **nice light pink toilet that was clean.**" (05)
- (dream) "A dirty toilet (again!) I had a thought in **the dream to clean this toilet** and I think I did, or at least started to but it wasn't worth it so I stopped." (05)
- (dream) "Shower curtain has to do with cleaning—keep the kitchen and bathrooms **clean** to keep the germs away from my family." (09)

- (dream) " . . . started scrapping away at the grease and food in order to **restore the pan back to good condition.**" (02)
- "I had a strong desire to fluff my nest (**clean**, organize and de-clutter my home)" (05)

9 (out of 18) proverbs had connection with filth or disgust (2, 3, 5, 6, 7, 8, 9, 13, 19)

Desire for Nature and Fresh Air

“Want to be outdoors, in the woods, but not deep woods”

There is a desire for fresh air and the wanting to be outside. Breathing seemed to be more important than usual--wanting to breathe fresh air. They have more awareness of their breath or sighing.

Related to the desire for fresh air there is also a desire to be in nature. They reveled at times in the beauty of nature and memories of being out in nature from their past. As expected, they can also be in tune to the weather. The awareness of nature and weather is often tied to their emotions. They might feel that the weather was ominous. They might have feelings of tension, agitation, or discouragement related to the weather. Nice weather brought out more relaxed positive feelings.

There is a desire to be away from civilization or society, not wanting to not deal with highways and cities. They might feel at a distance from civilization. There can be a sense of longing for home or enjoying home and gardens where they are more comfortable.

Breathing

- "I want to breathe in the **fresh air** from the window." (03)
- "Nothing helps. Take a breath, sigh, let it out." (06)
- ". . . she is **sighing a lot**, . . . and she is sighing in a way where she puffs her cheeks out and blows the air out." (19)
- ". . . feel overwhelmed like I **can't catch my breath** at work." (13)
- "Want to stretch out and breath deeply. **Need fresh air** like an accordion open up to fill with air." (03)

Desire for nature

- "**Want to be outdoors, in the woods, but not deep woods.** Want to breathe air and go outside." (03)
- "**The prairie, I miss the horizon and the smell of the dirt, the trees.**" (19)
- "It would be nice to be in a canoe in the middle of a lake; **in the middle of a quiet still lake.**" (03)
- ". . . **we sat outside in our backyard** and sat on a swing that we have and just enjoyed the scenery of our yard." (04)
- "I feel I **want to be outside** most of the time . . ." (05)
- "Was outside in the beautiful weather today, **enjoying nature.** I felt happy, content. I have lots of energy." (09)
- "**my garden** seems to be bursting forth.." (03)
- "Desires quiet **except the sounds of birds are desired . . .**" (03)

Affected by the Weather

- "There is something about seeing the **silver leaves in the wind**, I find it agitating and discouraging." (02)

- **"I look at the sky and get a horrible feeling.** The haziness of a sunny day brings tension for me. I would rather it just rain." (02)
- ". . . I realize I don't have the necessary energy to compete with the sky. It looks stormy. It isn't the rain I'm concerned about, it's more the ambiance of tempestuous sky."
- ". . . temperature is already in the 80s and **is very windy and humid. It weighs down on me.** I feel all done in. . . ." (03)
- "Was outside in the **beautiful weather today, enjoying nature.** I felt happy, content. I have lots of energy." (09)
- ". . . **saw a rainbow.** I enjoyed watching the changes it went through as I drove. It helped **soothe** that agitated feeling I had a lot of the day." (03)

Wanting to be away from civilization, society or the world

- "am dreading the city, going to school, driving in traffic, sitting with people, making conversation, taking notes." (03)
- "I'm driving and feeling isolated. . . . **Separate from the world in some way.** As you do when you need to pop your ears, but more mental," (06)
- "I am hearing cars in the driveway; the **cars' sounds make me nervous.**" (13)
- "As I get close to home I realize I am hungry and feel **oppressed by the traffic lights**" (13)
- I am snuffing out the trails. As soon as **on paved area, I got pissed off.**" (15)
- ". . . idea of **driving on highways is too much . . .**" (07)
- "A sensation of stillness. That is what is important. Nothingness. Being by water that is undisturbed. No wind, no movement." (03)
- "It is as though this **force is pulling you away from the world.**" (03)

A desire for home or gardens

- " just wanted to **stay home and do things in the garden and inside my house.**" (05)
- "There is the theme of "**going home**", of wanting to go home, of wanting to be in the familiar, home setting that has come up." (19)
- "**Yard work, I just love it!** It gets me jazzed, just being out." (05)
- "Sinking down into couch, being held. Like you are in **the right place, at home.**" (03)
- "**I just wanted to do some gardening.** It felt really good to get things in the ground. It bothers me to have plants in their containers. It's as if they have no home and are root bound and starved." (02)

9 (out of 18) proverbs felt the desire to be out in nature (2, 3, 4, 5, 6, 7, 9, 13, 19)

Distance and Space from Others

"...and all I wanted to do was go off by myself and listen to music."

"I feel more isolated than normal. . ."

"I'm dying to get away. Feeling trapped"

There is a need for distance from people. Other people irritate them or they just don't want to engage. Wanting to avoid crowds came up. At other times the opposite feeling came up, and they are feeling alone or had too much distance from other people. Sometimes feeling excluded, they feel a lack of connection and are down about that.

They also want to have more freedom in their other choices and there is sensitivity to feeling trapped or confined mentally or physically.

Wanting freedom from others, need for space or distance from others, not feel crowded

- "Mood is "cranky" people are **pissing me off-just that they even exist.**" (24)
- **"...and all I wanted to do was go off by myself and listen to music."** (21)
- ". . . called a friend and **suddenly did not want to talk with him** and really wanted to hang up." (13)
- "While at the gym I felt **relief that it is not crowded**" (13)
- "It feels like I'd **rather be in a little enclosure in the back of the room and just observe.**" (03)
- "One of them wants to hold me. I let her but it doesn't feel like what I want. **I don't want people close.**" (03)
- "I feel as if people will think I am a bitch because **I don't want to engage.**" (03)

Feeling trapped, constricted or confined (needing distance)

- ". . . feel crabby, **thwarted, trapped** (at the grocery store)." (13)
- "The sheet is too tight at the end of the bed, which makes me **feel incredibly confined.**" (02)
- "Putting on the sling to hold my daughter, I **feel very constricted** and take it off in haste." (02)
- ". . . here is how it feels: I **am bound (can't move arms and legs) and gagged** (can't speak)." (09)
- "I'm dying to get away. **Feeling trapped**, not in the mood." (15)

