

Day/Time	Section	rover	Symptom Description
01/06:47	ABDOMEN	1	Pain in liver region, aching.
01/06:51	ABDOMEN	1	My liver pain subsided. It felt like my liver tilted upward on the left and downward on the right and then fell into place like a container.
01/06:59	ABDOMEN	1	A gentle burning sensation throughout my Solar Plexus.
02/06:54	ABDOMEN	1	I wake with a very full abdominal feeling.
27/03:04	ABDOMEN	1	It is near to the full moon, usually my belly bloats with the waxing moon, I am not experiencing this. I am wide awake however...
10/11:22	ABDOMEN	3	2. My experience of the vindictive/unreasonable energy. I tend to hold on to things as well but it gets buried in my solar plexus - upset stomach - my power is buried. There is gold there but it is buried and protected by the physical body. I have some skin eruptions on my stomach area almost like they are the power trying to get out - or - perhaps they present an ugly appearance and ward off people so that I am protected.
11/09:15	ABDOMEN	9	Thinking of my core, I can't get a deep breath, it's like I have to take one, it's tight. A tightness of the upper belly. I can see the muscle in there all tight. Like that sore muscle is separate from my other organs.
08/07:45	ABDOMEN	10	I've noticed a sharp, somewhat shooting pain in the region of my left side. This feels like the region of my liver. Could it be that the 1.5 beers I had last night were detrimental? This man that we were talking to last night had mentioned that he had had Hepatitis B while in Paraquay. During that time, he avoided alcohol, coffee & chocolate. It was interesting to me to hear that as Hepatitis C is what brought me to Homeopathy & when I heard him say that, I felt as though I am so much stronger and healthier than I was in 1997. I too avoided those offending and aggravating substances but to be honest, for the last few years, I have been rather lax with being vigilant with those measures. This pain in the area of my liver is disconcerting to me.
08/14:10	ABDOMEN	10	After eating two small chocolate covered caramels, I noticed a similar pain in the region of my liver that I had earlier today. It makes me wonder if I'm having some liver issues. This is a bit serendipitous especially right after having Study group yesterday and talking about the diseases of the liver. This pain is not intense, but it is definitely noticeable and it does concern me.
18/09:00	ABDOMEN	10	Woke up this morning and felt congested throughout my lower rib cage area, extending back around to my kidneys.
01/08:13	ABDOMEN	11	Heat in lower rib cage both sides
01/08:18	ABDOMEN	11	More heat. This time it is left sided. Lower abdomen and goes up. lower back and goes up. Moves up. flushes of heat that come and go. Heat is not deep within. feels like a wall on left side of torso. It's warm, either I am radiating heat or this wall like thing is radiating heat. It will come and it will go.
01/08:20	ABDOMEN	11	Slight pain in left abdomen. Where transverse colon and descending colon meet.
01/08:53	ABDOMEN	11	Umbilical region feels like weight on it.
01/09:05	ABDOMEN	11	Pain in left side of abdomen again. feel like want to push on it. extends through to back. Better with hard pressure.
01/10:30	ABDOMEN	11	Sudden pain in spots under right rib cage in two places and on one of the ribs; better with hard pressure on the spots.
01/10:30	ABDOMEN	11	A bit of a sick feeling in my epigastrium, as if it could turn into nausea.
01/22:43	ABDOMEN	11	Sudden intense hot burning in one spot on my left side, just above the left iliac crest.
07/13:05	ABDOMEN	11	Sudden, sharp pain in left abdomen under lowest rib; worse on inhalation, makes me bend slightly forward, worse movement; lasted 30 seconds; nothing I could do to make it go away but wai
07/15:30	ABDOMEN	11	Nausea in stomach from heat; one second I feel very full, then the nausea feels like it's because I'm so hungry; it's an uneasiness in my abdomen and a bit in my chest; nausea better in a cool room; heat makes me feel as though there are weights on my chest
07/16:05	ABDOMEN	11	Gurgling in intestines, feels like upper left side
08/09:25	ABDOMEN	11	Gurgling in intestines, feels like I'll have to go stool again; uneasy, feels like it'll be diarrhea

10/11:06	ABDOMEN	15	Ache is moving to right abdominal area. Sensation of a muscle ache. Back from scapula down and comes around to the space on the right side where the gallbladder would be but I don't have a gallbladder.
01/20:00	ABDOMEN	16	I felt a mild burning in my epigastric area. It comes and goes. It's very mild, if I'm talking or doing something else I don't notice it. It doesn't bother me a lot.
00/00:00	ABDOMEN	115	Right side upper abdomen feels like something inside pushing out. Comes and goes periodically. It is not painful just a gentle pressure like a baby moving around.
00/00:00	ABDOMEN	115	Left side lower abdomen had a fluttering feeling. Like something was inside fluttering. Localized. Came and went within a minute.
00/00:00	ABDOMEN	115	Woke up a few times with burning in abdomen. Sometimes it is upper and sometimes lower.
03/08:15	ABDOMEN	115	Flutter feeling in my lower abdomen on the left side. Feels like something is inside fluttering around. Localized area about the size of a fist.
04/13:30	ABDOMEN	115	The feeling like something is in my abdomen pushing out is present. Same as before. Upper, right side.
01/06:41	BACK	1	Pain in left lumbar region.
01/07:09	BACK	1	My spine feels very erect and I continue to feel very, very tall. Inhumanly tall.
02/06:56	BACK	1	As well as kidney pains and lower back aching.
01/07:19	BACK	2	Left scapular area, light on the surface.
12/15:20	BACK	4	Spine straight and tall.
04/18:00	BACK	10	I just happened to reach behind my head and touch the back of my neck at the atlas & noticed it was really sore. As I went down each vertebrae, the first few felt very tender and sore. I found myself wondering if it wasn't due to the workout I had done this morning after being away from Snap Fitness for a few days.
06/14:00	BACK	10	I've been noticing an ache around my left shoulder blade. I had felt a slight twinge at Snap Fitness two days ago and I'm reluctant now to do any lifting. Over the years it has been a pattern that whenever I try to improve my muscle strength, I end up injured, no matter how careful I am. I'll just wait until this pain is gone before doing any more weight-lifting exercises.
06/18:00	BACK	10	While driving my son up to Pine City to visit a friend I noticed my shoulder pain was intermittently aching in a stabbing way. The pain has moved around the blade, from the bottom to the side closer to the spine and it feels as if it might be a symptom now, rather than an actual injury. Maybe how it is healing (from an actual injury) and my interaction with this problem is a symptom in and of itself. It doesn't hurt all the time. I just notice it now and then. I find myself wanting to rub it and/or stretch out. It's tempting to go to the chiropractor, but I'll wait until the Proving is over before I do any intervention.
07/08:00	BACK	10	While walking this morning, I noticed that my shoulder blade still hurt. Not the bone itself, but around it and deep inside too. I kept trying to move my arms around and tried to stretch. This pain seems to come and go, and there are times when I notice it is there, just slightly when I am just sitting doing nothing. I would expect it to hurt when I inhale, but it doesn't. And other times when I least expect to feel this discomfort, there it is.
07/10:40	BACK	10	While driving up to Cambridge for Study group, I noticed the discomfort around my left shoulder blade again. If I were not in this Proving, I'd head right to the chiropractor. It bothers me that I am not certain of whether it was injured at Snap, or if this is just a momentary symptom of the Proving. This perturbation does not dampen my mood though. I look forward to meeting with the others & am grateful that in spite of doing very little study, I actually have a good liver case to share with the group. Normally when I drive up to Cambridge I turn on my favorite radio station and sing my heart out. Today I am happy to just be in the moment and to focus on my thoughts as I freely associate.
08/22:00	BACK	10	I found myself gently rubbing my kidney area on my left side earlier tonight. This area is just slightly tender.
18/11:00	BACK	10	While standing at church this morning, I found myself rubbing my back around the area of my adrenals, especially the left side. It felt achy & clogged, like I needed to drink a lot more water only I wasn't particularly thirsty.
18/22:00	BACK	10	My back feels really tender up along each side of my spine. This isn't a new symptom for me but the way it feels makes me aware that it is different somehow and I can't really articulate how. Perhaps it's the way I suddenly became aware of it and how it is more intense than is typical. It is also more extensive than usual. As I gently rub each disc area going up my back, it causes me to wonder how much of this is a Proving symptom and how much are other factors coming into play.
01/08:29	BACK	11	Flush of heat on left side

01/14:40	BACK	11	Flush of heat up the lower half of my back and then gone.
05/17:30	BACK	11	Pain in left lower back coccyx area; sharp on each movement, made me walk stiffly, better with hard pressure
06/08:30	BACK	11	Pain in left lower back coccyx area on beginning movement; a bit better with continued motion; sharp on each movement, made me walk stiffly, better with hard pressure
07/16:05	BACK	11	Pain in right coccyx area, better hard pressure, feels like a weakness, the weakness extends down the back side of my leg
15/20:00	BACK	11	Right lower back above the hip is starting to hurt as I'm feeling stress building; worse movement, better hard pressure
16/19:00	BACK	11	Slowly pulsating spot to the right of the left scapula, dull pulsating, like pressure from a blunt object; nothing I do helps it go away (walking/standing still, touch/pressing, stretching); not a pain but an oddity
01/11:15	BACK	15	Twitch on left side abdomen area. Fluttering twitch
01/11:15	BACK	15	Tiredness across shoulder too - after that sensation especially right side. Not achy, just tired. Going down midback- tired, achy, tense.
10/11:04	BACK	15	Ache top of shoulder and up to neck. Want to rub it.
10/11:08	BACK	15	Still tight muscle in shoulder, need to rub it out.
06/07:40	BLADDER	10	I did not have to urgently urinate when rising this morning. Normally I have to pee shortly after being awake. Also, I've noticed I'm not passing much urine (volume) and It's a very light color (first urine of the day) and throughout the day as well my urine is light-colored. Normally my first void of the day is darker.
12/09:35	BLADDER	10	Not much urine in passing this morning....I don't think I'm drinking enough water. My urine is noticeably sparse and light-colored.
14/00:00	BLADDER	14	Urging to urinate a ton more; every half-hour to 45-minutes, they didn't get up once and I got up six times.
01/21:34	CHEST	1	Momentary chest pain in right ribs while lying in bed. Like a vibration, or electrical impulse, radiating chest pain.
01/06:30	CHEST	2	Mild burning sensation in chest, right side and moving to breast bone
01/06:30	CHEST	2	A mild burning sensation from right breastbone to chest.
01/06:50	CHEST	2	Burning has stopped, most places, moved to left side rib area
01/07:09	CHEST	2	Burning sensations continue in chest.
01/07:13	CHEST	2	Burning sensations in the right chest is light and tingling. Energized. The sensation of what it feels like when sunlight hits water, how that would feel.
01/07:18	CHEST	2	Left rib cage its still there, a light.
01/07:18	CHEST	2	Right chest.
01/11:00	CHEST	2	Hot, very hot, heat undulating from chest up to head
01/00:00	CHEST	4	My chest the ribs and the sternum feel expanding and scapula are settling back. I feel really still. (Yawn) I'm really aware of my scapula right now, that there are two of them and they're at my back. I'm remembering a sculpture friend made, there's a male and female figure in wood half life size in seize Japanese position head bronze and have full head antlers, and I'm sitting very still head back and a little feeling like I have antlers.
12/15:19	CHEST	4	My chest behind my sternum is softening, relaxing its guard.
12/15:29	CHEST	4	Heart is in minimal maintenance level, not tense or fearful, like the swells at the depths of the ocean, just existing.
02/07:30	CHEST	9	Heaviness and needed deep breaths
03/10:05	CHEST	9	Yesterday I had this heaviness in my chest about 07:30 - I needed deep breaths - this lasted only for a little while.
07/21:30	CHEST	9	lower part of ribs pain, sharp, worse sitting up straight, pressure, went to dull pain within a minute or two.
07/21:30	CHEST	9	Along the lower end of rib cage in the front - a SHARP pain - right below the bra on the lower end of the rib cage - just a SHARP pain - better sitting up straight and a little better with pressure (if I pushed on it). It went to a dull pain in a minute or two
08/00:00	CHEST	9	Pain at ribs felt periodically during the day
08/00:00	CHEST	9	Felt the rib pain periodically during the day.

09/08:00	CHEST	9	Pain at ribs but dull like a bruise, better when I press on it
09/08:05	CHEST	9	Today the pain in the ribs is more dull like a bruise - now it's WORSE when I press on it. It is maybe there all the time but I can feel it more when I press on it.
09/08:15	CHEST	9	I am hacking up these little balls of phlegm when I wake up now - these are the same as the "white juicy boogers" I had in a dry crusty nose.
11/09:01	CHEST	9	Pains in rib cage
15/08:23	CHEST	9	Chest pain - rib thing - all gone - nothing like that again.
03/10:00	CHEST	10	Found myself coughing this morning for just a brief moment & realized I had had the same cough yesterday and on day 1 of the Proving as well. This cough was just a sudden urge & somewhat spastic, but dry and passed quickly.
11/08:45	CHEST	10	One of the first things I noticed after waking up this morning was some slight pain around the area of my lower rib cage, both sides. This is a somewhat varied symptom from one that I used to have many years ago...for many years running. The old symptom was more toward my kidneys and every morning upon taking my first breath. This pain was way less intense and in a different place...in the front and slightly around the sides of my lower rib cage. It lasted just a second or two....the first few breaths actually, then it left.
01/08:14	CHEST	11	Tightness in chest, felt in lungs. Not easy to take a deep breath. Heaviness, like a weight on the chest.
01/08:17	CHEST	11	Weight in upper body, shoulders and back. Could bend forward with the weight.
01/09:01	CHEST	11	Sensation of weight back in chest area and extends into throat. As if blocked. Heaviness
05/01:45	CHEST	11	A bit of heartburn like acid behind the sternum. Like still had barbeque pork in the esophagus. Really acidic
07/15:30	CHEST	11	Sensitive to the tightness of my bra around my ribcage; feels like I can't move, every position is annoying and I have to squirm around until it's placed right so as not to annoy me...but I just can't get it comfortable; I have to change into a looser bra
11.08:47	CHEST	11	I ate buttered bread for breakfast a half hour ago, and now I'm feeling a bit of an acid feeling in my esophagus behind my sternum and somewhat into my throat; if I had to associate the acidity to a feeling, it would be uneasiness, but I'm not sure that's how I felt about it in the past during this proving
16/15:40	CHEST	11	Feeling of acid in esophagus behind sternum, around 30 minutes after eating
16/18:35	CHEST	11	Feeling of pressure on the chest
01/10:43	CHEST	15	Sensation in right heart area. An awareness, not an ache. Not a new symptom, has had before.
01/10:43	CHEST	15	Awareness of sensation in heart area has increased. Sensation with a spiritual dimension to it. Dissipated. Ever so slight.
01/10:50	CHEST	15	Chest ever so slight sensation - more general now - not just heart area.
01/11:19	CHEST	15	Right chest feeling is back. Achy. Deep in the heart. Spiritual aching not physical aching. "spiritual achy" Emptiness - not a new symptom. Something I experience on my spiritual journey.
01/11:31	CHEST	15	Sensation covering interior chest wall and out to right arm. Just awareness. Not really a lot. Coming down off the right side a little bit - awareness - subtle.
01/11:40	CHEST	15	Sensation more localized in heart region. Not new- more aware of it. Spiritual.
10/10:40	CHEST	15	Energy sensation in chest. Tingling across front of chest more on the right side.
10/10:43	CHEST	15	Sensation. Sitting on right side, heart area. Awareness. Not sore or achy. Awareness of energy going on there. Wonder where it is going. What is it going to do. Have had before like and in depth spiritual encounter. Empty. Something missing. Desire not being fulfilled.
10/10:50	CHEST	15	Sensation in heart area. More aware. More wide spread. Whole chest cavity. Right side. Almost an ache. Not just energy. Trying to decide how deep it feels. Feels like it is in the heart. A deep ache. As if there was grief, emotion, sadness, aching there. An emotional ache more than it is physical. Grief or loss of some type.
10/10:53	CHEST	15	Sensation in chest is going down breast and across back to scapula area.
10/11:00	CHEST	15	Pressure in area of right side of heart is increasing in intensity. Deep emotional ache. Carrying around emotional trauma and sadness.
10/11:17	CHEST	15	Still achy in chest. Heart area. Abdomen ache has gone away.
13/11:10	CHEST	15	Pressure right side of chest.
13/11:24	CHEST	15	Unsettling in the chest, a chaos in the chest, a pressure, an energy bouncing all over. Centralized, chest, heart area. Like energy, like atoms bouncing all over inside, bouncing around, unpleasant pressure. Something that is not supposed to be there moving around and annoying.

01/20:28	CHEST	16	After couple of hours the burning sensation in epigastric is gone & now there is this mild heaviness on my chest.
05/12:30	CHEST	16	Heaviness on chest. I'm tired. Like something on my chest, heavy. It wasn't easy to breathe. Like something heavy on my chest. I couldn't get rest on bed. When got up, heaviness was gone. Then shortness of breath.
05/12:31	CHEST	16	Shortness, there isn't enough air.
05/12:32	CHEST	16	There isn't enough air = I had to struggle to get air in.
05/12:33	CHEST	16	Struggle = trying to breath out had problem. I had to go deep in my lungs. I had to notice going in and going out.
05/12:34	CHEST	16	I can't take the breath out, I have to go deep to take it out.
05/13:22	CHEST	16	Mild pain on my left side of my chest, on the sternum
07/16:12	CHEST	16	Left sided pain in chest, on my sternum, left side, momentarily, it is gone now.
07/16:15	CHEST	16	A mild pain in my left chest on my sternum. Dull pain, where my ribs start coming out of my sternum, feels like it's deep inside (not in the bone).
02/03:22	DREAMS	1	I am walking across a bog, sometimes when I step down, I am deep in a swirl of mud and in-rushing water. I come to a small stream. The water is very swift, I am not sure that I can cross the stream, just a bit too wide, and then I smell smoke, I have to find a way across the bog and this stream, in a few minutes the whole bog will be consumed by fire...
02/15:19	DREAMS	1	I am walking across a vast prairie; the remnants of the full moon before me, the sun rising behind me, the birds are beginning to awaken, so it's early in the morning in this prairie. I feel the winds rushing toward me. I am surveying. I feel the heat of fires rising up around me, behind me, as I walk toward the western edge of the world that I am presently in. Suddenly it dawns on me, I am the fire! The winds are doing their best to push me back, but this only slows me down, it will not stop my advance. I am a different kind of strength, I am a force of energy. I am fire.
03/14:00	DREAMS	1	I am escorted into a dark room by two men. I am blindfolded. They bring me to a chair. I feel a table before me. A woman removes my blindfold. I see a safety deposit box belonging to my great-grandmother; it is the solely illuminated thing in the room. Then a man asks me, "Who has the key to this box?" I reply, "I don't know, I haven't seen the box for 35 years." "He thought you'd say that," he says to me in a stern voice, "Therefore, we've collected these keys from your family members." The man in the shadows cannot be seen. He is menacing. Then a woman dumps a cloth bag before me with keys, some of which are bloody. I think to myself, "It is clear none of these keys fit the lock of the safety deposit box. I begin to breathe deeply, Ujjaiya Pranayama, my skin begins to shimmer and illuminate the room. I open my mouth and a strong resonant voice states through me, "Enough with your games!?" It is not my voice. It comes through me. I grab the box and take a 360° view of the room and my captors and then I take my left hand and strike the table chopping the table in half. I then fly vertically up through the ceiling and into the night with the safety deposit box. I have each of my captors faces emblazoned in my mind's eye. I will return for them once I've regained my strength, on my own terms.
08/05:51	DREAMS	1	I enter a dinner. Suddenly, I am surrounded by people dressed in clothing from the 1940s. I realize that they are giants. I see a waitress preparing a piece of apple pie with a dollop of real whipping cream; a man is putting condiments on his hamburger. They are all giants. It'd fascinating to see the world from this perspective. The song, "In the Mood" is playing I overhear someone at the counter talking about dropping the atom bomb on Japan and a wave of grief washes over me and I wake up
09/04:45	DREAMS	1	Forces of light and dark were battling in the sky. It was like watching a martial arts competition, even though the outcome was clearly more important, the forces had to balance each other.
20/05:00	DREAMS	1	I am asked to escort a celestial being, a goddess, through a modern European city. There is a shopping center or mall (an outdoor mall) with three layers, we appear on the lowest level. There is some reenactment happening off of a stairwell to our right. The goddess just floats a few feet off the ground, as though there were molecules between her feet and the ground, space between. She appears as one would imagine an alien being to appear, as though she is taking it all in, but not triggered by the daily interactions of the humans around her. There are two enormous escalators on each side of the mall, they are covered by permanent canopies, we are riding up and something catches her eye, jewels, diamonds, sapphires, rubies, pearls, in a shop. Her hair is silver, she has a blue dress on, her eyes match her dress, a kind of steel-blue; I am wearing a lapis lazuli colored robe. She runs over giggling now; I tell her, "Remember to keep your composure." She lovingly handles the gems and pearls. I have the sense that the people at the mall worship this celestial being, even though they aren't yet aware that she is walking amongst them.

20/05:02	DREAMS	1	Then we go up again, to the third level, there is a street vendor, on the third level there is a river that is flowing swiftly, the street vendor is pan frying salmon and herbs in butter and white wine sauce. The goddess wants to eat some of the salmon. She does so as though she is eating something for the first time. There are three salmon filets in the pan (I remember seeing this image in my mind's eye before). Suddenly, throngs of children run toward us, they are carrying offerings of exotic flowers and jewels (like those we saw in the store on the second level). The children break into song (the Lone Wild Bird). The celestial being and I her escort begin to dance like two birds ten feet off the ground (in order to fly, I must use my Ujjaiya pranayama; my skin turns blue). Now we are surrounded by the children and their teachers and their tutors, and their parents and grandparents. We are in the midst of a great game and Bhakti celebration. The goddess tells me that she loves me and I weep... Then I turn and I wake up.
26/05:00	DREAMS	1	I am deep in space. I suddenly realize that I am swimming in space, in the void or darkness of deep space, I am an immature dolphin, there are fish swimming around me; I am oblivious, playful, and care free. There is a great structure near me, it's the Great Barrier Reef, then a shark attacks me, still I am in my own world, my family surrounds me and protects me; they defend me; it takes me a while to understand that this is not a game; this is life or death; and still, this is not a game, yet it feels like a game. My name is Icarus. I feel safe within my family and I may die. It's simple.
29/04:30	DREAMS	1	I am a Daka, no one can see me, my role is to go where there is suffering and dance, this ancient Daka dance to help the individual to embody the light around them. As I do this, I wonder, why don't these people reach inward and pull the light out themselves? I wonder how this wisdom has been lost? Then I am full of gratitude that I can dance for these people who cannot or will not dance for themselves. When I have this thought my body bursts into pure white light!
02/03:00	DREAMS	2	Walking around in the back yard where I grew up, the grounds were overgrown with thistles and other spiny plant, old grape vines, everything seemed dusty and dried out. I am walking around trying to figure out what happened.
02/06:30	DREAMS	2	I am at some kind of tent meeting, I see this sparrow with its wings spread kind of protecting the nest above where there are two more birds protecting a nest in an alcove, I go over to the nest crawling on the ground, to see this close up, the bird goes on the attack and keeps pecking me on my right side, head and ear. I leave the area, but the bird keeps at it, it is like the bird knows who I am. I go back to the big tent area and the bird is still pecking me.
05/07:00	DREAMS	2	I was in a fox hole, in a field, protecting something, black hounds are roaming the area, clutching babies (puppies) in their mouths.
06/00:00	DREAMS	2	Walking around with a shot gun, I am out in the woods
06/07:00	DREAMS	2	I am in a field, I hear snorting and puffing, I look to see an animal far off now moving closer. It is a boar, snorting and grunting. I am afraid but I look back at it and snort and grunt back at it, it backs off.
08/06:30	DREAMS	2	I had a dream that I was that guy who traveled to Mars in the that Edgar Rice Burroughs Book/ Movie - John Carter. I would have to be disembodied to travel to Mars. There is some sort of time shift where it seems like I am on Mars a short time but a long period of time will have passed here on Earth. I can see an image of Mars and Earth side by side. Someone is explaining that there can't be a time shift. He says it is like two houses next door to each other, one neighbor and the other. Time stays in the same because they are on the same block. He says he thinks I must be going back in time to a time on Mars when there is life and people. He says this must be true since there is no life on Mars now. I must be going back in time before life ended on Mars. He asks me why I would want to go back since we already know what happens.
09/06:00	DREAMS	2	Sitting on the roof, somewhere, talking with friends, eating corn, they ask me what it is like to be an Avatar. I am not sure I know what they are talking about but it seems that somehow I am able to glide down to the street through the trees
12/06:30	DREAMS	2	fragments mostly, someone in a tux, sitting hunched over, we are talking about repainting and remodeling, something vague like that, the feeling is of some kind of motivation, like work needed to be done.

14/06:21	DREAMS	2 some guardian or something like that has gone into the city to retrieve two children, they have been with a person who is crazy or something. She is all in black and wearing a black top hat, she kind of looks like Eartha Kitt. She is moving about gesturing with her hand and talking madness. This is in a city, on a city street, The children are in a ferry boat being taken back home. There is a boy and girl. The girl is looking down in the water, watching the lights on the water, and noticing that the locks that the ferry is going through looks different, changed somehow, like pieces of it are missing. She is not happy about being taken back. The boy is laughing and does not seem to care. Back now, in a big house, There is some kind of illness, maybe the boy is sick. Men in 1890's suits are huddled around discussing the illness. It is very late, they have lost track of time. The girl looks out the window seeing the sun is about to rise. She hears music and says, it's a cello. She plays the cello. She opens the window to listen, the men are oblivious. She looks down on the street. Now she is up the roof. A man with a painted face, sort of like a jester or clown, is talking to her - Is he a vampire? He is saying you could come away to make music like this , you don't have to stay here. It is not clear what his intentions are.
19/07:00	DREAMS	2 My friend is kidnapped by a man and a woman. I am there . We are in a car and he is knocked out in the back seat. I am yelling out a window trying to open a door, the car is driving very close along a walk way near the ocean, there are a lot of people there but no one is helping. I somehow get out of the car. I get to where they have taken my friend. It is a house, I call the police but the police are not coming. I am at the police station trying to get someone to pay attention to this. A plain clothes officer says he will help. They are not moving on this fast enough. I go to the house and bust in. I take the woman hostage, I am behind her with my arm around her neck and I some how manage to knock the guy out, The police finally get there. I am acknowledged for helping solve this case. We are at the police station and I am pushing the two criminals to the place where they get booked, a woman behind the desk is helping me and told me I did a good job, I am in the back room with the officers, this tall guy George, in a yellow t-shirt is standing really close and saying I did a good job or something like that.
29/00:00	DREAMS	2 I am in this house with these people, in this kitchen, a microwave that is square, not rectangular, it is like a ritual, someone has drawn these figures, there is this cartoonist, sideways character, the arms and legs are wobbly. A side profile, almost like a hieroglyph. That what the wave is like. Oh, right, micro-wave. That's funny. The microwave was black... Or, white? On the main door there are all of these drawings, there was a color form that you could peel off. I go into the living room and there is a guy sitting in this chair, he's laughing. It's like a shrine.
29/00:00	DREAMS	2 The shrine is like a tabernacle, a shrine, like a focusing kind of place, it focuses your attention, your spiritual attention. The thing that keeps coming, that I want to reject is about laughter, laughing, the character on the microwave shrine is laughing, the person who drew the hieroglyphic like character was laughing, a joyful, good-hearted laughter (deep sigh).
29/00:00	DREAMS	3 A vivid and detailed dream with a family -two boys - Ages 12 and 10 respectively and two sisters - . Don't know what will happen to one of them Eight children altogether - 4 older boys. In the dream I was driving to collect soil samples and went up a hill and got stuck behind a car and had to turn into a driveway and stopped. I was trying to arrange may samples so they would not spill all over the car seat, since some of them had quite a bit of water and the containers had no tops. In process of rearranging my car, I locked the keys in car. There was a group of men and boys in front of a garage out of which flowed many bricks, and pieces of wood. The garage had other items in it. This was a project and my car was blocking the activity. I was going to send for a locksmith and while I was discussing this with Mr. S. two boys used a coat hanger to lift the lock and open the door. I was taken into the house where Mrs. S was preparing a meal in a large room filled with tables and chairs, like a small school room. I was offered a drink. I wanted alcoholic, but since I would be driving I took cranberry juice. The car was turned around in the driveway so the group could get on with cleaning the garage. When I realized that my car was stuck, felt guilty and apologized since these people had been assembled for this task. I suggested the car be pushed out of he way. That is when the two boys unlocked the car. The group arranged themselves in a line to remove the items and piled them into a container on the edge of the driveway. My interpretations of the dream. Family - I always wanted to be part of a big, loving family with a strong and loving set of parents. Going up the hill and getting stuck - In my life journey I have run into obstacles - the car is my mother (the obstacle) and going in the driveway is looking for assistance outside. I try to do it myself, but when I cannot I feel as if I am getting in other people's way. The samples are things I collect but I feel I am going to lose if I do not protect them. The locked car is my way of keeping things for myself. The boys unlocking the car free me up. The reference to the girl (Pawn) who may not make it - I think is me. Mr. S is my guardian angel or guide.

00/00:00	MIND	4	Pre-proving impression as driving to class: listening to local public radio, moved to tears at being a part of this community I know, and also moved at the realization of how many people here I don't know. Also feeling very connected to the land, and to the lake. Feeling the energy of land/lake mixing with me. We are all ONE. I also got an email from a client this week recommending a movie called THRIVE about environmental concerns and the like.
05/8:00	DREAMS	4	Two significant dreams I can't remember. Woke up very sad, heavy with grief.
07/06:30	DREAMS	4	Something about answers, having to have the answers. A long, skinny list: answers, answers, answers!
07/06:30	DREAMS	4	In Paris, going to an antique flea market I've been to before. New stuff being set up in the back room, I'll come back later when they are ready to open. I do, they are still not really ready, but let me in anyway. Need to find a special gift for my boyfriend. It's all really expensive and nothing is catching my eye. Then it's time to get back, but I don't know this part of town, don't have a subway map. Try to ask others for directions but I'm not sure where I'm supposed to be going, so how can they help me. I think I'm more in the North of town, but not too far North, not at the edges of town, nearer the center, the older, more established part of town: subway stops I rarely use, so I'm not familiar with the lines. There, a station is in sight, there will be a map, I'll be able to figure out where I am, where I need to go. walking towards it, a young girl is ahead of me. We see the old-fashioned subway cars climbing a hill, it's an aboveground line. The hills turn into something we can slide down, a little scary but real fun and, I see, built to be safe. Almost like an amusement park with a pre-established route you take, so things are timed for you to be able to achieve the passage from one thing to another.
10/09:30	DREAMS	4	Awakening feeling the ephemeral quality of life, of my life, of relationship, of my own potential inconstancy.
11/07:30	DREAMS	4	Our teacher from school is going to take a month-long trip to Italy, on the cheap. I am very moved to imagine such a dedicated professional taking a month off to wander, alone, in her favorite country. She is stopped at the border by a policeman who makes this odd gesture of stretching out his hand, palm up facing her, then rolling the arm, and another duplicate arm just above the first, as if rolling up in yoga, one vertebrae at a time, with a final flip of the hands and once again outstretched in a "stop" position. He reminds her how she wreaked havoc in his country last time she entered, and that she must contain herself this time if she is to be allowed to stay. I feel a deep yearning at the idea of being able to travel so unencumbered, at the gentle mercy of each whim of the moment, free to follow them. I can see her joyously walking down empty streets, letting her attention be caught and then following whatever impulse she chooses.
12/15:16	DREAMS	4	I am able to wander, no restrictions, no obligations, no plan. There is this deep relief.
21/11:40	DREAMS	4	Roommate left a DVD by Angelina Jolie about Bosnia, very dark in terms of submission, women being humiliated, violated, powerless to defend themselves. Men delighting in shooting other men, the enemy. Dreamt about guns but can't remember more. Who is the enemy. Can any one be really human in a war situation. Who can you trust?
24/08:00	DREAMS	4	Dreaming that my boyfriend turns out to be quite resistant to the idea of getting married. He has been avoiding being more honest with me about this. He wants the relationship, but not the form of marriage. I feel a little death, there is a sorrow, a feeling of being deceived, let down, left adrift, disengagement (literally!).
01/02:00	DREAMS	7	Her dog had diarrhea, but we didn't know, he was downstairs, aloe, farting and all of sudden diarrhea everywhere. She was calling to dog. Like a fire hydrant out of his ass. Shit everywhere. What the hell is happening? Poor dog. Gross ew. Feces was army green color, no smell. Just filth and gross quality. Diseased. Couldn't wash it off, felt like that.
01/02:00	DREAMS	7	Me but wasn't me, and some guy shit on her. Having sex and then covered with feces. Green colored feces. She was trying to wash it off and it was so much and she couldn't wash it off. He said "You deserve that!" He was a player guy, thinks he's so great. He was treating her like pieces of trash. Of course I shit on you, you deserve it. So gross, so dirty, so low about self.
06/02:00	DREAMS	7	(About her dream) I was crying. I didn't want to do it. But I had to do it, I was told. There were bad people in the house. It was unclear...why they were bad, I was coerced by the bad people. You have to cave, to preserve myself. I'm supposed to set fire to the house. A big house, people on second floor, you have to do this, they are in the house now, they will assume it was one of those guys, you have to do it! "No!" I say, "there are people in there, they are going to die!", she said "they may get out" That's bad, I didn't want to kill anyone.

06/02:01	DREAMS	7 I dreamt that someone was going to come into the house and harm us. I'm not sure if it was kill kind of harm, but harm. Then my dream jumped to something else---I had to go with a friend and set someone's house on fire. We had to burn it down in order to protect some other people. I remember crying- I really didn't want to do it, and also, we had to start it while there were some people in it to make it look like an accident. I was crying because I didn't want anyone to get hurt, but I knew that they would.
02/00:00	DREAMS	9 Lots of dreaming in the night! An on-going dream. I was living in a commune type environment and with something going to happen where it would be the end of the world. It was not frightening - it was all very logical - we drew names of the people who would move to another island. So we were preparing to leave - we had a large tank - some large protective vehicle - maybe a bulldozer - and a car to move around in. So it was time to go and I was trying to go through all the drawers to see what we needed because whatever we took was all we had. Someone decided we needed sponges so not being able to go to the store we decided to take all the sponges we could find, not leaving any for the people left behind. Then I had cleaned out drawers and there were people sitting around waiting to leave and they wouldn't help put the stuff I had collected into bags so I got mad and eventually one woman - someone in real life - helped. We were driving to the coast to a boat I assumed and saying good-bye to the people we lived with was not very panicked or hectic. My feeling was "let's get going - hurry up!" I was worried that the others would try to go with even though there was not enough room but those left behind were - "chipper" is the word that comes to mind - happy. Worried that the others would try to go with, even though not enough room but those left behind were chipper, happy. Dream was calm and calculated not panic like you would expect in an end of the world dream. Woke up tired. Then I woke up. My feeling then - TIRED!!! The thing about the dream is that it was all very calm and calculated - there was no panic - no rushing around. I had more dreams but I can't remember them - I need to have some notepaper ready in the night to write them down.
05/00:00	DREAMS	9 Dream: (real life, black wasp nest under deck at cabin, took my dad and son out too show them; decided not to spray since wasps going in and out, joked with dad to get out of the way since he couldn't run fast) that night dreamt about the wasp nest. All the black wasps were dead and hanging out of the opening to the nest. Glad no one stung, they were dead. (In real life, didn't spray them so the nest is still there)
06/04:00	DREAMS	9 Had a dream last night: in real life we have a big wasps' nest under the deck at the cabin - we had spray to use on it but we never actually sprayed it. But I dreamt about this big nest of DEAD BLACK bees hanging under the deck. The nest looked like a "Winnie-the-Pooh" nest - you know - kind of a cone shape. The feeling? I was glad they're dead and no one got stung and How did they die because we didn't kill them?
10/11:21	DREAMS	9 Had a dream last night, remembered it as I was driving today. Maybe this came from the movie Contagion (that mentions Homeopathy) that was on TV as I was going to bed the previous night - not the night that I had the dream. Dream: There was a very favorable article in a magazine about Homeopathy. We were all discussing it. Very excited about it. Got lots of people talking to me about it. New clients booking. Feeling - A Great dream!!
11/09:20	DREAMS	9 Watching the movie Contagion on television, the guy mentioned homeopathy in it, I don't know in what light? I had a dream about homeopathy being mentioned in the news. A very favorable article in a magazine about homeopathy, it got lots of people talking about it, it was exciting. Patients were booking appointments.
15/08:01	DREAMS	9 I had a dream on Monday night (day 13) - it was so real that I wasn't sure it was actually a dream! It was about appointments on my calendar at this new office I am working in one day/week. I had appointments scheduled on this particular day for one at Noon and then not another one until 7PM. When I woke I couldn't tell if that was true or not. I had to go into the website and then I saw that it wasn't true and must have been a dream. In reality the website is not easy to use and is hard moving from one day to another to check schedules. The FEELING about the dream was that it was INCONVENIENT! Both asleep and in real life - that the website and schedule are hard to use. Felt irritated. I have a good feeling about the job in general but I am waiting to see if the pace picks up after summer is over.
20/08:01	DREAMS	9 A few dreams - the same kind - taking current occurrences and putting them into different scenarios.

03/14:45	DREAMS	10	I was somewhere unfamiliar to me, in a doctor's office, like a chiropractor's office, with a number of different rooms, and a long hallway, I finally connected with an older gentleman, he was recommending tests for my condition. I don't recall what my condition was, I was just listening trying to discern what he was saying to me. Then my molar fell out and instead of panic, I just held the tooth. Then I looked at my hand and the whole bottom set of teeth were there in my hand, grayish, discolored in a bad way, held together by a brace. I was disconcerted, how could I think it was just one tooth!?! The doctor had said something about a bacteria. I thought, I would simply start with yogurt, adding yogurt on a daily basis. Grateful in the dream that I could handle this and that it would be okay, I could even share this with my mother.
03/14:52	DREAMS	10	Late for work, three months late!
03/14:55	DREAMS	10	I've got to clean this entire building with one little rag in my hand.
03/23:05	DREAMS	10	I actually remembered a dream I had last night. I have not been able to remember my dreams much for the last few years. The dream was relayed to Jason-Aeric and it's late now and I am tired. Suffice to say, rather than the feeling of the dream being one of struggle, struggle and more obstacles in needing to get through the terrain & landscape of the dream (which had been my previous mode w/dreams the last few years) I was relaxed & curious about the place I was in. I had lost a tooth (right lower molar) and held it in my hand while I spoke with an elderly, gentlemanly practitioner. When it came time for me to make a decision about my care, I was surprised to see an entire row of badly discolored and nasty looking teeth all in a row, held together with what looked like braces wires. Normally a dream of this nature would wake me up with my heart pounding. No such response. All seems well with the world and even the issues that loved ones are having around me are easily 'given over' to Providence without my worrying about them as I usually do. I slept well last night and this may be due to hubby's working nights. I don't get woken up by snoring when I'm alone in our bed! Tomorrow is another day & I'm looking forward to church & all that the day holds.
04/00:00	DREAMS	10	I remembered my dream(s) again last night. This is good! My dream consisted of me needing to make a bank deposit from a work van. In actuality, I was a driver for U.S. West & occasional bank deposits were required. In the dream, I became aware that there would be an issue with time and space as far as getting close to the bank. There were some construction obstacles & other matters that was making it difficult to complete the task. A person riding in the van with me suggested I just go to a bank closer to where the van needed to be garaged. My feeling in this dream was similar to what I have been experiencing since on this remedy. What I anticipate to be difficult & complicated turns out to be quite effortless & easy....and again, a feeling of 'all is well' & no worries. I have been enjoying a sense of well-being that is almost palpable, especially in the area of challenges that arise randomly or which are planned. Things are working out so favorably & with such ease. This may have begun prior to taking the Proving remedy, but now, 4 days in, I am very aware of this dynamic in my life.
10/09:00	DREAMS	10	This is one of the few dreams I recall lately & it is brief but I will describe the feeling. It was a very happy feeling of surprise that I could so easily make music with others...never mind that I was in an unfamiliar place with several people I did not know who I believed were retarded & also playing instruments that were not familiar or common. But the music we made together and the sounds were so very lovely. I was thrilled & felt a sense of unity and accomplishment, even though I had not practiced previously or even knew what the heck I was doing.
14/06:30	DREAMS	10	I had a dream that I was watching my grandson & holding him on the couch in our living room. In this dream, I fell asleep on the couch and I thought my grandson had as well. But in the dream, I looked upstairs and saw my cousin and my mother showing my grandson how to slide down the stairs. I wondered in the dream if I was really asleep on the couch or if I was actually dreaming within a dream. It was a tad distressing because I didn't think it was a good idea to teach someone so young to play on the stairs. Flash forward through those typical nebulous dream images and I was needing to ask colleague to be prepared to share with a reporter how Vitamin C can help anyone, but to limit his opinion to one sentence. In this dream, it was tacitly understood that the media would have an agenda & colleague would know what this agenda was and speak accordingly.
23/00:00	DREAMS	10	My feeling after all this was one of feeling a bit nervous in my body and not at all serene and happy to greet the day. I was aware that I had just heard a loud noise due to our cat freaking out at my son's cats who are here staying in the upstairs portion of the house. The gate had gotten knocked down (likely by our cat chasing my son's cat back up the stairs.) I was aware while getting ready for the day that I had several things on my plate that I just wanted to get off my plate...and a sense that the honeymoon phase of the early-proving feels over to me. I need an adjustment from a gentle but adept chiropractor and am looking forward to having a massage as well...it's been too long.