Feeling isolated from others

- "I feel **more isolated than normal.** . . . This makes me feel like I lack any real connection with others." (02)
- ". . . feel sad a little, that I continue to **want people who don't want to be with me.**" (13)
- "I **didn't feel like I really fit in** at any of the places, like I'm in some odd category of people." (03)
- **"...need from husband for some type of connection."** (05)

- ". . . a moment of feeling all by myself, alone wondering why no one notices me It is **like I am invisible.**" (13)
- **"...my children need me and I can't help them." (09)**
- "This makes me feel like I **lack any real connection with others.**" (02)
- ". . . feeling detached, going through the motions, **not connecting with people at work**, but acting like I am." (13)
- **"Didn't want to talk with anyone." (22)**
- "People trying to **exclude** me" (07)
- " very annoyed I could not hear her... I wanted to get **off the phone.** I did **not want to talk** to her." (05)
- "...Prover has feelings about not being able to attend the Proving Meeting in June. **Feels left out.**" (08)

11 (out of 18) provers experienced either need for distance, feeling of confinement, and/or isolation (2, 3, 5, 7, 8, 9, 13, 15, 21, 22, 24)

Exhausted, Waking with the Birds

“up with the birds, now I am aware of their singing”

Sleep patterns are disrupted. They wake early, with the birds, often to the sounds of the birds. Waking at 4:00 am is typical. Sometimes they wake refreshed and energized and ready for the day. Despite this and partly due, most likely, to the early rising, they find themselves tired during the day. Sometimes they catch themselves yawning more than normal. In addition, even when sleep is sufficient, they still find themselves exhausted and dragging towards afternoons. Some resort to afternoon naps to restore their strength, some just wish they could nap. Experiencing this tiredness was very common. This may coincide with the Apathy we also see. They are exhausted. Their energy is low.

There maybe deep nighttime sleep, or their sleep may be disrupted in the night.

Exhausted, Tired, No Energy

- “Overall **tired** and apathetic...**Energy low**” (01)
- “I am **so tired today**. I am **dragging my body around**” (02)
- “I have **less energy** today to do my usual chores” (09)
- “**low energy**, ran 1 mile and felt **like I was pulling a cart behind me**” (20)
- “still feeling detached, **running out of energy** for the day” (13)
- “**I am exhausted.**” (19)
- “**Almost too tired** to enjoy granddaughter” (22)
- “I was **yawning a lot**...which is more frequent.” (04)

Better when get moving

- “Extremely tired, full body exhaustion, **better moving**” (21)
- “Sedentary. I get sleepy; **while moving** I get animated and **feel energy**” (04)

Taking Naps

- “**Slept most of the day**” (22)
- “took a **half hour nap in my car**” (05)
- “I took a **one hour nap**, and I feel a little more energetic” (09)

Wake Early, Wake with the birds

- “I was **woke up at about 4:15 a.m.** by a sound” (03)
- “**Woke up too early** this morning, at about **4 AM** (usually wake at 5 AM)” (19)
- “**up with the birds, now I am aware of their singing**” (13)

Woke Early, Then back to sleep

- “**Awoke to the chirping birds** and then **went back to sleep.**” (04)
- “**After waking up early** in the morning being **very hungry**, I had a light breakfast and went **back to sleep for almost four hours.** This is very atypical” (05)

Wake Energized

- “Cannot sleep, **want to get up and clean.**” (01)
- “**Wake** again with that **rushed feeling.**” (07)
- “**I awakened early** but feel **fairly fresh** this morning. Have a sense of **renewed vigor.**” (04)

Deep Sleep or Disrupted Sleep

- “slept through the night! **Sleep is more sound.**” (20)
- “**Sleeping is great;** I actually felt rested... **I slept like I did when I was a lot younger.**” (13)
- “My sleep was **very disrupted.** My wife says I was snoring last night and I never snore” (04)

15 (out of 18) proverbs experienced disrupted sleep and/or energy patterns (1, 2, 3, 4, 5, 7, 8, 9, 13, 15, 19, 20, 21, 22, 24)

13 (out of 18) proverbs experienced tiredness (1, 2, 3, 4, 5, 7, 9, 13, 15, 19, 20, 21, 22)

7 (out of 18) proverbs woke early (3, 4, 7, 8, 9, 13, 19)

6 (out of 18) proverbs woke refreshed and energized (1, 3, 4, 7, 9, 13)

5 (out of 18) proverbs took naps (2, 5, 9, 13, 22)

4 (out of 18) proverbs woke early, got up, then returned to sleep (2, 4, 5, 13)

Gaining a Deeper Understanding

“for the first time, I experienced an increased awareness of feeling compassionate and understanding”

There appears to be an element of compassion and understanding for the universe and for other people. Although clairvoyance does not jump out from the proving there is a sense of “all-knowingness” or “predictive” capabilities. There might be dreams with a clairvoyant edge to them.

They may have compassion for someone that had offended them, or just compassion for others in suffering. They might have moments of realization or of calm when they are able to see the world surrounding them in a clear manner.

- “(dream) **I had a realization while asleep**, that although people assume they are one person and all their attributes are dependent on them being alive, this is not so...The human being is a meeting place for all these things to come together and live congruently. **The soul does not deal with things lifetime to lifetime but over the course of many lifetimes...The concept however was way larger than the brain could really make sense of...**” (02)
- “It always brings me to tears to think of all of those **people suffering**” (09)
- “(dream) **I felt very compassionate** for them all and was going from person to person to just speak briefly with each one. I also felt hopeful that they were going to get **better in spite of the severity of their illnesses.**” (05)
- This trance I don’t want to end. I’ve tried so hard to get to this state through meditation. Someone has just given it to me. When you ask questions I don’t feel bombarded by thoughts. **I am just present.** (03)
- “**for the first time**, I experienced an increased **awareness of feeling compassionate and understanding** toward two of my in-laws that previously for many years I had just sort of looked at as very shallow and baggy.” (05)
- “**I experienced a compassionate feeling** for **someone who had offended** me years ago. I have always had a hard time forgiving this person...aware that my overall feeling toward her was one of respect, tenderness for her pain and a sense of release from unforgiveness.” (05)
- “I asked for **image from higher self?** ... I am at a coastline of an ocean...horizon is dark, like a storm is coming. High waves. White caps, breaking on the surf ...power of the surf is going whoosh over my body. I feel power. In awe of this power - **it's not my power.**” (09)
- “(dream) I say to someone, “There is an awful lot of words at these meeting.” This person says, “Well it is a meeting after all,” I reply “Well sometimes **you can share without talking.**” (13)
- “I resonating with a bumper sticker I saw that says “God is still speaking.” **I felt a jolt of recognition**” (13)
- “as this scene unfolded, there was this ‘**all knowingness**’ to it...like a movie camera panned in...an all-knowingness, knowing how each would react in almost a predictive manner.” (19)

6 (of the 18) provers experienced this understanding or compassion (2, 3, 5, 9, 13, 19)

Grief

*“a mournful feeling. Like life is passing me by”
“overwhelming sadness came over me...”*

There is an intense feeling of grief. They experience random moments of sadness almost for no reason and times of grief over losses in their life. Most of the sadness revolves around the family and children, especial the leaving, the growing up, or the loss of children. They are wistful in these moments, and easy to tears.

This grief is as if someone they love has died or will die soon (suddenly). It is intense and overwhelming for them, bringing them to a halt and demanding their attention or sometimes coming and going in a fleeting moment.

There is grief around children. There is sadness that they will eventually leave (or move out of the nest). There is sadness and fear that a child will die which leads to a strong feeling of protection towards their children.

There is also just a sense of loss and a sense of separation from their social circles. They don't want to be with people, sadness that people don't want to be with them. This leads to a pulling away from friends and family.

There is also an odd wistfulness about old friends or old relationships. They may find themselves thinking of someone they have not thought of in a while. They may call someone they haven't talked to in a while. They actually run into old roommates, old lovers, etc.

Grief as if someone would die

- “I experienced sudden emotional response to **thought of older sister if she should die**. The thought came and left right away. In the middle of it, I found myself **tearing up** and feeling sad.” (05)
- “My **eyes are filled with tears, sadness. It is as though someone has died**. Weeping, sobbing, face red.” (03)
- “There was a sense I was waiting for someone to help me because I couldn't do it all on my own, but the **waiting had a lost sense to it**.” (01)
- “(dream) I saw **my brother in the casket**. Feeling sad in the dream.” (04)

Just overwhelming sadness and tears

- “I **fought tears** back the first half of the day,..” (02)
- “Then after lunch an **overwhelming sadness came over me**...I went outside and needed to sit down against a tree. I got teary-eyed and felt very alone” (02)
- “**Crying, sensation of feeling rises up and I start crying**, reminds me of listening to music that is very moving” (03)

- “Specific feeling: She needed me and I wasn’t there for her. It feels **like there is a hole in my heart.**” (09)

A sense of loss

- “I leaves me feeling lost, like I have failed and that the sun in setting, it’s all down hill from here, I **missed my chance and it’s too late to try**” (02)
- “**Unreasonable sadness** and fear, anxiety over manipulation somehow **related to loss**; someone rips you off, **takes something from you.**” (06)

Grief and sadness around children.

- “(dreams) I feel a horrible sense of dread this morning upon waking from this dream. Dream: **My child and I were nearing the end and we knew it, we were doomed...** I was totally in the present with my child during the last hours, **realizing it would be our last day alive.** (As I am awake writing this I feel overpowering despair, sadness, heaviness, even though I know this was a dream.) The feeling from the dream I had this morning stayed with me for about three hours. I found myself dreading going to sleep tonight for fear of having another dream experience like that.” (03)
- “Became **melancholic** as they were **speaking about parenting a child.**” (04)
- “I am **feeling some sadness about daughter’s trip tomorrow.** I want to gather her in my arms and hug her” (09)
- “On the way there, a truck was in front of us with a 4-year-old boy on it. **It reminded me of our son, I actually got tears in my eyes.** He is growing up so fast. (And of course, our girls!) It was a **mournful feeling. Like life is passing me by.** It’s too late.” (19)

Sadness about their place in social circles

- “feel sad a little, that I continue to want people who **don’t want to be with me**” (13)
- “One of them wants to hold me. I let her but it doesn’t feel like what I want. **I don’t want people close. I cry.**” (03)
- “At lunch today my intention was to sit next to classmate at round lunch table **but ended up leaving one place setting between us.** Then after lunch an overwhelming sadness came over me...I went outside and needed to sit down against a tree. **I got teary-eyed and felt very alone**” (02)

Wistful, Thinking of old friends, old relationships

- “**thinking about an old high school friend** of mine today” (03)
- “**Called my ex-girlfriend after 2 years** and talked to her father for 20 min” (08)
- “I’m feeling an **odd combination of wistfulness** and happiness.” (09)
- “I found myself **thinking about a friend who haven't thought of in a long time**” (13)

Insects

“a strong image of trying to vacuum up old dead spiders in clumps of dirty webs.”

There are images of insects. They dislike them, feel the need to kill them, or clean them up. They also might have the sensation of being bit by an insect or the sensation of insects crawling on the skin.

Seeing, Dreaming, Thinking of bugs

- “**The cocoon themes** kept popping up. I noticed I have a **caterpillar problem** on my willows. Where did they come from? I've never had caterpillars before. I want to kill them before they multiply are really become a problem but I'm going to ignore them and hope they go away. I don't mind crushing bugs in the garden with my hands but caterpillars are repulsive.” (02)
- “Dream: A strong image of trying to **vacuum up old dead spiders** in clumps of dirty webs. Spiders turned into **mounds of tiny bugs** that looked like **ants**.” (05)
- “While lying in bed, I notice I am embracing myself (arms crossed around my shoulders). I'm not cold, but take notice of this. Again I start to think **about being wrapped up, cocoon-like**. Immediately, **I think of cicadas and I am disgusted**.” (02)
- “**Spiders keep popping up around me**. Normally I don't mind spiders. I figure we can coexist. I'll even help them to a safe place in my home. Lately, I feel like I've been seeing more. I've become a little suspicious of them.” (02)
- “Dreamt of a **clump of box elder bugs** on the shower curtain. Shower curtain has to do with cleaning—keep the kitchen and bathrooms clean to keep the germs away from my family. Inner sensation is to take action. Associate that with my not keeping up on protecting my family from bugs while I am in school.” (09)

As if being bitten by a bug, sounds like a bug...