26/00:00	DREAMS	10	All this as a backdrop to the very terrifying dreams I had this night. My fear in the dream was around men outside the house trying to get in...with the intent to harm. In the dream I was trying to keep these bad guys out while trying to quietly make hubby aware of their presence. I had several dreams of this nature and cannot quite recall the specifics. Suffice to say my feeling in the dream was one of awareness of evil and the fear that comes from feeling as if I'd be killed, along with my loved ones. I also had a feeling in the dreams of wanting/needing to protect those with me in the house.
27/00:00	DREAMS	10	I had a dream last night that was similar in one part to a dream I had early on in the Proving. I was traveling down a paved road and came to a hill. I couldn't tell you what vehicle I was using, as there was no awareness of a vehicle...just me moving very fast downhill and being concerned about careening out of control. In the earlier dream, there were a few obstacles to maneuver around but no big deal. In last night's dream, the downward hill was much longer and steeper and while rushing down (almost like in mid-air or on a skateboard, but no visible, tangible means of support was under me or around me) I was aware that there was a crossroads that was near the beginning and I chose the one on the left. I recall wondering for a second if I should have chosen the other route....but as is the case with most dreams, there is that feeling of being in a movie and there was no time to sit and consider any consequences or change of course....I was flying at break-neck speed down an asphalt roadway and needing to merge at the bottom so as to avoid any crashes. I must have made it, as other dreams followed this one. What I recall the most is being frustrated because I was struggling to get my socks & shoes on and I kept trying to go outside but ended up coming in again and again because I kept forgetting my shoes and these socks that were mismatched kept getting wet. I tried and tried again and there was that feeling of being impeded in my mission. Later the next day I wondered about the dream and just chalked it up to a general feeling in that moment of feeling inept and like I have a serious forgetfulness issue.
00/00:00	DREAMS	11	More dreams than normal but don't remember them
02/07:00	DREAMS	11	I dreamt that I had to get to the train, but there were levels and levels of track with trains coming and going on different ones each time. Stairways led to the tracks, but I couldn't find which one went to which level when the trains came. There were no walls between the stairways, so each time a train came, I could look and try to find how to get to the train, but none of the stairways ever led to the level that the train was on. Usually I'd be absolutely pissed about this, but in this dream I just figured I'd wait for the next one...I was quite calm despite my confusion about the stairways and bit of frustration. It felt like I wasn't in a hurry and therefore could wait for the next one.
04/03:00	DREAMS	11	I parked my car in the underground parking lot at the mall and entered the mall on that level; I couldn't figure out how to get upstairs to the shop levels; I found stairs and tried to go up them, but they were blocked by a chair because employees were having a meeting there; I thought of another way to go upstairs but couldn't go that route either for some reason; and then again; What surprises me is that I didn't seem too frustrated or angry in the dream; I didn't have any reason to be on the shop level (even though it was my goal to get up there), so I wasn't hurried or feeling late or worried about meeting anyone; I was quite calm despite my slight confusion and annoyance, which is unusual for me in a situation like that.
04/06:00	DREAMS	11	I was outside my house with my dog; he was running around and I wasn't really paying attention to him; all of a sudden I saw another bigger dog in the yard that was a similar color to my dog; I was surprised that there was another dog in the yard because I thought my dog was the only one, so I looked over to where my dog was, and found that it wasn't my dog there either; I finally saw my dog sitting in a flower bed; my only worry was that the other dogs had eaten my dog's food and I didn't know it.
08/06:30	DREAMS	11	Can't remember much of the dream, but I was at a table in a restaurant, there was a family at another table, and then my sister and her baby were standing between the tables and also near the restrooms, all attention on them; everyone was smiling and laughing in an over exaggerated manner; my sister wasn't looking where she was going as she walked toward the bathroom and accidentally kicked the baby; the baby slid into the bathroom door; my sister was laughing, embarrassed; I was surprised that everyone was laughing and confused as to why the baby wasn't screaming or hurt

15/07:00	DREAMS	<p>11 Felt like a very long dream and in three sections all around the idea of childbirth; the first section was about pregnancy, the second about labor, and the third about delivery; I was in a room with several other pregnant women, all of whom were having their second child...I was the only one who was experiencing it for the first time; my sister was pregnant and there, and she was giving me tips, explaining what was going on; apparently I was in labor and ready to deliver any minute, but I wasn't having any contractions, so I was confused...why was it different from what I'd always heard about labor and delivery? I felt like I had to poop, but my sister said I couldn't push or the baby would come out, but I didn't think I could hold it in very long; I was watching all of the other women; they were putting on cute dresses and getting dolled up for their deliveries, and then they were just sitting around waiting, doing nothing, complaining; I didn't want to dress up or sit around for hours, I wanted to do things rather than just waste the time up until the baby came; I thought it was odd that they were all happy doing nothing for hours as they waited. My feeling was: confusion, humble, reserved, allowing them to tell me what was going on because I didn't know. When I didn't know something, they told me and I took their word, like I was taking a step back, not having to be right.</p>
17/04:04	DREAMS	<p>11 Dreamt I was walking around our several acres of yard with my mom; she'd ordered a new security "system" through a company called Lady Antebellum and wanted to check things out; when she hired them, she had to give them all sorts of info about our yard and specific info about specific trees and bushes, and with that information, the trees and bushes would be protected and we'd be protected, too; but as we walked around, there were threatening messages in some trees and bushes like, "You're going to die tonight" with bad spelling; I was bothered by the messages, but my mom was thinking it wasn't true and there was nothing to worry about; I wondered about how the company worked as a protection system because it sure didn't make sense to me and I wanted to look it up on the Internet; I felt less safe with the system, like threatening people were watching us now, and I didn't know if the threats were real or jokes, if they were a part of the system or just from pranksters; walking around with my mom, I felt watched and like maybe we were being targeted; it was very unsettling, I felt uneasiness in my chest like a pressure, constriction, weight, butterflies...what was going to happen?</p>
17/07:00	DREAMS	<p>11 I was at a school of some sort and my husband and I crossed paths; he told me he'd just meet his soul mate and wanted to be with her; I was so hurt, started thinking about all the things that would change now and after we divorced; all the dreams we had together for our pottery business...I wouldn't be a part of them, and my husband probably wouldn't be able to do them himself; would his new woman help him? We wouldn't need the building we were constructing for him, he'd have to find a new way to expand his work area; would he fill the orders he promised during art-fair season? He'd see that life would be so much harder because my family and I make so much of his business possible; I was so sad, just like that, everything would change, almost on a whim of his; I'd have to get a divorce, everything I was working on and toward would change; did he not love me? Did he feel I too much of a pain or too strict or controlling? When he told me, I immediately shrunk, meaning that my shoulders and body hung forward, my pace slowed, my heart was heavy all of a sudden, as was my body; it was hard to move forward; I had a delicate succulent vine in my hand, and I whipped it at his back, but it didn't hurt him at all or satisfy me at all</p>
24/02:30	DREAMS	<p>11 I woke up and had a flash image; I looked toward the foot of my bed and saw my mom's face shooting forward toward me; then it turned into a snake and slithered down to the floor and was gone...must have been a dream because my mom was not even in the room. feelings: happened really quickly. knew it wasn't real.</p>

29/02:40	DREAMS	11	(Part 1) Very vivid dream where I was with a small group of people who had a yellow plastic flimsy tube, maybe four feet in diameter, that they were putting into the ocean through a hole in the room we were in; they were attaching it somehow to the ocean floor and letting people go down to the bottom to experience the ocean floor; I wanted to try, so I jumped into the yellow tube and slid down, it was a cushy ride because the plastic was like the plastic on a water bed, not hard plastic; gravity took me down, and it was a little scary because it was a dark hole into the ocean, down and down, and the plastic wasn't hard so it felt like I wasn't so protected; but I didn't think much of fears, I trusted; got to the bottom and couldn't see anything...thought there would've been a room down there to look out at the ocean floor or something, but it was a great experience nonetheless (not sure why); came back up to the top and wished I'd have had a camera and notebook with me to see what the tube was like while going down and to write about my feelings while sliding down into the ocean, into the abyss, not able to see where I was going and where I'd end up; it was exciting sliding down but kind of felt like I was being swallowed up by the darkness, I tried to feel my way around even though I was sliding down fast; later felt like I just had to try again; I had someone set up the yellow tube for me so I could go down, and while I was sliding down, this time I wondered why no one got the bends when coming back up, or if the sides of the tube were really strong enough to not collapse under the pressure of the water and depth, or what would happen if there was a hole or a leak in the tube...but I went down anyway;
29/02:40	DREAMS	11	(Part 2) When I got to the bottom this time, I saw a leak and water coming in semi-slowly, but fast enough for me to know I had to get out of there; I quickly ran backwards up the side of the tube and got out; seemed like I got to the top very quickly considering that I was going all the way from the ocean floor to land; I was crying and told the others we couldn't go down anymore because there was a leak, to which they said they could just fix it...and showed a gesture like putting a piece of tape on the hole; I knew it was a bigger problem than that, that the tube was probably filled with ocean water by now and I was lucky to have gotten out, and the tube idea was dangerous so I wouldn't go down again; reflecting on my feelings during this dream, I found it odd for me to simply brush away and forget any sliver of fear during the first trip down the tube; the feeling was that the tube experience was like a theme park attraction, and I naively trusted without thinking about possible problems and consequences; the second time I went down, I had a strong urge to go for some reason, though I don't know what that reason was, and it was devastating when I came up because I knew that the experience was over forever because of the hole and because of the possible consequences of being caught in there while filling up (like drowning); I felt it was horrible and tragic for the experience to be gone forever, but I was so thankful to have gotten the chance to go down there one last time (not sure why I was thankful...because it was dark down there and I couldn't see anything through the plastic tube!)
35/00:00	DREAMS	11	I looked up and towards the foot of bed was a man. He was looking at me with intense eyes. He was looking at my chest, he was hyper-ventilating. I had NO fear. He was looking at my shirt and breathing in and out. Same intensity. It was like he wasn't there. He was like a crazy man. Like he was rapid or something like that.
11/02:00	DREAMS	15	I was outside by a street curb with a few other people and one said, "Be careful there is a snake by your feet." I moved my feet confidently away from the snake and it was over. Even though it seemed I should have been afraid in the dream it was as if I knew I was protected and just matter of factly moved away from the snake.
13/11:13	DREAMS	15	About a snake by my feet, no anxiety about it, just matter of fact, non-reaction to it. I just moved away and felt safe. Just as though the snake was a piece of paper.
22/00:00	DREAMS	15	Someone had driven up to our place in the night and was out walking around. I was angry that they thought they could just do that and went out to see what they were doing. I noted the license plate # and then approached them. They laughed and said they were stealing ammunition from my husband's stash and that it was easy picking and they had been doing it for years without being caught. I figured well if he didn't bother to take care of his stuff or account for it it wasn't my problem and they left.
00/00:00	DREAMS	16	The night before I took the substance I had a weird dream. All of a sudden I had signed up for some classes, and I realized I missed them. I missed two days of classes and I was trying to figure out where they were. It felt like I HAD to find them, like "where do I need to go? where are they?" Felt a little anxious but, in the dream, I made myself calm.

09/20:00	DREAMS	16	Took a nap in late afternoon and had an interesting dream: I'm driving on a road, I can't see anything, it looks like I'm in a cloud. I have no idea where I am. I'm not that nervous though, I just keep driving. My mom was with me. I decided to try and park the car, to stop and figure out my way. For some reason, I couldn't park right. It was very awkward. Mom was even offering to park the car, even though she doesn't have a driver's license. So mom parks the car for me. I felt confused, not nervous. Trying to figure out where to go. Then it switches and I'm talking to someone about a movie. In the movie there's fighting and guns, a big fight. The fight is between two groups, but it also feels like it's between a husband and wife. There is shooting. I didn't like this movie, but I didn't feel afraid. Then I woke up.
10/12:45	DREAMS	16	I had this dream when I was sitting on my chair at work and closed my eyes after I had my lunch. In the dream me and my husband were in a rental car which is a very small car (because today I dropped off my car for repair & got a rental car), my husband was driving and a huge truck was behind us. I was so worried that this truck hit our small rental car, mostly worried because it was a rental car.
03/07:00	DREAMS	111	I am showing someone that I can do a backbend and then move across the floor with my head dragging along the floor. I am looking for recognition from her that I can do this difficult feat.
16/06:00	DREAMS	111	My grandmother has been in a hospice for 8 years. I haven't seen her this entire time. I'm in Chicago and tell my sister that I want to see her. I cry. How could I have forgotten to visit her. I plan to go the next day for an hour. My sisters says I will need a much longer time. There is a book with a photo of her for each day. Since I haven't seen her for years that means many photos to look at. feeling: sad, guilty
16/06:00	DREAMS	111	I go to meet with a family to talk to them about homeopathy. They have an event going on and are distracted. They are using my floor rugs for the party and the rugs are getting dirty with broken pumpkin and black dirt. I am annoyed and want to tell them they will pay to get the rugs cleaned. My husband is meeting a friend. I haven't told him where we are and am concerned he will go to the wrong place. There is a woman in charge. Her husband is having an affair with the woman whose children I am supposed to treat. Feeling: many complicated emotions, unsuccessful efforts, concern that others will be upset with me, fastidious.
03/07:00	DREAMS	116	Unusually vivid dream. Dreamt I was staying at a B & B in the UK with my family; we were preparing for a battle that was to take place the following morning. There were primitive weapons strewn about and stockpiled. I was very fearful, filled with a sense of dread for the coming war. But also angry, because I seemed the only one to think it absurd and senseless. At the start of the battle, I attempted to escape but was put into a room and a large stone was rolled in front of the doorway. Upon waking I was relieved that it was only a dream.
25/00:00	DREAMS	116	Almost an Arnica Montana series of themes that I can't recall, "I've got to keep going!" That was not there at all in my feeling within this dream. Struggle.
19/10:00	EAR	1	Deep painful acne eruption inside left ear canal. This hasn't happened since high school over twenty years ago. A lot of thick yellow pus discharges from the eruption.
26/12:43	EAR	1	My left ear also feels like it has water trapped in it, it keeps popping and cracking.
01/06:36	EAR	2	Hearing in my left ear, sound of a dot-matrix printer
01/06:45	EAR	2	Hearing in my left ear the sound of wind chimes like the ones made of thin shells
01/14:00	EAR	2	Woke up from a short nap the sound of bells in my left ear, exactly at the time I needed to wake
29/00:00	EAR	2	As I tell this dream, I am hyperaware of this very large humming sound from the microwave.
22/09:55	EAR	4	Ears seem particularly wax-y. second time I've noticed that this week.
06/08:00	EAR	10	I noticed on the way to work this morning that my ears felt moist inside, like I had just showered and still needed to dry them, only this was not the case. When I was finally able to use some Q-tips later, the feeling had diminished some and not much of anything was on the Q-tip.
07/10:40	EAR	10	I notice that my ears feel wet inside again. Almost like there is something wet & oozy moving out very slowly. When I put my finger into my ear, there is nothing out of the ordinary there.
09/15:00	EAR	10	Again I experienced a funny wet feeling in my right ear. It has happened almost daily since early on in this Proving. It is momentary and feels like I have just showered & gotten water in my ear & that it is just flowing a bit toward the outside of my ear. It was very surprising to me when my son came home & said he had been to the doctor to have his ear 'washed out.' I really had to take a pause as my son rarely if ever goes to the doctor and he had said nothing to me about having any trouble with his ear. For him it was just his right ear. This is one of those seemingly inconsequential things that just make you go...'HmMMM....!'
11/10:00	EAR	10	That feeling of wax or water moving out slowly was in my right ear this morning and lasted only a second or two.

22/00:00	EAR	10	At some point in time on Thursday, I noticed that for a few seconds I felt that same sensation I had before of wax or water moving slowly out of my ear...the left one. And when I put my finger in my ear to check, there was nothing there. Later, when I cleaned my ears with q-tips, there was not much to write home about either. This seems so insignificant, but I know reporting any symptom, however subtle is important. There is not much at all happening in the physical area as far as symptoms...no headaches or anything new since the beginning of the Proving, or since any last report of physical symptoms.
01/23:23	EAR	11	Lying the right ear down on my pillow, the cartilage of my outer ear pops; I do this about 20 times to make sure it isn't a fluke, and it pops every time; I've never had this before; it's like the sound when someone cracks his knuckles.
30/09:00	EAR	11	A day or two ago I felt tenderness and a slight lump in the skin that attaches my left ear lobe to my neck, but this is not unusual; what's unusual is that this morning I feel a similar tenderness (the lump isn't there yet) in the same place on the right side; I never have this on the right side
01/10:30	EAR	15	Feeling sensation across both ears, equally on both sides.
01/10:35	EAR	15	Pressure right ear. That is all I can describe it.
01/10:40	EAR	15	Hears water running -- like waves, stream, or waterfall.
10/10:28	EAR	15	Hearing water. It is like a creek. Just like it is outside. Sitting by a creek.
10/10:31	EAR	15	Hear the running water again.
10/11:17	EAR	15	Pressure of ear. Light, achy pressure.
11/05:02	EXPECTORATION	1	I am expectorating thick, clear mucous with specks of yellow chunks in it.
02/11:44	EXTREMITIES	1	I have pain in the knuckle of my index finger, very sore, like a splinter.
08/10:00	EXTREMITIES	1	I have a sensation of a large spider crawling down my right leg.
20/10:33	EXTREMITIES	1	I notice that a pain I've had I my right index finger knuckle is greatly diminished. I have had this pain for several days, since the proving started I believe.
25/21:00	EXTREMITIES	1	I am experiencing an electrical sensation along my left leg (outer thigh); it's vibrating as if there were a mobile phone in my pocket (even when I'm not wearing pants as I am preparing for bed!).
27/03:13	EXTREMITIES	1	At my dance class last night, I had to stop early because of a knot in my left foot, the ball of my left foot. When I got home I massaged it for an hour using yoga foot techniques. It's slightly aching painful now if I flex my toes upward. My foot is vibrating, releasing a cool energy, like a cold electrical current (usually I'd say it'd be a warm current).
28/16:57	EXTREMITIES	1	I also noticed that my knot in the ball of my left foot is also gone.
01/06:36	EXTREMITIES	2	Throbbing burning in top of wrist to palm of hand, starting in left hand moving to right hand
01/06:36	EXTREMITIES	2	Burning sensation in wrist
01/06:45	EXTREMITIES	2	Itching and burning in crook of right index finger, left ear and crook of left arm
02/19:00	EXTREMITIES	2	knee pain, right knee
19/09:00	EXTREMITIES	3	I am tired today. I took the morning to clean off the patio after Hurricane Isaac and to arrange my plants and furniture. I found that I had to take short breaks and sit down to allow my hips a rest. My hips were achy after short periods of sweeping and carrying things from place to place.
02/07:00	EXTREMITIES	4	Ankles feel a bit vulnerable, I find myself pressing on one with the other foot. As if to alleviate the achiness/tenderness. The ankles feel held down, restrained.
06/11:00	EXTREMITIES	4	My hands look reptilian, the skin mottled brownish; dried, almost flakey wrinkles. A bit puffy. A stillness there, a waiting, an ability to act, to pounce, but no, they just lie there, resting. Waiting. Feels kind of like that, it's Picasso, I think, picture where he is dressed in a blue striped sailor shirt, sitting at a table, and it's a joke shot, where there are these pastry buns that are supposed to be his hands. A bit like claws, big and swollen. Fun to imagine him getting the idea and getting some pal to take the shot, just for fun. Just for the hell of it.
12/08:49	EXTREMITIES	4	My feet and ankles, and lower legs, have been aching for a good massage, for several days now. Today I am going to ask someone. They feel heavy, dragged down, as if they need to be squeezed, milked, the insides loosened, broken up and rearranged. Like some oatmeal that has congealed and needs to be worked back into a more fluid consistency, but it has that gluey, resistant to movement feeling to it. Not so much stiff as thick, dense, and achy. Better with touch, that's for sure!

12/15:48	EXTREMIT IES	4	My sacrum is bubbling and laughing, my whole pelvic bowl.
27/17:00	EXTREMIT IES	4	In spite of a session with the osteopath, my knees continue to feel weak - or is it the thighs. Feeling unsteady rising from a sitting to standing position, as if I can't quite count on my legs to do that movement on their own, and the knees feel fragile, needing support.
06/19:14	EXTREMIT IES	7	Left big toe, feels like a fungus. Felt like there was something there, but couldn't see anything different. Is there a fungus...? Itchy and kind of burning.
01/19:35	EXTREMIT IES	9	leg muscles feel tight, knees and over all achiness
01/19:37	EXTREMIT IES	9	My leg muscles feel tight. My knees ache.
01/19:46	EXTREMIT IES	9	Where my leg connects in the front - it aches.
02/10:45	EXTREMIT IES	10	I noticed a pain in the area of my left leg, just below and to the outside of my knee. At first I thought it might be that I have been hopping over a gate we have in our house to keep our son's cats from coming down & mixing it up with our cat, who is top dog. But as the day progressed, I realized it may be a proving symptom.
02/12:32	EXTREMIT IES	10	Suddenly noticed pain in my left leg again more toward the knee this time. And I wondered if it wasn't due to loading groceries into the cart at the store. I was pivoting on my left leg again. I am just making note of this in case it is a proving symptom.
02/14:00	EXTREMIT IES	10	I decided to take a nap and went to lay down at 2:00pm. I was just falling asleep, when again I noticed a pain in the left leg, around the area of my knee, but this time deeper in and closer to my knee than on the outside of my left leg as in previous pain.
02/16:10	EXTREMIT IES	10	While making my husband's lunch, I noticed that pain again in my left leg. It was beginning to feel like a nagging ache. Not a terrible pain by any stretch, but definitely there. I have begun to wonder if this is really a proving symptom or if I have strained my leg going over the gate repeatedly throughout the day. The gate has been up for weeks however and I've maneuvered it in the same way this whole time. Hmmmm. I think that this too shall pass, if indeed it is a proving symptom.
03/14:22	EXTREMIT IES	10	Pain in left leg in the area of my knee.
04/09:00	EXTREMIT IES	10	Felt pain on the outside of my right ankle when getting into the bathtub this morning. It didn't last long & I thought maybe I had just leaned on it too hard.
04/11:00	EXTREMIT IES	10	While walking into church this morning I was limping from pain on the outer right knee area. It only lasted a few minutes but was significant enough to make me wonder if I had injured my ankle getting into the bathtub and if this pain was a result of that motion.
05/10:10	EXTREMIT IES	10	This morning when I went for my customary 1-mile walk, I went a bit further than that and noticed an aching in my lower right back area near my hip. It lasted just a minute or so and was gone by the time I got home.
06/22:15	EXTREMIT IES	10	While walking down the hallway at work I noticed a funny pain in the outside of my right knee. It felt a bit like bone on bone only not so painful as one would think that would be. That was the sensation...like two bones rubbing together or like something was being stretched that shouldn't be, like a tendon about to be pulled to the max, yet not really painful, just the sensation like that.
08/07:10	EXTREMIT IES	10	My last two fingers on my left hand were numb this morning. I woke up laying on my left side. This happens frequently and has over the last few years, except to say that I have had paradoxical symptoms in general, including this one. It occurred to me that in the past, when I'd be laying on my left side, I'd wake up with my right hands numb and vice versa. This change is interesting to me.
08/13:45	EXTREMIT IES	10	Needing a break, I found myself just laying down on the couch to hang with my son & hubby. After a few minutes, I noticed my last two fingers of my Left hand were numb again, along with my entire hand feeling tingly. I was lying on my left side on the couch. I'm not sure why this happens...it begs an answer as this has occurred recently (before the Proving remedy) while riding my bike as well as when sleeping on my back. I log this as a Proving symptom, because this has changed from a paradoxical symptom to one that is worse when lying on the same side (as the numbness & tingling)
09/11:50	EXTREMIT IES	10	After walking for just 10 minutes, my right knee began to ache. It felt as if there was a band of sorts coming up from my right outside ankle that was attached & pulling the outside of my knee. But the pain in my knee was more from the inside region of my knee and it was not so severe...just slight. I considered it may have been that I did not have good walking shoes on, but I'm logging this as a symptom. It was not a familiar pain, but felt like a similar version of the discomfort I felt early on in the Proving with my left knee area.

09/18:37	EXTREMIT IES	10	I noticed a familiar pain in my right groin area when I was going up the steps. I had hurt this area falling several years ago & every once in a while it will hurt when I do use my right leg while going up the steps. This pain was not severe but very noticeable and then it was done.
11/08:50	EXTREMIT IES	10	My last two fingers on my right hand were numb and tingling this morning, but not as pronounced as in days past.
12/09:30	EXTREMIT IES	10	Oh my gosh....there was no tingling fingers when I woke up this morning. Normally I almost always experience one or the other or both hands/fingers numb or tingling.
12/13:30	EXTREMIT IES	10	Noticed my Right knee hurt when biking. I hadn't gone that far & the pain was not intense...but wondered why I was feeling this achiness. I think it hurt mostly on the outside, but under the knee cap as well.
12/21:30	EXTREMIT IES	10	While in bed & ready to call it a night, my left knee was aching. The pain was on the outside of my knee but also felt some discomfort deep into the cap of my knee...it was sharp and aching. I have avoided getting on my knees for some years now because of this 'housemaid's knee' but earlier this evening I had been doing some dusting in my living room on the floors. I had for the most part avoided getting down on my knees and tried to just bend down and squat. Could what little time I spent on my knees cause this pain?
12/22:00	EXTREMIT IES	10	This morning when I woke up I was aware that both my hands were tingling and the first thing I thought was that the fingers that normally are numb & tingly on either hand were different. This may seem trite & insignificant, but to me it was something I had an awareness of.
13/07:45	EXTREMIT IES	10	When I woke up this morning the first thing I noticed was that the same pain I had gone to bed with was still there...in my Left knee. It was not as intense as the night before and it seemed to disappear shortly after I got up.
14/07:30	EXTREMIT IES	10	My Right knee really hurt this morning while at work. The pain was on the inside of my knee and felt very sharp, causing me to limp a bit. It lasted for almost a half hour. These knee pains seem to come and go and alternate sides and even changes from the outside to the inside. This morning it was more intense than it's been so far in the Proving. The pain felt like it was shooting toward the inside of my knee cap.
15/05:45	EXTREMIT IES	10	As soon as I moved while getting out of bed this morning, I felt a very pronounced pain around my Left elbow. I don't recall injuring it recently or otherwise. Except to say that years ago I may have smashed in on a swinging storm door while coming into the house with a basket of gifts for a bridal shower I was hosting. I simply cannot recall which elbow I had hurt, except to say the pain at that time was so excruciating that I had to sit down and just rock. This pain this morning was just above the elbow but felt mostly like the outside and a bit inside too. It was very sore, like I had bruised my elbow and lasted a very short time. It was gone by the time I got up and started moving through my day.
15/16:00	EXTREMIT IES	10	As I was biking, I could feel a sensation in my right leg that I had forgotten about yesterday. On the 14th Day, while at the gym, I experienced a strange popping, snapping sound in my right arm while doing one of the exercises. It did not hurt per se...but I recall it feeling like a cord being stretched to the max and this cord-like feeling seemed as if the cord was my tendon or ligaments and it felt like these cords were brittle. This sensation seemed as if it was all the way up & down my right arm. So today...while biking, I suddenly had that same cord-like sensation, only in my right leg. Because I was outside and in the wind w/some traffic, it was not easy to tell if this feeling was actually making a popping or snapping sound, but I assumed I could have heard it. It was not painful, but was uncomfortable, as it just seemed that if I pushed too hard on the pedal of the bike...something would snap.
17/09:00	EXTREMIT IES	10	I know that old symptoms are not to be reported, but when waking up this morning (for the 2nd time after our cat's 6am meow fest!) I was very aware that the pain I have recently been experiencing was now constant. This is a pain in my right groin area that occasionally I would feel just when starting to climb stairs and only on the first stair. This morning this pain was there upon every step, stairs or not and lasted for about 15 minutes. I report this, only because it is one of those symptoms that seem like a rash of 'return of old symptoms.'
17/15:25	EXTREMIT IES	10	While just sitting and watching a movie on my living room couch, I suddenly felt pain in both of my elbows. What the heck? It felt like this pain covered each elbow all the way around and inside too. The pain lasted only a few seconds and it seemed like both my elbows had been placed into a trap of sorts...or like little needles were inserted and pushed into both elbows. It left as suddenly as it came.

17/18:30	EXTREMIT IES	10	Since sitting down to log symptoms, I have noticed several times that I have that strange popping, snapping sound in my arms and/or legs when I go to move. This is not painful, but something I'm opting to list as it is new and recent...and seems to be repeating. I am sure I must have had this or a similar version in the past, but it feels and sounds different.
17/21:00	EXTREMIT IES	10	While standing at the stove steaming some wontons & veggies, I realized that my groin area in my left leg now is hurting. It also aches around the outside of my leg. Since the beginning of this Proving, I have tried to put reasons to why I am having each symptom. This one seems the most authentically like an actual symptom proving as there is no reason whatsoever to be having this discomfort in my left groin area.
17/23:00	EXTREMIT IES	10	The pain that started in my left groin area is now going down the side of my leg, affecting the area around my knee. The original spot still hurts. I think I'll just go to bed as it's late & I'm tired.
18/10:00	EXTREMIT IES	10	The bottom of my feet hurt this morning on taking my first steps. This felt like the bones in my feet were sore. It lasted for about 5 minutes.
19/07:07	EXTREMIT IES	10	While walking the treadmill this morning, my right knee area suddenly was very uncomfortable. It's hard to describe the pain...it felt like a general lameness and I needed to bend my knee and even reach down and rub it a bit while walking. It was feeling as though this pain was going down the outside of my leg, but this lasted for just a few minutes. At 7:15am...just a few minutes later, I suddenly felt my left knee area begin to hurt in a similar way...mostly on the outside of my knee and then it stopped...I believe less than a minute later.
21/00:00	EXTREMIT IES	10	The second toe on my right foot hurt a lot while getting down onto the kitchen floor. Not sure how the top ended up feeling so painful in that moment, as I was caring for my grandson but it reminded me of the same sudden, intense pain I experienced during the first few days of the Proving when I had hurt my ankle getting into the bathtub. It was similar in that there was no injury or fall per se...but suddenly a specific spot on my body was painful and then a moment later....not.
25/00:00	EXTREMIT IES	10	This symptom should have been logged for an earlier date...perhaps the 22nd or 23rd day of the Proving, but I had forgotten to log it and was reminded yesterday about it while talking to my Supervisor in the Proving who had had a similar symptom. Odd...but not! Waking up one morning, the middle finger of my left hand hurt around the knuckle, in the middle of my finger. It felt as if I had injured it, but I had not been laying on my hand when I woke up. The pain was pronounced & intense but disappeared in a short time.
01/08:29	EXTREMIT IES	11	Slight weakness in upper left leg quadriceps area. Makes me put more weight on right side.
01/08:34	EXTREMIT IES	11	Left arm feels sore. Shoulder and forearm are stiff. Better with stretching and hard pressure. Feels more like the ligaments than the muscle.
01/09:42	EXTREMIT IES	11	Burning in bicep, lasting about 30 seconds.
07/15:50	EXTREMIT IES	11	In the shower I washed the underside of my right forearm with a rag, and it hurt; felt like I had a long, thin, new scratch there, but when I looked, there was no skin break at all, no rash, nothing to make the area sensitive
07/23:45	EXTREMIT IES	11	Sudden pain in right big toe joint on putting weight on it; feels very tender and bruised; it gives out when I put pressure on it; the pain lasts about 2 minutes and is then less sensitive
10/10:00	EXTREMIT IES	11	I have a bump right above the second bend of my middle finger on the right hand; I noticed it the other day but thought it was just a callus from shoveling; I can't figure out if it's a wart or something else; it's a bit hard, tender with pressure, has something in the center...a splinter? the beginning of a wart? I used to have a few warts on my hands until my early 20s
12/15:00	EXTREMIT IES	11	Sitting on the grass and feeling as though my legs and arms are being bitten by insects even though I'm not seeing insects on my legs or arms
15/18:30	EXTREMIT IES	11	Stabbed left thumb pad with a fork by accident! Who does that? There are two holes in my thumb pad where the fork broke skin, and one is bleeding a bit; it becomes swollen in the two spots and sensitive to touch
17/23:30	EXTREMIT IES	11	The day after stabbing my thumb pad with a fork, there's a firm bump in one of the holes where the skin broke
18/20:00	EXTREMIT IES	11	Two days after stabbing my thumb pad with a fork, the firm bump is softer and doesn't hurt nearly as much
21/06:00	EXTREMIT IES	11	My big toe joints are hurting badly the last 10 hours or so, and I feel it's mainly related to anticipatory stress about a project that'll start soon for work; nothing makes them better; the pain is achy, painful on resting though more pain on pressure (touching or walking on them), very tender.
23/00:20	EXTREMIT IES	11	The spot on the bend of my right hand middle finger is still there, looks kind of like the beginning "seed" of a wart; I used to have several warts on my hands as a kid

23/14:30	EXTREMIT IES	11	The raised round bump that was on my left pointer finger is no longer raised, but it looks like a scar now with shiny skin, no apparent hair follicles or pores
28/18:00	EXTREMIT IES	11	A hangnail started the other day on the outer side of my left ring finger; felt inflamed, hot, pressure from the inflammation; but usually this lasts a week and causes a lot of pain, and this time it never got really bad and was basically done after two days; healed quicker than usual
01/14:21	EXTREMIT IES	14	Upper thighs have an energy in them, I could feel it, it didn't hurt, it didn't sting, it was just a sense there. They were vibrating with a kind of power, light, radiating power.
01/10:50	EXTREMIT IES	15	Slight sensation right upper arm, a little achy, same sensation as others.
01/10:55	EXTREMIT IES	15	Feeling subtle energy/presence right chest to top of right arm.
13/11:28	EXTREMIT IES	15	Left hand feels much warmer than my right hand. Like a warmth, like sunlight, like my hand is laying in the sunlight, a warmth.
07/06:00	EXTREMIT IES	16	This morning I couldn't been my knee because of deep cramping, it feels like my right leg muscle is very, very short. I can walk.
07/14:00	EXTREMIT IES	16	I still feel the shortness of my muscle in my lower leg but it's much much better than early morning today.
07/16:00	EXTREMIT IES	16	My right leg is not back to normal.
07/16:00	EXTREMIT IES	16	Cramping in the leg muscle.
07/16:00	EXTREMIT IES	16	There is a bar in the muscle going up and down. Lower leg below the knee, so absentminded. The muscle feels shortened. The bar is going up and down the normal size.
07/16:02	EXTREMIT IES	16	The bar is like metal. It is not hot or cold, it's cool. It is thin. It's vibrating, going up and down in a short length, very fast, with rapidity.
07/16:10	EXTREMIT IES	16	The up and down vibration is diminishing. I flexed my leg and there is tiredness in it, as though I've exercised hard.
07/6:00	EXTREMIT IES	16	Muscle cramp in my right leg, posterior part of lower leg ( I think it's the Gastrocnemius muscle). I woke up because I couldn't flex my knee. I feel like my muscle is too short. After about 10 minutes I was able to flex my knee but the pain & feeling of shortness of muscle was still there.
02/20:00	EYE	1	My eyes feel heavy and ache. My lids feel droopy as well.
13/09:32	EYE	1	My eyes feel heavy and as if they are full of water. I used to have a feeling that I was crying internally, without actual tears releasing, that's what I feel like now. Like I'm crying without tears. I feel sad.
27/02:42	EYE	1	I wake with a minor conjunctivitis in my left eye; my left sinus issue seems to be connected to it. It burns and aches, there is thick yellow discharge. It feels like there is sand in my eye. It feels thick and wet.
28/16:58	EYE	1	The conjunctivitis in my left eye is completely gone and my eye feels clear.
30/05:40	EYE	1	My left eye looks as though it may be irritated again upon awakening.
30/18:30	EYE	1	My eye was a false alarm. The eye irritation passed without incident.
05/00:00	EYE	10	This is quite serendipitous, but I had JUST recorded in my journal about eye issues, when I noticed a funny cloudiness in my left eye. I touched it gently and it felt like my contact so I pulled it out. Imagine my surprise when I realized it was an old one that had gotten 'lost' up inside my lid probable weeks ago. It's happened before and these floating contacts always find their way out eventually. What really amazed me in that moment was that this old, icky, gunky contact could float right past the fresh one I had just put in this morning, without harming it in anyway. It is such a joy to be able to see clearly now. I had been experiencing difficulty seeing and did not attribute that to this lost contact. It's a bit embarrassing to report that this could happen....that my memory is that bad or my attitude so lax.....but it is what it is. I'm just really blessed that it worked out okay.
01/10:35	EYE	15	Tense feeling above right eye, direct, slightly annoying. Has dissipated.
01/10:45	EYE	15	Eyes watery, tearing slightly, feels sticky water, feels like something need to be wiped away, moist
01/10:50	EYE	15	Left eye more sticky - having to work at opening the eye lid a little bit.
01/10:55	EYE	15	Left eye still sticky like something is in it you need to wipe off - on the edges, doesn't affect vision.
01/11:00	EYE	15	Left eye still sticky. Dry and irritated.
01/11:05	EYE	15	Left eye feels sticky - an eye drop would clear it out - vision hasn't changed.
01/11:11	EYE	15	Left eye sure feels weird - I don't know if anything in it.
01/11:25	EYE	15	Left eye feels a little swollen. Around the edge feels sticky. Feels like need to wipe out but nothing wipes out.

01/11:25	EYE	15	a little red and swollen
01/11:31	EYE	15	Feels like pink eye coming on. A little swollen. A little sticky.
01/12:30	EYE	15	Icky, tired, slow, irritated. Almost watery.
10/10:34	EYE	15	Left eye has a funny feeling. Sticky. Swollen
10/11:24	EYE	15	Both a little odd. Not quite normal. A little big, a little swelled, a tiny bit. Feels like blinking more and blinking over something. Feels like you could wipe it out but nothing there
00/00:00	EYE	115	Itchy like sand or hair in eye. Watering. Started around 3:30 on a Tuesday. Proceeded to sticky and cornea and conjunctivis became red within a couple days. Lasted for about 5 days.
02/14:30	EYES	15	Both eyes funny. Mostly left. Teared up this morning. Sticky tears. A little swollen. A little sticky.
03/06:00	EYES	115	Right eye is a little swollen and feels like something sticky is in it. It is also scratchy like sand in it.
09/06:00	FACE	1	I have a left sided sinus infection; I blew tons of clear mucous with yellow chunks out of my nose and then did the neti pot (with Epsom salt and baking soda). My head feels pressurized and it is difficult to breathe as my nose is obstructed.
14/07:02	FACE	1	I have a large acne on my nose and on my left temple.
20/05:20	FACE	1	I can feel that my week long sinus infection is clearing, a large glob of mucous from my left sinus drops into my throat and I hawk it up.
20/10:35	FACE	1	Dry eczema patch appears on face just below the right side of my mouth. This is a new symptom for me. I have never experience eczema before.
26/12:42	FACE	1	The left sided sinus infection, dull ache has returned, my nose is runny and thick and heavy and obstructed. It feels like I have water trapped in my nose.
28/16:56	FACE	1	I just noticed that my sinus infection is gone.
01/06:36	FACE	2	Throbbing burning in left ear
01/07:20	FACE	2	On the left side of my face, a light tingling sensation.
01/07:32	FACE	2	My cheeks feel like they are burning, like you feel when the sun is hitting your face.
12/15:25	FACE	4	My thumb and first finger are pulling on my lower lip.
11/09:10	FACE	9	Core: A little tension above the forehead, my cheek bones are tense, not sinus area, from eyes down, like it won't relax or give. Like a bird's nest.
03/23:57	FACE	10	Just prior to midnight on Day 3, I went to rub my left eye and noticed it was very sore under the eye, close to my nose. It was a similar soreness as I had experienced earlier with the bones in my upper back & neck. The soreness was literally on the bone under my eye in a rather small spot. It was gone when I woke up.
15/16:00	FACE	10	While rubbing my left eye, I noticed the bone under my eye, on the outside was sore. I had a similar symptom earlier in the Proving, but don't recall if it was the same eye or not. Seems to me that this soreness in the bone under my eye(s) has alternated randomly.
22/00:00	FACE	10	I don't recall what day, but several days ago I noticed a very painful spot on the left side of my nose. I expected to see a boil or something when I looked in the mirror, but there was nothing to indicate any problem. As I ran my finger over this spot several times, it felt much like it would if I were having a breakout of a big zit of sorts....but there was nothing there. That discomfort only lasted a few hours if that, if I recall. Also, from the start of the Proving, I have had a very small but definitely there...scab on the inside of my nose on the right side. It's located just inside, along the bone that is in the middle of my nose. This sounds so trite to even report...but it is there and it's not gone anywhere even though I have blown my nose often enough for it to dislodge or disappear. It's not painful and when I try to pick it off...it just doesn't break off. It's not a problem for me, but this tiny thing was not there prior to the Proving.
05/19:00	FACE	11	Slightly raised roundish spot on my left cheek, about half an inch in diameter, reddish-pink in color; no pimple there, no reason for it being there; doesn't itch or hurt
30/11:00	FACE	11	bump directly to the right of my right eye 2mm in diameter and raised. No color and no sensation.
01/10:50	FACE	15	Sensation building right side of face to ear. More diversified - a little more spread out.
11/13:00	FACE	111	pimple on right side of face that is reddish and raised, slightly itchy. Have had for several days.

12/09:30	FEMALE	4	Long-standing Candidiasis (over a year?) feels like it is intensifying. I am getting more and more exasperated with this condition. It feels like I have been injured "down there." Raw. Screaming. Yelling "stay away" when I am in this new relationship that feels so right and good; why doesn't this condition just magically go away? It keeps me from "abandoning" myself to lovemaking, from allowing, embracing love wholeheartedly. I have to stay guarded. Cautiously receiving, never knowing what will hurt, where will let him in. Raw. Raw. Or these moments of terrible itching, I feel so exasperated, like I just can't STAND it! I want to rub, wipe away, press in to stop the sensation. Again, this has been coming and going (mostly coming) for many months, but the feeling of exasperation, almost desperation to do whatever will make this cease, the feeling of powerlessness about this condition, the edge I feel driven to, is relatively recent. I have tried several things I believe in and nothing seems to make much of a difference. What the hell IS this???
00/00:00	FEMALE	11	My normal menses is 24-27 days apart, but this time it came (a day and a half before starting the proving) 22 days after the last.
26/10:00	FEMALE	11	Period started 27 days after the last one; just as the last one was slightly early, this one is slightly late; I haven't had periods 27 days apart in quite a while
28/22:30	FEMALE	11	Vaginal burning during coition
01/10:30	GENERAL	15	Sensation down left side. A presence - not bearing down but just and energy awareness.
01/10:43	GENERAL	15	Everything on right side going down. Right side of neck. Slight pressure. Slight inside tension. Not very descriptive.
01/10:55	GENERAL	15	Definitely right sided.
01/11:19	GENERAL	15	All of the pressure feeling on the left completely free. Energy feeling on the right.
01/11:27	GENERAL	15	Still right side discomfort, no change.
01/11:29	GENERAL	15	The sensation feeling is more spread out. Right arm and shoulder affected can't be specific about what it is slight ache down arm to elbow - doesn't feel like it would affect strength, just there.
01/12:30	GENERAL	15	All other sensations gone. Awake and alert.
01/11:11	GENERAL	115	Very tired, sleepy, yawning. Want to lay down and take a nap.
10/08:00	GENERALS	1	Working out today seemed too easy. Like the heaviest weights were light; I usually feel apprehensive to take on weight; even though I tend to carry the weight of the world at times.
01/06:45	GENERALS	2	Itching and burning in the crook of right index finger, left ear, and the crook of the elbow of the left arm.
01/06:50	GENERALS	2	Burning sensations stopped in general except the side of left rib cage.
14/15:24	GENERALS	3	After the last few days I seem a little drained of energy. I received two emails from people on my Fairchild email list whose energy sparked me to write about the 1st quarter moon and an article on Woman in The Age of Aquarius. I find that I need a spark or goal to keep me going. This was a good feeling and re-energized me.
22/00:00	GENERALS	3	Today I was tired and felt depleted of energy. I could not motivate myself to do very much
24/18:30	GENERALS	3	Today is my Birthday. I enjoyed eating coconut shrimp. Delicious.
01/00:00	GENERALS	4	I'm also thinking I want to go eat dinner at Mort's and eat meatloaf and gravy and creepy coleslaw that would taste good.
01/00:00	GENERALS	4	A little bit like an animal and another one of my species scratching me all over just cause that's sort of like what we do.
01/00:00	GENERALS	4	There's something in the up movement long spine, some sort of suspension or floating so spine can contain freely.
01/20:15	GENERALS	4	Food: after taking remedy, went to Mort's Deli and ordered a Potato Knish (never had before) with corned beef, pastrami, and brisket (never had before) and a side of cole slaw. It tasted REALLY good.
02/09:00	GENERALS	4	Food: absolutely had to have a quiche from Bachmann's, got there before they were open and waited, almost ending up late for my first client. The quiche tasted SO good! Later ate an entire bag of Rice chips in the car driving to a meeting.