- “I just felt as if I just got **bit by a nasty bug**. It was a biting sensation, as if from a pine tree, stinging. I really wonder what this was from because it's in a place where I really don't think a bug could go! The top of my bum's crack!” (19)
- “stinging pain in right lower buttock feels like **bug just bit me**” (13)
- “In evening , noticed sensations randomly throughout the body of tickling/brushing on the skin all over, **as if a bug was on** me or hair was tickling the area, bit it was a little more prickly than that.” (01)
- “hearing a sound as if a crisp leaf or a **hard-shelled insect were moving around** in a small place, Sensitive to sound.” (03)

6 (out of 18) proverbs had an insect related experience (1, 2, 3, 5, 9, 19)

Irritable

*“Irritability and impatience descended upon me like it came down over me like a heavy blanket.”
“wanting to bite the head of the women who took my parking space”*

Anger and irritation are major emotions felt frequently. The state of irritation is almost described as a “heavy blanket” descending down upon them. They compare it to the agitation they feel when drinking caffeine or not getting enough sleep. Little things just “drive them nuts.” They are “cranky” and just plain irritable. It’s described as an agitation sometimes, as almost an adrenaline state. This is almost like a caffeine high, and some compare it to that.

With this they feel this huge sense of impatience. Things and people around them are not moving fast enough. They get angry at the person walking too slowly or driving too slowly. They even get agitated with themselves because they aren’t moving fast enough. There is this sense of “hurry, hurry”, can’t get things done fast enough. Not being able to get their task done because other people are slowing them down. This is extremely evident when driving.

Their anger is often expressed when they meet with a conflict in a dream, and this feels good to them. Sometimes they hold it in check, in life. Other times they express it freely. They might yell at the dog or snap at their kids. Often, they just feel the surge of anger resulting in aggressive thoughts like “wanting to rip someone’s head off.

Sensitivity to noise is clear and they can also be irritated by sounds. Sounds that used to be enjoyable and soothing can now be annoying.

Irritation

- **“Irritability and impatience descended upon me** like it came down over me **like a heavy blanket.”** (03)
- **“irritability, snapping at small things”** (11)
- **“Mood is “cranky”,** people are pissing me off-just that they even exist.” (24)
- **“This irritability is like the irritability I get when I’m sleep deprived or have had too much caffeine only worse.** Caffeine affects me greatly it also happens when I don’t eat anything. This is the irritability I’ve been noticing. **Today I felt like I was on caffeine and I didn’t have any.”** (04)

Aggression

- “Like I’m trapped in my anger, just sit and do nothing but fume and shake and curse. As if I could **destroy something, rip someone apart with my bare hands.**” (06)
- “(dream) Snake biting me - it ended with me reaching down to kill it - **I grabbed it by the neck and strangled it”** (08)
- “this is **part of this agitation I feel (malicious).**” (03)
- “Feeling super angry, **wanting to bite the head of the women** who took my parking space, it passed quickly.” (13)

- “**yelled at my dog for barking**, I've never done this” (07)
- “**I’m angry, it lights a fire under me**, and it makes me **want to take action** in some way.” (09)
- “(dream) I was irate and **expressed my anger** that the situation was unfair. The fine of \$100.00 was being imposed on several other people as well and my feeling in the dream was one of resolve, **but satisfaction that I had at least expressed my anger verbally.**” (05)
- “I freely shouted out my thoughts about my need to have what I need, when I need it, and not “20 years after the fact.” I felt, totally free! It was not tense. I felt it more mentally. **It felt good to express my anger at something that happened and is viable.**” (05)
- “**I got so worked up** that I left work in a tizzy.” (19)

Impatient, People moving too slowly

- “I HAVE NO PATIENCE FOR THIS”. (08)
- “**impatience; things take too long; want to scream; ready to snap**” (11)
- “I became **irritated** when I parked. An individual was walking very slowly in front of me when trying to park and I **felt angry that he was taking his time walking.**” (04)
- “Feeling anxious, like how can everything get done that needs to get done. **Rushing...driving too fast and wanting to get to where I'm going quickly. Irritated with slowness.**” (24)
- “**Hurried, feel very, very, very hurried.**” (07)
- “**felt anger, car rage and very impatient**, like I was irritated by all the people, thinking they were idiots and did not care” (13)

Easily irritated by sounds

- “Angry at son **for making so much noise** at night” (03)
- “Little stupid things are **driving me nuts**. My my husband chewing gum. **It does not sound human. I had to leave the room.** “ (05)
- “The birds **were really loud** and I could hear the fan running upstairs. I heard that last night as I was going to sleep also. I get **very annoyed by the sound of the fan**” (05)

15 (out of 18) proverbs experienced some anger or irritation (1, 2, 3, 4, 5, 6, 7, 8, 9, 11, 13, 19, 21, 22, 24)

No Worries

“but I just went on and didn’t fret”

“It was odd to me to be more focused on this man’s incredibly beautiful face than the fact that I could have gotten a hefty fine and ticket.”

There is a sense of well-being described as an happiness, a carefreeness, or a sense of being lighter in spirit. There is a quietness to this feeling, a peaceful happiness with a touch of wistfulness to it.

As a result of this lighter feeling, they were able to approach events that might normally get them upset in a more “laid back” manner. Events at work that they might have gotten angry over, they handled calmly. Things they might have felt guilty about, they didn’t. Things they normally worried about, they found they didn’t worry as much. Some also voiced an increased sense of confidence, as if they didn’t care what other people thought of them as much as usual.

12 (out of 18) provers experienced some sense of well-being, calmness, and/or self-confidence (2, 3, 4, 5, 6, 7, 8, 9, 13, 20, 21, 24)

Happy, Lighter Feeling

- **No worries, which was unusual. Just floating**, things were really flowing at work, that’s different for me. (13)
- Feeling of **happiness**, but not overtly ... a feeling of **well-being** (07)
- is much **lighter and seems carefree** (05)
- I’d say I even feel a **little lighter in spirit; less self-conscious**. (02)
- **good mood, happy** (13)
- I was actually **patient and calm** during the whole trip (to store w/daughter) Usually hate shopping (03)
- she is still just kind of **gliding along. Nothing seems to get her too excited**. (05)
- I sat in a lawn chair with the breeze off the lake and felt very **peaceful** (06)
- I’m feeling an **odd combination of wistfulness and happiness** (09)
- I seemed to have **more patience than normally...** We had **fun and laughed** a lot. (21)

Handling Usually Stressful Situations Well, Calmly

Reflecting more on the day, **I am surprised I handled a situation at work so well... It felt good to just let it go, yet to say what was needed**. Typically, I would get in someone’s face about what should be done. (02)

Am I being negligent or checking out or **am I staying calm in an ongoing crisis?** (02)

I stayed quite calm and asked her what had happened. We talked until after 1 am. I was **surprised that I was not more upset...** (03)

Normally in a situation like this I think I would have been very upset and embarrassed, **but I just went on and didn’t fret**. (03)

It was odd to me to be more focused on this man's incredibly beautiful face than the fact that I could have gotten a hefty fine and ticket. (05)

Its just no problem, worry or struggle. (05)

I was more **that things would be okay**, that it would blow over (05)

We didn't win and I wasn't as upset as I would normally get after a game like that. (08)

Anything I try to do, it just ain't happening. **Oh well, no big deal. (24)**

Normally this would put me in the land of guilt **but I didn't feel that bad** and didn't call right away to deal with it. Just sort of thought, **oh, that's too bad. (03)**

Feeling Confident

Have a feeling of confidence, that I am who I am and that is just fine (09)

feeling **a bit more confident**, went to a party on Saturday, only knew one person, but had an easy time talking to people, even asked someone out (13)

Noticed I have more confidence about myself and caring less what others think of me. (20)

Playfulness, Attractiveness, Sexuality

“(dream) and kissed him playfully all over the face ... noticed he had an erection”

There is an aspect of being playful. This playfulness can express sexually or non-sexually (wanting or being more playful than responsible).

Attraction and attractiveness is significant as they want to be seen and is on the look out—scanning—for that someone who will notice him. There is an opposite side to this attraction aspect: there are times when they do not want to be seen or noticed.

This can parallel the life of a loon: it is necessary to attract a mate (to ensure to longevity of the species) and yet to not attract predators (to prevent extinction of the species). Sometimes observing the beauty of others is more important than acting on or following through on his/her responsibilities.

The sexual aspect includes crushes, flirtation, amorousness, increased libido, lust. It can have a lascivious quality, less restrained by accepted rules, sex for the sake of sex without emotional attachment or passion. These are expressed both in dreams and in waking life.

- **“slapping and hitting boyfriend in a playful way** - boyfriend noticed this happening 4 times yesterday” (20)
- **“feel playful and open”** (13)
- **“boyfriend told me that I've bitten him** three times now since taking this remedy and he doesn't like it. .. (In my mind it is **just playful loving nipping**).” (20)
- **“masturbated four times throughout the day.** has not done this since high school.” (13)
- **“(dream) I ran up to him and kissed him playfully** all over the face and gave him a hug. I noticed **he had an erection.**” (03)
- **“I noticed again the last two days that I have felt more sexual.** It's different than normal. There is no energy behind it, no passion, **just lust.** It actually vulgar, there is **a lasciviousness** about it, I find myself thinking about having sex with women I have no attraction towards. It's as if the act of perversity is the driving force. I'm not normally puritanical about having passions, but there is **something filthy about this sexual quality.**” (02)
- **“(dream snippet) George Clooney wants to make out with me.** I don't really want to, but it's George Clooney, and this is a rare occurrence, so I do. When we do, it is not a turn-on, I simply feel obligated to do so.” (09)
- **“I felt rather bold** and walked around the man, looked him in the eye, smiled, and said, “no, he's not my husband **but he looks pretty good!**” He responded, “She's a looker, too!” and we all had a good laugh. That was an **unusual thing for me to do** with a man I don't know.” (03)
- **“Feeling very horny, very aware of guys legs,** turned to being upset that no one sees me, fantasy of someone seeking me out, finding me, discovering me, feeling hopeless, agitated, passes once it is noticed” (13)
- **“It was odd to me to be more focused on this man's incredibly beautiful face** than the fact that I could have gotten a hefty fine and ticket.” (05)
- **“I am always scanning the room** for that someone else.” (13)

7 (out of 18) proverbs experienced a playful and/or sexual theme (1, 2, 3, 5, 9, 13, 20)

Spacey, Disconnected

“I was rather spacey. I would just stand there and space out.”

“an insulated feeling as if underwater, muted (not echoing). Separate from the world in some way”

There is a major kind of disconnectedness felt as a spacey feeling. Sometimes it was expressed as being disconnected from their body or from the world, as if underwater mentally. Sometimes it was just felt as if floating or gliding along not really firmly on the ground, feeling as if you are a bit removed from the reality around you. Some people felt as if time was moving slowly or as if they were moving slowly, almost a surreal slow-motion experience. In these spacey moments they might find themselves still and/or staring, sometimes out a window. Experiencing an internal stillness, like being on water “On a night [on] a lake when it is dark, peaceful, quiet, stillness.”

As a result of this disconnect they are unable to process tasks effectively. They make mistakes in speech, in comprehension, in their actions, and in the passage of time. They realize these mistakes sometimes with little reaction or sometimes with frustration and irritation. They are often unable to make decisions easily, sometimes feeling restless in their indecisiveness. They are pulled to act internally but unable to decide on a course to take.

Disconnected

“an insulated feeling as if underwater, muted (not echoing). Separate from the world in some way” (06)

“The patients voice sounded far, far away, as if the sound took a long time to reach my ear.” (19)

“feeling a little disconnected...” (07)

“feeling detached, going through the motions, not connecting with people at work ... being here and not here at the same time” (13)

“as if I was drugged or half awake. My body would not cooperate.” (05)

“I have a spacey feeling while driving, feels derealized. Derealized means there but not there one step removed.” (13)

Spacey

“she is still just kind of gliding along. Nothing seems to get her too excited.” (05)

“Floating feeling, pleasant, in a spell” (03)

“Quiet softness....Trance, staring, perfect stillness. A place of nothingness, emptiness. It’s still... this force is pulling you away from the world.” (03)

“A sensation of stillness. That is what is important. Nothingness. Being by water that is undisturbed. No wind, no movement. On a night but a lake when it is dark, peaceful, quiet, stillness.” (03)

“I am so distracted, my brain is all over. I cannot anchor it into what I need to do! It’s as if I can’t get my brain to hook into what I need to concentrate.” (19)

“Met with some clients about a project and I was **rather spacey**. I would just **stand there and space out**.” (08)

“I am aware that I **am staring too** ... the kid [says to me] “**Dude, stop looking at me!**”” (13)

Distortions of Time

“**Time moving very slowly** today-great awareness of the time.” (01)

“I was **confused** going to work in that **I thought it was one hour later...**” (05)

“Went walking, felt better out in fresh air; **walked slowly**” (22)

“If I start to move it will be in **slow motion**. I am not in regular time. **Time is not there.**” (03)

“...**like stuck in slow motion**, held back by something...” (06)

Lack of comprehension, confusion

“...voice sounds like a drone. **I can't seem to connect** well to what he is saying.” (03)

“**Can't think clearly**” (07)

“The feeling in this dream was **one of confusion as people and events seemed out of context.**” (05)

“I have trouble sensing the calendar in my head, **like not knowing the date**, feeling like I am **not connected** to that at all.” (13)