02/17:00	GENERALS	4	Had to drive across town for a board meeting, I don't know the areas very well and ended up wandering a bit from one street to another, working my way somewhat blindly along until I did manage to end up in the right spot, with minutes to spare. I felt rushed and worried about being late, but it was fun to have a sense of where I needed to get and then "pinch-hit" my way along, hopping from one artery to another: whoops! missed that one, OK, now how do I readjust, yes, that street, go!
03/00:00	GENERALS	4	I feel tight but in a spasmy way, something relinquishing and reflexively pulling back.
04/14:00	GENERALS	4	Had a little spare time, wandered around a few stores I normally don't go into.
07/13:00	GENERALS	4	Feeling like I have a good energy level, overall more "up," and more able to like climb hills without huffing and puffing.
08/17:00	GENERALS	4	Ate an ice cream sandwich today. A craving for the ice cream. Also seem to be craving coffee.
12/08:49	GENERALS	4	Broke down and had a Latte yesterday. I asked the pendulum, which said it wouldn't disturb the proving. Not a desperate craving but a real yearning, for the way Lattes, for me, are a deep feeling of comfort, of cozy beingness in the moment. Like drinking down love.
12/15:19	GENERALS	4	My motor neurons don't have to fire, just softening.
12/15:20	GENERALS	4	Feeling physically light and lean.
12/15:26	GENERALS	4	It is as though my body were in the posture of running, yet I am still.
12/15:28	GENERALS	4	Needing to move really slowly, yet my lower chakras want to bolt.
22/00:00	GENERALS	4	Image of these bees, primary look spheres that I have vision ... all around the sphere is existing all around; I'm in center of existing, like chairs and peanut butter
22/08:45	GENERALS	4	Woke up this morning feeling clearly that I am back in myself. Second time I have felt that in the last few days. I expect there will be more journal entries on this proving but something feels like it has basically played itself out at this point.
34/00:00	GENERALS	4	Another thing, something like losing weight which I'm glad for, felt like driven by something not conscious of plateau stabilize a bit Candida thing stable but low level state physical things are leveling out, a real horizontal calm pooling feeling of leveling out like I've been flying and now just doing the low level horizontal and just skating to this relative thought an going to this leveling out
01/19:10	GENERALS	9	Meet with supervisor via Skype to take Proving substance: No instructions on how much to take - there are little pellets and large pellets - I will take 2 large and 2 small. Do you want to know what's been going on with me? I have a boyfriend - for 6 months now - that is fun. Also - I'm going to do some homeopathy office hours in Mendota heights - one afternoon/week from Noon to 6 PM.
01/19:30	GENERALS	9	Yawning
01/19:31	GENERALS	9	I'm yawning!
01/19:37	GENERALS	9	just kind of an overall achiness.
01/20:10	GENERALS	9	Nothing right now. (Our hour is up).
02/00:00	GENERALS	9	sensitive to temperature changes, if its hot I'm hot and if its cold I'm cold-turned heater in my office because air conditioner was too cold, need to wrap in shawl when inside in air-conditioning then I get over heated, in menopause but no hot flash symptoms normally
02/07:00	GENERALS	9	I usually go to bed at Midnight and sleep to 7:00 am. I woke up about 03:30 or 04:00 to go to the bathroom, which is normal for me but I'm not sure about the time and then I was worried I wouldn't get back to sleep but I fell right back to sleep.
02/07:01	GENERALS	9	Normally I always want a cover on me and I threw them off - it was almost like the bed was UNCOMFORTABLE - more than just warm - kind of like you say with Arnica. I sleep with a pillow under my knees and I thought "how is this going to work?" - like my body is a little sore this morning. But - I haven't done yoga for awhile - so - that could be part of it. But even like - I'm rubbing my hands together and it's like-including my hands - my HANDS are stiff - that wouldn't be from Yoga - and my neck is stiff. I had a massage on Tuesday which usually would take care of this ? And this is my usual time to get up but I want to go back to bed.
02/07:30	GENERALS	9	Warm, normally I always want a cover on me and I threw them off last night,

02/07:30	GENERALS	9	Very thirsty this morning, more than normal
02/07:39	GENERALS	9	I am unusually tired!!
03/10:00	GENERALS	9	One thing I noticed yesterday is my body temperature - I am sensitive to temperature changes: if it's hot I'm hot, if it's cold - I'm cold. I even turned the heater on in my office because the AC was too cold. I needed to wrap in my shawl in the AC - then I would get overheated - suddenly so hot I can't stand it. This is unusual!! I'm IN menopause but no hot flashes normally. Also in the night I was kind of hot and cold. Normally I get up to the bathroom once or twice in a night and my temperature is fine - but since the remedy substance I notice that I am too hot or too cold - I need the covers on or off.
03/10:07	GENERALS	9	I was telling my male friend about the proving and he said "I don't know if I like that! "human experimentation!"
03/10:15	GENERALS	9	I worked out this morning - the workout this week is the one I hate but I felt stronger.
03/10:20	GENERALS	9	Emotionally - just kind of normal stuff - my son is not responding to his calls or texts and then he gets kind of mad at me and thinks I should be able to read his mind or something - I feel more willing to pester him - I want an answer about if he's coming to the cabin this weekend. Like this is what HE'LL do - I'll be with a client and he'll call me over and over until finally I'll have to excuse myself to my patient and say I have to take this call and then I'll tell him that I'm with a client and I'll call him back and then that is usually OK with him. So now I'm doing that to him - resending texts, etc. My feeling - I'm irritated with him and usually I'd just blow it off - I think I'm a little MORE irritated. I want to chew him out! And - if I keep on he'll start to get really mad and he'll stop listening to me so - I don't always do it.
06/04:04	GENERALS	9	I am a little achy in the mornings - all over- but I think I am LESS achy after working out than usual.
09/06:30	GENERALS	9	Sensitive to changes in temperature, window open over night and felt cool in the morning so pulled heavier covers up
09/08:02	GENERALS	9	I always sleep with the windows open and I noticed that I was sensitive to cool in the night and had pulled some extra covers up. It is only 2 degrees cooler than what I usually keep the air conditioning set at. I did turn the heater on in my office one day too but my office mate said later that she thought it had been cool, too. So I think I am still more sensitive to temperature.
09/08:10	GENERALS	9	Sitting inside with windows open and hands cold, normally really enjoy the cool mornings
11/09:00	GENERALS	9	Weird aches and pains.
11/09:02	GENERALS	9	Whole core was sore - It's never like that.
11/09:07	GENERALS	9	Unusual aches and pains.
11/09:07	GENERALS	9	Returning to yoga, no muscular pains which is different than usual.
11/09:27	GENERALS	9	Really sensitive to temperature changes (I used to be really cold, cold all the time, then after menopause I warmed up). This temperature change sensitivity is of a different quality. Icy cold. Non-feeling. The edge of a cold mountain, a rocky ledge, it reminds me of a bird up high in the mountains.
15/08:00	GENERALS	9	I'm Skyping on my iPad (from bed - she's still in bed - I see her on her side). My son and I took some furniture up to the cabin last night and I didn't get to bed until 3:30 - I'm really tired.
15/08:19	GENERALS	9	No pains
15/08:20	GENERALS	9	My boyfriend and I fell off the Ski jet - he wrenched his back but I was fine.
15/08:21	GENERALS	9	Temperature - I think I'm back to normal - NO - I think I'm still kind of chilly.
15/08:22	GENERALS	9	Hunger and thirst back to normal
20/08:00	GENERALS	9	I forgot to call - really have nothing to report.
20/08:03	GENERALS	9	No pains. Well - I am a little sore because I was on the inner tube with my grandson yesterday.

20/08:05	GENERALS	9	Temperature - not as hot and cold as I was (earlier in the proving) -that is kind of weaning away.
20/08:06	GENERALS	9	Oh! Here's something I should tell you - a week ago - here at the cabin we have 2 houses side by side - we were fooling around at one dock and we saw a bald eagle sitting in the Pine at the other dock. I never saw it that close before - I took several pictures - then I went up the stairs and back down to the other dock (to get a closer picture) and I looked and the eagle was just looking down RIGHT AT me - it would have been a spectacular picture but she flew away. I did get some pictures but they were too far away to be able to do anything with. As I'm lying here talking to you - there's all this stuff about birds - I have all this bird stuff in this bedroom (decorations, etc. - she shows me on Skype) - there's all this stuff about BIRDS! Then yesterday we went to a Pow-Wow at the Casino - and there were all these feathers - I have wanted to go to this for a long time but I couldn't talk anyone into going before.
20/08:15	GENERALS	9	I just don't really have anything at all to tell you.
20/08:17	GENERALS	9	no pain
20/08:24	GENERALS	9	Haven't seen the Eagle again -there is a tree right near the house that is his regular perch and I know he is around because he poops all over the jet skis - but I haven't seen him again.
20/08:26	GENERALS	9	I kind of think I'm done.
03/14:31	GENERALS	10	Strengthening sensation of the left side, a calming of the nervous system, and peace of mind.
15/17:00	GENERALS	10	On the way to my daughter-in-law's house to help my son unload some belongings, I became aware that I kept yawning. This was almost embarrassing because I hadn't realized until that moment that whenever I would get into my son's car w/him...I'd start to yawn and do so frequently and for hours. I had not become aware until that moment and couldn't say really when this excessive yawning started, but there it was. Since....I have noticed that I am yawning quite a bit. This may go along with how very tired I am periodically, which I am trying to record and log . When my son & I got to our destination, his wife Rachel started to talk about how much chocolate she has been eating lately. It was odd to me as I felt a bit queasy, and also knew that I have been eating way too much chocolate, especially that day...all day in fact, at least with every meal and a few snacks in between.
01/08:32	GENERALS	11	Even though my normal cold is coming out of me I don't need my sweater. Flush up the back on left side, outside of spine on left side.
01/08:45	GENERALS	11	Flush of heat in left side, lower ribs. Like a cool heat. A cool burning.
01/08:48	GENERALS	11	Cool burning again. strong in lower left now. Fairly intense burning. Burning almost like a pain that is raw. As if that spot on my abdomen is raw, exposed and open to the elements
01/08:56	GENERALS	11	Cool flush again.
01/09:06	GENERALS	11	Flushes again.
01/21:30	GENERALS	11	With my anger, my body felt hot inside; as I came down from it, my body cooled off.
02/08:25	GENERALS	11	Two flushes of heat up the upper half of my body, then gone.
02/21:30	GENERALS	11	My body is very hot, which is unnatural for me; it's like heat is radiating from my body and I can't cool down.
03/16:20	GENERALS	11	Did a lot of heavy physical work today, but my body feels pretty decent despite natural fatigue in muscles.
07/07:30	GENERALS	11	On day 5, I had pinched a soft part of my hand quite hard by accident, and although it didn't break skin, it hurt and had a bit of blood captured under the skin; but afterward, I didn't feel it at all; I felt it was unusually painless quicker than normal; Also, on day 4, while peeling carrots, I "peeled" my pinky finger; it bled quite a lot until I put a yarrow leaf and a Band-Aid on it; the cut hurt for a day and a half or so, but after that it healed over surprisingly fast with little pain
07/15:30	GENERALS	11	Feeling so hot, which is making me feel nauseas in my stomach; my baggy clothes feel like they're keeping the heat in; I must take off my socks to help cool off; I have to change into less clothing and clothing that's closer to my body; I have to take a shower to cool off. heat felt unbearable.
08/11:00	GENERALS	11	I have gained 5 pounds since last week, and I haven't eaten bad enough to warrant that.

09/17:40	GENERALS	11	Craving one piece of pizza; I think I want the fat; had some leftover pizza in the freezer, ate one piece and was satisfied
10/23:00	GENERALS	11	I did a cement job for five hours this morning, and my body hardly feels it; this is unusual considering all of the physical labor it requires, and I usually feel it much more afterward
11/10:40	GENERALS	11	Body is very shaky as I wait for our truck to be fixed; I feel my limbs shaky, my arms and legs feel unsteady, which is quite unusual for me; inside my chest and throat are shaky, and I'd like to let it out by crying; it's a nervous shakiness, unsteady, I feel like an idiot and just hope everything turns out okay. internal shaking and wobbliness in my limbs.
11/12:50	GENERALS	11	Healing faster than usual.
18/15:00	GENERALS	11	I'm much more tired than normal, and my tiredness is much earlier in the day than usual; this seems to be my feeling pretty much daily, for at least two weeks now
25/22:00	GENERALS	11	Very tired early most days; I find that I'm tired enough around 8pm to go to sleep
08/9:15	GENERALS	15	About 9:15 I noticed that I was really shaky. I was trying to text and my hands were just shaking and I felt weak. I had oatmeal for breakfast instead of protein, but that would have been the only difference. I ate a couple of crackers with peanut butter and in about 15 minutes felt better.
13/11:10	GENERALS	15	Around 9 am I get shaky, like Parkinson's, or a palsy thing. Trying to text or something, I cannot get my fingers to use the keyboard. This lasts about 10-15 minutes at the most.
07/16:13	GENERALS	16	Everything is gone, except my tiredness in my muscle.
11/19:00	GENERALS	16	My temperature is off a little. I feel a little bit of heat all over, not much but it's there.
11/19:00	GENERALS	116	Feeling of a gentle rush of heat, starting in my chest and radiating all through my body.
01/07:04	HEAD	1	There is an unusual heaviness in my frontal cortex. Like a phantom pain. I used to be a migraine sufferer. I haven't had any migraine symptoms for 22 years. Since that first dose.
01/07:04	HEAD	1	This feels like a phantom migraine.
01/18:09	HEAD	1	Minor head pain over the right side of my head.
02/11:41	HEAD	1	I'm experiencing head pain.
02/15:15	HEAD	1	The head pains that were on my right side of my head have now shifted to the left side.
02/15:15	HEAD	1	I long to stroke the sides of my head with firm fingers, the pressure soothes my head pains, dull and aching.
02/20:00	HEAD	1	My whole head aches on the vertex now. Clearly this is a headache remedy.
11/05:00	HEAD	1	I woke with a dull headed feeling. I have this left sided sinus acute. Thick and dull headed. My head throbs all the time.
11/05:45	HEAD	1	Sinuses thick, especially left side, heavy head, pressurized feeling.
13/09:32	HEAD	1	My headache returned, dull ache in my eyebrows, behind my eyes.
01/07:26	HEAD	2	A headache above my eyes.
01/07:39	HEAD	2	Headache is gone.
08/11:00	HEAD	2	very light headed, disembodied feeling spacey, floating feeling - does not feel good
08/21:00	HEAD	2	headache, spacey feeling
09/02:00	HEAD	2	woke up with a screaming headache, pretty much had it all day, typing this at 21:05 and still have it, it started in the back of my head where it always starts pounding, I feel muddled headed and out of it, was seeing clients today very detached from this headache somewhat scared and panic feelings, overwhelmed.
10/04:00	HEAD	2	Woke up at 4:00 am with another headache. Throbbing back of head to the front over the skull.
15/19:00	HEAD	2	headache top of head, eyes, back of head, very spacey feeling, usual feeling when I get back from a trip
29/00:00	HEAD	2	Tingling at the top of my head in the crown chakra area.
01/00:00	HEAD	4	Itching like the left frontal and the orbit and the right temporal and now the occipital. It not bothersome, just felt good to itch.
02/07:00	HEAD	4	Woke up with a slight, pressing HA, pressing in as if both hands, with fingers spread, were pressing in evenly, all over the head.
05/8:00	HEAD	4	HA pressing, like a vice grip. Feels better with pressure, when I push my head into the pillow. Doesn't last long enough to be a bother. Have been waking up with these slight HAs every morning, which is not usual for me.
06/18:50	HEAD	7	Headache over right eye.

06/18:52	HEAD	7	My head is killing me.
06/19:15	HEAD	7	Headache, like a bruise in my brain. Like tender. It passed pretty quickly.
01/19:40	HEAD	9	pain, vertex, dull
01/19:42	HEAD	9	Jaw tight, lower edge(not joint)
01/19:45	HEAD	9	headache, dull pain, right side temple to eye lid
01/19:47	HEAD	9	Right-sided headache in the temple - a dull ache - in the temple but kind of in my eyelid, too.
01/19:48	HEAD	9	Headache, down right side of face, teeth-continued pain in temple, want to clench my jaw, holding jaw tight, better with movement
01/19:50	HEAD	9	The headache is spreading down my face and I can feel it in my teeth. I want to clench my jaw - I'm holding my jaw tight. It is worse if I move.
01/19:56	HEAD	9	The headache is kind of going away now.
01/20:01	HEAD	9	Now the headache is on the right at the back of the top - a dull ache.
01/20:02	HEAD	9	Now the ache in the top of the head is gone already
01/20:03	HEAD	9	I have a tightness in the jaw (she is stretching her neck and jaw all around) - and down around the chin.
01/21:35	HEAD	9	head ache, dull, left side temple by eye
03/10:30	HEAD	9	dull ache over my right eye
03/10:30	HEAD	9	Right now I have a dull ache over my right eye
05/00:00	HEAD	9	Ongoing headache above eyes-dull, constant, only notice when thinking about it
06/04:05	HEAD	9	When I stop to THINK about it - I have sort of a low grade headache around the eyes - any time that I stop to notice it.
15/08:18	HEAD	9	no headaches
01/13:07	HEAD	10	I became aware of a headache. Not super intense, but definitely there. Across my forehead & at the top of my nose. I needed to rub my head and pinch my nose a bit between my eyes. It felt like stickers a bit in a band across the front of my head, just above my eyebrows. I had just taken the remedy and told my Supervisor that I seldom get headaches but if I do, I know why. I do not know why I was experiencing this headache. Perhaps it was something I had for lunch, but it was likely a symptom. I'm grateful it passed rather quickly.
01/17:00	HEAD	10	It's after dinner & I just became aware of that funny headache. Funny in that I don't recall this type of headache in my history. I find I need & want to rub my head again, just across the front of my forehead. It's not a bad headache really, but I'd like it to go away. There's some things I need to do with my time this evening, including head over to Snap Fitness to fulfill my 3X's a week commitment. I also need to gather some things for the VA pick-up tomorrow morning. I'd much rather just sit here and look at the sunset, or just sit and watch the grass grow. At least the headache is gone now and it was only momentary.
03/14:23	HEAD	10	A headache that came in went earlier, but no pain today.
03/14:40	HEAD	10	A funny heady a cluster of stickers across my forehead, like tiny little aching, not so much shooting pains, not really deep, not throbbing, but all of a sudden went momentarily across my forehead, that I wanted to rub either yesterday or the day before, wanting to massage my forehead, rub it, and the bridge of my nose, I wanted to squeeze it.
03/17:30	HEAD	10	As I was bending down over the broiler pan, I experienced the same headache as on Day 1 & Day 2. It felt like a band across the front of my head and half-way around to about my ears. Like there was a tightness with some stickers or nails on the band that was stretched across my forehead. I wanted to rub it away. This headache really did not last that long, perhaps 5 minutes if that.
03/18:30	HEAD	10	While sitting on the couch reading a book called 'Heaven', I noticed my head was itchy on the upper right side. When I scratched, I felt a very small, hard scab of sorts. I'm not sure how long it has been there, but I run my hands through my hair daily and I don't believe I have scratched or injured my head in any way prior to this Proving. This seems so trite to even mention, but I felt it should be reported.
06/20:30	HEAD	10	I became aware of a slight headache. It felt like a shadowy, half-toned version of the one that I first noticed after starting the proving. This wasn't due to any kind of stress. In fact, I noticed it while outside up in Pine City just before heading back to White Bear. The night was so pleasant & I had just taken a short walk in order to see the moon a bit better through the trees. It was a good visit with my son's friend. The headache was momentary & left as soon as it came.

08/19:30	HEAD	10	There's this dull, slight aching in my head. It's feeling like it is around the back but I feel it deep inside too. Not on my forehead like way earlier last week. And not in my temples or on the top of my head, yet it feels like it is all over the back area mostly. It is momentary and does pass rather unobtrusively & quickly.
17/16:15	HEAD	10	Some time after the pain in the elbows, I started to feel discomfort in my head, especially in the back area. This pain quickly developed into a sick headache in that it felt like the pain was everywhere on & in my head, except the front area or temples and the very top of my head, and I felt somewhat nauseated. I had succumbed to eating a very small piece of Rice Krispy bars and I believe these have corn syrup. What was I thinking? Funny how something so small can make such a big impact. I tried going for a bike ride but the wind was too cold and strong. It is now 6:32 and a few hours after that headache started. Thank God the headache is gone but I still feel a bit queasy and like I could use an adjustment for my neck and upper back area. It may be the tension of sitting in one spot typing these symptoms...far be it from me to complain.
01/11:22	HEAD	11	Twinge of intense pain in right temple area, then gone; happened about twice in a minute
01/23:13	HEAD	11	Pain in back of head above the occiput when lying on the stomach and face turned to the right; heavy pain as if a big weight is on it, or as if filled with heavy rocks; I lifted my head to an upright position and the pain and heaviness was reduced significantly.
01/23:20	HEAD	11	While lying on stomach again but face turned to the left, there is pain in my forehead as if weights or rocks are stacked on top, pushing down on my forehead; quite intense; again, better with the head erect.
02/22:27	HEAD	11	Lying on the left side of my face, the left side of my head hurts mostly in the parietal area. Intense.
03/16:20	HEAD	11	Head hurts on both sides, mainly parietal areas; feels full, like there's pressure inside; slowly extends to the eyes, so I'm feeling pressure in my frontal sinuses above the eyes.
05/18:53	HEAD	11	Swam in hotel pool, and when I got out, felt dizzy and lost my balance while drying off. I usually have good balance but this time I simply could not get centered before falling back into the wall; still felt dizzy when I got to my room a couple minutes later; I didn't feel that anything was spinning, but I was unsteady in body and head, and it was hard to focus on something in front of me
07/13:10	HEAD	11	Slight dull pain in left occipital region of head, enough to be annoying but not enough to "hurt"
07/16:40	HEAD	11	Tingly, somewhat burning pressure in entire forehead, makes me tired, I don't want to touch it; feels like I'm concentrating too much and should take a break; pressure behind eyes a bit, in frontal sinuses, a little in temples
08/00:25	HEAD	11	Lay left side of my head on pillow and it begins to hurt, mainly in the parietal and occipital areas of the left side; not better lifting head to erect position like before, just got stronger and seemed to extend slightly into the left side of the back of my neck; I don't want pressure on it, feels like pressure in there already; better not thinking of the pain
08/00:30	HEAD	11	Left side of head on pillow again, and there's pain like pressure in the left occiput, feels like someone is pressing their hand on the occiput, not in a spot but pressing with the whole of the hand
08/16:30	HEAD	11	Pain in right side of head and behind the eye
08/17:15	HEAD	11	Pain in left side of the head
08/20:00	HEAD	11	Sudden dizziness, felt I'd have trouble keeping my balance, so I sat down and it went away after 30 seconds or so. Standing kept me in unsteady state. Improved when sat down.
08/23:30	HEAD	11	A lot of head pain when put my head down on my pillow. I lay the right side of my head on the pillow and almost immediately felt pain in my forehead like lots of pressure, better lifting my head to an erect position. Don't want to touch my head when I have the pain.
10/18:00	HEAD	11	Front half of head feels full, pressure, worse touch, worse pressure, worse sun
11/18:45	HEAD	11	Looking at a huge ceramic sculpture with spots on it; I start to get dizzy and a headache, it's like an illusion to me
21/10:00	HEAD	11	Sitting in a chair, had about 3 seconds of dizziness, head light and heavy at the same time; lightness was a floaty feeling but heaviness was like pressure
27/22:50	HEAD	11	Upon lying the right side of my head on the pillow, the left side started hurting in the temporal area; it was pressure, somewhat intense; when I raised my head to the upright position, the pain was in the left temple and forehead as if something was pressing on it
14/00:00	HEAD	14	Migraine, a throbbing pain in the front of my head. Constant, really bad pain in the middle of my forehead.
0	HEAD	15	Sensation across forehead. Fullness. Bilateral. Pressure not uncomfortable. Mostly on the sides spreading to the middle of the forehead. More of a sensation on the right side. Wouldn't notice if busy and about.

01/10:35	HEAD	15	Sensation localized in the left frontal region. Achy has gone away and it is a pressure. From the tops of ears across frontal descending more on the right side below ear and down to jaw. Not pressure. Energy sensation. Something inside.
01/11:05	HEAD	15	Band sensation - tighter than before, more on the right side.
01/11:17	HEAD	15	Feels clearer now like that tiredness has passed.
05/AM	HEAD	15	Prover woke up with a headache this morning. Not bad, annoying at times. Still there a little bit. frontal both sides
10/10:27	HEAD	15	Pressure. Across top and both temples.
10/10:28	HEAD	15	Pressure now encompassing a good portion of head. Like a rubber hat on head. Pressure but not severe.
10/10:29	HEAD	15	Pressure on top of head. More on the right side.
10/10:31	HEAD	15	Pressure across top of head. Intensity a little more and then not as much.
10/10:33	HEAD	15	Banding sensation more intense. Across forehead. Bilaterally equal.
10/10:37	HEAD	15	Pressure not changing much. Sitting on both sides.
10/10:44	HEAD	15	Sensation into base of jaws. Not uncomfortable. Awareness. Energy. Light pressure. Subtle. Feels like an energy awareness.
10/11:00	HEAD	15	Pressure across forehead more intense.
10/11:02	HEAD	15	Pressure in back of head along the occipital ridge down to right shoulder and medial scapula.
11/02:00	HEAD	15	Woke during the night (2AM) with a headache across the forehead, stronger than the tension that I felt while we were together yesterday. It was from temple to temple across my forehead. There was a pressure feeling, not bad enough that I would have taken anything for it. Just aware that it was there and I went right back to sleep, awakening this morning without a sign of it.
13/11:10	HEAD	15	Headaches come and go.
13/11:15	HEAD	15	Only the first hour after taking the remedy. Then one morning around 2 am, I woke up with a headache across my temples.
13/11:26	HEAD	15	Pressure across my forehead again, running temple to temple, a light pressure, a little more apparent on the right side. A very light band, like a band a couple inches wide, not permeable, like an elastic band, that does not breathe.
14/14:30	HEAD	115	Getting a bit of head congestion.
15/05:00	HEAD	115	Woke up with more head congestion, right side. Draining down back of throat. Some yellow discharge. Face/jaw are sore from the pressure.
19/05:00	HEAD	115	woke up and my cold is worse. Terrible headache that lasted all day. Pain and pressure around entire crown. better with pressure. couldn't do anything but sleep for most of the day
29/00:00	HEAD	115	I have been sick for two weeks. A dull congestion.
01/21:00	HEAD	116	I've had a headache for a couple hours now; I rarely get headaches. It's right in the middle of my forehead, a sharp pain that comes and goes. It's intense enough to prevent me from working on my homework. I want to lie down; think I'll go to bed early.
01/06:40	HEARING	2	Audio imagery dot matrix printer (in left ear).
01/06:45	HEARING	2	Audio imagery wind chimes the kind made with seashells (in left ear).
29/00:00	HEARING	2	Acute. Every sound is amplified. Does it feel like there are echoes in here? It sounds like an echo. A reverberation echo. When I struck my hands together or speak it sounds like an echo.
29/00:00	HEARING	2	I can hear a truck making the walls vibrate.
29/00:00	HEARING	2	It really hurts my ears.
29/00:00	HEARING	2	Muffled now (deep sigh).
10/09:30	HEARING	4	My hairs, on my head, feel thicker, coarser these last few days.
03/14:20	HEARING	10	Acute, noises are really loud for me; I typically have hardness of hearing.
01/06:46	KIDNEYS	1	Pain in left kidney, deep ache.
01/07:00	KIDNEYS	1	A pulling sensation in my left kidney region.
01/07:29	KIDNEYS	1	The left kidney pain persists. Pulsating, radiating pains.
01/11:29	KIDNEYS	1	Four hours later, the kidney pain dissipates.
02/03:25	KIDNEYS	1	I wake up, both kidneys are aching, my lower back is aching. I am breathing shallowly. I practice breathing into the unusual pains in my lower back and kidneys. I am uncomfortable in my usually comfortable bed.
04/11:30	KIDNEYS	1	Left sided kidney pain.
06/11:00	KIDNEYS	1	Left sided kidney pain. Drinking a glass of warm water ameliorates the pain.

07/11:30	KIDNEYS	1	Left sided kidney pain; appearing suddenly. Sitting with a patient, I cannot get up to get a glass of warm water.
09/19:00	KIDNEYS	1	The kidney pains feel resolved. There are occasional twinges of energy expressions there in my left kidney.
13/06:02	KIDNEYS	1	When I urinate, there is some burning (I wonder if I am passing a phantom kidney stone?).
20/06:12	KIDNEYS	1	A twinge of left sided kidney pain occurred when I said separate!
05/09:00	KIDNEYS	10	This morning when I woke up & urinated, I noticed that I passed very little. Usually my first morning urination is copious. It also felt like the peristalsis of my bladder muscles was absent or greatly diminished. I've had this happen before if I eat offending foods too close to bedtime. But what I ate was healthy & it was about an hour before bedtime. I believe this was a symptom. It felt like I had to just sit there and let my urine come out at a snail's pace, with little if any ability to bear down to make it flow.
09/16:10	KIDNEYS	10	This is a Day 9 report that I forgot to include in that day's journal listing. I'm not going to try to insert this entry into that day's column on this machine, but it is noteworthy. In the past, I would experience a nagging, aching, shooting pain from the twisting in my left ureter tube. This pain would run along the area of my left side in the back, close to my adrenal gland & kidney. It would usually be precipitated by sitting a long time. When I noticed this coming on, I had been aware that day that there was discomfort the night before in the region of my shoulder blade (that feels like forever ago now & it was just a few days ago) Left side, and my neck, also left sided. In the past, whenever I would get this pain, I would just go to the chiropractor and receive an adjustment and this would free up the ureter tube to empty freely w/out pain. Hmmm. Dilemma.....I was not wanting to interfere with this proving and go to the chiropractor...but what if this became worse? I was quite happy and a little surprised to waken this next day, Day 10 and have no pain anywhere. What a gift this is!
01/19:30	LARYNX & TRACHEA	9	Dry, hollow sensation
01/19:30	LARYNX & TRACHEA	9	Like there's a little cavity right at the top of the breast plate that's "hollow" when I swallow
11/09:03	LARYNX & TRACHEA	9	Old symptoms as if I was eating dairy hawking up phlegm, a lot of phlegm.
15/08:12	LARYNX & TRACHEA	9	I still have the phlegmy thing - mostly in the morning. I feel kind of irritated about it.
20/08:25	LARYNX & TRACHEA	9	I still have the phlegm - but that was an old symptom returned.
01/06:50	MIND	1	I feel extremely tall, looking down at the earth beneath me. Everything seems light and clear. Brighter than just a few moments ago. I feel a rush of energy traveling up and down my spine.
01/06:58	MIND	1	Ambrosia. Nectar of the Gods.
01/07:02	MIND	1	I am out for my morning walk, 12 miles today, it's 60• and it's cool. Everything seems greener, as in more vivid, Technicolor green.
01/07:12	MIND	1	There is now a deep blue energy radiating out of my Solar Plexus into my field. Radiating outward. Blue light emanating outward, in a spiral, like a nautilus.
01/07:12	MIND	1	It feels like a clearing of sorts.
01/07:13	MIND	1	On a church sign the words are written, "Sent to Serve". That feels really congruent to me, as I am at this very moment.
01/07:13	MIND	1	Two immature eagles are flying overhead. A flock of crows are going mad sounding their alarm and disapproval of the eagles flying in their territory.
01/07:13	MIND	1	The eagles and crows are playing in a make shift game. This reminds me of a quote by James P. Carse in Finite and Infinite Games, "Strength is paradoxical. I am not strong because I can force others to do as I wish as a result of my play with them, but because I can allow them to do as they wish in my course of play with them."

01/07:22	MIND	1	Now the quote from Florence Scovel Shinn comes to mind, "Infinite Spirit, behold all obstacles now vanish from my pathway." She wrote a book called, <u>The Game of Life and How to Play It</u> .
01/07:22	MIND	1	As I said a moment ago, it feels like a clearing of sorts.
01/18:03	MIND	1	I am up north at my family's cabin; while swimming I decided to drop my Om bracelet into the lake, it's 30' deep where I'm swimming. I did so at 15:30. As I did so I contemplated all of the homeopathic studying, practice, yoga sessions, meditation practice, and miles of walking that I've accomplished while wearing this bracelet.
01/18:08	MIND	1	I wonder who I will be in six months, five years, or thirty years from now?
02/03:30	MIND	1	The dream was so lucid, it felt like I was crossing this bog for hours, it was right there in the moment and I was just in it, until I smelled smoke, then it was as if I left that body and returned to this body.
02/11:43	MIND	1	I suddenly became aware that I am often moving from one deadline to the next with great industry.
02/15:15	MIND	1	I awake. Everything is brighter and has more lightness to it. Lightness in an energetic sense.
02/15:18	MIND	1	I experience my aura as clearer and I am aware that I am deeply resting. I also had the thought that I am usually in overdrive, this substance is allowing me to glide along more slowly than at my usual swift current.
02/15:18	MIND	1	I awoke with the word "surveying" in my field.
03/06:32	MIND	1	I woke up feeling that I could take on the world. I haven't felt like this for a while.
03/10:30	MIND	1	While driving home from the lake, I feel agitated by other drivers.
03/14:00	MIND	1	I awake agitated; as though I cannot wake; I feel I'm in a stupor. I also feel trapped in my body.
03/16:43	MIND	1	Ujjaiya Pranayama means the "victorious breath"; I just relearned it in an Astanga Yoga training I recently participated in.
03/16:43	MIND	1	The safety deposit belonged to a bank, it was from the 1940s, just after World War II.
05/05:00	MIND	1	Industrious exertion, walking very briskly for an hour.
05/06:00	MIND	1	Intense Yoga practice for an hour.
06/07:00	MIND	1	High Intensity Training for an hour.
07/05:00	MIND	1	I feel industrious in my movement. I am walking like a soldier, very powerfully erect, tall, straight back.
07/06:00	MIND	1	I do my Yoga practice with great vigor; I am very focused.
08/06:05	MIND	1	I have felt like a giant or extremely tall throughout this proving. I am only 5'8", but I feel like I am looking down at the earth or my feet from a distance.
08/06:05	MIND	1	I felt "at home" in the dream. Even though others couldn't see me; I was looking up at the tall people all around. I felt comforted by the familiarity of a dinner "I" have never been in. The sounds and the smells and even the food (even though I don't eat hamburgers).
09/04:45	MIND	1	I thought of Finite and Infinite Games, "Infinite games do not have a knowable beginning or ending. They are played with the goal of continuing play and a purpose of bringing more players into the game. An infinite game continues play, for sake of play..."
09/05:00	MIND	1	Today when I touched my MacBook, my iTunes music library opened and created triplicate of all of my downloads!? I worked on this for a half an hour!! Totally aggravating. An electric nightmare.
09/12:00	MIND	1	I went to a Merging of the Waters Ceremony at the Unitarian Universalist church that I attend. It was a two hour outdoor service! I was extremely restless. I got up and walked around a half hour before the services ended.
09/18:00	MIND	1	I did 90-minutes of martial arts this evening. I kept thinking of my dream from this morning battling between forces of light and dark.
09/18:44	MIND	1	I reloaded all of my iTunes successfully!
10/18:00	MIND	1	Time is passing with a swiftness, I cannot remember which patients I saw today; it feels like someone else worked for me, sat with the patients.
10/18:02	MIND	1	I have been making strange mistakes, putting double the postage required on packages. Filing charts for patients I haven't yet seen. Setting things down in an unusual place and walking away. Forgetful and absentminded.
10/18:30	MIND	1	I started doing martial arts routines!? Kenpō, an American-Japanese mixed martial arts... Here comes that World War II theme again.
11/05:03	MIND	1	I walked ten miles this morning as though it was nothing. There have been a lot of pedestrian deaths on the roads this year due to distracted drivers.
12/06:00	MIND	1	Practicing yoga. Thinking about the book the Making of the Atomic Bomb. Usually my mind doesn't wander during a yoga session. Why am I thinking about an atomic bomb?

12/08:00	MIND	1 <b>All of that menacing power in one human device.</b> I'm thankful that my 9 am patient canceled. I used my neti pot and just worked on cases. Time is unusual, I cannot remember the last time I saw these patients even though my notes clearly indicate that have seen them this last week.
12/08:03	MIND	1 My partner left me a note that indicated that I put double the postage on my remedy packages to be mailed!? Again!? Even after I got it.
12/20:00	MIND	1 I had one of the most physically intense dance classes ever. Our new routine had a lot of upper arm postures or sequences. I feel great; also, our group spontaneously and creatively split into two groups (which reminded me of the splitting of an atom) dancing the routine in a new mirror like manner, we did so like birds, without communicating. It just happened spontaneously. It was beautiful.
13/08:03	MIND	1 At my personal training today I had the most stamina in my sets even; everything was clicking, and my trainer asked, "Are you taking something?." I just felt more capable, a greater ability to persevere. I had unusual strength and form.
13/09:30	MIND	1 I have a totally open schedule and a colleague who lives 2 1/2 hours away invited me to come out to work on cases and practice yoga together. I feel freedom and open.
13/20:30	MIND	1 Tonight's Yin Yoga session was difficult, my hamstrings are very tight. I wanted to cry throughout the practice. I just kept breathing and practicing. I completely dissolved during savasana. I found it difficult not to fall asleep completely during savasana. I have unusual strength and stamina, but very little flexibility, I am more rigid and structured.
13/20:32	MIND	1 My friends at the Yin Yoga class tell me that my practice was beautiful and I looked as though I was glowing, illuminating the room. I felt so much grief in that practice today.
14/06:05	MIND	1 I did an hours worth of Mixed Martial Arts, this substance makes me feel stronger than I am. I have more industriousness (which is an increase to my already normal industrial way). I am now about to start working at 7 am.
14/06:06	MIND	1 I wonder how to clearly express the idiosyncrasies of the proving substance?
16/06:10	MIND	1 I am leading a Unitarian Universalist fellowship service on the topic of cultivating a Sadhana, then I am giving a workshop on befriending demons from a Tibetan Buddhist practice I am doing personally.
16/07:00	MIND	1 I am being supported in unusual ways by the cosmos. I have always been supported, but now I am feeling as though I am letting that support in.
20/05:20	MIND	1 I feel alive, love, and honored in the dream. There is such a sense of love and devotion and care. I feel very capable.
20/05:47	MIND	1 I feel tingly all over from my dream. It was an awesome dream. I want to have dreams that are like novellas forever. There was a dream in the Gavia immer proving about three fish and an offering... "Three salmon wrapped in a magenta blanket. I could see a deep blue lake behind me and the green blue ocean before me; I felt caught between two realms. I was standing net to a stone table or altar. I felt very hungry; however, I did not eat. I was waiting for something to happen. The salmon were offerings to the sacred. I unwrapped the fish and laid them on the altar. I said an ancient prayer and wept."
20/05:54	MIND	1 I am just lounging in bed, this luxuriating is very unusual for me. I am reading a book, the Field: the Quest for the Secret Force of the Universe, I secretly wish that I could spend the day in bed (this is rare, like spending the day as the goddess' escort, and then dancing a celestial dance with her). The Lone Wild Bird is one of the beloved hymns from the Unitarian Universalist church I attend. This line strikes me, p. 43, "...these photons in the living systems he'd examined were more coherent than anything he'd ever seen. In quantum physics, quantum coherence means that subatomic particles are able to cooperate. These subatomic waves or particles not only know about each other, but also are highly interlinked by bands of common electromagnetic fields, so that they can communicate together. They are like a multitude of tuning forks that all begin resonating together. As the waves get into phase or sink, they begin acting like one giant wave and one giant subatomic particle. It becomes difficult to tell them apart. Many of the weird quantum effects seen in a single wave apply to the whole. Something done to one of them will affect the others. Coherence establishes communication..."
20/06:05	MIND	1 There is some major thread of religion or spirituality in this substance. The coherent spiritual journey...
20/06:11	MIND	1 In this proving, we are all separate, me and the other provers, and yet I can feel them inside of me, separate and intimately linked. The interconnectedness of all being and all things.

22/23:00	MIND	1	Totally agitated and awake, experiencing insomnia after a social gathering that turned out to be filled with political conversation. People are truly afraid. It is as if the game of politics were real!? I got caught in the energy; I am not worried about the election. I believe that the world will remain in orbit no matter what happens.
22/23:06	MIND	1	I was pulling plants in tonight due to a possible freeze and saw a glimpse of the Aurora Borealis. I felt calmer seeing this. It put the political conversation into perspective somehow. It lessened the intensity of the unreality that so many people live in and I got momentarily caught up in. I want to trust myself.
22/23:07	MIND	1	Einstein said, "If we knew what we were doing, it wouldn't be called research."
22/23:09	MIND	1	This proving process is about remaining faithful to discover of the genus within a substance and finding a new expression for your Inner Light.
24/06:05	MIND	1	It's as if I can see my past in a retrospective without the emotional attachment.
24/06:13	MIND	1	I am wondering who will I be in ten years from now? I also thought, who would I be if I could live another hundred years? Who would I be and what would I like to do during that time? Assuming I have good health and mental and emotional faculties.
24/08:00	MIND	1	I did such an intense workout that I nearly passed out and threw up. My head was spinning. I couldn't believe how hard I pushed myself, my trainer couldn't believe how hard I was pushing. I just laid down on the gym floor on my back, then right side. Then I got up and finished my work out.
25/07:00	MIND	1	The aim of human life is...
25/08:00	MIND	1	The aim of human life is...
25/11:00	MIND	1	My good friend said to me that I've been saying "I need a drink" for about three weeks almost daily, and I don't drink, and "I'm on drugs!", for two weeks (I started the proving about three weeks ago).
25/12:00	MIND	1	My partner told me that I had an hallucination that there were cats running along the ceiling of our bedroom (defying gravity), I woke up in the middle of the night shouting, "There are cats running on the ceiling; will you look at that!?"
26/07:02	MIND	1	Needless to say, I don't ever recall a dream like that. I am usually hyper vigilant watching for danger. I was a bookseller as a teenager for Barnes & Noble and I put the name Icarus on my name tag. My manager would say, you are sailing perilously close to the Sun Icarus! Icarus was a mortal turned into a dolphin by a god for flying too close to the sun. In the dream, all of the Great Barrier Reef sea creatures were simply swimming in the void of space.
26/07:31	MIND	1	This substance has something to do with time and space...
26/12:30	MIND	1	I am filled with excitement after a brief mentoring call about a project I am working on.
30/06:39	MIND	1	Meditating on infinity. Compassionate infinity mean may every being be happy...
30/07:04	MIND	1	The work of the universe itself is to understand its own reality.
30/07:07	MIND	1	Rainbow light, diamond light, emerald light, ruby light, star sapphire light, opal light, and topaz light, every light leading to the Inner Light or the clearest of lights.
30/07:16	MIND	1	Ajna imagery: Diamonds liquid crystal lake, rubies, sapphires, amethysts, aquamarines, laser liquid, topaz, light flowing out of me, lighting my path, lifting me so that I am taller than is humanly possible, a glowing, glistening being...
30/07:20	MIND	1	I realized this morning that the only reason anyone would dismiss me is based on what their parents taught them to dismiss, or the way that their education taught them to dismiss another or beliefs or certain thoughts...
30/07:23	MIND	1	...also that I am not responsible for the others dismissing of me, only my dismissing of me. I must not dismiss me. There is no need to seek revenge. There is nothing intrinsic in a being that is unlike able or needing to be dismissed.
30/07:27	MIND	1	I radiate, I am luminance, I am stimulating energy to encourage others to shine from their Inner Light outward...
30/07:31	MIND	1	Anahata-Ajna fusion that's what this substance is about once you can separate the unreal from the real.
30/18:41	MIND	1	I am totally relaxed and grounded.
31/05:52	MIND	1	I woke up feeling like my body was vibrating. I had a deep heat radiating out of my body. I love when I get overheated without humidity. I love the warmth and comfort. I did some Ujjaiya pranayama to burn some of the toxins out of my system.
32/05:45	MIND	1	I am ready to take on the world. I feel so relaxed and grounded.
01/06:43	MIND	2	Seeing butterflies in a field, rising up and down, walking along side with a rifle, like hunting grouse, which I've never done.

01/06:45	MIND	2 walking through forest with a riffle , seeing undulating waves of orange and white butterflies
01/07:10	MIND	2 Focus on images of light on water, light in forest, the word " photon" going through my head
01/07:11	MIND	2 Repeating pop tune, "Hollywood is dead," over and over.
01/07:14	MIND	2 A really sunny day and the wind is blowing over the top of the water, the sun is hitting it and it sparkles. It's pleasant. The quality of the light, it like you are looking down at the water, not up at the sun, the water is dark, the light is hitting it, and with the wind, it's making it sparkle, it's kind of playful and changing all of the time with the wind, lots of movement.
01/07:16	MIND	2 Almost like one of those signs in New York City with all of those lights, light bulbs, a natural version of that (laughter). It's nature's version of that over the water.
01/07:17	MIND	2 I feel like I am 7-years old.
01/07:17	MIND	2 Tingling at the top of my head in the crown chakra area.
01/07:21	MIND	2 Light. Light is energy. Light from the sun, it changes, it's changeable. It can be bright, small, or large, it can fill a whole area, a tiny pin prick, burning, no heat at all. It can help you to see or blind you. Cause things to grow or it can kill things. Like a force.
01/07:23	MIND	2 It's a particle and a wave (laughter).
01/07:25	MIND	2 LED lights, Christmas lights, sunlight burning grass, desk light, flood lights, light coming in through gas, a flame on a stove, imagery of all kinds of lights; light at the end of a dark forest, pin pricks of light at the end of the sky, a match light, a laser beam, red lights...
01/07:27	MIND	2 Image of walking through the forest and light on the path. Happiness and fresh feeling, like simple joy kind of feeling, I keep feeling pleasant.
01/07:29	MIND	2 Simple joy, walking through nature, fields, forest, walking by the water, the sparkling lights, that feeling in nature that I don't get anywhere else it's so pleasant, the trees and the winds. Listening to the rustling leaves when the wind goes through it, the smells of the grass in the field, or the smell of the lake, leaves starting to change or the birds swooping in and out. It's like the kind of simple joy where you don't have to do anything but to be there, it's just kind of given to you just by being there.
01/07:33	MIND	2 Looking upward through a canopy of leaves, the sunlight dappling through, the leaves undulating from winds.
01/07:36	MIND	2 Joy doesn't seem like the right word, it's something else, but I don't know what I would call that...?
01/07:37	MIND	2 This word keeps going through my head, that's "photon", a particle or a basic something in the universe. That's what it seems like a basic part of the universe.
01/07:38	MIND	2 It doesn't feel like I am in my body, I am way out in space, I am at the beginning of the universe. Way out there or way in there rather. Extreme lightness, like particles.
01/07:40	MIND	2 It's like being out in space, in the universe, but it's inside of it, like subatomic space. This is not dissimilar to being out in nature, simple, peaceful. Knowing exactly where you are.
01/07:41	MIND	2 That allows me to just relax, I know exactly where I am.
01/09:30	MIND	2 light headed floaty, scared of this feeling at first, breathing seems easier - wondering " what is happening to me."
01/14:00	MIND	2 Going down the stairs, out the back door, something goes by, causes a pulsing flash of light
01/14:30	MIND	2 On the way to work, felt compelled to go to home depot. I walk in and can' t think of why I was in there. Ended up looking at lamps. lampshades and light bulbs, didn't buy anything and was very confused as to why I was there.
01/19:30	MIND	2 On bike ride, very aware that most times I turn a corner the setting sun is directly in my eyes, feels like it is always there in my eyes
010/07:35	MIND	2 Then, an image of the clouds in the night sky, with the moonlight coming through the clouds and the nature of light changes, the winds are moving the clouds, so the light and shadows change. It's a happy, not crazy like happy, happy-peaceful sensation, that feeling of looking at something beautiful. What is that feeling?
02/14:30	MIND	2 driving, the sunlight is hitting the mirror on the right, it is creating a series of pulses that draws me in
05/00:00	MIND	2 Caught myself being angry, realized it was anxiety, anxiety about meeting a new client. Old anxiety, nothing to do with the current situation. Caught it and moved on with it. First time I was able to notice this happening in this situation.
06/07:30	MIND	2 I am out walking along lake Michigan. The sunlight is hitting the waves. It is moving and jumping like rain, drops of light falling on the waves. I am mesmerized and peaceful. A calm comes over me

06/19:00	MIND	2 I went back to the house where I mostly grew-up - two of my sisters were with me, I went up to the door and rang the bell, two small children were at the door, calling to their mother, a woman in a black dress, pregnant, answered the door, I introduced myself and told her that we were the first owners of the house. She let us go in the backyard. Every tree, every bush is gone. Everything I planted is gone. It looks like what it was when we first moved in, every tree in the front yard is gone, the beautiful pines are gone, the house looks small, the kitchen is redone. She invited us in, my old bedroom - the walls are knocked down and it one large basement family room. I look into the closet where the furnace is to see if the tri-pod I left behind is still there - it is gone. It is emotional, like something coming full circle. Like any sign we were there is GONE.
08/14:00	MIND	2 thought I had low blood sugar, very angry, sensitive to noise and feeling on the verge on panic- this is not unusual for me to feel this feeling like I was in charge of EVERYTHING and every problem, And somehow had to take care of it all This lasted about 1 hour.
09/02:00	MIND	2 Was seeing clients today very detached from this headache somewhat scared and panic feelings, overwhelmed, had to tell myself to pull it together. I have been very compassionate and many clients had break throughs it discussing their emotions and fears.
10/00:00	MIND	2 I kind of feel like I am in a dream state, a little floaty, through I feel stressed it is not penetrating. I am really aware of picking up the last bit of light before the sun goes down. Aware that there are decisions I need to make and situations I am avoiding hoping it plays out. I don't feel like I am ignoring this. It is like I am standing back and watching this process.
11/16:40	MIND	2 I notice people smiling at me more. I man in the airport told me his 1 year old daughter asked if I was a cowboy because I was wearing a hat.
12/06:30	MIND	2 A scene with my sister who is being emotional but I am able to sit back and not try to make it better or intervene in a good way.
14/00:00	MIND	2 I feel like the last few days I have been noticing kind of a compassionate stance, even when I am feeling irritated or impatient, trying not to be hurtful and seeing from a perspective.
14/10:00	MIND	2 My sister took me to a psychic, she told me the my solar plexus and sacrum where is where the stuck feeling I have comes from, she told me to visualize a sun with 7 rays rising from my solar plexus up to my throat
15/19:00	MIND	2 (Odd things about lights and light bulbs) I got home from a trip and the light bulb in the hall was out. I was thinking about entropy and the glass lamp cover fell out of my hands and shattered. I went into my house and heard a crash. The light bulbs in my closet fell and shattered
20/00:00	MIND	2 During the two weeks of the proving , I have traveled to two places. It is not usual for me to travel but coincidentally I have travelled during the proving. First was to Chicago. My sister won a trip through work and invited me to go. This was healing in a way because the same trip 4 years ago ended in an argument. My sister told me to shut-up and I told her she couldn't treat me that way. We decided to reclaim the trip and walked around the same area where the fight began. We called it a do over. We also visited the home where I grew up which I note in an earlier entry. The thing with travel is that the transition back is always hard for me. First getting to a place is overwhelming because I am not really sure what to do or where to go and there is this lost kind of feeling with so many options and not sure how to direct myself. Coming home is hard. I loose track of time and the date and things seem off. I will feel spacey and out of sorts for a day or two. The second trip was to Phoenix to make visit to my mom's and primarily to do things around her house. Same kind of experience coming back. I did not make note of it before really because it is usual for me to experience this transition sensation.
29/00:00	MIND	2 It felt like nothing was happening, when I compare this to other proving experiences, I didn't feel it. I couldn't grasp it. There were a lot of physical sensation in other provings, not in this one for me.
29/00:00	MIND	2 I was feeling discombobulated when I started the proving, that feeling has not gone away, I feel out of sync, definitely, like my sleep is way screwed up, the rhythm feels totally off.
29/00:00	MIND	2 My routine is way off. I feel I am still traveling, on somebody else's schedule. I am just showing up here and there, when I get there I am in it, but I am not in charge of it for some reason, which is weird, because, I am making decisions to be there.
29/00:00	MIND	2 It's akin to being on autopilot. My iPod is not synced to my iTunes correctly (laughter).
29/00:00	MIND	2 Entropy. Things falling apart. One of the first times I had a panic attack as a kid, I noticed that things were falling apart, a sense that things were disintegrating, the patterns of things weren't holding together. There must have been something happening being 7-years old and experiencing entropy. A panic attack or a spiritual experience, about the deeper truth about things. Maybe that's what this means to be out of sync.
29/00:00	MIND	2 Things aren't holding together the way they usually do (HG, like holding a globe, or some energy, or a big something, trying to hold it together somehow).