“**Hard to concentrate** ... **Unclear, unfocused, difficulty in processing**, remembering” (22)

“**I didn't have my normal sharpness and concentration.**” (08)

“It was like I **couldn't think about several things at once** for a few seconds....**Feeling upset** with myself that I seemed to space out and **couldn't think clearly**” (21)

Mistakes

“**clumsy, impatient, dropping things...**” (13)

“...but have failed to put the toilet seat down, **almost falling in the toilet**. I have never done that before.” (02)

“**mis-dialed phone numbers three times in a row**, seeming like I can't get it right, irritated” (13)

“having some trouble with **transposing numbers**, like number dyslexia” (15)

“**Hard to talk**” (22)

“I had a **hard time speaking, felt drugged**” (03)

Indecision

“**I can't decide what to do**, where to go, ...**just sit in my car, looking at myself in the mirror**” (06)

“Feeling pensive **not sure what to do with myself**, restless feeling, **getting up and sitting down**” (13)

13 (out of 18) provers felt spacey or disconnected (1, 2, 3, 5, 6, 7, 8, 9, 13, 19, 20, 21, 22)

10 (out of 18) provers had trouble thinking, speaking, doing actions, and/or understanding (2, 3, 5, 7, 13, 15, 19, 20, 21, 22)

Vigilance

*“a little wary of them, like, “What’s your intent there”?
“I am constantly scanning the horizon”*

There is an element of alertness and wariness, on guard for possible threats. They are compelled to scan the horizon, the environment; and be on the watch for potential danger. They may not want to be seen/watched (prey/predator). They can be suspicious of others, wary of their intent, even paranoid. They may be worried about their safety of self or family, whether someone is in his house (easily startled or alarmed), and whether something bad might happen.

On Guard, Alert

- “I have **quick reactions**. Rushes of adrenaline feeling that cascades though you and then it’s gone; fleeting, quick, anxiety, panicky.” (13)
- “**Being on guard** for me means that I am participating in whatever is happening at the moment, **but I am wary that something bad might happen and that I am looking out for it so I can protect myself.**” (01)
- “**I woke up startled, like someone was in the house.** The same feeling as when I saw my shadow on the wall and I didn’t realize it was my shadow. I was very startled.” (13)
- “**I am constantly scanning the horizon.** Being a scout, I am really vigilant. **Vigilance is being ready to respond to danger, expectancy.** Vigilance then leads to sadness, resignation, a resigned feeling, accepting this urge to scan and the feeling of being all keyed up is there. It could go both ways. I want to be seen and not wanting to be seen, this goes both ways simultaneously.” (13)

Paranoid, predators, watching

- “One of my clients **feels like he is being watched** and how this causes him to freeze up inside, he is talking about how he has to act as if he is not being watched but goes through the motions of doing when he is actually focused on being watched. Note the word **watched. I feel empathy toward him, and this resonates with the proving.**” (13)
- “On my way to work I was **a little paranoid** about the cars around me. I kept thinking someone was going to hit me in my lane.” (02)
- “phone message I received at my place of work yesterday. **I felt paranoid, like I was not sure what the underlying thing was that this person wanted.**” (03)
- “**On awakening, I feel like someone is touching me on my right shoulder, I turn around, but no one is there.** I continue to feel a little delirious. Maybe it’s a lack of sleep” (02)
- “My imagination started to take off, and I thought the mother [duck} may have **sacrificed herself to a predator in order to protect** her babies.” (09)
- “There is a tension inside, you want to be seen, but you don’t want to be seen. **Who’s doing the watching? Who’s the watcher? Are you a target, is it predatory? Or are being enjoyed?... and it is judgment and predatory, and I want that, and don’t want it; it is welcome and threatening**” (13)
- “I’ve become a little weary of them, like, **“What’s your intent there”?** (02)
- “There is a coat rack in my room and I **wake up in the middle of the night thinking it is a person** (this has happened the past three nights)” (13)

8 (out of 18) provers experienced some sense of alertness, paranoia, vigilance. (1, 2, 3, 5, 6, 7, 9, 13)

Water/Flowing/Floating

“Now I’m swimming and a school of fish swims towards me, no color”

“still just kind of gliding along”

There is a strong theme of water, often in the dreams. One sees strong themes of swimming, yet also a comfort in living or being near a body of the water, rather than being *in* the water. There are also occurrences in the dreams of being in the water with animals that are disturbing to the provers. There are mental sensations of floating, gliding, and going with the flow, suggesting movement on or with the water.

Dreams of water

- (dream) “Had a nightmare about being in a **forested swamp**, in a house that **was flooding-water and slime rising up all around**- I was near the door and a snake thrust itself up out of the water and bit my right shin. I knew that I was in trouble.” (08)
- (dream) “**I lived by a river**. And I love rivers in real life and I loved living by this river in this dream. But I also **preferred to be on the banks of the river, not in it**..... But as I got further down stream, the current was stronger and deeper and there were some bale racks on wheels in the water...” (19)
- “(dream) Now **I’m swimming** and a **school of fish** swims towards me, no color. I see the man swimming, trying to figure out what he is... is it a great white polar bear!? ...but he’s a man, then there is this long ribbon hanging out of his mouth ...“It’s so beautiful....**no stay away from the light!**”. So he asks this other man to climb into his throat **and tie the lure back on**, because he can’t eat. I say, “No, I don’t think that’s a good idea, it looks dangerous...” (06)

Using water imagery

- “**Leaking** water, **tears flow** out the sides” (03)
- “super heated, like **chi flowing really strong**, like heat rising off hot pavement” (13)
- “still just kind of **gliding along**” (05)
- “I’m driving and feeling isolated, an **insulated feeling as if underwater**, muted (not echoing). Separate from the world in some way. As you do when you need to pop your ears, but more mental...” (06)
- “**floating feeling**, pleasant, in a spell” (03)
- “I am feeling very exhausted. Energy level doesn’t seem as high as it usually is for me. Don,t have my usual ambition to practice guitar. I am **going with the flow** and trying to relax.” (04)

38% (9 out of 24 provers) had connection with water (2, 3, 4, 5, 6, 8, 13, 19, and 20)

Themes – Physicals

Burning

Burning sensations were felt in the chest, extremities, eyes, head and throat. They were sometimes associated with heat and redness.