29/00:00	MIND	2 All of a sudden, I am overwhelmed, it seems like there is too much to do, it seems like it is too much, it seems, insurmountable, to be aware of all of this stuff that I have to attend to in myself, things that I have to attend to in the day-to-day, how am I supposed to keep track of and maintain all of that?
29/00:00	MIND	2 Visiting my mom's house in Arizona, I had the image of the Little Dutch Boy, putting his finger in the dyke trying to hold the water in.
29/00:00	MIND	2 Yeah, the Little Dutch Boy, panicked feeling, responsible, and very aware.
29/00:00	MIND	2 The water feels vibratory, like a vibration, like an energy, very vibratory, how do I explain this? Like a gong that is hit, you feel this wave sensation, you can feel it radiating, vibrating in the air, it's very shaky, (sigh).
29/00:00	MIND	2 What it is, it is like, what if you had to monitor all of those automatic processes in the body, the heart, the blood, the lungs, it is very weird, that is what that the Little Dutch Boy feels, having to do all of that...
29/00:00	MIND	2 Out of sync, I don't like the feeling. It makes time feel really weird, it's too slow or too fast, I can't believe that it is the middle of the month already. What is happening. The autumn is one of my favorite times of the year.
29/00:00	MIND	2 This wave, it just moves, like an arm waving rhythmically. It reminds me of this dream that I had.
29/00:00	MIND	2 It's like a gong being struck, that sound of the hit, it's not the hit of the gong, it's the remnant of the vibration that lingers, that carries, that vibration, the energy, it all hums. Like a microwave if you think about it (laughter).
29/00:00	MIND	2 Is this the hum of everything, is this what is always in the background, the vibration, the hum, this pulsing tone, this hum, I wish I could mimic and capture this tone, if you could peel it all back this is what it would feel like.
29/00:00	MIND	2 I just have to make a sound, a shriek (tears in eyes). I am holding my mouth with my hands.
29/00:00	MIND	2 I became self-conscious all of a sudden, wow this is really vulnerable, oh this is weird, I am saying a lot of weirdness right now.
29/00:00	MIND	2 When I was in Chicago, my sister and her girlfriend, and her sister came along, I said, as we entered a restaurant, "I don't like the feeling of this place, let's get out of here!" The sister said, "I noticed that that is how your family approaches things, the sense perceptions, the feeling of things, it's not emotional, it's the energy of something. That is what just occurred, I was feeling the energy of it, so directly. I wish I could do something with that..."
29/00:00	MIND	2 I think that is something that I had, as a kid, I wish I could make something with it, I don't know how to describe it. I wish I could live in it, to not be so afraid.
29/00:00	MIND	2 A feeling of constraint that holds everything in (HG that energy sphere, that globe, like an atom, a tight constraint), the constraint of convention, having to do it right or good, or afraid I will do it wrong. The convention, like when I am in with a client. Today I was a little more loose, I have so much more I could offer, so much constraint... That's too weird.
29/00:00	MIND	2 My sister brought me to see a Shaman, he lived in this ramshackle house, there was a guy out by the garbage cans smoking cigarettes. The Shaman played this big flute, he was trying to sell us his CDs about his magic flute, he had no boundaries. Ants came in and were crawling on the table and on my arm, he squished the CDs in an unshamanlike experience, my sister wanted to leave. I said, "No, let's stay." He says to me, "You think you always have to be good and do it right, that there is a right way." "Yes, that's true."
29/00:00	MIND	2 His girlfriend is reader, she lays down some cards, "What's your question?" "I have to have a question?" "Listen," she says, "You only have five minutes." "How do I get unstuck?" She said a bunch of things, then I felt, "Oh shit, the shaman did something to me!?" I feel these vibrations.
29/00:00	MIND	2 <b>All of the constraints, fell away as I was channeling something for my sister, I can't remember what I said now. Then the constraints were rebound to me, the bind me, I can't express myself creatively like a child. How come I am constrained. Someone else writes a book, makes a movie, becomes a photographer, where did my childlike creativity go? That creative force!?</b>
29/00:00	MIND	2 I could experience entropy, I could experience everything falling apart, falling away, disintegrating, then it is constrained (clapping hands together).
29/00:00	MIND	2 Creative force, that vibration, I feel really big, I feel there is really a great person in here, not in a grandiose way, like in a big energy way, express something, there is not much fear, it is just before the judgment that thing before the judgment stops you. Like, "I am going to write a play", no one says, "You can't write a play!?" I am going to do it anyway, I am going to gather all the kids in the neighborhood and make a movie, or take photographs of all the kids in the neighborhood. I am going to move the Ketchup bottle with my mind or look for the Virgin Mary in the clouds.

29/00:00	MIND	2	It's about your imagination, imagining a potential future, that's what that (HG hand waving energy) imagining that what that vibration is, creative force, a man and a woman can pop out a kid, that's a creative force...
29/00:00	MIND	2	My energetic size is larger than my body, a big energy, my mind is stuck on the image of a planet forming, things are bombarding it, radiation, magnetic pull, earth forming, continents forming, coming together, vibrating, very alive. Is this crust that forms is it going to contain a planet or is it like a sun or something.
29/00:00	MIND	2	Pulsing, waves, (HG waving arms)
29/00:00	MIND	2	It feels like there are all these blue strands, like tendrils of blue light. Energy tendrils.
29/00:00	MIND	2	In the Disney movie, <i>Sleeping Beauty</i> , there are these little fairies, there is one that turns things blue, this reminds me of this...
29/00:00	MIND	2	I can see the aura of blue around that plant, the umbrella plant. Maybe it was emanating off of my supervisor's head?
29/00:00	MIND	2	Where did I just go? That was wild!
01/11:21	MIND	3	Remedy tastes like radishes and hamburgers. Recall Willy Wonkas candy having all the tastes of a full meal. Sense of high energy. Going on a weekend and anticipating the high energy. Energized. All energy packed in small package. Anticipation/trepidation, not knowing what will transpire with friend. I need to stand up for myself this weekend. High energy collected but body cannot hold it until it is ready. Charge battery on computer. If you don't use it, it dissipates. Car going to zero to 100 in a short time. But it takes me while. Energy - Mars Energy - action. Creative energy vs. active energy. Creative energy = mental. Mars energy is physical. Mercury cardinal - mental. Mars = physical energy - fixed. Energy - nebulous - Neptunian. What has energy to do with this weekend? Deepak Chopra - line between spirit and matter. What is light? Talking is about making sense and saying something intelligent. Describing the sensation of light is pointless. Others do not respond. What I say is meaningless. Lack of communication from early family. Frustration, sadness. Parents did not respond. Underlying anticipation of weekend. More aware of potential situations. How will I deal with them? Will I be nicey, nicey or be confrontational? Hiding, waiting for something to happen.
02/09:34	MIND	3	Friday: At the opening of my weekend workshop on astrology. I took charge and started the meeting even though' it was not my place. The energy seemed to be there and I reacted instead of responding. I felt uncomfortable. As if it is a woman's place to remain subservient and patient.
02/15:30	MIND	3	Afternoon - reading of charts of difficult clients. I felt guilty since the instructions were to not use the chart of a famous person. But I had chosen the chart of a famous astrologer who had asked me for some help. The person was someone who was in great pain and I did not know how to help her.
02/20:30	MIND	3	The morning was taken up by sharing techniques of chart reading. Difficult clients need more psychological understanding and that information was not forthcoming in the morning. I felt cheated in a way, since so much more could have been done with the session. I realize that I am very knowledgeable and intuitive. \$395 is too much money for these sessions. Do all group leaders follow the same script? Doing this at the home of the moderator I felt I had no choice about what I ate or the flow of time with breaks. There were centered around him and I felt trapped. I found that at the end of the day I needed chocolate - not just a small piece. I felt like I had a lot of energy, but it was controlled and I did not want it controlled. I felt like I was in prison or on trial instead of being educated in a nurturing, supportive manner.
03/15:30	MIND	3	Today we took turns reading each other's chart. I was talking prior to the person who was giving a reading. She needed a moment or two of silence before starting and spoke rather sharply to me to be quiet. I felt rejected and hated myself for being so insensitive. I am not sure I always use my energy appropriately and keep it under wraps. There is the conflict between how I use my assertive energy and my submissive energy. I see energy as a raging storm or a depressed/repressed/suppressed power. I felt abused. As if someone was trying to whip me into shape. - their idea of who I should be.

03/17:00	MIND	3 Saturday: I was to read the moderator's chart. My Leo Mars is square his Scorpio Mars and conjunct his Venus/Pluto conjunction. I wanted to help him see his unreasonable and at times vindictive Mars energy with reference to another group to which we both belong. We had a confrontation. Late in the day I was tired and unable to control the powerful energy I had so it came out strong. I did not use it appropriately as a counseling reader should. I felt that as the leader/teacher of the group he should have been more helpful but he was into his own reaction. My energy triggered something in him. I felt that I failed in the exercise as well as the appropriate use of my energy. I realize that I need to take time to manage my energy, but I cannot do it when I am tired, under pressure, and exposed. However, I feel good that I have stepped out of my comfort zone to look at how I use the Mars energy.
04/16:00	MIND	3 Sunday: - Today we presented our business plans. Things went better in that I got a lot of help from everyone on my business plan. My presentation was minimal, not as developed as everyone else's. By taking the subservient, stupid role where I exposed by inadequacies, I got a lot of help. Does that mean I have to subjugate my energy in order to get what I need? During the workshop I was always last to present. Always last and get the left overs. Not being honored and respected, but seen as a little child.
04/17:30	MIND	3 Drive home was easy. When I go to Naples by myself it is uncomfortable and I feel vulnerable and insecure and a little apprehensive and anxious. The woman who went with me talked a lot but I was able to focus on my driving and be in control of my energy. I was able to let her know when I needed her to be quiet. It was good to have someone along to be available and I learned that I need people. I felt I was more in control of my energy, because I was with someone who was sensitive and understanding. I feel like threatened and cornered when people challenge me in any way. I feel like I need to hide. <b>It results in hiding my light under a bushel so that I do not get hurt. Strong energy is scary. I feel like it will destroy me.</b>
05/21:38	MIND	3 Monday - I was exhausted physically. Drained of energy. Yet I had energy to complete several tasks throughout the day and take naps in preparation for very early and long day on Tuesday at the primary elections. Today I stayed focused and used the energy to accomplish my goals. However, I felt like I was in a time warp. Not that aware of what I was feeling. I was using the energy but in a less than aware state.
06/22:00	MIND	3 Tuesday - Rose at 4:30 AM to get to polling place by 5:30 AM. The day ended when I got home at 8:00 PM. It was a long boring day since not many people came out to vote. I found it hard to stay awake since I was already from my long energy draining weekend. The energy drain was emotional. I lost control of my emotions towards the end of the day when everyone was anxious to leave as soon as possible. There were several tasks that needed to be completed according to the rules set by the election board. This was another situation where I felt out of control of the situation and my emotions. I don't know how to use my creative Venus energy and my action Mars energy to have things move in the direction I want. Does this mean I have to always go with the flow and submit? <b>I felt as if I am in a rushing river with no control over how fast I go, or what direction I go.</b> Is this a time to sit back and let the river rush along until it slows down and I can see where I am and then take back control of my energy?
07/06:34	MIND	3 Meditation on three cards which I chose from a Tarot Deck. They were the Aeon with an emphasis on changing my perception of energy and how I use it. The Six of Wands which emphasizes Valor - a more positive use of assertive energy. The Emperor about taking charge of my life and energy. I felt that I was being guided by friendly and supportive forces. I feel safe and secure when I am in my own space, doing what is best for me. How do I resolve my relationship with myself and my relationship with others.? Relations with others always seems to be confrontational. Outwardly I come across too strong. So I keep the energy contained. I do not have a positive way of manifesting energy outside of inner space or my quiet physical environment. <b>I feel sad and angry.</b>
08/17:34	MIND	3 I am beginning to feel drained - as if my fuel gauge is indicating moving towards 1/4 full. In the past I gave used my fuel (energy) for other things and people. This time I have been on a trip for myself. Looking at my relationships with others, determining the level of my resources, and realizing that I want to choose a direction and move towards it. This is like a journey by car - having the fuel to move, observing the scenery, watching the roadway - being careful not to take unnecessary risks, not to expend all the fuel. The questions is do I want to choose a destination or drive where the road leads me enjoying the scenery and meeting whomever and whatever crosses the road? This is risky but it can also provide enlightening experiences.
09/17:15	MIND	3 Today was the first quiet day when I felt relaxed.

10/07:48	MIND	3	Received suggestions for focusing on issues raised during this proving from my supervisor. When I began my mediation, I has jotted down some note from my proving supervisor. In order to keep them separate from my thoughts during mediation I chose to separate them with a gold line. I spent about 45 minutes in meditation.
10/11:22	MIND	3	1. RE: The person who expressed a vindictive and unreasonable persona: My perception is that his experience his heart and soul are tied up with the organization. Since he was not elected for another term as President nor received an anticipated award at a recent conference - he is angry and disappointed. There is a darkness around him especially his eyes. As if others are evil and he wants to get even. He has strong powerful ownership since with Mars in Scorpio is in the first house and Venus/Pluto in Leo in the 10th house. His Sun in Libra is in the 11th house of groups. The early degree of the Sun shows he does not know how to balance the cardinal energy. His reaction is being sustained at some level. I feel this energy in my upper back. Radiating through to my heart which feels pain.
10/11:22	MIND	3	2. My experience of the vindictive/unreasonable energy. I tend to hold on to things as well but it gets buried in my solar plexus - upset stomach - <b>my power is buried. There is gold there but it is buried and protected by the physical body.</b> I have some skin eruptions on my stomach area almost like they are the power trying to get out - or - perhaps they present an ugly appearance and ward off people so that I am protected.
10/11:22	MIND	3	3. My initial reaction to our interaction was surprise. I thought he was more spiritual and objective. In looking at the experience a week later I feel an understanding and love partially in solar plexus and partially in heart region. But the sensation is tentative. Is this about feeling powerful and better than he is? I can't quite make the leap from solar plexus to heart chakra. The stomach is the transition from abdomen to thorax or heart.
10/11:22	MIND	3	4. The transiting aspect working at the time of this meditation was a mystic rectangle. Moon in Virgo in the 11th house sextile Venus in Cancer in the 9th house - my philosophy related to groups - I see groups as an opportunity for people to share information and support each other - a loving, nurturing organization; Pluto in Capricorn in the 3rd house sextile Chiron in Pisces in the 5th house - finding creative ways of healing through communications. This has been theme for the past several months as various planets moved through Gemini. Moon trines Pluto and Venus trines Chiron. However the oppositions show the challenges: Pluto opposite Venus - I have an intense desire and need to be liked and loved. Moon opposite Chiron - my wounding associated with not having an affectionate mother. My progressed Moon and Venus are at 00 Capricorn conjunct the my natal North node in 4th house while progressed Mars in Libra squares the North Node.
10/11:22	MIND	3	The challenge for me seems to be how to utilize the strong Martian energy appropriately. The confrontation with the moderator raised fear in my stomach - the place between solar plexus and heart chakra. At the same time the challenge is how to be loving from a more detached/objective perspective - Venus/Moon. I would much prefer to float away into my brow and crown chakra and avoid confrontational interaction.
10/11:22	MIND	3	I recognize there was an opening at the time of the confrontation with the moderator but was not comfortable going there. I do not want to be judgmental. I am afraid of further confrontation. It is not my business to address his deeper issues. I may be too forceful in trying to see the other so I back off. I want to protect myself. My image is sitting in the room facing him <b>and I feel like I am an island surrounded by sharks - actually worse than sharks - evil dark forces.</b>
10/11:22	MIND	3	The physical exhaustion is about being so open that my energy flows out towards the other, and focuses on understanding, plus using energy to protect myself and control my self. Ultimately there is not enough energy to maintain the normal physical working of the body. Including maintaining the immune system. I would just like to slither way like a snake and curl up under a rock and hide. This feels comfortable. A nice green, grassy area with rocks at the edge of a forest with the Sun shining in a blue sky with puffy white clouds. My head is separated from my body. The mental activities realize they are draining the body and shut off and go to sleep. The major energy exhaustion is in the heart area and solar plexus. The throat seems nonfunctional as if the doorway from the lower 4 are closes off from the upper 2. The first 2 chakras seem to be in a resting mode, waiting for the rest of the chakras to get it together.

10/17:28	MIND	<p>3 The concept of certification is a good one in that it mirrors the kind of review that therapists go through with their supervisor or mentor. At this point the program seems to be loosely organized without a set of goals, evaluations, and time lines. The original creator of the program has a limited vision in that he wants to maintain control of how it is run and administered. By letting go of the reins, others with more experience in psychology, therapy, education, and group dynamics as these disciplines relate to the practice of astrology can contribute their expertise. For myself, I would have liked to have received more information, guidance in the practice of astrology. I think this program is important for the astrological community at large. The difference with the moderator of this past weekend, is that he has an invested interest from a personal perspective. I think I have more faith - in that letting go of something will allow it to grow instead of remaining stunted.</p>
11/10:48	Mind	<p>3 Today I was reading descriptions of workshops for OPA retreat which raised the following concerns about reading charts.</p> <ol style="list-style-type: none"> <li>1. I seem to have lost my ability to interpret aspects - I don't know what Venus square Saturn means anymore - nor anything else along those lines.</li> <li>2. My intuitive self seems to be more activated - When I pull up a chart on Solar Fire and look at the aspect lines into the center of the chart - Everything I need to know seems to be there - almost in an instant.</li> <li>3. When I am with the client - if I open up to them on the intuitive level - I often get flooded by their "stuff".</li> <li>4. I have also been more impressed with what synastry I have with the client - although I have never looked at that with previous clients.</li> <li>5. So when I sit down to prepare for the reading - I find myself back in the early days where I spent hours preparing.</li> </ol> <p>I contacted the person leading this particular workshop about my concerns. His reply was "you are too 'inside baseball' " which meant that I was spending too much time going back and forth from one thing to another inside my head - going round and round like a grand square. He said keep it simple (he didn't add stupid, but I have since found another word for KISS - Keep It Simple Silly). He suggested that I focus on the most significant transit of the moment and let the client lead the reading. This was such a revelation and shed light on the whole situation. Our exchange resolved a lot of confusion and relieved by Virgo 'Paralysis from Analysis'</p>
12/17:24	MIND	<p>3 Today I had several phone conversations with board members of my local astrological association. My goal was to maintain communication between different people and to set an atmosphere of cooperation. I was able to do this with ease and felt comfortable about doing it. In the past I would try to do what made people feel good; avoid confrontation by avoiding the issues involved. "Life is viewed as a battle in which triumph and defeat often feature. Intensity is a key mode of your self-expression. You need to balance this with some stability and practicality." This is a quote from an interpretation in my astrology program and represents the trine between Mars in Leo and Jupiter in Sag. Slowly I am learning how to recognize how I have repressed the appropriate use of this energy versus using it in a 'practical' manner.</p>
13/00:00	MIND	<p>3 Today was another chance at this new lesson. The interaction today was between board members of OPA and I followed the same path of using the energy appropriately. IT SEEMS THIS WHOLE PROVING FOR ME HAS BEEN ABOUT ENERGY</p>
14/15:24	MIND	<p>3 After the last few days I seem a little drained of energy. I received two emails from people on my Fairchild email list whose energy sparked me to write about the 1st quarter moon and an article on Woman in The Age of Aquarius. I find that I need a spark or goal to keep me going. This was a good feeling and re-energized me.</p>
15/11:40	MIND	<p>3 Today I dropped off a flyer promoting my astrology class at a local new age shop. I thought I would be received more enthusiastically but the person I charge was busy. Initially I reverted to the sense of being rejected and my energy seemed depleted.</p>

16/11:00	MIND	3 I am learning about energy flow. Today I did some reading at a psychic fair. I was greeted by the coordinator and a former student who was doing angel readings. I used the information about focusing on a transit and following the client's need. The energy flow was smooth and easy and the information came through. I also was asked to consider doing a class at the moderator's organization. And I got a good angel reading - which summarized how I have been working with energy - Work towards maintaining a positive energy flow; use the energy to improve and maintain health through diet and exercise; clean up my immediate environment. Looking over the past several days I am more aware of energy flow. This is a different feeling than planning a number of chores each day and trying to stick to a schedule.
17/00:00	MIND	3 With the possible arrival of Hurricane Isaac we did some preparation. But it was a cloudy, rainy, windy day. Somewhat tiresome.
18/00:00	MIND	3 More experience with energy. I am not sure if I can convey this information very well. I purchases a galactic report from an astrological colleague. Part of the report shows which natal planets conjunct black holes. The black hole has two parts - the edge - where an event takes place. And the center which draws one inward and downward and connects with information and insight. The difficulty is that the information appears to be captured by the black hole and releases only the energy. Which in turn provides a resource. This is a challenge and I feel like I am on a new journey into another realm of understanding.
20/00:00	MIND	3 The unusual thing that keeps happening is with the oil light in my car. It comes on periodically - no apparent pattern - indicating that the oil is low. This is not a good thing since driving when this light is on could damage the engine. This is frustrating. It raises fear since I do not want to damage the engine. On the other hand it occurs seeming with no rhyme or reason - so if I call for help each time it happens - I become like 'the boy who cried wolf'. My husband has addressed the problem - and it is resolved - but then it crops up again. So it is time to get it to an expert. Fortunately we have a garage that will give as an honest assessment and a fair price if there are needed repairs. The situation is about timing. When to move on a problem, when to wait and see. It is difficult for me to make a decision about when to act. There is a push/pull between taking charge vs. letting go in trust. The problem is a practical down to earth situation, but I am always looking for a deeper meaning. Perhaps - 'a cigar is a cigar'.
21/16:15	MIND	3 Today energy got out of hand. I had to take my car to be serviced and I missed the turnoff. I was under the impression that the turnoff was after the diner, not before. It was late afternoon - 4:15 - Traffic was heavy and the turnoff is in a school zone - so cars were moving 15 mph. I got very frustrated trying to turn around and get oriented a direction that would take me to the turnoff. I felt trapped by all the slow moving cars. I could not see the turnoff because the color of the sign and the overhanging trees. I felt like screaming. I needed to get to the garage by 4:30. I felt out of control of myself and the situation. It did not take me long to get reoriented, but I felt like I was under a great deal of pressure - like a steam engine which is building up, ready to explode.
23/00:00	MIND	3 Today I got energy to do some gardening and shopping. The energy flow seems to be up and down. I have not yet learned how to moderate into an even flow. It is either one extreme or the other. This points up the opposition in my chart. The seesaw has always be a symbol for me. To maintain perfect balance requires concentrating on the middle and constantly adjusting the weight on either end. However, this is focused on the idea of balance rather than the extreme energy at either end which is related to the ups and down of life. A balanced life is boring. Excitement lies in the highs and lows.
25/00:00	MIND	3 Today is Labor Day - The Jasmine Tree is in full bloom and the scent is intoxicating. The bees are having a wonderful feast. How lovely. These two days have been pleasant.
26/15:44	MIND	3 Today I wrote another short article using the Fairchild Symbols. It is concerned with combining the elements of water, air, and earth. Interestingly, the fire energy seems to have taken a back seat for the last two-three days. This is a calm period, relaxing, and occasionally lazy. It's as if I have gone to the other end of the seesaw.
27/00:00	MIND	3 Today I watched TV - British Mysteries - Poirot, Miss Marple, Tommy&Tuppence.
28/10:52	MIND	3 Took dose at 10:52 AM. Immediately felt better - relaxed, at home with myself. The Asc of the Chart is conjunct Natal Pallas Athene - an asteroid that denotes a wisdom seeker and a craftsman. In Scorpio in the 2rd - it can use originality and depth perception to create a stable environment. The Fairchild Symbol is the Barbed Wire Fence Protecting Grazing Cattle In A Field. I have used my energies to create a barrier around my emotions and my life. It is like a barbed wire fence - not that any one gets cut by the fence, but here is something that lets them know it is barbed wire. My stability comes from keeping people and things at a distance.

30/00:00	MIND	3	<p><b>MOLDAVITE</b>  <b>Moldavite opens the door and makes the power available.</b>  <b>I fear the power. I connect with the power.</b>  Building a sound Saturnian base of discipline in keeping with right thoughts and actions is the base <b>for proper use of power.</b>  Holding the bottle of the remedy in left hand while wearing my Moldavite ring on my left ring finger I felt energy swirling from the remedy and surrounding the ring and then my arm and left side of my head. This is pure energy.  When I first wore the ring it was very powerful. So I wore it for short periods of time until I was able to wear it for a long time. The remedy manages the energy of the ring.  <b>The remedy awakens energy flow - but it seems unable to work properly without something to manage with love.</b> The remedy likes the ring.  <b>I have resisted opening to the energy because I feel like I am unable to manage it.</b> The ring in combination with the remedy suggests that the energy I have can be managed. But I do not seem to have any direction, goal, purpose, paradigm, or pattern.</p> <p>For your information : Moldavite is formed when a meteorite hits the earth and melts the surrounding matter fusing and fuses with it Moldavite , named for its mines in the area of Moldava in Eastern Europe. Its vibrational properties suggest connection to the outreaches of the Universe, the cosmic realm, and the crown or stellar chakra. It helps in connecting with the oversoul, the Askashic Master, and other cosmic guides and angels</p>
30/00:00	MIND	3	<p>The remedy opened up the concept of proper use of energy. This reminds me of the apprentice to a wizard. The apprentice realizes that he has the ability to use powerful energy. He knows that he cannot use it for selfish or evil purposes. But he does not know how to manage it appropriately. It either runs out of control, or he tries too hard to manage it. In his apprenticeship, with the help of the wizard, he is learning how to manage the energy. During this proving, I had several experiences which showed me areas where my emotional energy got out of control; where I tried too hard to manage; where I tried to suppress the energy all together by retreating from situations. I learned that energy not well managed can be physically exhausting leading to stress that can attack the immune system. All of the experiences and insights from this proving were packaged in a vivid dream at the 29th day. The gift from this proving is connection with a spirit guide (wizard). We are just getting to know each other. He is patient. I am learning to trust.</p>
30/00:00	MIND	3	<p>Holding the Remedy:  Picked up the bottle - joy.  I opened the bottle and smelled the contents. Sweet - perfume - flowers.  Short meditation - could not hold the bottle for very long. Powerful Energy.  Powerful Feminine Energy.  Brought to mind a Moldavite Ring. The crystal Moldavite is very powerful.</p>
30/11:00	MIND	3	<p>At our astrological meeting today the theme was examining how the Saturn/Pluto conjunction of 1982 affected our charts. I found that the degree - 27 Libra made a square with my natal Pluto at 28 Cancer. My progressed chart of 1952 had the Moon at 25 Libra and my progressed chart of 1982 had the Sun at 25 Libra. This reveals to me the powerful energy of Pluto, but I do not feel it as difficult a force as many people claim. At the end of this proving I am impressed to spend time examining this energy. This is a new doorway into my chart which I have not explored.</p>
01/00:00	MIND	4	<p>Sitting outside after class, it's cloudy, and the prover was feeling pressured to start by me, I was just trying to figure out the time so I could plan accordingly...</p>
01/00:00	MIND	4	<p>Laughing this is so silly.</p>
01/00:00	MIND	4	<p>Time is slowing down. Nodding like everything around me is in slow motion.</p>
01/00:00	MIND	4	<p>Smiling and grinning. Trying to think how it's so silly and I can't quite wrap my head around the thought or the word. I barely did drugs this feels like some outside substance influence I feel like giggling. I feel like I have a shit eating grin on my face. Like everything about life is a practical joke</p>
01/00:00	MIND	4	<p>Throwing sticks out, clearing the area, and sitting crossed legged.</p>
01/00:00	MIND	4	<p>Like I have the inside scoop, like I'm sitting here and I know whose going to win the Oscar and I'm the only one, I know, I know what's going to happen. I feel really smug about that</p>

01/00:00	MIND	4 Laughing, it feels silly, like we're kids playing at dropping acid and here we go dropping 3 little pellets and counting down 10, 9, 8... Like were making it all up, like homeopathy doesn't really do anything were just making it all up, and yet we do have the power to make it all up, and (yikes face) hmmm is it real or not? Can we make it real or are we just imagining? Did someone plant all these acorns in the grass, I can pick out to simulate a real experience?
01/00:00	MIND	4 I still want to burst out laughing, kind of like a crazy person, a homeless crazy person walking down the street, as if you could be a homeless person and be really joyful.
01/00:00	MIND	4 Something about the two-ness of that tree or trees, I can't tell feel really comforting, stable, anchored there, can count on them.
01/00:00	MIND	4 So a feeling of expansiveness from the skull opening all around, an upward energy, I feel pretty solid There's no strong emotion just this being just being here. There's a bit of an owl feel also with this sort of mass of the main body of owl and that head that is held up high and straight and turns and rotates somehow same expansiveness of head whether energy or antler or fur or feathers. Yeah that's pretty funny jokes on you.
01/00:00	MIND	4 It lightens my load, invites spine to lengthen, invites me to be proud of myself, to be content with myself, to be quick and to delight in the world, it allows space for thinking and noticing and being unencumbered spacious airy, its pleasurable, it feels safe.
01/00:00	MIND	4 There's sensuality, an enjoyment of being and moving and witnessing the world.
01/00:00	MIND	4 I feel like I could meditate for two weeks, no problem which I've never done. I'm even sitting in siesta longer than normally by now, would feel my legs are falling asleep, but now feels very comfortable.
01/00:00	MIND	4 I really want to wander around, would like to go to strange stores tonight, just wander around looking, stop in at two or 3 different restaurants and eat some place I don't normally go or don't know about, would really like to wander around.
01/00:00	MIND	4 The aimlessness, having no direction, like little squirrels that run around (teeth clenching thing) and there's a little thrill which seems like a silly word for it, like wandering around places you don't normally visit, it tickles my fancy, it feels like, I'm thinking I would love to do that for weeks and weeks would love to travel with no objective no set direction, it's funny in general yearning to stop traveling and stay home.
01/00:00	MIND	4 (Laying back stretching legs) so even like this sitting feels really comfortable, umm, my back feels like a really good settle support, yeah like normally even sitting crossed legged even after time my back would start to cave and have to sit up again, sit up straight with ease effortless still relaxed quiet ease, real happy to be out here on the grass this was a good decision.
01/00:00	MIND	4 (Laughing) this really, there's nothing physical really, no funny aches, I said that then starting to feel this pulsating, subtle energetic bringing me back to the start everything slowing down this trembling inside less tightly held less dense, look at all the men in their suit and jackets...
01/00:00	MIND	4 Umm, it feels related to the shimmering of being more or less material, more or less dense, more or less energetic, can feel a shimmer, a recalibrating experiencing itself thicker or thinner spacious or condensed, it's as if feeling that shimmering shifts me to that place of slowness, of slow motion, (laughing) and that's all there is to say about that.
01/00:00	MIND	4 (Yawn) make my little bed here, I'm thinking of a movie splendor in the grass about a woman going crazy... No wonder friend said good luck.... I think she falls in love, young crazy locked up eventually released or healed realizes she'll never have that experience of splendor in her youth something like that.. Notices lying on own, with my feet crossed, I never do that.
01/00:00	MIND	4 My stomach feels really flat or strong, like Wile E coyote, narrow hips drawn up, no excess fat, got another upward movement, a tone effortless tone, people in body work cross their ankles because some energy tone is about to move through them and they're not sure how they feel about it.
01/00:00	MIND	4 Starting to feel antsy, first I was thinking poor supervisor, she has to listen to me as long as I want to talk really, feeling that power of making that decision, I really want to get going, I got to get going, on that wandering and that feels real edgy, I want to get going, I've got to get going. It's not needing to get away I'm excited, I want to get going. Really exciting this idea of wandering, like I get to scoot around, dig in the dirt, find hidden treasures, just look around for absolutely no good reason.
01/00:00	MIND	4 So something in me is saying that's enough now, not like others say it's done, it's more like I get to go do it There's this energy of doing, that's enough, let's go, let's do it.

01/00:00	MIND	4 Well first of all, I feel like geez supervisor that's no fun, I don't want to do that, stamp my feet come on, come on, then if I wonder about not doing it I feel really disappointed, I feel sad let down, what's the word...
01/00:00	MIND	4 (An acorn falls) So the acorn that just dropped felt like a reminder, it could be dangerous being here and like somebody dropped the ball, just let it go, gave it up, abandoned the project the idea, and that's not so bad, oh well, not going to happen but there's a resentment I keep wanting to use word deception, not a falsity were counting on something and now it's not going to work out, really let down, reminding me of something from way early in my life, can't quite put finger on had expectations then was disappointed.
01/00:00	MIND	4 So now I don't want to play with you anymore you changed the rules and it's no fun, I feel pretty powerless, kind of resigned, like float some at the shore of the sea, waste, rejected, abandoned, thrown out, tossed aside, just floating, totally at the mercy of the waves and the weather and those humans, stupid humans.
01/00:00	MIND	4 Like I would bounce up and open be released and then just bounce along becoming more material with each impact, very effortless nothing disagreeable about it, no pressure, no build up, just instantly, now ok lets go, something about an ability to shift or move or transform instantly with no preparation, yeah something about that seems significant can't quite catch yet, something chemical, something new or a way chemicals could be.
01/00:00	MIND	4 Not really noticing anything physical or emotional, not that emotional invested feeling, I think that's it.
01/17:30	MIND	4 Took first dose @ 17:30 on Tuesday, August 14, 2012, on the lawn outside of school. Nice to be outside, I wanted to be outside, on the earth. Thought I would lay stretched out on my back but was more seated, very comfortable.
01/17:30	MIND	4 Thoughts on taking the remedy: kind of exciting, like I am starting out on this trip. I feel teary just writing that. I also want to move through this experience with moderation, not taking too much time, being more concise in my entries, while also faithfully (now there's a word I haven't used in a long time) recording what I notice in a timely manner.
01/19:00	MIND	4 Wandering: went to Ragstock and bought 3, or is it 4, old kimonos. It is near school and I have often thought, over the years, that I would like to go in and look around, but have never done so. today I drove there on purpose as soon as I was done taking the proving substance with my supervisor. It was nice to wander around in there and I liked how it was a combination of a used clothing store and really cheap, funky new things. I liked that I was the only one in there. the two young women working there seemed like baby birds to me: a bit scrawny, so young, so pliantly female. I was a bit worried if they could handle it, like if some guys came in there and were rowdy or aggressive in some way. they seemed a bit vulnerable to me.
02/22:00	MIND	4 Found out my new boyfriend's teenage daughter is going to move in with him for a while, the decision was made today, the first full day of the proving for me. Dismay at losing our times just the two of us, his apartment is quite small. I feel pushed out on the street by the circumstances, even if we're all just trying to do our best to care for each other.
03/00:00	MIND	4 I'm Ok, radar program... not too anxious about it, unusually so, or the time it took... I love proving, always feel like nothing to say and then the word wandering is in there 3 times, just wanted to, was wandering around radar opus program.
03/00:00	MIND	4 That feels, umm, I feel a little neglected or disappointed, like they're not holding a very wide container, or this embarrassing to admit to someone, not paying enough attention to me, stresses me a bit that it's so contained, that there are limits, that not really we're held back, but don't feel a limitation to really immerse myself in the substance.
03/00:00	MIND	4 Trying to sense what it really is, I feel like I'm being given permission or reassured that I'm doing a half assed job, an implication that don't expect that much from this experience and that I hate to admit it but it's probably very possible to get the essence in this abbreviated way, a permission to let these things happen with more ease, feels like a moral of the story in my efforting ways challenged to not effort and trust things will get done.
03/00:00	MIND	4 Guess it's right and feeling a bit caught, a thing caught tricked or forced into this experience, in a sneaky under handed way which I don't feel in a big way just a little whisper of it, I was bribed by promises of easy results and yet and this makes me cry a little bit, wouldn't it be wonderful that what if what in front of me could be handled in a quick easy way, wouldn't that be something.

03/00:00	MIND	4 There's tears behind my eyes, <b>were of immense relief, could set down a burden and package holding up, thinking stable in that I have to hold up making superhuman effort, don't have to hold up, been challenging self to suffer and effort excessively whenever needed the irony, almost a betrayal maybe, betrayal of self,</b> that told myself that story for so long it's what a waste, a waste of time and energy for nothing and a feeling in back scapula thoracic throat, same feeling thoracic into back, can relax settle back and can breathe once again, like in the first such a relief.
03/00:00	MIND	4 Deep sorrow for myself and all humans who mistakenly make their lives harder than it needs to be and a part of me doesn't feel it's possible, wouldn't it be great, a relief to just set it down, don't know that I really can.
03/00:00	MIND	4 There is a sobbing burst out and lasted for time.
03/00:00	MIND	4 Umm I feel empty no emotion interesting because Tuesday was an upward emotion, can't really breath, freely a constriction diaphragm, as if a large man with an out stretched arm place hand on ribs between ribs on chest, he's holding me back, stabilizing me where I am steady, grounding me, acting like a lightning rod which allows me to sob more uncontrollably and reassures me that there will be an end to my sobbing and an end to my efforting.
03/00:00	MIND	4 Now my awareness switches to myself, as a prover reporting out of experience, I hope that happens, having this feeling will allow it to manifest and I can finally be done, that scares me, that word, what does it mean relaxes but that not quite the depth of it can finally be delivered from the need to hang on, some connection between efforting and hanging on something about the willfulness.
03/00:00	MIND	4 Thinking about how I express the experience and should be talking about a headache or itch on feet... how comes up for me produces what I produce it value should be more concrete, just hearing myself helpful how... trust your senses....
03/00:00	MIND	4 Efforting hanging on, sense purpose, wow, first going to say been core part of me will be interesting if proving flushes out more, thinking that then thought comes to me like NOOOOO were not going to let you see that easily that's it for today not going to let you go further which is unusual for me
03/00:00	MIND	4 Now feeling a bit like I was before question, got to go, got to do stuff, got to get going, similar in same family but were not going to go there, got a real defense feeling, doesn't want to be drawn up to the light, haven't watched those vampire things, something doesn't want to come to light yet its under wraps literally and just a real weariness to emerge at this point, will happen just not yet, huh, that seems very strange to me, seems mysterious and is drawing my attention and pulling me into some awareness I've never had.
03/00:00	MIND	4 So the joke is on it that it only has a month... really feeling anxious that I need to go something in it like that tubercular its I got to go its not I don't know yeah so...
03/00:00	MIND	4 Boyfriend's daughter is moving in, shit don't want that, we'll see, disappointed, nice going to have to change everything, it's small not a lot of space there, takes away opportunity, slows us down, restriction, sad to lose budding moments of intimacy we had..., let down, apprehensive, don't want to lose a moment something develops in the moment, the relationship in two of us confident....
03/00:00	MIND	4 There are 2 loon figures on top of the air conditioner.
03/10:30	MIND	4 Finally connected with Tech Support on a computer issue that has gone unresolved for months. Took the time which I usually feel I don't have, and asked for help, let the person do the work and just tell me what to do. Much more satisfying than trying to figure it out myself, I feel very calm now, settled.
03/12:00	MIND	4 Had a very long Skype with my son, talking about what is difficult for him and how he manages; he seemed more willing to enter into and extend the conversation than we have done in a while. Talking a lot this week with various friends or clients about our children, and how challenging it can be to parent them well as they move into adulthood. I worry that my son is not as engaged in life as he could be, that he might be suffering from a lack of human connection. I wish he could hear my conversations with others this week, as so many speak to how difficult it was for them as young adults, or even now, to figure out friendship stuff. I would like my son to feel less alone in his confusion on how to interact socially.
04/14:00	MIND	4 Took care of two car issues today which have been dragging for months. Readyng it for another winter, so I feel I can count on it to carry me forward and not create problems I would have to deal with at inconvenient moments of travel. The timing worked out perfectly. I feel safe, satisfied, settled, supported. One of the two issues I really have no idea what it was, mechanically, and don't care to bother my brain with details. What a floozy!