- “Acid reflux with burning and discomfort after eating lunch.”
- “I have a slight burning feeling radiating out of right hip.”
- “Right calf burning, tingling lasting approx 15 seconds.”
- “My husband squeezed my left hand, and the base of my thumb felt a sharp, burning pain. It surprised me, because I normally have some inflammation in the thumb when this occurs, but there was none.”
- “I am getting very sleepy and my eyes are burning. Feels like eyestrain.”
- “left eye is burning”
- “After eating a hamburger with classmates, my cheeks, neck and nose became bright red. The cheeks were burning so much that it was uncomfortable. Putting my cool hands or the cold water glass on them helped.”
- “Just before bed I went to the bathroom and noticed that my genital area felt a bit swollen, raw and somewhat burning. Almost like a sensation of my vulva being enlarged and dryer and not at all comfortable. Like it needed a cool rag or something.”
- “Little points of heat, like a hand opening up, a really hot, hot burning on my head.”
- “I noticed slight burning, tingling sensation inside of mouth and nose area, like the feeling when one is exposed to exhaust fumes or diesel fuel for a long time.”
- “Just a burning in the throat”
- “my throat was feeling rather raw and somewhat burning. It wasn't exactly sore, it just felt uncomfortable. That went on for an hour or so.”

Dryness

Mouth is dry, even after drinking water. Wanting sips of water, less flow of saliva. Dry cough. Skin, Hair, mouth, throat, bowels dry. Hard dry stools. Eyes especially dry and hot.

- “I cut the grass and while cutting it gas exhaust found its way up where I breathed it and began to cough to expel the poisons of this toxic exhaust. **I felt a dryness in my throat. Had to get a drink of water to mitigate the coughing;** I needed to rehydrate after cutting the grass.”
- **“My mouth and eyes were especially dry this morning.”**
- “thirsty; drinks in little sips; with dryness of throat and **scarce flow of saliva**”
- “mouth is dry, **stays dry after drinking water**”
- “Feel very dry, skin, hair, mouth, bowels”
- **“Feel very dry, bowels harder, firmer”**
- **“Sensation of eye being hot and dry”**
- “I'm drinking more water this week. My appetite is decreased. I'm not very hungry. **I'm just a little dry.**”
- “Eyes are dry.”

Extremities: weak, trembling, pain

Both upper and lower extremities had numerous symptoms: weakness, trembling, coldness, heat, and pain of all kinds.

- “Trembly quivery legs. They feel weak.”
- “[Extremities] trembling with emotions”
- “Shaking a lot with chills like low blood sugar reaction.”
- “Couple of surges or waves of heat coming on slowly and moving through both arms. Started in elbows, then moved into upper arms and shoulders. Some heat stayed in all areas until went to sleep.”
- “Stiffness in my elbows and forearms. They feel weak, like I can’t pick things up when my arms are straight. Started feeling better the more I moved them. Normally rest helped the weakness...now it seems movement helps.”
- “the tip of my toes are cold”
- “still have a pain in my left leg but it is reduced. I couldn’t put my foot down, pain shooting up the back of my leg. Soreness. I hobble when walking.”
- “feet got way too hot, very uncomfortable. walked barefoot most of the way”
- “My feet must be swollen, but they do not feel swollen. No pressure, it’s just that the shoes that have always fit before, suddenly seem way too tight.”

Heat

There were sensations of heat, in rushes or flashes; some felt it rising. It was experienced throughout the body, but mostly in the upper part of the body: arms, shoulders, chest, and head.

- “Hot flashes again but only in arms and shoulders. Like surges of heat through arms, elbows seemed to hold heat more than rest of arms.”
- “flushing; rush of heat to face; without face appearing red; without fever; duration 5 minutes”
- “I had a hot flash today during the evening at the same time that it occurred last evening. I just comes and goes and not a big problem, in fact there is no real sweating involved with these flashes; it's just a rush of heat that seems to start from the inside somewhere and move downward, but only is felt on the upper part of my body.”
- “Wave of heat through body like a hot flash, gone in 20 seconds. Upper half of body, felt like chills shivering through body but heat instead. Made me think of flu symptoms.”
- “I feel super heated, like chi flowing really strong, like heat rising off hot pavement “
- “Overheated body temp (I'm normally on the cold side).”
- “I am really hot. Getting hotter all afternoon. Heat in my face. Radiating heat from my shoulders up.”
- “Little points of heat, like a hand opening up, a really hot, hot burning on my head”
- “15 minutes after taking a dose of the remedy, experienced a heat sensation rushing thru my head – from the base of my neck to the top of my head. This lasted 2-3 minutes. .”
- “Head congested with blood. As if too much heat in head and feet and hands cold to the touch.”
- “heat rising up from the chest”
- “feet got way too hot, very uncomfortable. walked barefoot most of the way”

Heaviness

Some sensations of heaviness are local, as in the head, chest, uterus, stomach and throat. Also expressed are total-body and mental/emotional heaviness.

- “My chest feels heavy. Pain and pressure in chest”
- “A sense of heaviness in uterine area, common just prior to menses.”
- “Heavy sensation with tears (in head)”
- “my head feels this dull and heavy. Like a weight in my occiput pulling my head back, tipping my head back like a weight on a scale. Tremendous tension in my neck muscles.”
- “I’m shot today. As energized as I was on Tues and Wed, I feel heavy and depressed today.”
- “I’m really dragging today. I felt heavy. I felt like I was fighting gravity.”
- “My brain seems clear, but by body feels, heavy and dense. When I lay down, it’s as if my body is sinking in time with my pulse.”
- “dull heavy feeling in stomach, nauseous”
- “My head, throat and chest feel heavy. Feels constricted, clearing my throat”

Heightened Senses: Hearing, Smell, and Vision

The senses were heightened, often resulting in discomfort or irritability.

- “Noticing smells that others didn’t notice, e.g.: booze, vanilla, burning plastic, clover.”
- “The water smells musty! All of the jugs came from the same well; same day all at once and none of the others have smelled like this. Terrible. But no one else here has mentioned it, so maybe it’s me.”
- “Very aware of sounds, birds outside. The refrigerator. I’d like to turn it off.”
- “sounds more piercing, I find that people talking are loud”
- “Little stupid things are driving me nuts. My my husband chewing gum. It does not sound human.”
- “In the past, I found his guitar peaceful, lulling it takes me away .The last couple of days it has been too loud. Its annoying, intense, I get impatient with it. I want to get away from the sound.”
- “Noises are irritating, sharp noises. People’s voices are agitating, too loud, too piercing, intrusive”
- “I think that my eyes, my vision may be getting better. I usually have to wear reading glasses, words seem to be clearer to me.”
- “photophobia”
- “sensitive to the light while outside”
- “sun was too bright, I had to put sunglasses on because of the light in my eyes”

Lump Sensation

A lump sensation is most common in the throat, but also found in the stomach, abdomen, uterus, and ear.