04/14:00	MIND	4 Bought a Halloween mask today, just happened upon them in a store. It's based on a Commedia del' Arte tradition so esthetically I like it. Has like a ruffle that hides the mouth, so I could disguise myself well enough people might not be able to tell who I am. Funny to prepare so far ahead for a holiday I just started wanting to dress up for a few years ago. It's tied in with going to this bar where I like to dance with friends. A community I feel a part of. Normally I'm not really that social. But I'm excited about this mask, and how fun it will be to trick my friends, or just to be a part of the game of disguises.
05/11:00	MIND	4 Got an odd bit of news today. My ex-lover told me this female friend of his was found (by her young son) unconscious in her apartment, and the son might have waited hours, or even days, before he called his Aunt or 911, after which she was whisked away and is apparently still unconscious in some hospital. While not a girlfriend, this woman's intrusive presence in his life contributed to my ending our relationship. She had apparently stated she would be dead within a year or two but seemed fine, although relatively psychotic, and certainly under medication. What I find most disconcerting is the imprecise, "Oh, by the way.."recounting that this ex-lover gave, and his visibly unfeeling disconnection to someone he had allowed to take a substantial place in his life. I had seen this in him before, but not with such indifference. It makes me want to go prod him to see if I can get to a deeper level of his experience. I also have a curiosity to learn more, in part with genuine curiosity and compassion, but also I must admit I am still resentful of the way she pushed herself into his life. I felt pushed out, not rejected but losing, de facto, the time and space in his life that I had enjoyed before. The freedom to stop in whenever I wanted was replaced by the apprehension that she would be sitting there and make some snide remark, with that strong negative energy she embodied, or just that he would not be available to me. I'm embarrassed how this sounds, and yet feel there are some emerging truths here that would help me clear out this past and no longer carry these tarnished vestiges of what is no more.
06/00:00	MIND	4 Ok, had this women's group this morning at 8 o'clock... was whining, had to get up early, stamping my feet, there's no sympathy from those who get up early... feeling really rebellious, constrained by those up and atom, really dragging my feet and drawing a line in the sand in my mind as I drove in, I had organized my life so body gets up when it wants, feels part of recognizing yourself and owning who you are, I get it if I went to bed early, or had kids, doesn't work go right to bed early, a violence to system, what's different today is that rebellious line in the sand, not going to do it, can't make me, the energy around it feels different than my normal whining, dragging energy to get up early to do...
06/00:00	MIND	4 Talked to someone last night, feeling really bad last night haven't been paying much attention to writing things down, feeling guilty and some shame, feeling bad about it... the feeling interestingly like again I feel obliged, experiencing the obligation and it drags on my system to feel obligated, having trouble feeling that.
06/00:00	MIND	4 Like something behind me, just out of my sight, it's as if something behind me out of my sight attached little strings behind me, turn into marionette still my character... happy go lucky and feeling in these strings, thick enough feel pull back remind obligation.
06/00:00	MIND	4 Like a little bug behind, swatting it, little flies caught in hair can't get out, these string attached that feeling of something caught in there pesky like its caught me, rest can roll merrily through catching more and more this whining, something you should be doing, this tagging nagging feeling I should be doing something, doing or dealing with should get to, very disgruntles about whatever the hell it is am saying, really like a pest, pesky like a pest and I don't feel really upset about it.
06/00:00	MIND	4 If took feeling further (growl noise) gather all papers up throw them in a fuck this shit exasperated feeling, don't have that the end point of it, kind of on the beginning of this feeling and attitude, got this excited feeling, what if I could do it to all the junk in my basement, get that irritated and throw out bunch of stuff I don't want to deal with anymore.
06/00:00	MIND	4 Feel I should apologize, feel just saying in French... translates not matter what, whatever trust something coming up feel just throwing out of my mouth and my mind tossing out to get rid of it, feel like a hoax feel like a sham, feel like I'm just making things up, this energy throwing up, rejecting, tossing out that energy that popping out impetuous one that natural results, can be that you say anything a sham its like it's a form the energy of rejecting arms going up and out like first day but this had more of a throw, a snap, that up and out something, interesting this exasperated energy moving through.

06/00:00	MIND	4	Turned into all that marionette stuff, constrained like tied up, wrapped up, restricted feel upper arms as being pushed tight in bound to the trunk, just a drag on the system, a weight, a pull, an interference, like something, like a little kid that would jump on me hang on my legs and carrying them around, a drag, a pulling down, a holding me down, now this there's something like you were being held down, someone was holding you down so someone could rape you, neutral someone hold you down so someone else can do what they want to, rendered powerless by some person or outside force.
06/00:00	MIND	4	Unable to act, umm, unable to be the power that you are, it's not that your lacking... something else hinders my power, to act, to be, lose my own personal power, ability to move forward, impetuous, feel very irritating, wrathful like its unjust, an oppression and I'm seeing it, I'm feeling it, I'm irritated, I'm frustrated by it, not panic resisting, struggling a bit, pull it forward, can't shake it, can't shake myself free, like I'm caught in a web, so it's like without any motion, not pull just pulling and struggling against entrapment elemental, not smart, irritated, real raw, just this sort of ensured empty of all sensation or experience want to move forward, being pulled back, constrained, trapped struggle to move forward to my original goal...
06/00:00	MIND	4	What else, being whipped into action by my task master.... more, more.
06/00:00	MIND	4	Umm so hard to tell sometimes... wrote boyfriend... realized next day woke up real sad and feeling a loss of a moment with this person, not the same someone else around triggered some of the fears that kept me from marrying that lose fear depend on lose reasoning so then today... feeling of loss... there seems to be something about injustice or even fairness a feeling of victim like through no fault of my own someone is going to take something away from me feel like a 6 year old like duh that's life a feeling of fear and weariness its dangerous out there you never know when someone will snap up something you care about and toss it away you never know that's life it feels like a heightened awareness of that, can feel tears behind my eyes, as if I m part of deal stepping forward into my life, a forced reality awareness of something you will lose, not experienced much things taken away not set elf up laid open things being taken away bearing my chest this stage I'm moving into this 360 degrees awareness and the risk like the marionette string even though feel teary relatively devoid emotion or story this pure awareness grass is green tress have limbs and something can be taken away from you at any moment, just the way it is I'm really at a loss what to do with this feeling the level of awareness of this reality feels more poignant more matter of fact, more pressing me down a bit this holding back a bit, this jump forward not in caution needing to be recognized..... feel silly saying things people know stunned huh then come to think... shortened disks stunned... huh sit there... gave bit of dullness... I don't know... hope it lifts...
06/08:30	MIND	4	Looking at the hair of the two women seated near me. I can't resist touching N's hair, it is so beautifully white. I gaze at D's long curls, in multiple nuances of white and grey. I am mesmerized by the waves of hue. What's underneath? What does the white hide? Both of them, I really want to touch that hair. It's like eye candy.
07/13:00	MIND	4	Am finding myself thinking, remembering things from other places I have lived, foreign countries. Missing them, wanting to be there, go there again. Revisit moments of my past, or just "be, "in places I have loved. They are coming back to haunt me, in a bittersweet way. I feel nostalgic, yearning to be there again.
07/23:30	MIND	4	A note from the proving team was circulated today, encouraging us that while the proving seems "quiet" for many, things are happening, so hang in there. I find myself irritated, because it felt to me like they backed off on this proving. It's shorter, reporting requests are less, start dates diffuse . . . as if they are not giving this substance sufficient respect, not expecting we provers to be very rigorous, letting us off easy. De-fusing any possible substantial effects. An affronted feeling, and a bit of resentment, irritation that we seem set up to be at least somewhat insignificant. How odd that they write that results so far have been "quiet."(Remember team. nothing personal!!!)

08/09:00	MIND	4 Everything almost un-cannily still as I wake this morning. Thinking about the probability of my boyfriend moving in with me: do I really want his presence here all the time? Alone spaciousness is really important to me. I lie here, imagining him being there, or not. And in the stillness I feel clearly the element of choice. I can choose. I have the power to choose. Life needs to be chosen, deliberately embraced, and those choices can change from moment to moment without it feeling like I am balloted by the wind. "We'll see" is not a spineless refusal to commit, but the acknowledgement that what's "right" will reveal itself, might look like a wandering path, but each bend is necessary and my job is to sense those bends and follow with open eyes. These thoughts are not original even to me, but the feeling of empowerment, of the empty stage, just waiting for me/us to step into it, is quite strong. Spacious, spacious atoms in the air. Waiting, available for the making of connections that give the energy, the power, the living of life. Slow, almost imperceptible initiation of movement, thick like molasses, flowing inexorably, gathering me up with it, and yet I am free, I have the power, my chest is open, I take deep breaths in, I say "Yes." No need to resist, to struggle, to effort, and yet I am still "in control," still able to choose MY wandering. The first time I see that efforting and control do not necessarily have to go together.
08/09:00	MIND	4 Imagining going to my boyfriend's apartment today with his daughter there as well. It's the spaciousness, the ability to feel he and I could share space in a way that gave us what we both cherish of "alone-ness" while living together. That's what I feel the loss of. The love is there, the commitment is there, the choice of her moving in is right, for this moment. But I fear, I mourn losing the spaciousness that is so vital to me and that we were just discovering how to be in, together. Good clarity, yay.
08/17:00	MIND	4 bought a stuffed opossum at a tourism office on the road, and held it to my chest for the remaining 45 minutes of my drive. Some sobbing, feeling that my chest, my heart hurts. I just loved hugging it to me, squeezing it gently, playing with the long, curved tail. it felt very comforting. To my memory, I never had barely any stuffed animals as a child, nor did I take them to bed with me or anything. I chose opossum because we proved it earlier this year and I had a real heart-opening experience at that time. Unusual to happen upon a stuffed opossum on my way to this new boyfriend's house. I have in fact never seen a stuffed opossum before. Its shape, its appearance also seemed a bit nondescript, almost like an imaginary animal someone had invented. I felt a real feeling of attachment, of yielding to its comfort, of needing it. Feeling alone, feeling loss, things/people/relationships taken away from me, no longer the same as before. A Brazilian term: saudade. Nostalgia for what is no more, for what had been so wonderful. I think of how opossums often die unexpectedly, in traveling accidents, on the road. Taken away.
08/17:00	MIND	4 Was behind on running errands today, considering skipping a stop in to my mother's, then sensed I was getting my priorities messed up and needed to make time for her. It was a lovely little visit and I think really made a difference for her. Then I volunteered to go help her neighbor with something she lacked the strength to do, so took that time, too. Priorities. Choosing. People. Staying open and available rather than shutting off, putting on my blinders to not have to respond to others' needs.
09/18:00	MIND	4 Getting to a lot of things today. Odds and ends of lists, bits of paper I'm pulling together and getting organized. Handling things, clarifying, not getting them DONE so much as on the calendar, in my awareness, in front of me. On the bulletin board. And something about getting the wide view, the overall picture. A big bulleting board. Post-its I can move around until they find the right place, the right organization or relationship with other things, so they can be seen and get handled with greater ease.
09/22:00	MIND	4 Sitting outside on the deck, the temperature evokes evenings like somewhere else I used to live. I miss it. It is gone forever, and yet I have it here, now.
10/00:00	MIND	4 I'm ok I guess, I'm up at boyfriends and his daughter is living here now which is feeling doable, not really a problem.
10/00:00	MIND	4 Sitting here wondering how I feel, guess I'm feeling a bit floaty, not so much in limbo, like I was before starting the proving, the passages like before, I feel more anchored in each place and my moments of what my months are like, its more workable, like I can get my hands on it, there's a feeling of temporary, like everything is temporary, I think my awareness of everything temporary or potentially is stronger so.
10/00:00	MIND	4 So I don't feel floaty, I don't feel particularly grounded, I feel embodied and present, and I'm not needing to nestle in when I was feeling in limbo, had feeling to nestle in, a feeling need nestle in ,settle in, it feels different, <b>not like I'm a temporary visitor from out of space</b> , like I'm fully here I don't need to be here.

10/00:00	MIND	4 I looked at the online requirements to be homeopath in Ontario, this morning brought up the fact we don't talk about I know we are getting married that, and looked up work requirements and my voice seems low, doesn't feel anchor in feels like checking out necessary tools to be where I am and I situate myself or be suitable and she this or does that within this Canadian context, feels like something, who knows, not sure what else to say about that...
10/00:00	MIND	4 Temporary, feels like a slice a piece of permanent that makes me cry, like a different thing than permanent, just a piece a moment of permanent, asked a friend what it's like being married to the same person for 20,30 years, said like a series of different marriages, the temporary I feel now not tentative, hesitant experimental, there feels very real anchored in not grounded connected in, not having a place for this moment and that there will be a different moment as real and concrete but as different circumstances and my life has been like it for quite some time but I feel more operational more functional like I have a handle on it...
10/00:00	MIND	4 Steady, my back, spine feels relaxed, umm, calm non judgmental, devoid of expectations, yet productive, I'm not stirred up by it, not feeling overwhelmed, not struggling, not fighting these circumstances, caught with my eyes open, feelers out 360 degrees, eyes just steady myself and situate myself in this space, just there orienting me undulating and waving my side ....
10/00:00	MIND	4 There's a watery sensation being there bottom of ocean as swells like algae, slow almost imperceptible that part swelling, non reactive, almost if don't need my sensory nerve, don't need info to react I'm moving and doing in a non sensing way... I feel like I'm just existing, just being, I'm not trying to make life anything other than what it is, I started feeling I'm not fighting anymore and I'm not judging....
10/00:00	MIND	4 A bit eerie, umm, a bit disconcerting almost troubling, at the same time very peaceful, really noticing not trying to get myself to be anything different than how I am in each moment.
10/00:00	MIND	4 I am putting things in order, kind of organizing, making appointments, orderly, a methodically...
10/00:00	MIND	4 There's the sense of urgency is gone, we went to visit some friends, sat around shooting breeze and talking because it was his friends, somebody say bed now wasn't my concern I'm a good hanger a rounder, I want intense at every moment, different to just hang around temporary indefinite amount of time, new...
10/00:00	MIND	4 I bought this tourism info place a stuffed possum for some reason... odd needed it, holding possum to sternum chest as I drove to his house I held it.
10/00:00	MIND	4 Really strange don't know if seen a this, has such characteristics, doesn't look like an animal, I can relate to hold him, like hold a baby in a baby carrier in front when baby facing you support bottom and back like you hold baby and I just I feel so tender and so soft and moved by do what you wouldn't don't with a baby push... feels very comforting, if something in me or in stuffed animal something just wanting to block yourself, against that pushing in block against were each soaking in my possum and I was pushing in, to suck in against holding in the saturation pushing in a bit more keep it fully saturated, a softening unclear what's me what's it unclear, unformed would like to lay there nap with it just hold it like a pet cat you'd hold.
10/00:00	MIND	4 I feel kind of injured... umm, as I hold it more talking to you I feel bit injured hurting I need this to support the hurt more like somebody hurt my feelings like little girl, hurt my feelings we're not going to be friends anymore, hurt, sad...
10/00:00	MIND	4 It's just an odd sensation, a tighten a bit with that temporary I'm holding in this moment not suspended, but in this moment, and not like time is stopping or anything none of that story, can almost hear clock ticking time moving all around me, not rushing that I'm on my watch... so it's like we're on the time train on the same speed of the time train I would think I have no idea how long this is going to be sorry to say so much but were not were just really water feeling again immersed in this slow inevitable movement of life.... so then the opossum the first time he talked to me said well yeah that why I'm here to pause to be... to just be.
10/09:30	MIND	4 Had a frank conversation with my boyfriend this morning about marriage, about talking about it. I was afraid to bring it up but it felt like a stuck spot in our otherwise open communication. Holding space for addressing "what ifs" while at the same time being content with staying in the moment. Makes me feel nervous, buzzy in my chest, uncertain, risky; those atoms revving up to change their structure, not sure yet which way to go, who to latch onto, who to let go. What is this going to look like. And, we can't force it, can't move forward until the conditions are ripe, and we will know that when we see it.
11/07:59	MIND	4 There was more to this dream, and my thoughts on my life related to the dream, but the computer ate them. They are lost, and they were really taking me somewhere. Feels irrelevant, and too onerous, to try to recover more than I just had.

11/07:59	MIND	4 Waking, feeling the preciousness of this relationship, I almost can't bear how much I love this person. I almost can't bear how much he loves me. I am almost afraid it is too much for my system, for my coping patterns, for my defenses. Will I blow apart?
12/14:30	MIND	4 Long talk (see separate entries, numbers ____ to ____ ) with master prover, who requests I explore more what came up around "the non-linear energy enfolded in chaos". Will do! <b>From the experience, this feeling of atoms, of multi-dimensional space, of configuring and de-configuring. And of becoming whole.</b>
12/15:12	MIND	4 Something about being on a trip or a journey or wandering around.
12/15:15	MIND	4 Organization, getting things put in order that I haven't been attending to for months!?
12/15:15	MIND	4 Remembering a dream in which someone is traveling and she must "contain herself", traveling and wandering in dreams, losing the dream upon awakening.
12/15:20	MIND	4 Being still and waiting.
12/15:20	MIND	4 Being able to choose with a freedom that is relaxing me, no restrictions, all of my systems are off of alert, everything is just relaxing, I am light, layers slough off me, and melt down, like water, or an oil, that slides and glides easily, melting, rolling down. It just sort of pours off me. Layers of accumulation flow off, melt off, down and off. I become more and more my pure structure, my true self, without any extra padding or defending.
12/15:23	MIND	4 Defended, when it's defended it's porous, but thicker, like Styrofoam. A retention or retaining of the breath, like apnea, after the in-breath, no, no, after the out-breath, instead of breathing in you stop and wait immobile so that you cannot be penetrated or invaded. A hand gesture, hold off, wait, don't enter me.
12/15:27	MIND	4 Wanting to bolt, to run away, to really run away, and yet I remain still, immobile. It's like I have 360 degree eyes, senses all around, all-seeing, I recognize this sensation.
12/15:30	MIND	4 A primeval awareness and yet another part of me is cosmic. Yet the two are part of the same being.
12/15:31	MIND	4 <b>A confusion, a fogginess, not a mental fog, but in a world or dimension where things don't quite take shape. I am there, but not quite operational.</b>
12/15:32	MIND	4 The primeval part is like running, bolting, it cannot get away fast enough. It is deeply attached to the ocean, undulating, no activity, the running part is really, really reactive. Rapid reactivity, it doesn't go to the brain, like putting your finger on the hot fire.
12/15:34	MIND	4 Automatic, no reflection response. Warming at the tailbone, like a hot fire, warming, vibrating, like at the tailbone, something exists there. The root chakra, really literally at the tailbone.
12/15:35	MIND	4 A coiled wiry, strong tail, an imaginary animal, that is made into a toy, that allows me to spring down and up.
12/15:36	MIND	4 The image of a seahorse. A back and forth wave. Undulating movement.
12/15:36	MIND	4 <b>Rapid reactivity, quick, fiery burst, touch and pull back, touch and pull away, no emotion to it. It is just that you want to touch, you want to reach out, you want to make contact, and then you pull back. The synapse doesn't quite make it. You almost touch and you pull back. You just barely connect, if you do not pull back you will cease to exist, you have to pull back. Apprehension. Quite a bit of apprehension, anticipation, wariness, and yet you're drawn to make contact.</b>
12/15:39	MIND	4 Cosmic awareness, a cosmic state, it opens out the back of my neck and occiput, it expands, away from me and widens and broadens, like a huge cape or in a park, those round bandstands, pavilion, the half of a balloon or ball that takes in, that vibration goes out and swoops around, turns and picks up on the cosmic plane signals. A stillness in the reception.
12/15:41	MIND	4 A very subtle tiny beep, like bubbles, like tiny little bubbles. I don't hear them, I feel them in my mind's eye. It's kinesthetic. The bubbles are like the whole universe that are captured by this dome, pavilion, a foot and a half above my head, that sort of like apart of me that opens up to pick up things like a receptor. I think that the two are connected but it is a different quality of integration that I have never been aware of before.
12/15:45	MIND	4 I am sitting here and feeling this, the big bandstand, half-circle, lower undulating parts are moving in and out, and they are laughing at me, don't be silly with your linear structure, linear ways, we are just integrated, the long established chakra systems are a crude attempt to describe something that is much less linear than we humans think.
15/00:00	MIND	4 Not much stuff, screwed up stuff, I get greater vulnerability, realize if things unique or aware, not a lot symptoms imbalance or being sick or anything...

15/00:00	MIND	4 It's like I had this sensation of this prime evil part of me, the lower half of my being, on one hand sensation of lower limbs wanting to run bolt or get away, this hyper alert urge to bolt at the same time prime evil way of being anchored in at bottom of the ocean primitive algae, anchor way down past ocean floor center earth undulate back and forth primal feeling slow inspiration expiration, really just being both of those, felt like lower half of self base chakra family level safety tribe on reacted nervous system vigilance and under ocean feeling of such a deep grounding moves me to evoke it in my body, has a similarity of feeling I have with boyfriend feeling really anchored, grounded, held, settled less rooted than that, less connected, there is sensation this it's the same result have this feeling of fullness completeness and stability, there's no grasping or gripping into the earth, yet feel very stabilized in a way, stabilization is in myself, like religious feeling Jesus .. coming down from comes down, a cosmic meaning of life feel, feels like in me or I'm a part of it in a way, very substantial not particularly grounded in a particular way grounded ungrounded dichotomy that's relevant to feeling of that.
15/00:00	MIND	4 Sensation of what bottom of ocean feels like pull tidal a rocking feeling back and forth a rocking feeling, a unity somehow feels very complete.... like I'm really feeling like I'm one with all the atoms in whole world part of whole world in here or you... a permeability maybe boundaries aren't so clear so it not disturbing I know I'm me and not the pillow like we are all one god talk.. don't know know what more to say about it.
15/00:00	MIND	4 A complete lack of fear or apprehension or instability
15/00:00	MIND	4 Interesting to me in a place of... objectively even more so my life is of even greater transition, upheaval, school.... all this temporary or back and forth bag a bonding that I'm forced into, started before proving but daughter moved in, don't have space to call my own now, she in even less so, yet I don't feel imbalance at all, just this real calm, this calm steady sensation of being in myself, being able to transpierce each moment of each day not getting upset, not judging, not freaking out, a real inner tranquility, not trying, calm.
15/00:00	MIND	4 Also think thanks to relationship could be unknown could be living in this very differently, also several people remind me great things about my son, usually worry about him, comforting people remember experience him in a positive way, more of a calmness there too.
15/00:00	MIND	4 More that I don't feel either, when look at people energetically people exercise as if that is essential grounded come more from inner wisdom authenticity, I feel very balanced authentic there no downward feeling wanting go down ground not floating more spherical layers a rounded body aura not everything hunky dory I'm fine with it not distressed and if it is I'm fine with that maybe there's no witness no more than judge no part of me evaluating watching myself I just am I feel absolutely no need to ground and center not there go there no apprehension anxiety fear hesitancy there's not lack of confidence in what might happen there's something off just perplexing something a little different not pushing myself rushing myself no urgency no pressure I'm ok with myself no expectation, not disturbing my a undisturbed-ness that comes from a deep tranquility.
15/00:00	MIND	4 Yesterday was told boyfriend planning a conversation with ex wife soon, she requested not share with me what talk about, but how he's doing with it is important to relationship, pissed not asked for me to able to say how I'm feeling I'm mad about not change I'll be pissed not consequence not part of a game that's just the reality of part of how I'm feeling it just is I feel really tranquil with that its really subtle deep accepting of myself and of others I'm not agitated... not some way a physicality stronger more evident energetically nothing other than that comes to mind.
21/09:42	MIND	4 time crawled as I watched the alarm, waiting for it to ring. Not the usual pleasure of dozing, just in limbo-land. But now I feel this panic at what needs to be done before I get to work. And I'm still in dulled, dulled limbo-land.
21/16:00	MIND	4 Opossum energy came up yesterday in a bodywork session I was giving. I sensed the opossum energy as something she needed, her symptoms were calling for, so I "channeled" opossum to her for a few minutes. Never done that before.
22/00:00	MIND	4 I don't get it, don't feel the pressure, so much kind of whatever, feel like to be back home with friend have to talk to her nice to be alone here, feel back in myself, feels like it's done, I'm just me and I'm just, I feel settled in myself.
22/00:00	MIND	4 Actually explore other sensations, experience being in myself, and in my home, also something similar feel bad, can't express it more feel bad, my physical energetic expression with other objects feels perplexingly different, very calm, very steady, not the same connected to heaven and earth, grounded, ...something different more round spherical, more spacious, more horizontal but still round... so that you feel your sensors, feel around you the back of you, not jus this normal frontal we have...

22/00:00	MIND	4 The feeling of being done, if I ask myself about that more the struggle, the efforting, the striving is done I can just breath.
22/00:00	MIND	4 It just feels like there's some connection, so when something opossum comes up, strikes me as something different, like it's becoming my totem animal, interesting popping up again, in these blatant ways... what are the chances of a stuffed animal opossum... in a body work session... sense in her caught not knowing which way to turn I channeled it for her, felt appropriate... that's unusual...
22/00:00	MIND	4 My experience of that was as if it was the most normal calming thing to do and didn't seem weird or off beat, it was very simple, uncomplicated...
22/00:00	MIND	4 I also worked on doing a follow up of a 6 year old front teeth wiggly shark tooth cranial sacral wiggly knew effect something tune in what do.... email both feel out in the night it delights me, that experience just trust more and not everything has to be complicated and as I say that a sudden rush of tears behind my eyes, <b>what a relief that would be if I could just relax and not everything so complicated, huge relief can feel in whole upper chest breaths sighing relief breaths.....</b> as I look around my house can feel that same kind of relieved sigh that I can finally come home again...
22/00:00	MIND	4 That's a big yearning for stillness in my sphere, like in the wizard of ounce if I need to go somewhere my whole house should just lift up and fly over there, ever since I was a teen wanted to have a Volkswagen van, live in it, drive it around, got a book how to repair, last week with boyfriend we talked about having it, all my books in there take it around, have what I need other than that never thought what I've had how I need, funny this stillness being in my home and imagining being able to take it where I need to without having to pack it and un pack it.
22/00:00	MIND	4 Hearing the thunder go out and close car window... most magical just sit...
22/00:00	MIND	4 Honestly maybe a symptom feeling like it's done... paying attention to a part of me that feels like I'm back in myself all of me from all the different moments of my life like I'm not driven by all things exterior to me, driven by the things exterior to me....I think that's it can't think of anything right now....
22/00:00	MIND	4 The opossum, I heard a protein protects them from all viruses, I'll email and put it in the report. Email: "Hold that possum close. Possums produce a protein LTNF which may be a universal antidote to venoms(snake, plant, insect). Initial research is from 10 years ago in Australia... don't know why it is in the news at the moment. Items have appeared on Boing Boing, Yahoo news and CBC Radio probably just citing the previous two sources cause that is what they do due to budget cuts. several other items appear on Google"
22/18:35	MIND	4 Misplaced my car keys twice today.
22/18:35	MIND	4 Less than 30 minutes after talking with supervisor and referring to wanting to just stay in my house, being lifted with the whole house just like in The Wizard of Oz if I need to go somewhere, a big storm breaks here, very dark skies, powerful winds, hail, as if the house could be lifted up by the power of the storm. I find it very invigorating, exciting. I run around checking windows, closing where needed but also opening those not facing into the winds; then being sure enough curtains are open that I can watch. I am grinning from ear to ear, yay! a storm!
22/18:35	MIND	4 Boyfriend happened upon some news info about opossums carrying a protein that protects from all viruses. They put the protein in a rat and he didn't get any viruses. Sent on to supervisor to put in report. It is fun having opossum become something of a fetish animal for me. why is he showing up here?
24/08:00	MIND	4 Woke early, laying around, time passing extremely slowly; had a similar experience a few days ago. I lay there, waiting, not dozing, but feeling the exaggeratedly slow progression of time.
26/20:00	MIND	4 Hesitating to broach the subject of money and what she owes me with my roommate. I want to help her out as she is low on money but also wanting to be more firm as I am low on money, too! Apprehension about asking for what I need, what is due me.
29/18:00	MIND	4 Went shopping, chose less things, was more sparing, more thoughtful and reserved about what I chose. Just bought what was "enough" - no extras.
30/00:00	MIND	4 Intermediaries are shaman figures they are messengers and gatekeepers to other realities and ways of seeing/being.
30/12:00	MIND	4 Co-facilitating a retreat, have done these for several years, don't think I have ever been as present and available. Usually I keep blinders on, scurry off to my room for a few moments alone to prep the next session.... I was more interested in the individual women, recognizing their value to me and our sisterhood.
31/14:00	MIND	4 Have been more efficient, more on time, things ready ahead of time. less need to put things off, slow things down.

31/14:00	MIND	4 Have been trying for months to find someone to move a piece of furniture 300 miles so I can use it in my new office. It's a symbolic piece that feels perfect for this next stage of my profession. Just when I get super clear about my work priorities, a transport option appears out of the blue.
32/09:00	MIND	4 Another experience of "knowing" that I have turned the corner, am on the final stretch, engaged and clear in what matters most to me, what are the central aspects of my life that will guide my choices, even the most insignificant. It feels very empowering, exciting. Very different than feeling balloted here and there by too many callings, too many commitments. I feel settled, relieved. I am home, I am stepping out, I have made my choices. I have chosen. I am on my way.
32/09:00	MIND	4 Having to make a decision about a training program. How could I not seize this opportunity. But it is not what I most need at this moment and will get in the way of my ability to put my attention where I feel committed to. I can feel myself waffling, tempted, telling myself I can fit it in, handle it.... but that is my old pattern, and I am making more deliberate choices now.
34/00:00	MIND	4 I'm good, really good, 5 or 10 min before calling I thought don't have anything to say haven't been tracking for 10 days, a week, not daily, I was thinking I sure hope supervisor has questions, I picked up the phone and got really irritated, don't want bother, distracting.
34/00:00	MIND	4 Got really strong clarity, intention what important decided clear focus, clarity, my core focus, this irritation like I don't want to bother with things that feel like distractions that are pulling me away from who I want to be or what other obligations, like if bunch stuff on table sweep it off throw it in the trash just coming up right now pretty strongly... just noticing the strength of that feeling and getting that it would be good to pay more attention to the discernment of feeling irritation and put in feeling what willing to put time or attention to feels really big shifting from what I should do to what I really want to do.
34/00:00	MIND	4 In the retreat... had people write myths where at and what wanted to do in life... think I'll put it in, has to do with what should do and what want to do, a lot came up about choice and think has to do with proving...[see attachment]
34/00:00	MIND	4 Been living out of a suitcase all summer in less than a month done too all movement and shifting fine yearning to settle in calm and have a real slow calm rhythm, just standing here in the middle of my living room and just feeling that stillness and feeling like I'm coming to give myself permission to be in stillness is at least sometimes, not feel huge.
34/00:00	MIND	4 I need to go to event afternoon, hesitate car pooling and go on own, thinking on own so could escape and not feel trapped and want be in control choice and now feel with stillness can car pool if feel want to go... can just sit there be with it good exercise weekend activity just go and hang out however much time that is almost never feel like I have day off feels like part of that leveling out calm...
34/00:00	MIND	4 I'm feeling antsy want to clean my house before my boyfriend comes tonight
34/00:00	MIND	4 I don't know what else, sound like run course... and yet irritating thing interesting and know my life gotten really clear, pointed right direction how choose things feels like I've turned a corner, interesting turn corner opossum too so much for something done with...
34/00:00	MIND	4 How might be different, at corner ready to turn apprehensive angle ready to turn and feeling that sense of all cells and all possibilities available and now feel clear recognition the corner has turned and on my way and that feeling of infinite possibilities has come to clear substance form that already is now and will continue to go forward that conglomeration I'm metabolizing and heading off into a nice deep feel from a calm deep place and that feels exciting and energizing like a relief can (deep breath) can relax let things go let guardedness go just be move forward simple-ness have made can do triage based on everything that matters move forward based on this triage adequate... seemed like on corner not know which way to go ..... still hanging on to him... weird looking stuffed animal... looks like it doesn't have an identity looks like an animal of possibilities looks like kindergarten make up barely formed odd identifying characteristics, not a lot, anyway... helpful see difference similar context
34/00:00	MIND	4 I don't know, what else excited hang up phone and get on it like should dance down street sing this is first day of the rest of my life something really corny... I feel pretty complete.
01/02:00	MIND	7 So low = worthless, like shit. Dirty, like stigma. Stigma = like this girl, didn't do anything to deserve this. She is low and dirty of course she should be treated that was. Of course. No thought. Already an assumption, a certain way of being of going. He was haughty, the system in India, you were born into it, you can't help it.
01/13:00	MIND	7 Trepidations, I've already not allowed the remedy in. I'm resistant. Here (heart). Like a wall, can't come thru, like I've put it here and can't see it. Just want to forget, don't want it to exist. I don't feel connected to it. I'm not letting it in. I don't want it. on a string, like we're connected, and I don't want it. Afraid of it.

01/13:01	MIND	7 Afraid of it. It's going to stir something up and not ready to have it stirred. I want sycotic approach, pretend it doesn't exist. Avoid.
01/13:02	MIND	7 Stir up, (HG) toss into air, It means changes, this change not ready for. It's darker, it feels bad, it might be needed but not ready for it. Not ready to have change. It feels heavier. Change is small things, changes of scenery, they impact, they are lighter. It's a big change, affect life much more.
01/13:03	MIND	7 Not ready, just want to sit and be, not ready for motion that will be happening. I just put foot down, don't want to have to.... Just sit, not ready.
01/13:04	MIND	7 Trepidation, hint of fear or nervous, wobbly shakiness. Legs are weak. Can't get my footing.
01/13:15	MIND	7 Stigma, a label. You're born into, you will always be that thing. Doesn't change. Darkness, I'm like the lower, the lower class, I'm stuck in it.
01/13:16	MIND	7 Dark energy, cut off. It feel thick, all consuming. I want to push it away. I don't want it. I want to protect my heart.
01/13:17	MIND	7 Sad. Shoulders go in, aww... heaviness. It's dark. You need to be saved from it somehow. Someone to come in and protect you, to help push it away. Image of superman, holding a kid and pushing away the bad guys.
01/13:18	MIND	7 Superman = it's light, it's the brightness, the thing that will repel the darkness. Like shining a light. I got this image, a mirror, bouncing it off onto the darkness. You have a shield, using the sun to bounce it off to the darkness. The sun is opposite of the darkness, the light, the good.
01/13:19	MIND	7 The sun = reflected off the mirror, this "V" the mirror shoots it straight across. Shoots a beam into the darkness, you can see into the darkness.
01/13:20	MIND	7 Then the darkness can't be. It dissipates, it's not so all encompassing. Not so scary. Not so hard to get thru. Like that wall, that barrier. A disconnect. It doesn't feel like it's from this world. The darkness is not from this world.
01/13:21	MIND	7 The darkness = this thing that comes in, it's bad. It's not from here. It's from the sky or something. Not from earth. This dark spirit (HG) it manifested, it's not nice. It's going to take over, it's all encompassing. Dilemma, it's going to come and encompass everything. Encompass = can't breathe, can't see and in nose and mouth.
01/13:22	MIND	7 Takes over = encompass. Takes over you and everything, takes over the world. The thing that is coming to take it all over.
01/13:23	MIND	7 A dark spirit = it's wants to run everything, it's like dead, death. It's black. It's like rotting. It's like the shit. You can't get it off, it takes over, you can't wash it off, you can't wipe it off. Rotting. In the ground and rotting. The thing that is going to take over it's above ground, but characteristics of death and underground.
01/13:24	MIND	7 Dark, damp, like decomposing, falling away and breaking apart. It's gross. Don't want to touch it. Like when a body decomposed, once together and not any more.
01/13:25	MIND	7 Broken, it's heavier than broken, destructing, being eaten away at, decomposing, it's breaking down. It's rotting. It's not what it used to be. It's dead. Crumbling. Not holding together. Even composted, broken down into soil and you can't recognize it anymore.
01/13:26	MIND	7 The change - the shift from what it used to be to something to something unrecognizable. It used to be something that you could recognize. Thru this process, it's brown muck. It's not want used to be. You can't recognize it. It's not alive. Like a cloud that comes and takes over everything, all black and dark and not be able to see and recognize anything, can't distinguish yourself from it. We are all encompassed by it. It goes flat and black. It turns us all into same thing. Then no individuals. No difference. Everything is the same.
01/13:27	MIND	7 You don't know where you are and where someone else is, all covered under same thing. Not you any more. I'd be dead, not me. I'd be someone else. I'd be dead.
01/13:28	MIND	7 I don't know where I would go, I'd be gone. Like that banana peel, it's gone and dead, can't differentiate.
01/13:29	MIND	7 Can't differentiate = all the same. The image of soil, all the same thing. It's flat. Bland. It doesn't matter, all dead. To differentiate is to be alive, a spark and energy. You are different you are individual, you have your you-ness.
01/13:30	MIND	7 The dark energy is dead, everyone is the same.
01/13:31	MIND	7 A spark and energy, a vitality, a light. It's your nature, your individualness, it's life! We all have feet, and hands, but it's the vitality that makes you alive and can distinguish you. It what makes you you, the animating thing. It's the light.
01/13:32	MIND	7 The dark is all the same, the light has individual characteristics, you can differentiate. In the light you can see, in the dark it is all soil. You need the light to see. You can define, separate, distinguish.

01/13:33	MIND	7 to see = definition, you can define something. You can see it's life. In the dark you can't see, can't tell where begins and ends, in light, you can individualize.
01/13:34	MIND	7 Happy to see - It's alive (ENERGY) it's sparkling, that spark. It's here, you have it. It's humanness.
01/13:35	MIND	7 Humanness, aliveness, that light and spark and holds the shape.
01/13:36	MIND	7 It's been hard lately. He's moved on and I constantly thinking of being there. He's moved on, it is lopsided. I'm giving too much.
01/13:37	MIND	7 Like waiting on something to happen.
01/13:38	MIND	7 Giving too much = spread out (HG) overgrowing, it's taking over. Proliferating. It's too much. You don't want it, it's too much.
01/13:39	MIND	7 Giving too much, giving is good thing. Someone giving something to someone. A gift, a happy thing a sharing. Selfless.
01/13:40	MIND	7 Selfless = like having your own needs, and you forget about them to give to other person, not always easy. It's hard. Your needs aren't being met, but meeting someone else's. It is out of you. It is taking from you to give to someone else. Like you need it, you recognize that they need it more, a selfless act, even though hard for you. you give it to them.
01/13:41	MIND	7 It's hard, because you know you need it, and yet you give it anyway. Maybe it was something essential for you. Like a nutrient, a vitamin or something. It's promotes life in you but you give it to them. This nutrient would have helped you flourish, stay alive and be. This guy needs it more, you give it to him. I mean, you'll probably still be okay.
01/13:42	MIND	7 Selfless = for the better good. For the whole, for everyone, not just for the individual but for everyone. For the team. We all need to grow, we all need it, some people have to give it for others to grow too. It's just what has to be done. You don't have a choice. Because you are part of this team, just like the guy born into the upper class, there is this expectation on you. You will have to give it up. It's just what has to be done. Just the way it is.
01/13:43	MIND	7 This whole you give to... You are all connected some how. All part of the same thing. All a piece of it, in order for thing to keep going, sometimes a give and a take, it's not complex. It's not an animal. There is no benefit, it benefits the whole. The whole is still okay. It's not detrimental entirely to me. Whatever is the whole, what we are all part of, needs to keep going.
01/13:44	MIND	7 If you don't do this (give to the greater whole) it will die. (certainty) We are all part of this one thing, has to be give and take otherwise the whole will die. Even though might temporarily suck for me, it benefits the whole. The Handmaid's tale, like that, still dark energy to it, you don't have a choice, certain set of rules
01/13:45	MIND	7 Just what they have to do. Those women have no choice. The choice is do it or die. Just just what it is. Like chlorophyll in the plant, not a choice, just what it is.
01/13:46	MIND	7 Bringing something forward. It goes up and out. It moves, it goes. Otherwise, soil and darkness, not living. It's stagnant. Not moving not alive.
01/13:47	MIND	7 Up and out, growing moving and living, coming through. It's light. Before it was in the dark. It comes through into the light. Got out of the dark.
01/13:48	MIND	7 Superman is good guy, he protects, he's selfless, he gives, he puts himself in peril. He's strong. Selfless, what is it motivated by. It's just part of what he does. No one told him he had to. He's light. He's life, he has that spark, he shines the light into the dark.
01/13:49	MIND	7 Superman is Strong = his muscles, his goodness, more than muscles, he defends life, cause the dark is death. He protects. Otherwise the dark will come over. Oddly enough Superman isn't from this planet. The planet needs help to stay alive, we need help, he's our help.
01/13:50	MIND	7 Image of a planet, and here is superman, and here is the blackness, he will defend and keep blackness from taking over, he's strong and selfless. Good = pure, like a diamond. It is clear. It is not dark. It is shiny and sparkles.
01/13:51	MIND	7 Clear = You can see through it. Clear, like a force field, you can see thru it, it's bright and it wards off the darkness.
01/13:52	MIND	7 A diamond you can see through. The clearness, you can see and understand. It's clear. Clear is opposite of the death and dark. The light shines onto the clearness, but they are also kind of the same... clear and light. On the same team, the clear and the light.
01/13:53	MIND	7 Swings from one to other, either black or light. No gray. One or the other, not a combination. Doesn't mix (HG) two separate things, oil and water. Don't mix. Can't get something out of them. They don't make something together. They keep their own forms. They don't mesh, they stay individual.
01/13:54	MIND	7 You are going to need to push me. I don't want to. I haven't journaled anything. I was done. I felt like okay, just keep going on with life. That was it, I'm done.

01/13:55	MIND	7 I don't feel connected to it, don't want to do it. That nervousness about doing it. I'm hesitating, I'm hesitating. Not fully letting it come thru. That resistance. I shut it off, like a switch, I just switched it off. I'm not letting it speak to me. I'm resistant to doing this proving. I wrapped it up. That's it. Shut off.
01/13:56	MIND	7 Just decided I didn't want to do it anymore. I don't want to let it. That's the hesitation, the trepidation. Nervousness, might be not nice. Nervous it was going to be dark. Instead of dealing with the dark, I've decided to turn it off. Not nice, you don't want to go there.
01/13:57	MIND	7 Heart is racing, it's scary. The dark. Around heart area, it's threatening. It will take you over. It takes over, it's around my heart area, makes me panic. It feels like its going to come and take over, you're not safe. It is dark, it's scary it's evil. Darkness. Like a shadow. It comes and comes and expands and grows and covers. It takes over, it spreads. Taken over it dies. It decomposes, it's in the dark, looks the same.
01/13:58	MIND	7 A little place inside of me and I can open the lid when need to talk to you. I don't willingly let it go. I'm afraid. Getting thru darkness is scary. I'm getting palpitations. This big shadow over the earth, destruction, it sucks everything in, it covers it all. Everything will die.
01/13:59	MIND	7 I know I'm not going to die, it's the change, the shift, the change from light to dark.
01/14:00	MIND	7 The change from light to dark. The axis, that's the scary part. Like an image of triangle, you teeter from one to the other, can't go back. Light on one side, if you tip to dark, you can't go back to the other. That is the axis. If you tip into the dark, you CAN'T get into the light.
01/14:05	MIND	7 The worst part, it's permanent, the change from light to dark. A permanent shift. You are born with it. You can't wash it off or clean it off. It's done.
01/14:06	MIND	7 I'm not letting it speak to me.
01/14:07	MIND	7 Hesitation. I don't want to step into it. Running from it. That shadow is coming and I'm running from the shadow.
01/14:08	MIND	7 Allowing it to happen, and it could be permanent, you can't wash it off.
06/18:50	MIND	7 This one, I have compartmentalized in a certain way. It's like I do have a resistance to it, but it is resistant also. I need you to be there to sort of 'catch' (totally my word, not the remedy) the information or the genius of the substance otherwise, I know I won't write it down, etc. I can't quite allow myself to fully connect with it. It also doesn't want to fully connect with me in a certain way.
06/18:51	MIND	7 It works against me
06/18:53	MIND	7 Cranky lately. Zero patience. Feels more intense, like "fuck off"
06/18:54	MIND	7 Like I'm done. Normally able to control it a bit more, now it is right there. Everyone is bothering me. Everyone is pushing me, come through me. It feels like I can't get away from them. It's on me. I can't get it off (referring to previous topic, stuff that won't wash off).
06/18:55	MIND	7 It is stuck on you, it won't go away. It can't go away. Defeated. I feel defeated. They are coming and taking over, I'm defeated. You can't get away, they got you. No out. They've taken over. Surrendering. No where to go, no one to help you, just defeated. No control.
06/18:56	MIND	7 Lying down in the middle of wherever... like inevitable, they are going to take you over, why even bother, you are defeated. Why even bother to fight.
06/18:57	MIND	7 Defeat = no energy left to do anything else, you leave and they come in.
06/18:58	MIND	7 Image, soldiers, you are one person, and you are surrounded, and they come in and take over.
06/18:59	MIND	7 A split from our body. It kinds of kills you a bit. There is something in you against what they are doing. In order to keep your "youness" you have to separate. They are taking over you. That is not who you are. In order to keep your "youness," your spark, you leave. That wall, the remedy is tucked in a certain part of me. Something blocking it.
06/19:00	MIND	7 I can separate myself from it in a certain way. It wanting to not be seen fully or me not wanting to see it (the remedy). I'm not eliciting it myself.
06/19:01	MIND	7 Not being seen fully. Dark. You can't see. Like being in the dark without a flashlight, can't suss them out. It's hidden in a certain way. You are hiding before it comes to take you over. Image, these little people in their house, like Jews in WW2, they are hiding. There is this moment when they know it is all over. The defeat. When your spirit has to leave. Your youness has to separate. A coping mechanism. In order to keep your "youness".
06/19:02	MIND	7 Image of the Nazis coming for you. They are going to kill you. In order to preserve yourself, a separation from your body. You are not there anymore. Your body is there, your spark, your animating force is gone. A shell. Your body is there it is dead.

06/19:03	MIND	7 Like opium, you are there and are not, dull to pain you know you will endure, numb to go with them, when not in congruence, not in line with what you believe, your spark, to bend to what they need you to be, you loose some part of yourself, you leave because you can't be wholly there. You are not whole. The spark, to preserve itself, it has to go. Because you are about to do something you don't want to do. Against what you want to do. You do not believe in what they are going to make you do, it takes you over, it is not in congruence with who you are.
06/19:04	MIND	7 It is forced. You are screwed. You are not whole. It rubs = not congruent, it is against. Congruence is two straight lines, this friction, not in accordance with who you want to be, what you want to do. That's the defeat, if you are the odd man out. People don't agree with.
06/19:05	MIND	7 That being pegged, for an idea, or how you are born... you are different. They see that and take over, like the holocaust, like that... it's not like "I like Harry Potter and you don't" there is more force or energy. It's group force. Holocaust is this taking over. It's brute force and the taking over. The dark energy, it comes and takes you over.
06/19:06	MIND	7 They are light, they are people (Jews) a soldier knocking down the door, that's like the death and taking over. They are scared, they are terrified. They need to be saved, they need Superman. Something big needs to come to save them, not just one family, it's all of them. There is more than one family. A big intervention. Coming over the earth, and Superman is over it protecting, and these people are the earth. They are the innocent bystander. The group force is going to come and wipe them out, it's death, dark shadow.
06/19:07	MIND	7 To bend to what they want you to be = this image, your life is in peril, this brute force is coming, one method is to say "I'll just go with it" you have to cave, you have to give in, and go along with them, this part of you that still believes in what you believed in before is still there.
06/19:08	MIND	7 Your truth, it's you. It's who you are, it's what you do, it's what you believe. It's like during the crusades, it's who you are, what you were born into world with, the Christians say convert or die, and you bend, you convert, that part of you, that passion that belief and truism, it is deeper then faking. That spark that was you before has to move aside. That's who you are, in order to preserve yourself, your youness can't be in same body.
06/19:09	MIND	7 Like breathing. It IS. It is all you've known. It's life. It's your spark, it's your light. When people make you cave, it's a little death.
06/19:10	MIND	7 Your life can't be there, your individualness can't be there anymore. You become one of them. You become one of the masses. That decomposition, like dead and rotten.
06/19:11	MIND	7 Huge intervention. It take a lot to penetrate the dark. It's like after sun has been eclipsed, and it seems so much brighter than before... this burning, this flame, it's so bright.
06/19:12	MIND	7 Super compressed, super bright, blinding. Awe. Like awesome, like powerful, but good powerful. It's the opposite of brute. "aaaah" (she sings) like the angles, I suppose. It's like good and pure. The intention, everything is good. Not flawed (opposite of not able to wash it off) it's perfect, it's whole, it's warm, and selfless. Like the SUN! it's light it's life! It's like that Superman, it's good and selflessness, it's helping, it's pure.
06/19:13	MIND	7 Angles are good and pure. It transcends human-ness in a way. This light, it's not quite human, not quite from here, but it's good. It has extra-human qualities, like Superman is extra-human - some strength, completely selfless, they would give completely, to their detriment. I think Superman does die. They could die. Still they give, they go that far, they do it, for the betterment of the whole.
06/19:17	MIND	7 Against my will, not in congruence. In order to preserve my physical body, it was forced, brute force. That's when you separate, when you can't assimilate. Your survival, fight or flight kick in.
06/19:18	MIND	7 That information is so far against what you would normally do, you can't quite make it fit. It doesn't quite mix, you can't fully accept it. You switch off. You have to do what you have to do to get thru it.
06/19:19	MIND	7 Spiritual part of you has to leave in order to do it. It couldn't cope with that. A separation between your youness and your body. The spiritual part is your essence, your spark. It's the wessen. That's the part that has to leave.
06/19:20	MIND	7 I don't trust myself. What planet is she on. To know. It is. It's a definite. You are kind of naïve to anything else. I believe the sky is blue, it would take a lot of convincing me to believe in something else.
06/19:21	MIND	7 I wanted to leave, to run away to leave. It's free, it's light it air, it's so much better. It's light. It's bright. It's happy. Go away and leave me alone. Leave me alone. I want them to go away. I need them to go away. I need to defend and protect. You still have the energy and the light, it's not done, you still have a chance. To ward it off. To get it to go away.

10/09:10	MIND	7	Something is blocking it. I don't access it, or it only wants to come up when wants to come up. In little cement wall. It's contained in one little area. It doesn't want to be seen. Or I don't want to access it
10/09:11	MIND	7	A cement compound, it's stuck in there and can't get out. Might be against it's will. Like a prison or something. Of the concentration camp - contained in this one area. It feels not good, it feels dark. Remedy is contained - on it's own choice. It is willingly there - It doesn't want to be seen
10/09:12	MIND	7	It doesn't want to be seen - protecting, defensive mechanism, if it's seen it's exposed. It's not safe for it maybe. It feel like it knows it is this dark energy in a certain way - it knows that I don't want it to come out fully. I'm really not that great.
10/09:13	MIND	7	not that great? That capacity to be death, dark and compost stuff, within it's spectrum, some awareness of possibility of light - but operating in dark. It's bad, it's dark, it's certain evil, a little uckiness.
10/09:14	MIND	7	possibility? It's capable, it's within it's realm, it can chose. Am I going to be icky repulsive or okay. Within it's potential, within it's scope, in the spectrum of its nature. It could be, it has potential. That teeter totter - you have possibility of both. Which one will it teeter to. If I go dark it is permanent, possibility is the light, this third entity - the middle, this tipping point this fulcrum. The possibility to tip on either side. It is the consistent thing, it's constantly there - the light and dark are these forces, what happens, I don't know?
10/09:15	MIND	7	potential = the catalyst. The thing that decided. It's the event that happens that makes it tip one way or the other. Something shifts, something happens, one way or the other.
10/09:16	MIND	7	catalyst = the thing that sets things into motion. The match that lights the wick on stick of dynamite. The thing that makes explosion happen, that changes things. Saw a nuclear bomb. There is dark and light to nuclear bomb, explosion itself is fire and light. It creates a spark a (pchoo!) it gives off some light.
01/19:15	MIND	9	I didn't want to start the remedy - that's why I didn't answer your email - I was avoiding...
01/19:55	MIND	9	I'm worried about my plants - if it doesn't rain tonight - I should water them. I'd better put my garbage out.
02/00:00	MIND	9	Son not answering his phone or text, I am more willing to pester him to get an answer-calling multiple times and texting him repeatedly irritated with him, I want to chew him out
02/00:00	MIND	9	irritated with boyfriend, he has a cat and dog and determine what he does, like not being able to go up north this weekend, thinking something is wrong with him.
03/10:31	MIND	9	Yesterday - I haven't said anything to my boyfriend but - he has these animals - a cat and a dog - and I invited him to my cabin this weekend and he's not coming because there is no one to come in and care for the animals. He has been divorced for a couple of years now and I think he's kind of a homebody - he's a retired executive and I don't think he's traveled much and I'm a little irritated that these animals are determining what happens so I'm thinking there's maybe something WRONG with him and I have not actually thought that before - I'm just living my life and I know part of the trouble in his marriage - he retired and became uninterested in going out to functions and I'm wondering if there's a problem that he doesn't want to go out. So I said yesterday - why don't you pick some times you would like to go up to the cabin. He doesn't think his ex-wife would come to check on the animals so he can be away with ME! I really LIKE this guy - I really DO. His kids are from his first wife that died and when he divorced his second wife she kind of burned her bridges with the kids. But the feeling - "is there something wrong" - that thought came to me yesterday.
06/04:10	MIND	9	The irritation with my boyfriend is resolved - his ex-wife called to ask him for a favor so he took the opportunity to ask that in return she come over and care for his animals next weekend so she said yes and so we will go up to the cabin next weekend.
15/08:15	MIND	9	Yes!!! Having to answer these questions!! (She laughs). It's funny because I think of my son as being irritable - last night he drove up to the cabin with me to drop off some furniture and he had his irritable moments - but mostly it was good. He was googling political things on his iPad.
20/08:15	MIND	9	Here's another thing! Throughout this proving my son was very irritated with me - he won't call me. He does that to his dad but he doesn't do that to ME! I THINK he is upset about me dating but he wouldn't admit it - but this has kind of died out this week. My feeling/sensation was kind of frustrated and irritated at him because he won't say what's bugging him - he just goes out of communication.
20/08:18	MIND	9	Not really any irritability
20/08:20	MIND	9	Talk with "new" boyfriend every day - it is good (she is on a working retreat at her cabin).
20/08:21	MIND	9	All good with daughter - she is in school - to get certified for teaching high school or junior high science.

20/08:23	MIND	9	Things are good with my son - he's not so irritated with me - he can't hold a grudge very long - I think it is about (her new boyfriend).
01/13:02	MIND	10	Just after taking remedy, I was feeling peaceful & grateful for the overcast day, grateful for the way the traffic was moving, namely slowly. I experienced a bit of a surreal feeling in that normally when traffic moves so very slow (due to Construction) I am a tad agitated. The slower pace seemed very conducive to my mood in the moment and to the momentum of the calm of the remedy itself inside me.
01/13:45	MIND	10	While grocery shopping, I noticed that I was suddenly extremely tired. Exhausted would be a good word. My husband commented that he felt the same way & I wondered again if this was something that was a result of too little sleep & too long a day the day before, or if it was a symptom of the remedy. How could we both be experiencing the same sudden & intense symptom at the same time? Oh well!
02/12:50	MIND	10	Took my second dose of the remedy & felt peaceful & calm. After sitting on the deck for just a few minutes, I started to fall asleep. Like the day before, I became very tired & exhausted and just wanted to go to sleep. As I was falling asleep, I noticed funny pain in my left leg again, around the area of my knee, but just to the outside. It was like the previous pain, but felt more
02/12:50	MIND	10	more like a shadow of the pain I had experienced earlier. I don't know how to articulate this sensation, other than to say it felt similar to what was before, but different, like it was a memory pain or like the pain was still in the same area, but changing or diminishing somehow.
02/23:00	MIND	10	It is the evening of the second day of the proving and I must say that I have had a very pleasant time this evening. My son who is living with us came home and said he & his estranged wife decided to "call it quits." I was there for him emotionally and present in the moment with some conversation around this situation, but it was peaceful for me and an opportunity to just let him be cathartic, which he seldom has been. There was also an earlier opportunity to gently and calmly navigate with a client on the phone who is going through a rough time. I was able to exercise my boundary skills and the time on the phone was not stressful to me. I also noticed today that I was driving very slowly down a street after driving by a garage sale. I remembered yesterday, the first day of the Proving and realized that I had been driving slowly then as well and really, really enjoying the pace of that slowness. It felt good and like it was the way I was supposed to be moving....and the world around me as well.
03/14:23	MIND	10	I expected to notice something more. I feel really good in numbers of ways, gratitude is flowing through me like a river, I find it coming up through my heart doing ordinary things. Thinking of a person that would normally cause me worry or angst instead there is a feeling of "all is well".
03/14:25	MIND	10	The first day I was driving and it was overcast and I found myself grateful that things were moving at a super slow pace. Enjoying driving 10 MPH or less.
03/14:25	MIND	10	This gratefulness is replacing my typical worry. I am feeling that things will work out and it will be okay it's a change. My hubby and I are a part of the prayer group for our church and we go online and look at who is needing prayers, and I am feeling that within the last few days, it is not disturbing me as it would prior to the remedy. It is not rattling my cage.
03/14:28	MIND	10	Calm, peaceful, all is well demeanor.
03/14:32	MIND	10	Tranquility. Almost a release from my normal compulsion to do something with my time. Some challenges and struggle with my husband's schedule. I often wake up and do not know what day it is, that has not changed, but with the remedy, I find that it doesn't matter to me.
03/14:35	MIND	10	At times there are things in disrepair in our life and then all of a sudden, things left undone are changed, renewed, finally being brought to fruition I guess. That has been the case very recently.
03/14:36	MIND	10	Suddenly a lot of energy around clearing out the spaces, organizing. Things on a list for sometime are easily attended to, in a very organic and serendipitous manner.
03/14:38	MIND	10	Grateful for others, other people, their concern, their expertise, and nature has taken on a new delightful quality. I would be perfectly content to sit and watch nature, I like being outside, I am especially grateful to be outside, even with the overcast weather.
03/14:40	MIND	10	Calmness, palpable calm.
03/14:43	MIND	10	I've had trouble remembering my dreams for the past two years and this morning I had a dream that I remembered, and this brought up a gratefulness, "Yes, this is how it should be!"
03/14:50	MIND	10	So grateful to remember my dream. Grateful for the knowledge gained and taking stock about the presence of the bacteria, not a lot of struggle, even though thematically it would seem to be a struggle.
03/14:55	MIND	10	I really, really appreciate color, we live in a neighborhood where all of the houses are brown and shades of gray. I selected a color called "Carmel Sunday", it was a little brighter than I expected, it was like getting a new style of haircut, "Do you like it?" It's like a Vincent van Gogh color.

03/14:57	MIND	10	Having a special awareness for those who are losing their vision.
03/14:58	MIND	10	All is well.
03/23:10	MIND	10	I am enjoying these last 3 days of this Proving. Life seems so easy...as if what I anticipate to be complicated & difficult, actually turns out to be something that is effortless. My mode these last few days is one of gratitude. For so long our home has been in need of repair. Every room needs refurbishment and our project list is extensive. It is just very recently that numbers of these unfinished matters are now being restored. Our church is currently engaged in a series called 'Toxic.' My Homeopathic Study Group is currently reading about Liver Disorders & Drainage and at home here, I am finally gaining much headway with long over-due clutter piles. It's like, 'out with the old/in with the new.
03/23:10	MIND	10	Things are coming together and being addressed on multiple levels, but it all seems to need a tearing apart (as in my son's marriage situation) before it can be restored. The old moldy window needed to be removed before the new, completely different window could go in. What is being presented in the macro is being observed in the micro. There is much to say about the thematic material in what I am reading. 'Heaven' by Randy Alcorn is holding my interest. The entire matter of the earth being renewed & resurrected along with those of us who's bodies will also be restored is clarifying, confirming, exciting and revealing. Between our actual death...and the New Heaven & New Earth....where do we go and what will that be like, this place of 'intermittent.' Like Sleep? Paradise? An actual physical place? As I had shared with supervisor earlier today, my over-riding sense of this remedy is one that is producing for me a sense of tranquility. I am aware that my entire pace (inner & outer) has slowed way down and feels so right.
05/00:00	MIND	10	From Day 2 I have noticed that time seems to be expanded. Ordinary, familiar occurrences like making toast or running water for a bath seems to be elongated. Not in the sense that anything is taking too long or as if I'm in a hurry or impatient, but literally that my sense of how long some things would take has changed. Even in waiting a minute between sets at Snap Fitness, it has surprised & almost confused me because the time goes by in a way that I loose track of it, even with trying to watch the clock. I tried counting to 60 between a set but found my mind is elsewhere...not on rote routine or regular duties, but more like a sense of peace in each moment and a delight in all the goodness & grace that Providence orchestrates.
05/00:00	MIND	10	There's been numbers of reports & occurrences of hearing about people with blindness or losing their site, prior to but especially since the Proving. I've had more problems with my contacts but there's little stress around this.
05/00:00	MIND	10	Levity has become more a part of my daily experience. Not to borrow or parrot the word 'subtle', that proving supervisor has put out, but from the beginning of the Proving, one of the things I've been aware of is that my responses to matters are directed toward humor rather than being serious about things. I can certainly 'be with' a conversation of a serious nature, but have no inclination to camp out there. It's my inclination to make a joke of something. Even just after taking the remedy for the first time....it perhaps was subtle, but my response after a minute or two of not much happening was 'I'm Alright!' Maybe my Supervisor hasn't seen the commercials.....but I thought it was funny. Suffice to say I'm finding myself laughing far more than I normally do. <u>even if it is at my own jokes.</u>
05/00:00	MIND	10	The other day when I had spoken with supervisor, he encouraged me to focus on several things, including any Books/Movies. I have mentioned a book called 'Heaven' and found it ironic today that I sat down with my two sons who happened to be watching 'That 70's Show.' I rarely if ever watch TV with my children as they are all adults now and rarely here. This particular series just happened to be around the topic of church and Heaven. What are the chances of this?! And it was funny! Just as a post-script, it has occurred to me that many people may fear death because their idea of Heaven is warped. If it really was a place where we'd all be floating around on clouds with nebulous bodies while playing harps.....who the heck would want to go there?!
06/23:45	MIND	10	It's too late to do any computer work & I'm quite tired. I'm still experiencing an ease in my life and my outlook. This morning's devotional reading was poignant to the theme of Heaven, which has been subtly arising throughout these last few months, weeks & days. I'd like to share what I read before starting my day. 'Grow strong in the Light of My Presence. As My Face shines upon you, you receive nutrients that enhance your growth in grace. I designed you to commune with Me face-to-face, and this interaction strengthens your soul. Such communion provides a tiny glimpse of what awaits you in heaven, where all barriers between you and My Glory will be removed. This meditative time with Me blesses you doubly: you experience My Presence here and now, and you are refreshed by the hope of heaven, where you will know Me in ecstatic Joy. Psalm 4:6

06/24:00	MIND	10 In checking my e-mails, I see a link from my hubby to a book titled, 'The God Who Answers By Fire,' by June Volk. Evidently my husband had met her years ago and was just sharing another good read. I'd be very interested to read this book. As soon as Study group meets to discuss our reading about Liver Diseases, I'll have more time to return to reading for sheer pleasure. I'd like to revisit the book 'Clear Your Clutter w/Feng Shui' as it contains a few chapters on the body's need to detoxify and rebuild as well as how/why a person would collect clutter in their life. From what I had previously read in this book, one of the main reasons people gather unnecessary things is to feel as though they or someone else may need an item in the future. The message here is that we need to trust that Providence will provide in the future and all along. I know He's already there in the future and with me in the present moment....so I need to look at why my house is still too congested. Maybe it's more about other people's crap than my own. No, actually, I have my own messes to dispose of. I just need to let go and let God on multiple levels in my life....including my actual abode. This is one area where I have seen some significant changes and renewal as of late and it's a real reason to rejoice!
07/24:00	MIND	10 I had a very pleasant evening after hubby helped me at work. We listened to music at Tally's & I was approached by a gentleman who recognized me from high-school. I had no recollection of who he was, but it was good to introduce him to my husband, as they are both musicians. This man dated one of my friends in high school and when I asked him how she was he said she had drowned in a swimming pool in California 5 years ago. This news was so unexpected. I believe if we had kept in touch, I would have felt terrible. As it was, I just had to sit there and take a pause. I found myself wondering how any adult can drown in a swimming pool. By the time I got home it was late, but a friend called and mentioned to me that with 3 male types here in my house, I must be over-worked keeping everyone fed. I was very aware that this was not my point of reference at all. I am very grateful that I can provide food for my loved ones. Millions are starving around the globe and myself and my family are all okay in that respect. I went to bed feeling as though I had neglected to log symptoms, but grateful that my life's boundaries have fallen in pleasant places.
08/13:30	MIND	10 After doing what felt like some concerted catch up with logging symptoms, I am experiencing a lot of trouble with the machine I am using. I really need to put this file onto a better computer. This one seems to be the laptop from hell. Others have complained about it here at home so I don't think I'm being overly irritable, except to say that I've not eaten since this morning but I'm not really hungry. Maybe my blood sugar is low (this has been problematic in my distant past). I sincerely hope my Supervisor does not consider me a crab-ass, but it feels very good to be expressive in the moment with my emotions. It has been my norm for most of my life to be constrained with anger & irritability. Staphysagria was not my first remedy...but was a Constitutional for some time early on in my journey. Maybe today's hissy fit with the computer was a rapid re-visit of some past state. For the most part....I am still experiencing a positive & grateful, joyful attitude.
08/23:00	MIND	10 It really blesses me that I am still peaceful, happy & content, even with people in my house at this late hour. I have a sink full of dishes, and I'm sitting here still typing w/an achy back (middle thoracic area), a stiff, sore neck (left side) and sneezing away still....but I feel so very tranquil and content to have my grandson sleeping upstairs, my prodigal son here w/his awesome lady friend and my hubby home here and happy as well. I am still experiencing moments when I realize that formerly stressful things are turning into or become very easy and light. I had my mother over for dinner earlier and it was so very pleasant. Not that it has been unpleasant in the past....but there is a very noticeable absence of any stress, strain or provocation. Things just seem to roll off my back in a way that feels very good. There seems to be a sustainable, ongoing peaceful feeling in my soul. I'm looking forward to each day & am very content and happy with the people in my life. I am enjoying & appreciating this Proving.

09/23:30	MIND	10 Earlier this evening I began to be aware that the slower inner pace I have been experiencing has begun to ever-so-slowly give way to a normal sense of timing when it comes to task-orientated commitments. For instance, we had offered to help my daughter-in-law clean up the house she is moving into as of today. She knew we were coming this evening, after some errands, but those errands were taking too long for me. I had been aware of the new 'la-dee-dah' mindset early on in the proving and it seemed to me that I was getting a bit antsy or having a sense of urgency (not anxiety) to get moving. Once we were there however, I was again just happy & contented to be able to help them and just to be there. Earlier.... Hubby & I needed to stop to eat prior to heading over to Mendota Heights & my supper was less than healthy. I had skipped lunch this day....had only a caramel which breaks all my health rules and breakfast was less than nutritious. We had eaten at the Oasis in Stillwater & I had forgotten about their bad coffee & artificial syrup. Dinner consisted of fish (fried) with onion rings and a less than savory salad with so-called Ranch dressing which to me tasted like low-calorie and I dislike this. I mention this after the fact as I was not guilted over this departure from healthy eating but did notice the next morning I had no ill effects whatsoever.....this is very unusual for me.
10/11:00	MIND	10 I don't know how to briefly relay the phenomenon that was my morning on Saturday. I woke up feeling so good physically...and mentally & emotionally as well. We received a call for help and were happy to be able to get out and assist my son & daughter-in-law again with some cleaning & painting. My husband's swing shift syndrome was in high gear and I was finding it difficult to motor him and myself out of the house. We received a call from an old girl-friend of our youngest son. She was in jail. Both hubby & I are mercy people from the get go...but we knew we were needing to go in one direction together and to leave this situation alone with someone we had already talked to about this young lady's release...or NOT! Why was it so difficult to just leave the house and get going? And of course when we finally did leave and stopped at McDonalds...everyone and their mother was waiting in line. I was very aware that I was feeling something shift inside me but I was not at all in what we would call a Nux State. I was noticing how different I felt as compared to the beginning of the Proving. Once we got to our destination, I was a contented & happy camper again. There is just no word but inexplicable to describe that feeling of being detained when I wanted to just move through time.
10/23:30	MIND	10 This is too late to be running around on the West Bank but my son wanted to visit a friend who has Cystic Fibrosis. Our son is in Recovery and I almost always welcome the opportunity to spend time with him even if it's in the car for a short jaunt. After dropping my son off at the U of M hospital (he had a ride home) I left the area and soon realized I had no idea where the heck I was. It is strange, because I used to be a driver for US West and I am quite familiar with the East Bank. I was aware that I was tired...and it was dark....and perhaps I should have just said no to my son's request. These thoughts around boundaries and decisions dealing with time were coming up on my radar. I really wished I'd stayed home with my hubby and gone to bed early. In trying to find a familiar street, I noticed 4th St and headed down that road until I realized & remembered that it goes one way...and the wrong way from the direction I needed to be. It was a surreal experience. Not at all nightmarish considering our gas tank was on empty and it was a Holiday weekend night...but there was an element of everything looking so strange. Even after finding my way to familiar terrain...it all looked so very different. I just wanted to get home and could not get there fast enough. I felt almost homesick. Like Dorothy said...."There's no place like home!"
11/11:10	MIND	10 During worship this morning I found myself feeling as though I could not enter in as usual. I wondered about it and knew that I was distracted, thinking about several family members & their issues. And no one is even in peril or close to anything resembling an emergency. This is NOT my typical mode. I love worship time at our church and this is just odd for me to be so unfocused and to have my heart as it were so mis-directed toward other impertinent matters.
11/21:45	MIND	10 I really cannot think of any symptoms that were noteworthy today. I'm still enjoying a tranquil & grateful state of mind even though I am getting tired during the day...almost every day since early on in the Proving. I'd have to go back and look, but it seems to me there were two days in a row where it had seemed like I flew easily through the day...but now I am aware that I am tiring easily almost every morning and again in the afternoon. Yesterday evening was memorable in that we went to a surprise wedding reception for my niece. It was out in the country and on the way home, the yellow moon was so beautiful against the dark, navy blue sky. It was such a fine way to top a really fun & enjoyable night. I need to cap this for now as I am tired again & just want to read my book, 'Heaven.'

12/15:00	MIND	10 After eating a late lunch of vegetable Lo mein from one of our favorite restaurants, I sat out on the deck to read. I had left my book 'Heaven' in the computer case which was in my older son's car, who was at the Fair. There's been another book here at the house called 'The Vow', a love story based on a true story. Before I even began to read however, I just found myself wondering where my younger son was. He's an adult....but we've had some significant & extreme problems over the years with his behavior. It wasn't long before I realized my imagination was getting away from me. I recalled a series of deaths among young males, who would be found in rivers or other bodies of water, close to college towns. I know my son is intelligent and street savvy, but I was worrying about him in a way that seemed dark & disturbing to me. This is not where I choose to go with my thoughts, so I actively took those toxic, fearful thoughts captive into obedience to what I know the Scriptures say. "If there is anything TRUE, noble, lovely, admirable....{etc.}....think about these things....and the peace of God will guard your heart and your minds..." Alright. End of story with that moment.
12/15:00	MIND	10 I did read a few chapters of the new book & found it engaging and interesting but I was so profoundly tired. I had stayed up until almost 4:30 am on Sunday night. I actually fell asleep at my daughter-in-law's house while sitting for my grandson and woke up just before midnight for the drive home with my son. By the time we were home, I had a second wind, so rather than go to bed, I stayed up and cleaned the kitchen area which really needed some attention. Then e-mailed my daughter & I-chatted with my hubby who is working nights these next few nights. I expected to be tired today after being up all night. I have found however that as a result of sleeping so soundly at 3:00 after eating a big meal....I just have not been hungry since and it's already after 10:00pm. Okay....so it might have been the 'Sweet Martha' chocolate chip cookies that my son brought home from the fair.....but I have been experiencing a shift around my appetite. It's very good....I just am all over the map now with when I eat or whether I am hungry at any previously predictable time.
12/15:00	MIND	10 I know this is a lot of dis-juncted information but it is late and my eyes are weary. I need to take out my contacts and get ready for bed. I hope I can sleep tonight and remember my dreams in the morning. As an FYI...my younger son did stop in this afternoon with his lady friend who we are fond of. We feel she is a responsible and compassionate woman & a good friend for our son. I was happy & relieved a bit to see him earlier. This Proving remedy for me seems to be toning down the worryitis for me considerably. I am still experiencing tranquility throughout my day & am grateful for the peace of mind & heart that are pronounced, especially these last 12 days and even prior to the Proving. In light of the past issues with our children, and in light of the challenges they are all facing....I'd say something in the heavens has shifted and in my heart & soul as well. God is good....all the time!
13/14:00	MIND	10 Needed to call the plumber as our drain in the laundry room was backed up. The man who came was quite loquacious & philosophical. He was really expounding on spiritual matters and speaking about a web-site where folks share their near-death experiences. I found the monologue to be quite interesting up to a point. I was very grateful that he only charged us \$79.00 after being there for almost an hour. He was working the entire time at snacking from upstairs in the kitchen sink area. I experienced a weariness and tiredness even before he left. I recall thinking he could use a really high dose of Sulphur.
14/10:00	MIND	10 When I sat down out on the deck this morning to take some quiet time it occurred to me that today is my 26th Anniversary. My hubby had reminded me on Sunday, but I had already forgotten until reading today's devotional message. I'd like to share this reading as it really touched me. "I am your best friend as well as your King. Walk hand in hand with me through your life. Together we will face whatever each day brings; pleasures, hardships, adventures, disappointments. Nothing is wasted when it is shared with Me. I can bring beauty out of ashes of lost dreams. I can glean Joy out of sorrow. Peace out of adversity. Only a Friend who is also the King of Kings could accomplish this divine alchemy. There is no other like Me. The friendship I offer you is practical and down-to-earth, yet it is saturated with heavenly glory. Living in My Presence means living in two realms simultaneously; the visible world and unseen, eternal reality. I have equipped you to stay conscious of Me while walking along dusty, earthbound paths." John 15:13-15 Isaiah 6:1-3 2 Corinthians 6:10

14/17:00	MIND	<p>10 Just before my hubby left for work earlier this evening, I realized my thoughts were wandering while he was talking. In my head I was having a conversation with my son about why I thought their son was susceptible to autism. The truth of the matter is that my grandson does not actually have autism.....I was aware that this hypothetical in-my-head conversation was based on my fears and not reality. I wondered in that moment if the honeymoon of this remedy's positive mental/emotional action is waning for me. I regrouped and enjoyed a burst of energy after my hubby left for work and so I cleaned my living room and piano room windows. Just a bit ago I received news that our youngest son was arrested earlier this evening. This is so very disheartening. And it was in the moment I heard. I had been driving him to his after-care treatment program this morning when he received a call from a temp agency about a job in White Bear Lake, where we live. This was an answer to prayer. He worked for 6 hours today and came home very happy to tell us he'd be going back tomorrow. And now this.....There is a verse in the book of James that says, "Count it all joy my brothers &amp; sisters when you encounter various trials...knowing that the testing of your faith produces patience." This must be what I need. Okay....Lord give me patience....but I want it right now!</p>
15/06:00	MIND	<p>10 My first waking thoughts this morning were around my son's situation. I don't like to worry or doubt that Providence is aware and working all things out for the good...but there I was this morning, feeling anxious for my son. How the heck will he ever get another temp job? Or ANY job for that matter? Never mind that God moves heaven and earth in answer to our prayers and our needs! I was aware of my fears and when I am, I go to the only Source I know that helps. "When I am afraid, I will trust in You, in God Who's Word I praise."....."Do not be anxious about anything, but in everything, with prayers, petitions and thanksgivings, make your requests known to God, and the Peace of God will guard your heart &amp; your mind in Christ Jesus." I was able to share with my hubby some of my concerns and as he crawled into bed while I was getting out of bed....we were able to just freely associate and focus on the moment with him getting to sleep and me getting going.</p>
15/09:00	MIND	<p>10 I saw a large group of sea gulls in the Parking lot at Fresh &amp; Natural Foods this morning. I had to smile because the night before last I had been cleaning the bread basket and put some crusts aside for the critters at home. I wished I had known I'd see these birds, I could have brought the bag with me. But as it was...I found some scraps from my carry-along breakfast this morning and was able to toss them out the window as I slowly drove by. I was not surprised by the assertive energy these birds have...but I almost had to laugh as I drove away, because many of these birds were flying above and around the car. I'm not totally Ignasia about birds who nose-dive us, but the experience did have a tinged of Alfred Hitchcock's, 'The Birds.' I found myself wondering what this remedy is about and what kingdom it is derived from. Early on I had thought spider or bird as there were some serendipitous occurrences...and even this morning seeing a spider in both bathrooms at work...it felt a bit like a reminder when I saw these critters. I had no trouble removing them. There was a time when I would have been very adverse to seeing spiders...and when I was 'on' Carcinosisin....I was so compassionate toward animals &amp; Nature that I couldn't kill them. It seems so 'out there' to think that this Proving may be something imponderable like RAINBOW. Didn't I just purchase some colorful candy (w/no artificial color of course) along with the Gluten Free Celebration Cake? My sense of logic struggles a bit with these types of provings...and yet, Hello??? If a man can actually walk on the moon...how much more can the Creator, through science itself bring us knowledge that can do some stuff?!. What is amazing to me about the man who recently left the earth after walking on the moon, is his humility. I found myself thinking again about the atypical plumber who came to our house the other day and majorly expounded on matters of the cosmos and things totally unexpected. It was fun 'listening' to a point....but I really do feel in all of his searching, he has some serious hubris issues. Maybe I need to look at that myself.</p>
15/10:20	MIND	<p>10 While digging through a drawer, putting away some decorations, I was thinking about calling my sister. My mother had urged me yesterday to give her a ring in case there was something I could "give her." I knew she had been experiencing a sudden, red swelling on her wrist. I was thinking about Belladonna, when suddenly I felt a stabbing pain in my right ankle. It was feeling as if my foot was in a trap of sorts, except to say the pain was very real....but felt more surfacy. Not just on my skin...but not in my bones though either. Not a muscular pain or even nerve pain....what IS this?!! Hard to describe, but as I limped away...I made a mental note to call my sister &amp; ask her what she is dealing with. I just hung up a bit ago and as it turns out, my sister said she had been bitten by a spider just before leaving for New York over a week ago. Hmmm!!</p>

15/11:53	MIND	<p>10 I had mentioned early on in the Proving that I was experiencing this resonance with time...and timing...or lack thereof! I had heard on the way to work yesterday of a site called 'Shrink Your Work Week' .com. It may seem very elementary and almost silly to say that framing a task by putting a time limit to it is fundamental to expanding one's time resource. But this concept...of limiting time for each 'task' is one which challenges me. I am so accustomed to living in chaos with my hubby's hours and our son's extreme life-long behavior issues, that I have learned to cope by being in the moment....but chronically. That is to say....I have chosen (preferred) to 'go with the flow' to the point where I haven't ordered my day by setting the clock so to speak. Case in point....at around 11:00 this morning...just about an hour ago now...I was realizing (again!) that I am likely not drinking enough water. I amped it up a notch with the thought and purposed to start doing that and was going over to the computer to log this as a symptom....or at least as a journal entry...along with the other data. I became aware of a myriad of tasks that suddenly came like a wind to sidetrack my intentions. Thoughts like, 'I should call my sister so she can send out an extra invite....but before I do that...I better allow 3 hours for her loquacity...but what about the need to talk to her before I see my daughter-in-law, which will be soon....and then there's the phone call I forgot to make 2 days ago for my father-in-law who's a vet...I'd best do that first...but then I may forget about the matter of time management as a symptom and I might forget to log this and should....and I should....and I HAVE made lists for years to help frame my day. Gosh golly...just realized that I had gotten away from this helpful habit lately...maybe since the Proving. Not sure....this has helped to loosely guide/guard my time against wasted time &amp; unfulfilled purposes. It may be that my brain is finally gelling from those holes that have been there for too long. I know I have had scatter-braineditis for a long time....I just can't remember how long. No pun intended.</p>
16/00:00	MIND	<p>10 The day is a blur. I know it started with going to Panera w/my hubby for breakfast before meeting with a young client for a follow-up. My hubby excused himself and I was able to focus on taking some notes and was pleased that this person seems to be doing well. Way better than when she started, but she is also seeing a therapist, upon my recommendation. It has been encouraging to me that both the therapist and myself have provided the same Tx plan as far as what to read, what to do and what to avoid and what to focus on. I did experience some symptoms that resembled a vague headachy, tired feeling and I needed to lay down when I got home. I wondered how much of this was my absorbing my client's stuff and what was just a valid symptom of my own. Our son's cat's are waking us up at night...at least the male, who will take a toy...carry it into the hall outside our door and then literally cry over it. We love this cat....he's a hoot and a honey...but losing sleep is getting old and taking it's toll. I don't have any other symptom's to report for this day. My previous tranquility and almost effervescent gratitude has mellowed some, but remains.</p>
18/11:00	MIND	<p>10 While standing at church this morning, I found myself rubbing my back around the area of my adrenals, especially the left side. It felt achy &amp; clogged, like I needed to drink a lot more water only I wasn't particularly thirsty. The plumber who had come several days ago mentioned a word - 'Deglutinate.' I'm not sure if this is a bonafide expression....but my thoughts as of late are around my need to detoxify, especially my liver and kidneys. I'm looking forward to the end of the Proving &amp; being free to tend to this next step in addressing my health. I'm hoping to treat myself to a massage as I have become aware of numerous aches &amp; pains that come and go &amp; I know I need to address some of these spinal/muscle issues.</p>
18/15:30	MIND	<p>10 Around 3:30pm or so I became irritable. I realized that I had been going, going, going and had not stopped to eat &amp; this with only fruit &amp; a peanut butter bar for breakfast. What struck me is that I know I need to eat well every 3 hours or so, but it's like I lost track of time and was compelled to get misc. chores done. I found myself resenting my hubby who was wallowing in doing the things he loves on his day off. Why wasn't I doing the same thing? I felt responsible for cleaning up the cat's puke as we had fed her something other than her usual fare...knowing this might happen....I was feeling indentured almost...and not choosing to just stop and get off the tyranny-of-the-urgent-but-mundane track. I could have at any point in time opted to just take a day of rest. It was so beautiful outside and that's all I really wanted to do was to sit outside &amp; read my book 'Heaven.' When I noticed that I was starting to shake from low-blood sugar I made my hubby aware that I needed him to jump in &amp; tend to some culinary chores.</p>

18/15:30	MIND	<p>10 I am finding that the fountain of thankfulness that had previously been pronounced at the beginning of the Proving was feeling as though it was drying up. Like my garden.....things are just really in need of water. I've not tended to watering my plants around the yard and I can't say why. I'm not THAT busy with things....and this bothers me that I have waited so long for rain to fall with out providing these valued plants a direly-needed soak. All this whining may not be significant with this proving, as anyone would experience irritability &amp; low-blood sugar from not eating in a timely way....but it's my thoughts around all this that I have noticed have shifted. It's as though old patterns are rising up and hopefully passing through....a lot of my tension throughout the past 5 - 6 hours has been about my feeling guilty that I did not call my in-laws today, w/or without any plans. When I woke up this morning, I had seen a card from our year-old grandson (via my daughter-in-law &amp; son) to honor the Hallmark (sic) holiday. I have felt for a long time anyway that my hubby &amp; I could be more involved as his dad is a vulnerable adult who needs a new wheel-chair and hearing aid. I know the guilt is partly pathological....and I need to just step out and do what we can do, and then be about my day....but it seems my thoughts sometimes get stuck in 'obligation' mode, along with worryitis about my kids...even though the Truth of the matter is all are alive and accounted for and on their respective paths.</p>
19/07:50	MIND	<p>10 While putting my son's car through the car wash, I wanted to redeem the time a bit by tidying up the inside of the car. It wasn't that messy so I just picked up a few pieces of paper and put them where they needed to go. This couldn't have taken more than 60 seconds....yet when I looked up, there was no more water spraying on the car and I could hear the blowers. It was one of those 'What the....???' moments. Where did that time go??? Was the car really clean....did the car wash malfunction and I just didn't notice? I did not think I was THAT engrossed in any of the so-called paperwork of tidying up. This happened to me just recently in another car wash. I miscalculated how long it would take to dry the car and ended up leaving with only the windshield dry and the rest of the vehicle dripping water and streaking by the time I got home. I sincerely hope this time warp stuff is symptomatic of the Proving remedy and not my actual state. Talk about lost in space and time!!! I think I'll go water my yard &amp; garden. Much of what is out there may not come back...but I'm going to do what I can do.</p>
20/14:00	MIND	<p>10 I feel really off my game today. It may be that I was woken up way too early when hubby was fumbling with the alarm clock at 4:45 am (he's usually awake prior to turn it off) or it may be that I was woke up a second time when my son's alarm/radio went off in the guest room to the tune of Country Music. No pun intended. But I am feeling so sluggish and cannot get going on anything. I tried going for a walk but felt a bit depressed that I was seeing the same old route...never mind that I chose it. I can't focus on what it is that I should be doing and there are many things that I could choose from. I'll be going to my daughter-in-law's house this evening to be available to watch our grandson all day tomorrow. I am gathering things that I or he may need while I'm there. This is something to focus my time &amp; attention on as I move through the day w/it's seemingly endless ditzzy things to do....unfinished projects, dishes, laundry..etc.. I need to make some phone calls but feel averse to using the phone.</p>
20/14:00	MIND	<p>10 I feel a bit lonely, but don't even want to contact my hubby as he's at work. My chest feels a bit heavy, somewhat a shadow symptom of distant depression. I find myself sighing ...and if I had my druthers, I'd just go back to sleep, but there are things to do...places to go...people to see &amp; care for. A conversation with my Proving Supervisor yesterday contained a brief discourse on Carcinosis. It may be that I am just revisiting that state (hopefully a quick pit stop!) with it's feeling of being overwhelmed. When I look at my life and the season I am in currently with objectivity....what problem do I have??? And so much to look forward to as well! I feel sad &amp; almost like I could cry but there is no reason to feel this way. I know this momentary slump in my mood will pass and that I won't feel like a slug forever...but that sums it up for today's symptoms so far....I just feel really sluggish, mentally &amp; physically.</p>

20/18:30	MIND	10 Feeling better already. Got a call from my out-of-state daughter who had a mini-crisis (car repairs from a flying board on the freeway in Nevada) which both my hubby & I agreed needed some financial intervention. Being carless today, I hopped on my bike and headed to the bank to deposit into another bank for a transfer. The wind was huge today...and it felt like one of my contacts was going to blow right off! The situation with my being able to help fueled my momentum today and shifted my focus in a way that seemed to pull me up out of the muck & mire I felt earlier today. While biking home this afternoon, I saw a large eagle between Goose Lake & White Bear Lake. It was awesome.....it seemed to be riding the waves of the wind effortlessly but it also looked as if this bird was being carried along with the wind. Eagles often remind me of that verse in Isaiah that speaks of renewed strength & hope while one looks to Providence. "Those who wait upon the Lord will renew their strength. They will mount up with wings like eagles, they will run and not be weary. They will walk and not faint."
21/00:00	MIND	10 Today while caring for my grandson at my daughter-in-law's house, I was mildly aware that the continual ease & tranquility I had previously enjoyed seemed to be dissipating. My grandson is 15 months old & due to his living out of state, this is the first opportunity I've had to spend more than just a few hours with him. I was caring for him 24/7 from Wednesday @ 6:30am to Thursday morning. It was a joy...and yet I felt like I had to be continually on alert as it were with what time he ate {his daycare requires this as part of their on-going care}, whether or not he might fall or become distraught in missing his mom & dada. Looking back, the level of responsibility that is required of my usual life was suddenly amped up a huge notch. But all in all, my peace & sense of humor remained in place....but there was a certain amount of subliminal stress involved. Case in point - my daughter-in-law's father dropped off our grandson at 7:00am on Wednesday. I was already there as I had spent the night before to insure that I would not be late and to accommodate my daughter-in-law's parents who have been caring for this sweet, little man for several months now as my daughter-in-law gets readjusted to moving back here from California with her young son. In spite of my good intentions to be up and running and ready to watch my grandson all day, I had inadvertently mixed up the am/pm settings on my alarm clock. And it's ironic, as one of my biggest concerns about the collective plan was that I would oversleep and not be ready for the day and it's demands. Funny how the things we fear do come upon us...and that is what happened.
21/00:00	MIND	10 I answered the door just seconds after waking up and met my little guy & his other grandpa with bed head and jammies and gar-gar breath. Oh Well!!! Not a traumatically embarrassing moment by any stretch...but an exercise in putting things in perspective for sure. Fear of being criticized & judged is universal & part of my past construct was to be sensitive to that. Thankfully I have moved beyond that constraining dynamic and good to know that the other grandparent is a mellow fellow and a kind soul...who likely is not holding me in reproach, in spite of the fact that our kids are having marital problems, largely due to my son's interest in a third party. I share this only to provide some context for my qualms about at least appearing to be responsible and trustworthy. I know that I am....but that element of feeling judged does make it's way into my mind in certain situations. I survived and later even laughed out loud when I got home after the same grandpa picked up our grandson and I realized that I had what looked like poop all over the side of my pants. So glad God has a sense of humor that He blesses me with when I need that!
22/00:00	MIND	10 After my grandson was picked up and I had a moment to just sit and enjoy breakfast & some nice hot coffee made from fresh ground beans, I read in that day's devotional 'Come to Me and Rest. Give your mind a break from it's habitual judging. You form judgments about this situation, that situation, this person, that person, yourself.....as if judging were your main function in life....When you become preoccupied with passing judgment, you usurp My role. Relate to Me as creature to Creator, sheep to Shepherd, subject to King, clay to Potter....rather than evaluating My ways with you, accept then thankfully....Worship Me as King of Kings while walking hand in hand with Me down the path of Life.' Somewhere in this daily devotional I had seen in print the word 'Potentate' and I marveled at what an interesting and fitting word this is...but how seldom we hear this expression in our culture. These words from today and that one word Potentate had generated a continuum of thoughts about the Almighty & His creation. I was excited to be about my day after my grandson left & felt energized and invigorated while cleaning the house & doing laundry before my daughter-in-law's return from CA. It felt so very good to help her in this way...not only to clean up for her, as I know she is in a highly- transitional phase of her life w/much stress around that, but also to have opportunity to spend nurturing time with my grandson. He's a joy!