- “feeling of lump in throat, around pharynx, lasted 1 minute”
- “Lump in my throat with restricted breathing.”
- “At the same time, there is a lump in my throat that feels like I need to swallow.”
- “Not angry anymore, just have sinking feeling, lump in throat, worse thinking of it”
- “I felt a hard lump-like sensation in my abdomen. Just to the left side of center. Hard. Somewhat warm. Possibly the uterus? It felt like it was in the center.”
- “discomfort, with feeling like a lump, or mass of something (in abdomen)”
- “Felt a hard knot like lump in stomach. It felt kind of like a hard nut stuck in there.”
- “Pain above, behind left ear in a spot, sharp, feels like a lump is there > pressure, thought my sunglasses were too tight, took them off, but it didn’t go away for ½ hour.”

Pains: piercing, sticking, poking, pricking

Pain sensations were piercing, sticking, stabbing, poking, pricking, and sharp. A significant number reported that it felt as if these pains were caused by sticks or pine needles. They were experienced in many of the body systems.

- “another stick with one pine needles. Ouch, really hurts! It again had a stinging burning blunt yet pointed end to what ever stuck me. It was on the back of my neck. I rubbed it out and left quickly.”
- “... the cramp in my lower back. The pain has changed from a dull ache to a feeling as if I am being poked there by a stick.”
- “I felt a sudden odd pain, rather sharp, between my inner ear and my right jaw, more in my right ear. It felt a bit like there was something similar to a pine branch (with out the pine needles) sticking deep into my ear, but in an unfamiliar place.”
- “I did feel the prickly pine tree brush on my skin that covers the joint of my right jaw. Had to rub it.”
- “the feeling: An old, fat woman with a stick is poking into my right ovary, looking for that last egg.”
- “It was a sensation similar to the prick or pinch I experienced yesterday, only dozens of them all over arms and abdomen. I have been trying to distinguish between a pinch with a tiny amount of skin, as if a pinpoint pinch, or a prick. As if from a pine needle. The ones on my skin were more like a pine bough whips into the skin on a hike.”
- “Like nails around my eyes. It was duller, not sharp.as if something was sticking in, but not sharp.”
- she was describing an uncomfortable situation at school and said "this time it pricked me like it hasn't in the past few years" and again "it just pricked up inside of me" and when talking about the argument with her husband she said, "political pricking".
- “In evening, noticed sensations randomly throughout the body of tickling/brushing on the skin all over, as if a bug was on me or hair was tickling the area, but it was a little more prickly than that.”
- “On the left side, right on the front of my arm above my bicep near my armpit. Like a sharp little sensitive ouch and then it went away. Poking pain. Only when it was touched.”
- “After lunch today had an instant stomachache, very sharp pain. Now I'm really hungry but still have that sharp pain. Like a stab of fear. “
- “Biceps on L arm is sore. When I grab something, I also feel a shot of pain. It's like a piercing pain, sharp, right in my bicep.”
- “I have been noticing that my left shoulder area, in the front of my arm at the top, has been sore. It felt deeply bruised and tender, and somewhat piercing.”
- “ankle that I sprained is sore and achy. Consistent quick stabbing and then it goes away.”
- “It felt like a twinge or a slight stab of pain in the front of my upper arm, but deep inside the muscle.”
- “Pain above right eye in ridge line, tight, stabbing like someone is pulling it down.”
- “Temporal area, stabbing feeling.”
- “I experienced a sudden sharp pain that was shooting and deep and was between my right temple and the outer corner of my right eye. The pain wasn't sharp like a needle, but almost felt dull along with being sharp and stabbing.”

- “The pains were sharp and shooting upward into my chest and radiated outward from a point in the center of my abdomen.”

Pulsation

A small group of provers had pulsations in the chest, eyes, stomach and head.

- “Feel slow pulsation, a strong heart beat”
- “I feel a slight pulsing in my eyes, like my heart beating in my eyes. My vision changes along with the pulsing. It only lasts a few seconds, then is gone”
- “jaw sore pulsing.”
- “Pulsation right side, internal and back of head”
- “feeling of intense heat, like a bowl over my head down to me forehead and back of head, pulsing feeling, hot continued headache; a dome of heat “
- “My brain seems clear, but by body feels, heavy and dense. When I lay down, it’s as if my body is sinking in time with my pulse.”
- “I was aware of pulsation, now mainly in the stomach area.”

Red, dry, crusty, irritated, sensitive eyes

Besides being loon-red, provers' eyes had other symptoms.

- “Red colored”
- “eyes turn red when coughing”
- “Left eye mattery, sclera red”
- “Eyes are dry.”
- “Eyes really red and irritated as if body was reacting to the heat, although not that hot today”
- “My eyelids were very mattery this morning, sort sticking together. The whites of my eyes looked quite red. “It took an hour or so for the redness to go away.”
- “Eyes felt dry and irritated all day.”
- “Yellow-green matter on lashes of lower eye-lid and inner canthi”
- “eyes light sensitive “
- “In mid-morning, I suddenly noticed that my left eye-lid felt as if I had a stye. It was very sore and there was no real swelling, redness or stye that was visible.”

Throat

There are numerous throat sensations: lump, burning, scratchy, sore.

- “vocal irritations: Constant clearing of throat. I lose my voice during the day and have to clear my throat to talk. This is a returned symptom that went away on this remedy and is now coming back. My throat feels rough, hoarse, dry.”
- “Just a burning in the throat”
- “This morning I noticed my throat starting to feel somewhat raw. It wasn't a full blown sore throat, but felt like the beginnings of a sore throat. It didn't hurt to swallow, but just felt a little bit scratchy or wooly in a way that felt like it would almost hurt.”
- “phlegm in my throat, difficulty swallowing mucus”
- “scratchy throat in back middle”
- “Lump in my throat with restricted breathing.”
- “throat feels like mumps, both sides; feels swollen under back tips of jaws under ears; does not appear swollen; feel hard mass, if pressing on area on both sides; lasted 30 minutes”
- “Continued scratchy throat feeling alternating with scratchy roof of mouth”
- “I cut the grass and while cutting it gas exhaust found its way up where I breathed it and began to cough to expel the poisons of this toxic exhaust. I felt a dryness in my throat. Had to get a drink of water to mitigate the coughing; I needed to rehydrate after cutting the grass.”
- “Dry tickle in throat; water relieves”
- “There is a wad of mucus in my throat that I cannot seem to dislodge. I have tried coughing it out, and swallowing it, but nothing works. It is really starting to irritate me”