22/00:00	MIND	10 Later this day....I found myself on the same exact intersection that I had been on moments after taking my first dose of the Proving remedy. What I remembered in that moment was how very peaceful I had felt and I began to wonder how I had moved from that state and did I still experience that sense of moving at a far slower pace? There have been numerous incidents involving a certain time warp for lack of a better expression. This is difficult to explain. The latest occurrence of this 'awareness' involved me thinking & feeling as though I had seen a particular client weeks ago or longer. She told me this morning when she called that it had only been one week. A quick look at my calendar confirmed that. There are too many other examples to relay in this journal, but if I can be more specific about this time-warp symptom, it involves a type of forgetfulness....such as not realizing what day it is...slowly reading that things that happened just yesterday feel as though it was many days ago...time moving very quickly when I anticipate things taking way longer than they actually do and vice versa. I'd like to expand on this...and may be able to provide a more succinct but comprehensive report in a day or so. For now....it feels as though I am just catching up and trying to get some sense of order into my life so that I can remain responsible to people.
24/00:00	MIND	10 I am considering that the interactions I've had this morning...even those on I-chat with my son and some dealings with my other son's former girlfriends (yes, 2 in one morning!!!) have taken a lot of energy from my vital force. I was proud of myself at one point earlier for speaking the truth in love while providing a boundary at the same time for myself. This is progress and something to feel good about as far as personal growth.
25/00:00	MIND	10 Again, I should have reported this symptom earlier...around the 21st day of the Proving or even earlier, but I thought it had more to do with the fact that the remedy had worn off and/or I was losing sleep due to circumstances. I noticed that my thoughts were of a very distressing nature....as in, "oh my gosh...what if my grandson slips into the tub and breaks something and then my daughter-in-law comes home early and my son will fly back later and the plane will crash..." I would notice these sudden fearful thoughts mostly when I would lay down to sleep. I recall having bad hypothetical-situation thoughts in years past when I would be getting my period. At that time, I was aware of this mental symptom, but just attributed it to shifting hormones or excess water around my brain. Earlier in the Proving, I had experienced such an uplifting, continual sense of peace, calm and tranquility, especially with respects to my thoughts. Most of the time, if something that was typically unsettling would occur, my response felt like I was already floating on a river of retirement (from anxiety or stress) so to speak with having a solid continuum of peace with gratitude as the one over-riding emotion. As I look back now to the beginning of the Proving, it stands to reason that this energy would have a reverse polarity or flip side as it were. As of this reporting....Day 26 of the Proving, I feel that the worst is over with the negative aspects of the mental symptoms and even the physical symptoms have seemed to wane quite a bit. A few tummy aches here and there but nothing to really make a note of as they seem to be so few, far between and out from the initial dose(s) of the Proving remedy.
25/00:00	MIND	10 Sunday mornings I often watch a program called 'Sunday Morning' but today I opted to watch a program on DayStar TV. The pastor was talking about 'Heaven'. How very serendipitous as this theme has repeatedly come up during this Proving for me. What are the chances of a random act finding yet another reminder of a subject so vitally important, yet so mysteriously misunderstood & undiscussed. How is it that considering the weight of the question, 'where are we all going?'.....so many for so long...eons it seems, have been so reticent on this matter.
26/00:00	MIND	10 Late Saturday afternoon I started watching a movie on the CW channel while waiting for hubby to get home from work. 'CW', I learned, does not stand for Christian Women! Being it was on a 'regular' network station (we don't have cable)...the really offensive material was already edited. This movie seemed fairly engaging and mildly like a 'who done it', so when hubby came home half-way through...he suggested we watch it on Amazon via Netflix and Roku Box so he could see it from the beginning. I ran out to do an errand & came back just in time to see where I had left off. Oh My Gosh! What is that phenomenon where a person is horrified but cannot look away? Maybe it was the time I had already 'invested' in watching or the need to know how it would resolve...but what a yucky, evil movie. I wouldn't call 'Cold Creek Manor' a family film. The thematic material was downright disturbing. The next day I sent a comment to the automated survey w/the carrier and let them know that this film should not be viewed as there is enough evil in the world without trying to pass this junk off as entertainment.

26/00:00	MIND	10	Today is Rosh Hashanah, a major Jewish Holy Day. I used to know what all these feasts meant...and I am at a loss to recall the traditional meaning. From my point of reference in being a Christ-Follower, I do know that every major event in Jesus' life fell over or right on a major Jewish Holiday, the parallels of which are poignant and beyond a type & shadow. It is a good day for me in that I am feeling free from the momentary, slight depression which I experienced a few days ago in the Proving. This depression was very reminiscent of the feeling I had for many years...many moons ago. It came and left. Much like the other symptoms in this Proving...some of which were familiar to me...others not so much. But all fleeting nonetheless. Passing quickly. Thank God! It is interesting to me, that today of all days, I would 'stumble upon' a rolled-up Map, 35:X45" which is in essence, a World History Timeline. It is a wonderfully crafted work subtitled, 'Biblical and Historical Chronology Presented in One Complete View.' I had purchased this as a gift to myself many years ago and had put it away in hopes of someday finding a suitable frame. I found this while cleaning the guest room today. It's a colorful, highly-intricate layout that has a distant-view of our planet in the middle of what can only be described as an accurate, comprehensive delineation of time as we know it as it relates to the Geological Ages & Development of Life, along with every significant event in our World's history, starting with the great flood and continuing in a semi-circular layout up until the year 2000.
28/00:00	MIND	10	Today I called an agent at a mortgage company that is one of my client's for a small commercial cleaning business. I had somehow accidentally sent her an older attachment for one of my invoices. I am clueless as to how this could have happened as I have been sending the same readjusted template for many months and in several cases, years. It might be the energy around this Proving, but suffice to say that I am ready to wrap up and call it a day with our Proving labor of love. Tomorrow will be the 4-week mark from when I began. In hearing the Proving Master's encouragement to look at 4 specific things: Color-Food-Movies&Books and Heaven...I did my best to relay anything that I experienced that would seem as if it was resonating in my Proving vein. I'll leave the analysis of any patterns to those elected to do so.
28/00:00	MIND	10	But in closing, I would like to share a memory from Class 5 that has stayed with me, which I feel connects me to the subject of Heaven and the One who calls this place my home. I recall one day of study while in school. We were all listening to one of our instructors while he inspired us to look at the Cosmos. And suddenly I realized that the Names for God in the Scriptures cover every single kingdom we can name...including the kingdom of time & space. The Great I Am has said, "I am the Alpha & Omega (Time)...the Bright and Morning Star...The Sun of Righteousness (Space)....the Rose of Sharon (plant family!)....the Bread of Life (food!)...The Lion of the Tribe of Judah (animal kingdom...not forgetting 'The Lamb')....The Rock (mineral)....The Light of the World (Color?!)...The Great Physician....King of Kings..." What more can I say as this Proving comes to a close? "He is the Consummation of all human History. Everything that exists finds it's perfection and fulfillment in Him." {Phillips Translation} Father in Heaven, bless every Prover and Supervisor & every person who will benefit from Your amazing creation through this discovered substance and physical agent used in this venture. Establish, strengthen and restore all of this to Your Kingdom & for Your Glory. Let it be and make it so, Yeshua Ha-Mashiach!
01/08:12	MIND	11	This morning seeing a lot more hummingbirds than I normally see.
01/08:45	MIND	11	Making me hold stuff in. Won't let me go. I can't let everything go. like it is being held in. I would like to breath sigh of relief and let everything go. It's like the flow has stopped. I can't take that step. The weight on my chest is keeping things in. Not allowing things to go free. My lungs want to full up fully but stop at a point.
01/08:45	MIND	11	I am walking between two beds that are one foot apart. I chose the narrow way to get to the window.
01/21:30	MIND	11	My temper blew, I'd had enough. People were asking me questions about things I didn't have answers for or time to research, and I couldn't handle it anymore. I wanted to be left alone, left to do my own thing. Although I was speaking curtly to family, I wasn't particularly angry with them. It was more of an extremely overwhelmed feeling, like I had too much on my chest. I "fumed" for an hour until one of my responsibilities disappeared...then, fairly immediately my fuming started to come down, like I had a tiny bit of room to breathe.
01/22:00	MIND	11	When people asked me questions I didn't have the answer to, I told them flat out that I didn't know and didn't care, and I walked away telling them to ask someone else. I usually talk calmly and try to come up with or research answers or at least give them some of my time. I couldn't be bothered with that tonight, I was tired, filled up with other overwhelming things, and I simply couldn't handle more.

03/08:20	MIND	11	Dad, mom and I doing cement work. Watching myself and what was happening as if from a few steps away. I needed to be quiet and do my job. Be friends with both of them. Not my place to hurry things along. Not my place to do anything but my job. Able to control what I was doing and feeling.
04/12:30	MIND	11	I was cutting flowers and putting them in water in a bucket to use at an art show later; at one point I glanced at my bucket and saw that it was tipped over; I immediately screamed, "Ahh! Who knocked over my flowers?"; but then just as immediately I realized that maybe the wind had done it, and I calmed down; usually, with the stress of art-show preparation, I'm touchy and in a huge hurry before I leave, and if something goes wrong, I'm in a bad mood; this time, although I was still in a hurry and stressed, the upset over the flowers that may have been ruined didn't stick with me, and my mood was fine; I can't believe how quickly I calmed down and realized that there may be another explanation for the flowers falling over than someone knocking it over
07/12:38	MIND	11	Knew I had a phone appointment but didn't remember who it was with. (this is second time one of us forgot our phone appointment)
07/12:43	MIND	11	Noticing more symptoms either in morning or evening.
10/10:00	MIND	11	Doing cement work with mom and dad; much calmer, lighter feeling than normal; I'm singing, making jokes, feeling very light rather than serious, rigid, strict; little mistakes or problems are no big deal to me now; other people's serious/rigid/strict ways don't bother me or affect me at all, I just laugh and keep working; I take a little more time because it doesn't really matter so much if I'm super fast, I'm not worried at all if I'm a shovel-full off of stones or sand, I'm much more lighthearted and easy going than normal
10/11:30	MIND	11	I'm preparing last-minute things so we can leave for an art show 7 hours away; usually I'm focused, in a hurry, in a heavy mood, not wanting to be bothered, but this time I'm relaxed, lighthearted, still focused but not tunnel-visioned; I'm not worrying so much about time, just going along and getting things ready in a relaxed manner
10/13:00	MIND	11	Between cement and driving when doing my work to prepare to leave I was petting my dog a lot. Told him I'd miss him. More sentimental than normal. When something happens that would normally trigger a bit of anger in me, I am pulling back instead of an over exaggerated reaction. A humility. Calmness that is like, just let it be. When husband or father says something that normally would trigger me I am more humble, laughing, and letting it go.
10/21:23	MIND	11	Driving 6.5 hours to an art show, and 5 miles from the destination, my gas runs out; granted the gas tank gauge doesn't work, but I've always used the same conservative estimates on how far I can go on a full tank, and this time it wasn't nearly conservative enough; talking to my dad on the phone since he knows the truck well, I'm shaking, feeling extremely stupid, a bit dumbfounded, the repercussions of my mistake swimming around my head
11/10:40	MIND	11	Body is very shaky as I wait for our truck to be fixed; I feel my limbs shaky, my arms and legs feel unsteady, which is quite unusual for me; inside my chest and throat are shaky, and I'd like to let it out by crying; it's a nervous shakiness, unsteady, I feel like an idiot and just hope everything turns out okay. internal shaking and wobbliness in my limbs.
11/12:44	MIND	11	Normal reaction to problems would be to be totally pissed off. Instead I feel humble and calmer.
11/14:30	MIND	11	So relaxed, I'm not very productive or proactive; it's hard for me to help set up the booth like I usually do, I just sit and write price tags or talk to vendors next door; my husband is getting upset with me because I'm almost flighty; he wonders what's wrong with me
12/10:00	MIND	11	Can't find the scissors for the life of me; I know I brought them with us to the show, and yet they're nowhere to be found; Finally, my husband finds them where I had been using them about a half hour earlier...I didn't even remember until then that I'd been using them!
12/17:00	MIND	11	Noticing that I'm challenging more than normal but in a light way; in other words, if the other person doesn't agree with my challenging statement, I don't feel bad about it or about the person; I'm letting it go; for example, another artist said he wanted to take a cold shower because it was so hot, and while I'd usually say nothing, this time I said that I liked taking a hot shower on a hot day, and then I proceeded to explain why and give an example; I did this at least twice today
13/18:00	MIND	11	Feeling fat in my lower body; I wear these pants once every week during art-show season, and they have felt much tighter than normal these past two weeks; my legs almost look swollen; my weight certainly has always collected in my lower body rather than my upper body, but this has been fast and for little reason since I don't feel I've been eating too terribly
13/20:45	MIND	11	Got a speeding ticket while driving on the highway from the art show...I haven't gotten a speeding ticket for about 13 years! The policeman was one of the two who helped me during my van breakdown on Thursday night; I felt surprisingly okay about the ticket, light, not too upset, which is unusual for me in that situation

13/22:00	MIND	11 Very snappy and irritable today; quick to irritability, very sensitive to tones of people's voices, mostly my husband's; I feel blamed for everything, and I feel that I'm told everything I do is wrong; I explain my way of thinking so my husband can understand where I'm coming from, but he thinks I'm trying to control or just complaining when I explain; I get mad at him because he doesn't explain himself, so his actions seem unsupported by logic; I can't win!
15/10:47	MIND	11 When questioned by the supervisor about the irritability and what it felt like: sensitive, reactive, touchy. Sensitive to words, tones, facial expressions. Feeling is heavy, tense, rigid.
15/10:47	MIND	11 When questioned by supervisory about the calm and what it felt like: Lightness, reserved, calm. Let it go. Relaxed. Take your time. Loose.
16/01:30	MIND	11 Getting ready for bed, I heard the doorbell and loud pounding on the door; I thought my husband had locked himself out while firing the kiln, so I was surprised when I saw a man I didn't know; I thought, "there's no way in hell I'm going to open this door to a strange man at this hour" but then I saw his police uniform; I opened the door and held my dog between us; he said they got a 911 call from our phone number which he confirmed, but the call was static (no one was there); I said no one had called, and he thought it might have been due to the storm we'd just had; he then took my full name and birthdate in order to write up a report; the whole thing was odd...what's with me and cops lately? After he left, I started feeling stupid because I'd just given my personal information to a stranger without verifying a police badge or even looking to see if his car was actually a police car; I felt a bit vulnerable and immediately thought the man might now use my personal information to commit identity theft or steal money; it was a bit hard for me to go to sleep after that because of my worrying; it all happened so fast and was such a surprise that I couldn't think about consequences and what to do in the moment, but my mind went over it and over it afterward
16/18:35	MIND	11 I'm feeling pressure from my husband and from responsibilities weighing down on me; I'm doing so many little but important things for the business, trying hard to keep everything straight and not forget anything, and my husband comes over and says, "Let's go for a walk now"; I don't want to stop what I'm doing, but I know it'll be good for me and he needs to break, too, so I get ready and go; husband says, "The dog and I were waiting and waiting," which is what makes me feel the pressure; it's the expectation, the "jump and do it now" feeling, will I get everything done if I drop everything at this point and take a break? And part of the feeling of pressure is feeling that my husband doesn't think I'm doing anything important, so I can just drop what I'm doing and go
18/19:00	MIND	11 Arrived at my hotel for school weekend as usual and found that my reservation had been made for a week earlier, and therefore there was no reservation for me this weekend; I was a no-show last weekend, so they charged my credit card for one night; it all worked out because the clerk believed that I hadn't made the reservation for last week and so he credited the night charged to my card to this weekend; but I didn't get the room I wanted because of this "happening"; I don't know how this mistake happened because I even remember looking at the calendar to make sure I had the right dates!
20/17:00	MIND	11 My mom did an unfair thing which was totally illogical, and when I complained, she argued with irrelevant arguments, basically saying that I couldn't do anything about it because she was making the decision; I was feeling like my hands were tied, I was stuck, I had no control at all, I felt stifled, smothered, "sat on"; my image of "sat on" was of a person sitting on my chest while I was lying down flat; it was a feeling of being stuck by someone else's doing, I couldn't move, I couldn't do what I wanted, no regard for me as a human and as an adult, no compassion for what I wanted and why. (When asked to describe more by supervisor: contained. hopeless. I can't do anything)
20/22:30	MIND	11 I seem to be more prone to "happenings" on this remedy, for example with cops (truck running out of gas, getting a speeding ticket, cop coming to my door at night), with utensils (peeler "peeling" my pinky, fork stabbing my thumb), my hotel reservation was screwed up so I was a no-show when I didn't want a reservation and had no reservation when I wanted one, I did a lot of work on a case with a computer program and then it was suddenly gone with seemingly no chance of recovery; why are all these things happening to me? Saying to myself: why me, why now? Having bad luck but not too terrible and it always turns out. It can be dealt with without disrupting too much of what I'm supposed to be doing. Still, quite disruptive things happening. Big things, and yet they work out quickly and work out easily. A feeling of stupidity. Who stabs their finger with a fork or peels their finger with a peeler? Who runs out of gas? Why does a cop come to your house at 1:30 am to tell you they got a 911 call from your phone number? A feeling of disbelief through most of the happenings.
21/21:00	MIND	11 Twirling left side of my hair with my left pointer finger all day and some yesterday; I haven't done that for years

22/20:30	MIND	11 Twirled the right side of my hair with my left pointer finger, odd because I reached my left hand over my head to the other side to twirl
23/13:00	MIND	11 Completely forgot that I was supposed to talk with supervisor on the phone now; had to reschedule for later when she called.
23/22:05	MIND	11 I was just noticing an ad for automatic bill pay inside my credit card statement, and I said to my dad that I didn't want to do automatic bill pay because I wanted to make sure I always looked at my bills to make sure they were right, and besides, I was never late on my payments. A minute later I noticed a late charge on my bill, and sure enough, checking my online bill pay records, this was the first time ever that I'd missed a payment! I have no idea what happened because I paid the bills for my other credit cards last month. When I checked the paper bill that I have in my records, I saw that I had written down that I paid the bill on August 28 and the account I paid it from! So what on earth happened? Maybe I didn't hit send on this one? Fast forward to the next morning (day 24), I called the credit card company and asked for the late fee to be waived since I had a perfect record, and they even waived the interest payment. Here again, this is something that never happens to me, I do the right thing but something goes wrong somehow, it feels extremely stupid, but it turns out okay in the end with quite a bit of work on my part. Still, I can't believe it! My chest feels tight, like a weight is on it.
26/05:30	MIND	11 Hard to get up at 5am to prepare for art show; when I finally got up, I got the rice cooker going and then went back to bed for 15 minutes! While in bed my thoughts went to all the things I'd have to do when I got up again, and yet I still stayed in bed; my norm is to pop out of bed when the alarm goes off whether I'm tired or not, and I absolutely never go back to bed once I'm up
35/00:00	MIND	11 Here is her face, intense look in eyes, lips puckered. Shot it forward, it swiggled down. Slithered down and smooth and across the floor.
35/00:00	MIND	11 What the hell is this? Odd, not frightened at all. Curiosity, bewildered, really? So curious.
35/00:00	MIND	11 Not threatened. Observing. You are watching, not involved at all. Nothing to do with me. Calm and observation. No palpitations. Calm and quiet and look at that.
35/00:00	MIND	11 Observed, watching from a little bit a far. It like a different world, it's separate. I'm here, I'm in my own, it's not going to come into my area. We are separated by something.
35/00:00	MIND	11 Intense look in eyes, animalistic and other worldly. Like possessed. Same intense look. Looking thru me.
35/00:00	MIND	11 Possessed = taken over, filled up the space.
35/00:00	MIND	11 that person wasn't there - it was filled with something controlling or possessing her body. It's not what is it supposed to be. Deceptive.
35/00:00	MIND	11 An energy, It's not tangible. It's energy. Evil. Evil energy. Evil that doesn't care about the consequences or others. It has one goal it will do anything to reach that goal. It will step on anything, it will take over you.
35/00:00	MIND	11 It has it's goal or mission, doesn't matter what is in it's way. It will possess another shell, another being in order to deceive someone.
35/00:00	MIND	11 It's dark, it's like a cloud. It's not even tangible, It's dark, black. It's fearless. It just moves in or sweeps in. This black cloudy energy, with a cape, it sweeps in it floats, it's floaty, it's like a black cloud that swoops down.
35/00:00	MIND	11 It's not together, it's particles, it's a cloud, it absorbs into the thing, the person. Something is coming in, whatever is inside has to pushed out. All the inside stuff is shoved against the shell and energy is shoved out.
35/00:00	MIND	11 They don't exist anymore. They have been dispersed. The cloud energy has come in, they come together into the person, they shove the person's energy out, their energy disperses, they don't have an unity, they can't work together as a person.
35/00:00	MIND	11 Breathing in and breathing out. Almost salivating. Like a rapid dog. A sickness. Not a normal hyper-ventilating. It's taken over. It's not quite there. Right before it's totally taken over, it has this thing inside it that is taking it over and destroying it from within. So the body is struggling. That's what the body was doing, this hyper-ventilating.
35/00:00	MIND	11 Little by little, destroying from within, not like taking ten years, It's taking more and more. It's like my particle cloud. It's eats away. The being that is taken over, they feel it happening, they feel the destruction, they desperately do what they can to survive. At a certain point, they know it is coming, that it is almost over. At a certain point, they are too long gone. Then the energy can finish them off.
35/00:00	MIND	11 It's struggling. Desperate. Live or die. No hope. Nothing you can do to push it back. Hold it off... go against... the battle, the two meet, so this one wants to meet and make the other retreat.

35/00:00	MIND	11	They want to push against it. They want to be threatened, they are fighting with all the energy they have. The effort is all the effort they can give to the LAST OUNCE. Say one particle of the being is untouched, every other particle has to be used to push against this. It's monumental.
35/00:00	MIND	11	A picture of the battle, the captain, and every other person has to be fighting, NO you need to give 200%! Not godly. You give what you can, and then another of what you can. No, It IS superhuman.
01/14:08	MIND	14	Taking the remedy, there was a black screen, in the top left corner there was a light, it wasn't bright, but it was annoying, why was there a light there? Something to do with a light.
01/14:09	MIND	14	Thinking of a movie where a man is fighting with another man, he has a sword, he slices through another man who then disintegrates. They are like martial artists. Swords and all.
01/14:10	MIND	14	There is also a vision of tube, wanting to go into the tube and go to the other side. Like a time vortex in Doctor Who, everything is moving around and it's black. Intensely black.
01/14:11	MIND	14	Twisting forward into the center of the vortex. There's a sense that I want to go through the tube to the other side. What I thought of was Ender's Game, a man is playing games that are impossible to beat, but he finds a way to beat the game. You have to be the right smart person to beat the game. A game where the people can see what he is, who is, is he a smart person, a nice person, that sort of thing.
01/14:15	MIND	14	A quest to find out what is beyond now. With the light, wow! What is light? Why is the guy disintegrating? What is on the other side of the tube? What is the solution to the impossible situation or problem?
01/14:20	MIND	14	It's not "I don't know this." It's "I want to know this and I am extremely interested in learning what this is!"
01/14:23	MIND	14	The impossible situation or problem is only solved by the right person who can beat it. I want to, or need to be that smart one, I have to do what I can to find out how to be that person. I am going to do what I've got to do to be this person. I am going to do what I have to do. Do I have the skills necessary to accomplish my goal and win the game? Can I radiate confidence. I am radiating something, what is it, it's a vibe, a vibration, a light...
01/14:24	MIND	14	The qualities of this person include the ability to accomplish what others can't or won't attempt to because they fear that they cannot. The fear that they can't accomplish the task is a disappointment. Yeah, a disappointment that you might fail to accomplish what must be accomplished. I don't want to be a disappointment or disappoint others. This is not a team sport, but you are playing for many people.
01/14:27	MIND	14	This task must be accomplished so that you can assess what you've learned when you've actually accomplished the task, knowledge you gained that you didn't have before.
01/14:30	MIND	14	The Ender's Game is set in the future, aliens have attacked the Earth, we've barely defeated them the first time, the world is training young people, especially kids who are geniuses to be military commanders, this boy Ender is the best of the best. He must defeat the evil aliens. He is constantly playing games in school that teach him or train him to be a military commander. I read this book earlier this summer, it came into my mind immediately upon taking the remedy. What am I learning in school? What is my game?
01/14:32	MIND	14	It's light, not light, as in light and heavy, it's light as in light and dark. It's radiating out onto me, this remedy, it's giving me color or light. It's not a light that warming me, taking away the cold, this light is there, it's bright and shining. You wouldn't want to leave this light if you could, if you had a choice, you'd want to keep it.
01/14:34	MIND	14	You wouldn't want to give something up for it. You'd keep it once you had it.
01/14:34	MIND	14	This light reminds me of peace, inner peace, calm, happiness, hope. It's good, it's goodness, it's something that you always want, but don't always remember.
01/14:35	MIND	14	Radiating energy or force, it's energy is seeping into my hands from the vial, the energy is going into me. It's not like I am being consumed, it's not a fiery warmth, it's flowing into me and it's nice. It is nice.
01/14:37	MIND	14	The time vortex, there is only so much and only so little time to do what needs to be done. A little bit of urgency to accomplish the task, I have to get this done, and to get it done within a certain time. If I don't get it done or don't finish, then there is a feeling of sadness.
01/14:42	MIND	14	An image of me walking forward while everyone else who can't is getting farther behind me; I am walking toward this vortex, toward this light, while I am walking forward everyone behind me is being disintegrated. It's a sense of "I am moving toward the light," "This is good that I am moving toward the light," you never reach the light, but it doesn't matter, it doesn't matter that you won't reach the light, the task is to be moving toward the light, that is what is good. You will eventually reach the light, but for now it's about moving toward the light. That is what is good.

01/14:44	MIND	14	At the beginning of this I saw a black screen, now, I close my eyes and I see light, only light.
01/14:50	MIND	14	It is like a huge game that everyone must play, but not everyone wants to play. Some have to learn how to fight, otherwise they get bullied. You just can't get bullied. You have to stand up, stand up in the light.
01/14:53	MIND	14	It's like truth and justice, that vortex of light, moving toward the light is what it is all about.
01/14:55	MIND	14	When others are disintegrating you just understand that's how it is; they can make a choice to move toward the light or remain in the dark, farther behind. The vortex has an enormous power to it. Sometimes you can't tell if the light is radiating out of you or the vortex, you become confused in a way. It's flowing into me, that feels really nice, warm, light, and powerful. Why can't you remember this light and it's goodness? Why do you forget your goodness? <b>If you remember that you always had a choice your life would be completely different.</b>
01/14:56	MIND	14	The vortex is a spinning disc of light, it is like the spinning wheel of a universe, but not our universe. A different universe, that is like ours, but slightly different. A black screen, like a different channel of the same universe. Pretty weird, huh!?
14/00:00	MIND	14	I got Rolwing and it was terrible, I couldn't do anything else, in the beginning I was being nice and talking to the Rolfer, I couldn't actually talk or do anything.
14/00:00	MIND	14	I didn't want to talk or do anything. It was pretty bad.
14/00:00	MIND	14	I don't really want to talk about this. That Rolwing experience was really bad, it made me feel heavy and trapped in my body. I got really sick afterward.
28/00:00	MIND	14	what is the Greek creation story? The creation of the earth or whatever. I want you to tell me that. I have to do homework about a creation story.
28/00:00	MIND	14	None seem appealing and I like Greek Mythology
28/00:00	MIND	14	In the beginning there was only emptiness a void, darkness
28/00:00	MIND	14	There was only this energy called chaos, and chaos spins and moves. And expands and contracts and implodes and explodes. It is just what it is, it's pure chaos, like being inside of a storm. Out of this chaos there is a great black winged bird that forms. And that bird is called Nix. And Nix flies around and around in this chaos, falling out, opening her mouth and no sound can be heard. She is alone. And then one day, she realizes, if she beats her wings it creates a kind of wind, that creates a stableness, and energy field around her.
28/00:00	MIND	14	And then she feels this force of chaos within her. This sensation deep in her belly. Something needs to happen, out of this bird Nix a golden egg is layer. Nix lays on this Golden Egg for a eon. Past, present and future are interrelated, and finally this egg starts to move, and out of this egg, this God Eros is born. The God of Love.
28/00:00	MIND	14	When Eros emerged, the top half of the shell became the heavens and the earth. Uranus and Gia came birth to 10,000 children. Thousands and thousands of children. In the beginning chaos is this void, the nothing out of which everything arises. What surrounds this chaos, is this unending stream of consciousness, Oceanus. There is a Goddess, Eurynome, who is the Goddess of all things. She wanted to make order out of the chaos. Eurynome calls to Borealis, and together give birth to Eros. In this alternate story. In this story Eurnome separates the sky form the sea by dancing on...
28/00:00	MIND	14	The unknowable place where death dwells. Everything was empty, silent endless and dark. One day Eros rose out of the chaos to create order. Can the sun god and the goddess of the earth.
28/00:00	MIND	14	What about the hundred handed ones. They were created by Gia and Uranus. Uranus is so angry about these hundred handed ones that he imprisons them.
28/00:00	MIND	14	Coming together and going apart.
28/00:00	MIND	14	And then Prometheus creates humans. Prometheus takes his time. The people have nothing. I read a story where he creates them. Eh? Not the story I read when I was a young whipper snapper. Known as the fire-bringer, and as forethought. And light and humanity. He looks thru something before he does it.
28/00:00	MIND	14	Foresightedness. His brother is after-thought. He has two brothers...
28/00:00	MIND	14	He's a titan, he's a trickster. Creation of man from clay. Is known for his intelligence.
28/00:00	MIND	14	You can't tell me what to do.
28/00:00	MIND	14	You think stuff through. You are not my real mom. Make him stop.
28/00:00	MIND	14	Think stuff through, you think before you act.
28/00:00	MIND	14	I brought it down to it's simplest sense.
28/00:00	MIND	14	To qualify that what you act is a good choice or not. (What is the choice about) It's every choice, it's not a certain choice.

28/00:00	MIND	14	Chose between things and sometimes they can be good and sometimes they can be bad.
28/00:00	MIND	14	Fore-thought - so you can not make a bad choice. Bad choices = you don't... you fail. You don't succeed on what it is you are making choice about.
28/00:00	MIND	14	You do not accomplish what you set out to do. Shameful.
28/00:00	MIND	14	My left patella. I feel shame. Sore, stiff. In my left knee.
28/00:00	MIND	14	If accomplish it, it feels good. Feel it in my left scapula.
28/00:00	MIND	14	I felt a chill from my left side of my body to my right side of body like a sweeping or a wave. (He is fixing Erin's iPod) (She is coming to me for help and he steps in and take s the iPod so he can fix it instead of answer JA's questions)
28/00:00	MIND	14	I feel the heartbeat. Like a heartbeat. It's coming from the remedy bottle. I don't know, it's just there. Love. That love stinks (sardonic laughing).
28/00:00	MIND	14	You know before you act. You KNOW. You think, so you know. If you think about it, then you will know about it more. Like should I get pepperoni or cheese, let me think...I thought before... afterward, I should have thought...
28/00:00	MIND	14	It's smart. When the Titans and the God were fighting, he also had to be psychic. He saw that Gods won.
28/00:00	MIND	14	You know before you act, you know what is going to happen. Don't pull those tricks on me. I'm afraid the battleship is fully operational. When your friends arrive...
28/00:00	MIND	14	(laughing uncontrollable) Don't be typing. I didn't say anything.
28/00:00	MIND	14	Don't yell at me.
28/00:00	MIND	14	Luke is in Deathstar... the Empire is trying to get Luke to join the Dark side of the force. And Luke says "no" - he says... I'm afraid... I'm psychic, beat you. They use the force.
28/00:00	MIND	14	A way to push and pull object, yin and yang. The force is strong with this one (in Vader voice). Like I'm the Dark Knight, I'm Bruce Wayne, I'm more than a person, I'm an idea, I'm fear itself. I think darkness is my friend, but it is not.
28/00:00	MIND	14	Darkness has betrayed you. I love Bane. I have a man-crush on him. He's flipping awesome and cool. He pushes him down. And everything is better. Gotham didn't die. That the nuclear bomb would not destroy Gotham, it is not in ashes.
28/00:00	MIND	14	It was a reactor to get energy to power the city, and then he used it to gain control of the city. And gave the people back their city. The action, Batman's action, he's the Dark Knight.
28/00:00	MIND	14	He's the hero that Gotham deserves. You live long enough to see yourself become the bad guy.
28/00:00	MIND	14	You die a hero or you become corrupted and take children captive ... or live long enough to see yourself become the bad guy.
28/00:00	MIND	14	He's trying to impress the one lady. He's more than a hero, he's an icon. Batman can be anyone, anyone. An image cannot die. Strike fear into your enemy.
28/00:00	MIND	14	I have to correct my mistakes. She will be mad at me.
28/00:00	MIND	14	I feel bad I messed it up, I should do better next time. I'm sad or mad.
28/00:00	MIND	14	Either I am bad, or I hate you.
28/00:00	MIND	14	The ocean, push and pull, the moon pulls the waters, like the tides, push and pulls, the moon is the pull, the other one pushes. Earth bending is a solid defensive stance.
28/00:00	MIND	14	A wind may blow by, the waters can flow by and the fire...and the earth is a strong stable thing. The rock cannot move it is strong. You have to be strong as a rock to stand up to a rock, rise up against the enemy and be strong.
28/00:00	MIND	14	Circular, like brown, like a jagged circle, not solid smooth, they have jags. It's probably made out of stone, solid, and it is. It's a big STRONG rock! Shame on your family!
28/00:00	MIND	14	Pretty dang strong. Rock and iron, but diamonds has best density. It's stronger than most things but not as strong as some.
28/00:00	MIND	14	Air is the opposite. It's nice and swift and very nice. The monks have taught the air benders to be kind.
28/00:00	MIND	14	Monks are kind. They are really drifty, they drift between one world and the one of the spirit. I find pleasure in remembering things that mean nothing.
01/10:43	MIND	15	Feel peaceful. Very restful. If I had a pillow I would fall asleep.
01/11:00	MIND	15	Feel a little bored, irritated, want to go do something. Impatient.
01/11:35	MIND	15	Kind of want to go and get things done. Nothing happening here. A little antsy.
01/11:38	MIND	15	Restless. Want to leave, get this done. This isn't unusual for me. Go do things.

01/13:00	MIND	15	Felt weird inside. Emotional weirdness. A little bit of anxiety. A little bit of abdominal discomfort. Can't really describe. Not quite right, not quite normal, unease, very momentary, like something was wrong.
03/10:00	MIND	15	Prover forgot to call supervisor as scheduled. She had a client show up early and it didn't cross her mind to call. She mentioned it is unlike her not to call. She mentioned she is usually more conscientious so maybe that is part of the remedy. Otherwise no new symptoms. Nothing really left of the symptoms.
03/18:30	MIND	15	Prover had an unexpected guest arrive for dinner and they had already ate dinner. Normally she would have panicked because they were unexpected, the house wasn't picked up and they had already ate. Instead, she was calm. Pulled out leftovers from the refrigerator. Come in and enjoy. No problem. Usually she would fuss over having a better meal and plan for the guest.
04/13:45	MIND	15	Had a client cancel and wasn't bothered. Usually would be concerned but thought must not need to work on that many clients today.
04/13:45	MIND	15	A friend called today to get advice on a client. Right away the prover had confidence in the remedy to give. Usually she isn't this confident when she doesn't first look through Materia Medica and review a case. But right away felt she knew the remedy. Increase confidence.
04/13:45	MIND	15	Life is good attitude. Little anxiety.
08/00:00	MIND	15	Had many things to do, but found myself just kind of taking it easy and avoiding the work.
08/01:00	MIND	15	Monday morning at 1-3 I do Eucharistic Adoration at church.....chosen because I love the peace and quiet alone with Jesus. Anyway, at 2 AM someone chose to come and be there with me. I was amazed at how angry I was that they were invading my space when I went to such efforts to be alone. I had all I could do to restrain myself from saying something to them. It is a person that I really like, so the anger rather surprised me. I was there during the day on Monday and people came and it was fine.
10/10:25	MIND	15	I am not journaling.
10/10:41	MIND	15	Irritable. Impatient. Let's make this happen. I don't want to sit here. I want to leave and go do something else.
10/10:47	MIND	15	I just had a thought....wouldn't it be funny if I started to cry right now. No desire to just a thought that came to me.
10/10:54	MIND	15	Running water sound is very apparent. It is peaceful. I am picturing myself sitting by a bubbling stream. Peaceful. Nice.
10/11:03	MIND	15	Tired feeling. Real peaceful. If I had a pillow I could lay down and go to sleep.
10/11:11	MIND	15	Peaceful. Stream. Beautiful spring day. Pleasant. Opposite would be chaos. The go, go, go. Computer. Cell phone. Every electronic device. go, go, go, go, go. This is the peaceful, serene. Bible like. Shepard by a stream. 75 degree sunny, gorgeous. Fresh, bubbly water going by.
10/11:11	MIND	15	Impatient. Want to go outside. Last couple of days have been more impatient.
10/11:11	MIND	15	Annoyed feeling permeates. Low tolerance. Cell phones. Noise, chaos, oh god, need to do this and that, got to go, got to do
10/11:11	MIND	15	Likes peaceful situation. Doesn't like distractions from the peace and quiet. This is me not a proving. Things are more impatient during the proving versus distracting. The other night during my peaceful quiet time. 2AM someone came in the door and interrupted my space. Got into my space. A lot of anger. Proving or what I was doing in my prayer. My reaction surprised me. Really anger. Felt in the chest and heart region. Tightness. And in my face. I kept telling myself, just let it go, just be with it. Would have said get out of here. my time, my space. I don't want you here.
10/11:20	MIND	15	Same kind of ache when I lost my father. Not having that feeling now but it is the same kind of ache.
10/11:20	MIND	15	Bored. Irritated. Want to get moving. Want to be outside. Gorgeous day
10/11:23	MIND	15	Vacillating between irritability. Want to go, move, do and peaceful, go to sleep.
10/11:23	MIND	15	Still hear the water.
10/11:25	MIND	15	Technology interruptions are irritating and disrupt the peace and quite.
10/11:25	MIND	15	Absolutely no desire to journal. I am usually conscientious about it. I told you already and don't need to journal. Irritable.
13/11:10	MIND	15	Everything has been really subtle.
13/11:11	MIND	15	Out of control. Chaotic. It disrupts what I want to be doing. I am a fairly structured person. It is very annoying.
13/11:12	MIND	15	Chaotic, everything going, television on, mobile phone making noise, computers on, everything is making noise, very electronic. Everything turned on all at once, altogether. That is totally not me.

13/11:17	MIND	15	I am not writing a journal, it's one of those irritable things. I am opposed to doing it, I am telling my supervisor, I do not need to do it twice. Easily annoyed, impatient.
13/11:18	MIND	15	Pulling up behind somebody, if they are going too slowly while driving, I think to myself, "Jerk". I am tapping my fingers, energy irritability. I just have to get something out something needs to move, to release. I will wiggle my leg. I do this anxiously.
13/11:19	MIND	15	I started a paint project over a year ago and procrastinated, stalled out on it, and stopped it, now suddenly yesterday, I decided to tackle that. It needs to get organized, to get done. I was delayed, I planned to start it in the morning, but I was delayed until 12 pm, normally I would say, "It's too late now." But, I did it, I stayed with it until 8 pm last night.
13/11:22	MIND	15	I just all of a sudden felt an inner motivation, I am pretty laid back most of the time. All of a sudden I wanted to do this. It was a beautiful fall day and I was industrious.
13/11:22	MIND	15	It's a coffee color, I love coffee.
13/11:23	MIND	15	I have been better about not eating between meals. I am more attentive. I have more control. "You know I am not really that hungry, why do I need to eat that?"
13/11:23	MIND	15	I am left handed and I am holding it in my left hand. Free associating.
13/11:29	MIND	15	The penetrating warmth of the sun. I love to sit in the sun on a cool day. It's just peaceful warm, being enveloped, like a mom holding her baby, warm and reassuring.
13/11:30	MIND	15	"Get out of here!" The substance is encased in something and wants to be released. It wants out of the vial. Thousands of multicolored ping pong balls bouncing everywhere. Fluorescents, green, pink, orange, blue ping pong balls. They are out in space, bouncing all over every direction, I don't understand what brings them back, but they are bouncing all over. It's chaos. It's crazy. I want to leave. It's driving me crazy, too much stimulation.
13/11:33	MIND	15	Overstimulated, if you could imagine, radar waves, radiation, invisible waves bouncing, bouncing, bouncing, all different kinds of frequencies, it's pure chaos to me.
13/11:35	MIND	15	I want to go outside, the fresh air, it's cooler, I am not surrounded by the chaos, and the bouncing waves, I am standing barefoot on a wood deck, solid.
13/11:35	MIND	15	The other experience was not solid atoms bouncing all over.
13/11:36	MIND	15	I am uncomfortable. It's like entering a room with too many electric devices turned on at the same time, too many impulses, and I feel I have to keep moving.
13/11:37	MIND	15	Hands are moving, feet are moving, I am moving, I have to ground, I am going barefooted to the grass.
13/11:38	MIND	15	I threw the remedy vial, it helped a lot to get rid of it, I threw it out into the yard, I don't know if I will ever find it again. I no longer have that energy making me move. A little bit of the chaos remains, I am wandering through the yard.
13/11:40	MIND	15	I will try to take notes, something interrupts and I find an excuse not to do it.
13/11:41	MIND	15	I actually felt more just holding the remedy, than actually taking the remedy.
00/00:00	MIND	16	Right before taking the remedy feeling light & happy & positive, very good feeling
00/00:00	MIND	16	Right before taking the remedy, I felt so calm. I felt light, and happy that I was helping people by doing the proving.
03/15:00	MIND	16	At work today, there was an important book of data I could not locate. I looked for it all morning & couldn't find it. I asked my supervisor if she had the book; she didn't have it but she found it right above my desk & I hadn't seen it!
03/20:30	MIND	16	I'm not feeling any effects so I may take a second dose of the remedy after talking with the Master Prover.
04/20:10	MIND	16	Before I take the second dose I was a little intense (I don't consider this as my symptom because it was because of an argument I had with my husband & my reaction wasn't different). I tried to calm myself down before taking the remedy & I did, but right after taking the remedy I felt much better, not intense at all.
05/12:35	MIND	16	It's stuck. I can't take it. I have to dig to get it out. It's in deep. It's not superficial. To make it free to take it out.
05/12:36	MIND	16	It's not easy to get it. When it is deep. Something unattainable. You can't get it. Something deep under the ground. Something very deep you can't really get it. Not easily go and find it. Dig and dig to get it.
05/12:37	MIND	16	Unattainable = something you can't have it easily. Like some metal very very deep under the ground you can't find it. Like the metals in the mines. Not easily attainable.

05/12:38	MIND	16	Hard to get air in and out. Like you have to struggle to get it. You have to pay attention to get it. It's not like something I can't do it, but have to work harder than regularly. It's not impossible. Impossible = not going to happen. Like looking for metal in mine you have to dig hard, you have to work. I know I can do it. It's doable. Impossible = not accessible. Like looking for something precious in the mine and don't find it.
05/12:39	MIND	16	I can not do anything about this. That stuck feeling. I can't change him. I'm stuck in this. I'm the one who has to be flexible. To go with the flow. What other people are doing. Like you are in this box and you have to accept it. You can't move your hands or anything, it's just what it is. You can't move hands or feet, you have to stay straight. that is the way that is it. No tightness or anything. Just being in a box where you can't move your hands. This is what it is. You have to accept what is. No pressure or anything, but you can't change the situation. I was angry. I was intense. I want to change, and I know I can't. I'm fixed in this too. I tried to take 10 minutes for myself and calm myself down. Right after remedy, felt everything is fine.
05/12:40	MIND	16	Everything is fine, if I cannot change it, everything the way it is fine. I'd like to change things the way I'd like to be better, I knew I couldn't, made me angry. But after the remedy, it was fine. It wasn't that important any more. No anger. I'm not feeling intense any more. No fight between the way it is and the way I wanted it to be. There wasn't any fight.
05/12:41	MIND	16	Peace, you feel light. Like before taking first dose, so happy and light. This time it was peace. No weight. Nothing to be worried about.
05/14:40	MIND	16	I was going to send my journal to my supervisor and I sent it to another person with the same first name!
05/14:50	MIND	16	I realized I didn't send my journal to my supervisor so I sent the e-mail but without any attachment!
05/15:00	MIND	16	I have a meeting at work but I feel foggy, I feel like I'm confused & my brain is not functioning well.
05/20:00	MIND	16	I was driving & I turned right onto the wrong side of the street, the cars were coming toward me!! It was on CR-81 which is 0.5 mile from our house & I go there almost every day!!
06/9:15	MIND	16	In case taking I wrote some funny words & had some misspelling.
07/00:00	MIND	16	Confused, absentminded, today I made a couple of big mistakes while driving. I turned into traffic on the wrong side of the road. On the streets near my house. These are familiar streets. This is very unusual.
07/00:00	MIND	16	I have been making mistakes with electronics, emailing without attachments, emailing the wrong person.
07/00:00	MIND	16	I feel like an idiot, but I am not embarrassed.
07/00:00	MIND	16	I asked my supervisor who is a very serious professor if she had seen a very important book. She came to my office and there it was just above my desk. This is not what usually what happens. She said, "You need a vacation." I was not embarrassed, that would be my normal response to this situation.
07/13:30	MIND	16	Very confused. Made a couple of mistakes in driving. Glad Police didn't catch me!!
07/16:04	MIND	16	It feels like, it reminds me when you look at a cardiogram, how it goes up and down when it is working. It is just one.
07/16:06	MIND	16	The bar is the silver color of metal.
07/16:09	MIND	16	Instead of shortness of breath, now it's the shortening of the muscle. It is in a different way. This is going up and down to increase the size or length of the muscle, of the smooth muscle.
07/16:15	MIND	16	I am under the ground, not easy to find, heavy, very heavy, you have to work hard to get me, to find me. It is not impossible, but you have to work hard to find it. Something deep underground. Very heavy, it goes down and down, it probably takes other things with it down, because of the heaviness.
07/16:16	MIND	16	It's deep. It's confusing. As you are going to get it, you get confused along the way. Confusing, disorienting, it's unclear, foggy, it's not definite, it's like a fog. Like driving in fog, you can't see where you are going, you are not clear. It's like when you go to get the substance.
07/16:20	MIND	16	It's silvery, grayish, a pale blue, going from blue to gray, it's not dark blue. It's like a steam, you can't not see it.
07/16:20	MIND	16	It's like a steam, but it's not moist. Just the steam, gray-blue, you can't see through it. It's not a hot temperature.
07/16:23	MIND	16	Something that you have to go get, to go through the fogginess, the steam to get there.
08/18:00	MIND	16	I woke up from the nap and took my daughter to soccer practice. I take her to practice twice a week every week and today I took her to the wrong place! Tried to call her coach and let him know she will be late but didn't find my cell phone. I thought I left it at home; after I dropped her off I found my cell phone in my pocket!

08/18:10	MIND	16	I'm frustrated with myself. I'm making too many mistakes and I'm confused.
08/20:00	MIND	16	I'm driving back from soccer and I went to our old house!! We moved from that house 2.5 months ago and I have never done that during that last 2.5 months. Again I feel frustrated with myself.
09/13:00	MIND	16	Last Tuesday (day 2) I had an auto accident. Someone hit my car right after I dropped off my daughter at school. I just got her insurance information & drove to my work. I called her insurance when I got to work and after that I totally forgot about it. I even didn't tell my husband when I talked to him on the phone that day. Today (day 9) I was reminded of the accident because someone called from her insurance company to schedule a repair appointment. I thought I should record this as it happened during the proving and also because I didn't care much about the accident even though the damage to my vehicle is bad.
09/20:00	MIND	16	A few days ago (day 2 of proving) someone hit my car in a parking lot; it did some damage, a few things were broken. It was so strange because I forgot to tell my husband about it. I told him a few days later. Didn't feel like a big deal but I would have liked to have remembered to tell him that day.
10/10:00	MIND	16	I am at work and I feel so good and light, kind of relieved. It's close to my feeling right before I took the first dose of the remedy. I'm thinking probably the remedy is wearing off.
11/19:00	MIND	16	(Prover via phone. She is holding the remedy in a relaxed state and describing any sensations that come:) I feel like I'm in a cloud. It's light blue, grey. I'm holding a metal in my hands, and there's a little bit of heat in it. I feel like it's a grey, silvery-grey color. I'm in peace. I don't have any emotional feelings. I have clear thoughts. I see the cloud but I don't feel it in my head like I have been. I don't feel confused like I have been. I don't have it in my head; my head is clear. Inside I feel peace, nothing else. I see white, light blue, like a beautiful blue sky with a cloud floating in it. It's not like a cloudy, foggy, grey sky. It's a Minnesota sky. I love the Minnesota sky. It's clear, it's beautiful. I feel like I have it in my hand. Beautiful, peaceful, white cloud. My body is feeling fine, nothing is going on.
11/19:00	MIND	16	(Prover via phone. She is holding the remedy in a relaxed state, and describing any sensations that come:) I'm going to open my eyes now. I opened my eyes and I thought I was on the ground. When my eyes were closed, I realize I felt like I was up in the sky. Upon opening my eyes, I feel like I'm down on the ground, like I landed and now I'm down.
15/08:14	MIND	109	Since this is the second time this morning that she has expressed irritation - which is surprising to me because she is such a good natured person!!! - I ask her if there is anything else she is feeling irritated about.
00/00:00	MIND	115	Woke up and had to do some yoga. I usually put this off. Couldn't not do it.
06/11:00	MIND	115	Prover has not been sending in journal.
10/09:45	MIND	115	Throughout the proving I have been processing grief. A good friend (around 35 years) mother got a severe blood infection. The experience they went through from learning of the sickness and finally the outcome and her passing on day 7 of the proving has made me think about my fathers death. It was about 2 1/2 years ago. It breaks my heart. The pain and anguish felt by the family and loved ones. Sadness. A sense of being helpless. What can I do? but other than being there, not much. I found it healing to talk about these feelings. Talk about the good in it. Talk about the love. It still hurts. It is a deep pain. I feel it deep in my heart. It is suffocating. Drawing the energy from my throat, mouth and jaw into my heart. Collapsing inward.
10/09:45	MIND	115	My family decided to make a move across the country from MN to WA just before the proving. This process has been a roller coaster. Many changes are taking place. It is stressful, yet exciting. My husband has left already. It was very sad the morning he left. We (husband, daughter, and self) were all in tears. Knowing that we may not see each other in person for a couple of months was very difficult. There was a sense of deep love and vulnerability. Fear of a last goodbye. It is same same sensation deep in my heart. Missing, longing, loving. My heart is absorbing all of the pain. Holding it, tightening around it.
13/12:30	MIND	115	Deep sorrow. I am grieving the death of my father and a dear friends mother. I feel a pain deep in my heart. I am choked up and having difficulties physically expressing. I am attempting to hold back the tears which is creating a sensation of choking. It is hard to swallow. I am allowing people to comfort me in my grief. I would rather run away and avoid it all but am not.
00/00:00	MIND	116	It is difficult to put my thoughts into words, my mind works more slowly. For example, wording emails takes an extra long time; I delete what I write and re-write it several times. Makes a simple task quite arduous.

04/17:00	MIND	116	(per Dream) Building sense of dread and fear. How can I escape, how can I avoid this situation. So much dread and fear of this event coming the following moment. No one else seemed upset, this made me angry. Why am I only one that thinks it is absurd? Next morning, okay, battle about to start. I tried to withdraw myself into this room. I thought I could get out that way, instead this woman rolled this stone over the door.
04/17:01	MIND	116	(per Dream) Felt really disturbed. This fear and dread of a threat coming to get me. (HG) Heart beating faster. (Not normal for me) These people were going to do harm, violence and killing. I had to wait for it to happen. Agonizing, this horrible thing was going to happen and I couldn't escape or change it, I had to be in this place.
04/17:02	MIND	116	(per Dream) Like a group of people were going to attack, people wanting to do harm. How can these people do this? How can they come here and inflict harm? The stabbing violence, the old part, hand to hand combat, the weapons laying around were Medieval. Like the Lord of the Rings battle, axes into battle. Like blood. I knew there would be horror and blood. Good versus Evil. I was the good one. The evil, was impending, and it was unstoppable. No one else thought I was good. No one else saw the injustice of it.
04/17:03	MIND	116	(per Dream) I was feeling this is absurd... open your eyes, let's try to get out of here. That no one else, thought it was a problem, they were complacent. I was being ignored.
04/17:04	MIND	116	(per Dream) Felt helpless. I couldn't get away from this force that was going to come, I couldn't get away from it on my own. I was terrified. Very helpless. Bleak, dark, isolated. Then shut up in this room. For a second, thought I could escape, then this big stone was rolled over doorway. Then it was dark. Like a movie going off.
04/17:05	MIND	116	(per dream) When woman rolled stone, I thought she was going to help me, then it became clear, game over. The battle outside, just a matter of time before they got me.
04/17:06	MIND	116	(per Dream) Complacent, they didn't think it was a problem, not doing anything about it. (teeth chattering). They weren't aware. Even though weapons all over, I knew they could see the weapons, everything else looked normal. They are fine with status quo, don't care to do anything to make situation better. Almost a lazy. Like a giving up. a lack of awareness. Just going thru motions. They are complaisant, they are not doing anything. I was so angry, I'm going to die! You are going to die! How can you not do anything?
04/17:07	MIND	116	(per Dream) The force that was coming - so ugly and violent and dark, people that on outside looked normal, were in fact going to commit horrible atrocities to innocent people, They were combined together, they were a force, combined together to commit violence, like a mob, like a team.
04/17:08	MIND	116	I couldn't understand why, nothing made sense. I felt very alone because of this. I was trying to express my concern it was falling on deaf ears.
04/17:09	MIND	116	(per Dream) The location of the dream, UK, I thought it was nice peaceful thing, on vacation at a place that I love, a very sacred spiritual place. They were taking something that was so sacred to me and there would be blood and violence. This is my special place.
04/17:10	MIND	116	(per Dream) You are desecrating it. Like a rape. It's a violation on a deep level. This place, everyone has a right to have this special place, this safe place that is pure and calm, and a white light. Like oneness. How one experiences spirituality, certain places can lead you in that direction, a meditative place where time and space don't exist. Certain places remind you of connectedness of everything. It's euphoric and sublime. It's blissful. Not just peace but joy. Connects you with timelessness, your soul recognizes them, and you can't ignore them. You're been there before on some level, your soul has known it before. That feeling that reminds you that you are more than this physical body, lifts you out of this world.
04/17:11	MIND	116	(per Dream) A white light = pure essence of being. Beyond this plane of existence, it's pure energy. It's like where we all come from, it's everything, it's consciousness.
04/17:12	MIND	116	(per Dream) Opposite of complacent = Aware. Wanting nothing bad to happen there. Actively aware, engaged, seeking, they are taking action.
04/17:13	MIND	116	(per Dream) Taking action = trying to illicit change. Positive change. Trying to improve the situation, take control. Trying to change the outcome. They are doing what they think is right. You can't help it. You can't NOT act, or you may as well die. If something is happening you don't like, I can't just sit there and not doing anything. I need to voice opinion, I need to be heard, I need to do something. I'm not going to roll over, if it seems something is going to happen that I don't want to have happen, I can't sit there and not do anything. I want to try my hardest to make things right. To express myself.
04/17:14	MIND	116	(per Dream) No matter what happens, at least, you are advocating for yourself. You can have peace of knowing that you tried.
04/17:15	MIND	116	This is magic.

04/18:30	MIND	116	After class today, I realized I forgot my keys at home and locked myself out of my house. Had to have a friend drive me to my parents' house to get spare keys. Felt annoyed with myself for forgetting. I even recall looking at my keys that morning and thinking to myself, "Don't forget to grab these..."
05/17:15	MIND	116	Someone asked me how I was doing, in a kind and sincere way, and I had to fight back tears. It was a sudden flustered feeling: "Yes...no...maybe... I don't know how to answer that question." There wasn't enough time to adequately express myself to this person, but I wished that there was. A sudden longing to connect and to be understood on a deep level.
09/19:30	MIND	116	Feel annoyed with my nose and respiration symptoms. It feels oppressive, like I'm being held back and I want to break free. I want to breathe clearly again.
25/12:01	MIND	116	Hard to reach out about this (tears) Something just compelled me to call you. For the past 9 months, I've been trying to reconcile some feelings I've had for some other person. Caused upheaval, distracting, made me feel like head is in the clouds. Taken me away from my real work. I'm on this quest, to deeply understand myself. I alternate between very focused on these intense feelings vs. taking a larger focus, how this is symbolic, how to grow and learn. I feel like it's a dichotomy between earthly things versus a more spiritual timeless or universal view of things. This battle is going on.
25/12:02	MIND	116	This intense battle going on. Swept away in the story of what is going on. My feelings... so sick of it. I'm tired of being self-absorbed. I give up. Surrendering or something.
25/12:03	MIND	116	I just want to be myself. It's hard to know how to do that. Sometimes I'm so expansive, these feelings are so expansive, I love everybody, I'm connected to everybody. Then I feel I'm held back in a way. Not appropriate to express it, to have feelings for this other person. I can't express it.
25/12:04	MIND	116	We decided to pull back. To not have me be around this person as much. Now I am feeling this desperateness. I don't know what to do. This doesn't feel good either. I'm not able to be open about how I feel. Why can't people tell how they feel. And authentic connection.
25/12:05	MIND	116	Trapped, pulled back, not able to express = it's like you put blinders on, you focus what is important to me, family and school work, etc.... Not always exploring, to just ignore the feelings.
25/12:06	MIND	116	To turn away from it, like being a good wife... a good wife or a bad wife, am I a good student or a bad student...? It's hard, when I am turning away from these feelings...the feelings rise up after certain point. I don't know what to do with that energy, it's confusing.
25/12:07	MIND	116	Troublesome to me, there is something I should be learning here, to take this energy, this sexual energy and to transform it into something that is a higher purpose.
25/12:08	MIND	116	Not acknowledging myself. When I turn away. It keeps smacking me in the face. There is this part of me that has always been there, a more restless, sexual energy, very free, doesn't want to be held back, doesn't want to be told what to do. I can see that since I've been a child. Oh, hello, can't ignore this! It's been really intense. Especially the last month.
25/12:09	MIND	116	I'm becoming a truer expression of myself. I'm trying to figure out how to be myself. Who the hell is myself. It's not who I thought.
25/12:10	MIND	116	Who I thought I was, I'm not that person... I'm not as... I thought I was living a really full life, but I was only seeing just a small part of life and what it could be... now my context is so much bigger, so much freer and expansive.
25/12:11	MIND	116	I don't know how to contain it. Maybe I shouldn't contain it... but trying to figure out how my life is going to look.... It's scary... just the potential for change. Change can be hard, I don't want to hurt people.
25/12:12	MIND	116	There is a certain structure in place and maybe that structure doesn't fit you any more... how to exist... I have this certain structure in my life... can I thrive in this structure? Sometimes it seems like I can... sometimes it feels like the other part that doesn't fit.
25/12:13	MIND	116	Intense battle = on a number of levels. It's me and I'm seeking, this constant seeking. Trying to find proof. When these feelings arise, on the one hand it's fun and fanciful to get carried away, then it's very expansive and good. Then somehow that's not enough... the battle is like, what do I really want? Can I have what I really want?
25/12:14	MIND	116	This dream I'm still thinking about... this oneness and unity and this spiritual part and then there is this earthly bloody material part.
25/12:15	MIND	116	Do I want something more earthly?... exciting sex, more earthly things or do I really want this peace and clarity that comes from a deeper understanding. So sick of these sexual feelings for this other person...it's looking outside myself for something to fulfill me. Like this other person... always seeking outside myself. I don't want to always be looking for something else. I'm enough. Why do I think some experience is going to fulfill me?

25/12:16	MIND	116	To be a balanced person. This is hard. To integrate it into my life so there is harmony and balance. Right now it feels just up and down, when someone is raising their vibration, thru healing, when you fall or stumble there is a greater distance to fall. The highs are higher but the lows are lower.
25/12:17	MIND	116	I can't access any of them right now. They are all dead ends. Maybe I'm not supposed to be seeking outside myself.
01/06:41	MISC	1	I just took the proving substance
11/05:02	MOUTH	1	Nothing tastes right; metallic taste, like a penny...
01/00:00	MOUTH	4	My teeth want to bite.
01/19:20	MOUTH	9	Dry, want water even though already drank eighth glasses of water today plus hot and cold tea
01/21:00	MOUTH	9	gums sore, canker sore left side in gums/joint,
04/00:00	MOUTH	10	I must say I have really been enjoying food these last 4 days. Fruit is especially appealing, like cherries & watermelon. Bananas not so much but this is par for me. Oranges either...not so much, but cantaloupe & pineapple really taste good to me. I notice I am making excellent food choices and more easily exercising discretion and self-control with foods like Trader Joe's Dark Chocolate-covered caramels. These have long been one of my weak spots. Now I find I can enjoy them even more, and eat only one or two at a time & be fine with that. Almost everything, liquids included taste so good to me.
15/11:45	MOUTH	10	This is something I had wanted to report a day or 2 ago, but have forgotten. Well over a month ago now I had lost a filling in the lower front of my mouth, on the left side. My dentist is closed on Friday's and this had mandated that I live with that jagged edged tooth for several days. Consequently, I developed a very sore, blister-like wound on the inside of my lip where the skin would get trapped between the jagged edges around this absent filling. It had healed well after a new filling was replaced. Fast forward to a day or so ago and for no real reason....I suddenly felt that sore again and can see that it is in the same place as the old one was...only there is no real reason for this to be here now. It has been annoying and painful. I mention it now as it is slowly receding today. But how strange is this....like a return of old symptoms....from injuries. I'm glad this owie is on it's way out.
01/08:11	MOUTH	11	As I'm sucking on the remedy, I have a bitter taste in my mouth. top of tongue and roof of mouth feel dry.
10/06:30	MOUTH	11	Noticed a canker sore on the right side of my tongue; I haven't had one in half a year or so, though I used to get them all the time when stressed
10/14:10	MOUTH	11	Bit my tongue hard to the point of bleeding
11/01:00	MOUTH	11	A couple gums bled quite a bit after flossing tonight; I couldn't stop it just by rinsing my mouth once, it took many times, and even then I was still spitting out pink water; bloody taste in mouth from it, which I don't normally like but the dislike seemed stronger this time because I seemed more sensitive to the smallest taste of it
11/12:50	MOUTH	11	Canker sore appears to be gone. Cut on tongue is almost not there anymore, and it was a brand-new big cut just yesterday! Healing faster than usual
13/22:00	MOUTH	11	Gums haven't bled since the other night, but the gum above my right front tooth has had a cut for the last few days; it hasn't healed quickly like my other cuts or injuries; it's been painful to floss and brush my teeth in that area, but tonight it's finally okay to brush lightly; it looks red and inflamed there, and where the cut is, it's white like a canker sore
16/16:20	MOUTH	11	Yesterday noticed at this time the start of a canker sore on the right side of the tip of my tongue, close to the place my canker sore was a few days before if not exactly the same place; today there's little or no sign of that canker sore; this seems unusually fast, the canker sore didn't even develop; seems like it may be a healing response since it didn't bother me much and went away quickly
17/23:30	MOUTH	11	Upper back of left gums bled a lot when flossing
23/00:20	MOUTH	11	Flossed and upper back left gums bled a lot; the amount of blood reminded me of when I lost a tooth as a kid, way more than normal when flossing!
28/08:00	MOUTH	11	I feel an infection starting in my left back lower gums (I've had this before but not in a while)
30/09:00	MOUTH	11	Infected feeling in back lower left gums is still fairly slight, not getting worse, which is unusual, though I can feel tenderness in the area of the mandible-maxilla joint and along the mandibular nerve
08/21:00	NECK	10	I am aware that the back of my neck feels stiff and it's almost like I have a headache in the area of my upper neck. It hurts but only slightly.
08/22:10	NECK	10	I find myself rubbing my neck on the left side. It feels like it's being strained & that the pull is coming from my left shoulder and/or my shoulder blade in my back. The aching in my shoulder blade area has mostly faded, but I did notice today while driving that it felt a tad tight.
12/10:50	NECK	10	While on my morning walk, the right side of my neck felt stiff & achy. It lasted only a minute or so.

01/10:45	NECK	15	Sensation right side of neck and shoulder. Something energetically being there - slight pressure not pain - not very descriptive.
01/11:05	NECK	15	Right side achy and annoying - like needs to be rubbed.
01/06:53	NOSE	1	My previously blocked sinuses cleared, thick clear mucous dropping down post nares, I spit it out; my nose is completely open.
01/06:53	NOSE	1	I have been obstructed for days, since the ragweed bloomed.
22/17:00	NOSE	1	A very painful acne developed inside left nostril, inner, near tip of nose. Very sharp splinter pains when blowing nose with a Kleenex.
26/08:00	NOSE	1	I have another acne eruption inside my left nostril (the last one was on the inside near the tip of my nose a few days ago, this was, painful as ever is on the outside edge still inside the nostril however).
08/17:34	NOSE	3	Watery eyes and stuffy nose - feels like a cold coming on. Perhaps my immunity system is compromised because of all the stress.
17/00:00	NOSE	3	I felt nasal stuffiness and sneezed and yawned a lot. I felt confined.
02/09:00	NOSE	4	Noticing odors much more. Strong perfume in spacious lobby by elevators. Doesn't disturb me but I seem much more aware of odors today.
08/00:00	NOSE	9	dry, crusty inside but I have but have juicy bugars, can't blow them out, need to dig out with Kleenex-white to clear, old symptom when using dairy
08/08:30	NOSE	9	I was driving along and I noticed my nose - this is an old symptom that I use to have when I used dairy - my nose is dry and crusty inside but I have these white, juicy "boogers" (that aren't crusty) and my nose is running but you can't blow out these boogers - so I'm digging at my nose with a Kleenex - I can pull them out with a Kleenex. It's interesting - I think it's kind of a family thing - my Dad and grandson have this too - of course back then when I was observing my dad with it nobody KNEW about the problems from eating Dairy.
11/09:03	NOSE	9	Allergy to milk or dairy but I'm not drinking that much. Nose dry but mucous filled.
11/09:03	NOSE	9	It's as though it could turn into a cold. A slight yellow. Mostly in the morning.
20/08:02	NOSE	9	Yes - I still have the boogars - irritation about the boogars (this is an old symptom). The FEELING - it is IRRITATING (she laughs).
20/08:22	NOSE	9	I still have the boogars - this was an old symptom returned.
05/10:45	NOSE	10	Today when I made coffee, I noticed it smelled like chemicals. I've not changed brands & this was noteworthy.
08/21:50	NOSE	10	After watering the plants outside tonight, I began sneezing. This was an on & off thing for about a half hour or so. I don't recall this happening before tonight. I did have a client call earlier in the day (just prior to feeling irritable) who complained about her allergies, which included sneezing and irritability.
09/06:30	NOSE	10	Noticed I was sneezing shortly after waking up.
09/09:00	NOSE	10	Sneezing again.
08/08:00	NOSE	11	Started proving with a bit of a cold, mainly mucous in the back of my throat; now the right nostril is plugged
08/23:30	NOSE	11	Right nostril running
00/00:00	NOSE	116	My nose feels as though someone filled it with cement. Breathing is difficult, and although I blow my nose not much comes out and it doesn't help. Makes sleeping difficult. It's bad all the time, but occasionally one nostril will clear; this brings some relief.
06/09:00	NOSE	116	So sick of my nose being stuffed up. One side is completely blocked, then the other side. They alternate. Also, my nose is painful to the touch and I have sores inside it.
01/08:18	PERSPIRATION	11	Sweating in axillary region.
10/13:00	PERSPIRATION	11	Unusual amount of sweat just under the knees and on my forehead
08/21:00	RECTUM	2	loose stools.
06/04:03	RECTUM	9	I am REALLY constipated - I regularly am somewhat but this is much more than usual - it takes a lot of effort to expel.
15/08:10	RECTUM	9	I am feeling less constipated since the weekend (days 11 & 12) - the overall feeling is relief from that sensation of being full. I mostly felt that in yoga.
20/08:04	RECTUM	9	Constipation - that is fine now - pretty much back to normal.
20/08:19	RECTUM	9	Still a little constipation

20/15:20	RECTUM	11	Today and yesterday I've had loud gas throughout the day; I can't find a reason for it since I haven't been eating foods that normally bring on flatulence for me; I'm also feeling these last two days the need to go stool more than normal and later in the day than normal; it's an urge and I need to go soon; but when I go, only a small amount comes out, and it doesn't come out easily even though it's soft; the urge feels much better after getting something out; I usually only stool once a day and in the morning, so having it twice a day or so and throughout the day since the proving started is odd
10/10:44	RESP	15	Taking deep breath. Maybe a sense of impatience with it.
10/10:48	RESP	15	Deep breaths. Not sighing. Feels like not enough oxygen and I need to breathe a little more. Taking extra deep breaths. Not short of breath. Breathing deep much more often.
10/11:02	RESP	15	Another big breath.
12/15:27	RESPIRATI ON	4	My breath is shallow.
22/00:00	RESPIRATI ON	4	Went into my breathing sensation, back into the ocean, get that sensation, slow back and forth of the swells... bottom of the ocean.
20/08:20	RESPIRATI ON	9	No - no more trouble getting a breath.
01/08:45	RESPIRATI ON	11	Heaviness in chest in persisting. Have to work to take that deep breath. Can't fill up totally full. Inspiration is difficult. Breathing is restricted. A point it can't go past. Heaviness between breathes as well. Making me hold stuff in. won't let me go. can't let everything go. like it is being held in. would like to breath sigh of relief and let everything go. like flow has stopped. can't take that step. weight on my chest is keeping things in. not allowing things to go free. lungs want to full up fully but stop at a point.
04/20:35	RESPIRATI ON	16	I felt tired so I lay down on my bed & my breathing was heavy after I lay down.
04/22:30	RESPIRATI ON	16	It's been about an hour that I have had shortness of breath. After feeling heavy breathing I had shortness of breath.
05/12:40	RESPIRATI ON	16	Again the same shortness of breath not as bad as last night.
07/16:08	RESPIRATI ON	16	It's short, it's connected to my shortness of breath, trying to get hair, working to exhale and inhale.
07/16:10	RESPIRATI ON	16	A momentary, mild shortness of breath.
09/19:30	RESPIRATI ON	116	Wheezing, started last night and has grown steadily worse. My chest feels tight and it's more difficult to breathe. Like I can't get enough air with each inhalation. It's an oppressive feeling in my chest and lungs. Worse when I lay down. I want cool air and/or rain.
11/19:00	RESPIRATI ON	116	Feeling of constriction in my chest. Makes breathing a little more difficult. This passes in about a minute or two.
13/06:00	SKIN	1	I have a huge eruption on my external throat of acne; I also have one on my upper right cheek, on my face.
02/08:00	SKIN	2	three raised bumps on my clavicle - possible bites?
10/09:30	SKIN	4	Have had a slight but persistent red rash in both armpits for months. These last few days it has seemed almost swollen, less red but still discolored, like stuff is coming to the surface. More pale pink, more widespread. As if there's stuff in there.
08/16:00	SKIN	9	Usually have these hard bumps on skin and a number of them I have scratched away-face and chest
09/08:30	SKIN	9	So here is a really interesting thing - normally I have these little blemishes on my face and skin - they are little hard lumps that I can't get rid of - but since taking the proving substance I have scratched away a number of them on my face and chest! This actually started right away the first day of taking the substance (that I could scratch the little lumps away) but I didn't really think about it at first. It just seems that the are not as noticeable now. No - they are not like pimples - just little hard bumps.
20/08:10	SKIN	9	The skin bumps are GOOD - they seem to be going away! I had a big one in my cleavage area and I was able to pick it away. I don't have as many on my face as I use to have - yes - I have to PICK them away - but they are mostly gone. My face feels fairly smooth. My feeling about it - it is nice! Kind of curious?
20/08:21	SKIN	9	Skin symptoms seem to be coming back but they are weird - they are not like in the past - they are more like little skin tags or little moles. Sensation - It's irritating - I want to pick at them and make them go away but it doesn't work now as it has been during this proving. Core sensation - irritation.

12/10:30	SKIN	11	I banged the fleshy part of the inside of my knee but didn't get a bruise, which I usually get fairly quickly
13/12:00	SKIN	11	Noticed spots on right lower leg below the knee, like bug bites but I didn't feel any bites today; they weren't there this morning; they're red, slightly raised, most about 3 millimeters in diameter; 9 spots in all, but one of them is big and looks like it's made up of 4 spots or so
13/18:00	SKIN	11	Found a bump on my left pointer finger on the proximal side of the metacarpal-phalangeal joint; it's a bit raised, pinker and shinier than the skin around it, 3 millimeters in diameter, not like a bug bite but more like it just grew there and has serum in it
13/22:00	SKIN	11	Phantom scratch pain on left elbow again, as if a brand-new, open scratch although nothing is there
15/09:00	SKIN	11	Three raised, pinkish, round spots about 3 millimeters in diameter on the underside of my right forearm near my wrist; no pain or itchiness, they're just there
16/16:20	SKIN	11	New round raised bump on right hand middle finger metacarpal-phalangeal joint and one on right forearm; about 3 millimeters in diameter, slightly pink and shiny; looks like a bit of serum is in them; the one on my left hand is disappearing
16/16:20	SKIN	11	Noticed that there are more small pimples on my face the last couple days than usual; dry white pus (as though an old pimple) comes out easily
20/22:00	SKIN	11	Noticed another raised, round, reddish bump on my skin; this time it's on my right hand middle finger on the back side of my hand; it's between the two phalangeal joints; no pain or itching
22/00:20	SKIN	11	Shaved my lower legs and put a little lotion on them; 5 minutes later I felt major prickling, intolerable, painful; made me want to move around or flex my leg muscles to distract myself from the prickling pain, but that gave only temporary relief; urge to put cold on my skin with a wet rag, but that made the itchy pain turn to pure itchiness; had to scratch a lot to get a relief for a couple minutes, and then the itchiness and pain came back; worse heat, worse clothes touching the skin there, a little better with hard pressure
23/00:20	SKIN	11	The spot on the bend of my right hand middle finger is still there, looks kind of like the beginning "seed" of a wart; I used to have several warts on my hands as a kid
23/14:30	SKIN	11	The raised round bump that was on my left pointer finger is no longer raised, but it looks like a scar now with shiny skin, no apparent hair follicles or pores
25/18:00	SKIN	11	Had a small sore on my neck, maybe the end stages of a pimple, and all of a sudden it started burning, almost intolerable; not sure why, maybe because of the heat of the sun? It was fairly intolerable, though nothing I did help it feel better, just had to wait it out for a few minutes until something else distracted me
08/21:00	SKIN	116	I've had psoriasis since I was 14, mostly on my scalp but I also have one spot on each shin about the size of a silver dollar. I see that the spots on my shins have improved. They are smaller (about the size of a nickel?) and less scaly; color has faded from reddish to pink. I've noticed a decrease in redness/inflammation around my hairline as well.
01/18:11	SLEEP	1	I fought the urge to sleep this afternoon, I wanted to nap. I just swam and floated in the refreshing waters of the lake.
02/11:42	SLEEP	1	I want to take a nap.
02/12:00	SLEEP	1	I gave in, I'm lying down, I'm going to take a nap.
02/20:00	SLEEP	1	Even though I took a three hour nap, I am ready for bed.
03/12:00	SLEEP	1	I feel an overwhelming desire to take a nap (this will be interesting when I am seeing patients in my clinic).
09/13:00	SLEEP	1	I felt dull headed and decide to take a nap.
10/04:00	SLEEP	2	Woke up at 4:00 am with another headache. I woke just wide awake, can't remember any dreams and then fell back to sleep for one hour.
29/00:00	SLEEP	2	No inner calendar, there are days that I don't remember what day it is, that kind of thing. I have been walking up at 2 am and falling back to sleep at 6 am for a half an hour.
29/00:00	SLEEP	2	I would wake at 2 am and take a bath, or get something to eat, or watch television, listen to the radio, stretch.
29/00:00	SLEEP	2	I wake up hungry, that is unusual.
02/07:00	SLEEP	4	Only got up to pee once last night, usually it has been more frequent lately.
06/07:00	SLEEP	4	I can't do it, I can't wake up and be functional this early! I WON'T do it, you're NOT going to make me! A strong yearning, especially about sleeping and waking up, that I MUST follow my own rhythm, even if it doesn't fit with most people in my culture. I can't let others keep me from what my own self needs and feels right. How can I live with others and yet be able to follow my own drummer.

07/06:30	SLEEP	4	So, ironically, I woke at 6:30 today wanting to get up, in part to record the dreams, but now I feel raring to go! I had put off leaving on a trip until tomorrow, but now I'd like to just jump up, pack my bags, and go!
02/03:30	SLEEP	9	Woke about 3:30 - 4 am, to go to bathroom, which is normal (but not sure of time I normally wake up), worried I wouldn't get back to sleep, but able to fall asleep;
02/07:03	SLEEP	9	I'm normally a mouth breather but I noticed my jaw was REALLY widely open. I was not so tired on waking as I was yesterday.
02/07:30	SLEEP	9	Woke very tired, lots of dreaming,
02/07:30	SLEEP	9	Am a mouth breather but noticed my jaw was really widely open when sleeping
02/07:30	SLEEP	9	waking, almost like the bed was uncomfortable, body is a little sore in the morning, including hands are stiff, neck is stiff
02/07:30	SLEEP	9	woke hungry
03/02:00	SLEEP	9	hot and cold at night, throw covers off then need covers on
03/07:00	SLEEP	9	woke up not so tired, no dreams
04/00:00	SLEEP	9	Wake up achy, thirsty
06/04:06	SLEEP	9	Sleeping is fine - I am normally a deep sleeper. But I don't think I woke to go to the bathroom last night - THAT is unusual - usually I get up one or two times - last night was the first time that happened since I took the remedy substance.
08/00:00	SLEEP	9	Went to bed later than usual last night and slept heavy - which is normal. Felt fine, not tired, not really excited to get up,
09/06:30	SLEEP	9	to bed later than normal, sleep heavy which is normal
15/08:17	SLEEP	9	I am feeling very sleep-deprived from the late night trip up to the cabin last night. But I was surprisingly awake for nearly the whole trip until the end!
07/02:35	SLEEP	10	As I was driving home to White Bear from Cambridge, I noticed how very exhausted & sleepy I felt. I was somewhat bemoaning the fact that I had taken Hwy 65 rather than 35E back. The way seems so very long & arduous between 65 & 35 down near Co Rd J. I don't like being so very tired while I'm driving with so many miles in front of me. I can't wait to get home and lay down. But of course when I did arrive, I was hungry but no one here at home was interested in making dinner. Needing to eat, I grabbed whatever was available but enjoyed those potato chips, bar-b-que beef & carrots immensely. After going for a short nap, I woke up almost 90 minutes later.
07/06:00	SLEEP	10	Did not have the energy to get out of bed this morning. It's the 6th day of the Proving. I won't take another dose today after realizing that I have been experiencing symptoms & perhaps one dose would have been sufficient. The last few days I've been happy to experience more energy than usual, not only all day, but when first waking up. Today that energy is not there.
07/06:50	SLEEP	10	As my hubby woke me up for the day, I noticed that it was really hard to wake up again, as is my usual mode. I know I have been dreaming, but I soon forget when I am being woke up.
08/07:00	SLEEP	10	Again I found it difficult to wake up. My dreams were interrupted again & I quickly forgot them.
09/11:00	SLEEP	10	After running some errands w/my hubby, I became extremely tired. I had gotten woken up earlier than usual this morning as my grandson spends the night w/us on Thursdays. But this sort of tired feels like the kind that has come along with this Proving. I will suddenly become very tired and exhausted & literally will need to sleep, or at least lay down. So this is what my hubby & I did...we pulled into Battle Creek Park & just slept in the car for about a half hour or so.
10/08:00	SLEEP	10	I was able to sleep almost 9 hours & woke feeling very good. This is not my norm, especially after eating like crap the day before. I had no stiffness anywhere, no pain anywhere & I did not notice any numbness or tingling in either of my hands or fingers, which has been a symptom for quite a while for me, even prior to this Proving.
15/05:30	SLEEP	10	I woke up much earlier than usual today...while it was still dark. O'Dark Thirty I like to say.
15/17:00	SLEEP	10	On the way to my daughter-in-law's house to help my son unload some belongings, I became aware that I kept yawning. This was almost embarrassing because I hadn't realized until that moment that whenever I would get into my son's car w/him...I'd start to yawn and do so frequently and for hours. I had not become aware until that moment and couldn't say really when this excessive yawning started, but there it was. Since....I have noticed that I am yawning quite a bit. This may go along with how very tired I am periodically, which I am trying to record and log . When my son & I got to our destination, his wife Rachel started to talk about how much chocolate she has been eating lately. It was odd to me as I felt a bit queasy, and also knew that I have been eating way too much chocolate, especially that day...all day in fact, at least with every meal and a few snacks in between.

17/14:35	SLEEP	10	After dropping off an acquaintance who went to a seminar with me, I felt that crash of energy again that left me wanting to just go home and sleep. I thought for a moment that it might be that this person is someone who I have some challenges with as she has a difficult personality (others will bear witness). I had gotten fairly good sleep last night, albeit interrupted, and had also eaten well. The seminar at Alfred Adler was of interest to me (Advanced Listening) so I don't think it was out of boredom that I found myself yawning again quite a bit, not while there, thank goodness...but certainly after dropping off my acquaintance. I refrained from taking a nap when I got home and had some zucchini bread & whole milk. Hubby & I watched an engaging movie, titled 'Abduction'. It kept my attention. I'm looking forward to seeing '2016' this evening w/both my husband and mother. As I type this....I'm getting a second wind, but still feel lacking in energy a bit and am very hungry. I'd best eat something substantive as I don't want to be chowing pop corn (as appealing as this is!) Tests last year showed high antigens to corn. I can live without it....in fact after avoiding it like the plague, I have felt way better...but this is outside of the current Proving data...sorry to ramble.
19/04:00	SLEEP	10	Even though it's o'dark thirty, I am awake. Hubby is up getting ready for work & I'm not opting to get up just yet as there is no need to until just after 6am. I know I am dreaming, but I don't recall much about my dreams once I am awake. I'm not sure why I was not able to sleep later like I usually do. I'm grateful I'm not tired or sore or stiff and I'm headache free.
01/21:30	SLEEP	11	Extraordinarily sleepy as though it's the early hours of the morning and I haven't gone to bed yet.
02/20:30	SLEEP	11	Very sleepy already, and I'm actually considering turning in soon because of it.
02/22:00	SLEEP	11	Sleep earlier than normal.
03/22:20	SLEEP	11	Lying in bed earlier than normal; totally sleepy and exhausted, as if it's 2am; could have gone to bed at 9pm.
04/06:00	SLEEP	11	Woke up lying on my left side, which is quite unusual for me.
04/07:20	SLEEP	11	Frequent waking during the night.
05/01:45	SLEEP	11	Can't sleep although extremely tired. Frustrating because I have a big day. Need to be as fresh as possible.
05/06:05	SLEEP	11	Extremely light sleep. Frequent waking throughout the night.
05/06:05	SLEEP	11	Big toe joint on right foot is painful. Twinges of sharp pain whether standing or sitting.
06/00:40	SLEEP	11	Woke up lying on my left side, which is quite unusual for me.
07/06:00	SLEEP	11	Woke several times during the night, and each time I thought I was in a hotel room rather than at home in my own bed; I was in a hotel room the last two nights, but it's still very unusual for me
10/06:00	SLEEP	11	Woke frequently throughout the night, bathroom three times
14/07:00	SLEEP	11	Woke several times during the night, three or four, to go to the bathroom
22/07:00	SLEEP	11	Woke several times during night, once for bathroom, couple times for a gulp of water
01/10:40	SLEEP	15	Would like to go to sleep. Peaceful. Quiet. Not used to sitting still. If I had a pillow I would be asleep.
01/10:43	SLEEP	15	Getting very tired. Very heavy headed.
01/10:55	SLEEP	15	I would really like to lie my head down and go to sleep.
01/11:05	SLEEP	15	Really feeling tired. I may have to work to stay awake.
01/11:11	SLEEP	15	I just really want to go to sleep - not yawning just want to go to sleep.
01/11:15	SLEEP	15	Really want to go to sleep.
01/11:30	SLEEP	15	Sleepiness passed. More alert.
02/14:30	SLEEP	15	Exhausted. Wants to take a nap. Overwhelming tiredness.
29/00:00	SLEEP	115	I have been tired and feel like falling asleep for two weeks. Tired all day long. A couple days I just slept all day.
06/09:00	SLEEP	116	It has taken me longer to fall asleep lately. I feel tired at night, calm even - but I lay there awake for 30-60 minutes just thinking about this and that. (Normally it takes me less than 10 minutes to fall asleep.)
07/13:00	STOMACH	1	My appetite is diminished.
20/06:13	STOMACH	1	Suddenly, I am really thirsty. I realized that I have been eating a lot of tomatoes. I normally don't like tomatoes and I have reduced my salt intake to almost null.
23/20:00	STOMACH	1	I felt suddenly like I would throw up. I breathed through it.
12/06:30	STOMACH	2	very bloated stomach.

29/00:00	STOMACH	2	This hum, the hum of everything, makes me sick to my stomach, not in a bad way, like being on a plane that make a sudden or weird turn and it causes your stomach to drop and vibrate.
06/13:00	STOMACH	4	Boy, I'm being hungry. I'm eating relatively well, but feel voracious and don't stay satiated very long. Driven by the restless need to find food!
31/14:00	STOMACH	4	Am working on some dietary changes for the candida. Asking myself each time: do you really want to eat this, or do you want no candida. Each choice counts. Each No affirms what matters most. Embracing, and owning, choices.
01/19:20	STOMACH	9	I'm thirsty - it feels like my mouth is dry. I just got back from trip - maybe wasn't drinking as much...
02/00:00	STOMACH	9	hungry, and not satisfied with what I ate
02/07:02	STOMACH	9	I'm very thirsty this morning and I'm drinking 8 glasses of water / day - I shouldn't be thirsty.
03/07:00	STOMACH	9	Very thirsty this morning, more than normal, even though drinking my 8 glasses of water daily-which I normally do
03/10:05	STOMACH	9	Also I woke VERY THIRSTY again - more than normal even though I am drinking the same so I am drinking more and waking phlegmy and very thirsty. I'm not normally a thirsty person - I have things that I LIKE to drink - pop and iced tea - but I'm not thirsty. Usually everything I drink is caffeine and sugar-free.
03/10:10	STOMACH	9	Also yesterday - I was hungry and not satisfied with what I ate. I weigh and measure everything for my diet and I eat the same way every day to be hungry (and with no stress) is unusual!
06/04:08	STOMACH	9	Yes - the thirst still continues - it is a little less now but I wake really thirsty. The increased hunger was still there yesterday but I don't have that today.
09/08:10	STOMACH	9	Hunger is back to normal now. I'm not waking up thirsty now. I think I might be a LITTLE more thirsty than usual but not excessively so.
06/11:45	Stomach	10	Since starting this remedy, I've had a very good appetite, even being really hungry in the early morning, right away after waking and this is not my usual mode. It's almost noon and I've not had breakfast yet. I am hungry now though and need to eat. The small coffee/ice-cream blend this morning tasted good & hopefully did not anti-dote any action of the remedy. Coffee is something I do maybe once or twice a week, unless I just leave it alone for weeks on end, which I have been known to do. My appetite remains tuned to good, healthy & tasty fare.
10/09:30	Stomach	10	I was very hungry when I woke up this morning and had watermelon with Vanana Yogurt. It was delicious. I knew we'd be stopping soon (hopefully) for a quick breakfast at McDonald's (rare occurrence...truly) but just could not wait. I have noticed that I am either really hungry in the am or not at all until noon. I regret not logging the days or the times sufficiently around this symptom.
19/13:10	STOMACH	10	After watering the garden, bushes, plants & shrubs, I was really thirsty & enjoyed a full glass of cold water.
19/13:10	STOMACH	10	About a minute or two later, I noticed that my mouth was really dry and that I was still thirsty. This is a first!
24/00:00	STOMACH	10	While sitting here typing this report, I became aware of being hungry. This is odd to me as I know I just recently had breakfast. In making a sandwich for myself, there is a change that is subtle around when & how often I am experiencing hunger. I still have a good appetite and good food is still very appealing to me. It might be that my blood sugar or low blood pressure conditions are shifting. OR.....maybe I had breakfast a lot longer ago than I realize...there's that time thing again.
01/11:30	STOMACH	11	Sick feeling in my stomach like I might become nauseas.
01/18:00	STOMACH	11	Diminished appetite; didn't eat much all evening.
01/11:31	STOMACH	15	Don't know if I am bored or thirsty but I am drinking a lot of water.
01/18:08	STOMACH	16	Slight burning in epigastric, it's just there, coming & going, sometimes not very noticeable but still there
04/20:15	STOMACH	16	Mild dull pain in my stomach
32/09:00	STOOL	4	Great, readily passing bowel movements throughout this past week of moving from place to place. Usually there is a day or two of adjustment with changes in where I am sleeping.
05/00:00	STOOL	9	Constipated more than usual
07/00:00	STOOL	9	Have small bowel movements but nothing to clean myself
08/13:20	STOOL	9	Constipated, lying on the mat before yoga and feel like my whole intestine is full. Think I want to go get what they give you before colonoscopy, wondering if you need a prescription for that stuff!

08/13:20	STOOL	9	Constipated - I was resting before Yoga and it feels like my whole intestine is full - I'm lying there on the mat and I think I want to go get one of those drinks they give you before you get a colonoscopy - and I'm thinking "I wonder if you need a prescription for that stuff?". Since taking the remedy substance I have small BMs but nothing large.
04/10:00	STOOL	11	Soft stool, like toothpaste consistency.
07/10:40	STOOL	11	Soft stool, in several pieces though not long, sinking to the bottom (more usually floats)
08/08:45	STOOL	11	Usually have stool once a day, but today I've had two; first was normal, second was soft and in many pieces; urgency to get to the toilet, gurgling in intestines even though I didn't eat a whole lot yesterday or today and certainly nothing to make me tend toward diarrhea; no pain; intestines still gurgling afterward
10/06:05	THROAT	1	I woke up with a large eruption on my external throat, in the pit of my throat; I haven't had eruptions like this since high school.
01/19:29	THROAT	9	I'm really noticing my throat is dry and - I don't know - Hollow.
02/00:00	THROAT	9	phlegmy, < when wake and notice periodically through out the day (used to have this symptom daily when I drank milk and used dairy, now only occasionally when I have a cold-no cold symptoms now)
03/10:02	THROAT	9	Then there's my throat - I'm phlegmy - it's worse on waking and I also notice it periodically throughout the day - in that same place that I felt the hollow place when I first took the remedy substance (I no longer experience the "hollow"). I do have some periodical phlegminess - when I use to drink milk and used dairy I had that every day - now only if I'm getting sick or have a cold. But I have no cold symptoms now.
06/04:09	THROAT	9	I was thinking the phlegm was gone but I notice there is still a little there now that you mention it.
09/07:00	THROAT	9	Hack up phlegm, ongoing each day, old symptom I had when using dairy but normally I have only occasional cheese that hasn't caused this unless I have a cold. (at that point I will eliminate all dairy until the cold is gone.
08/23:30	THROAT	11	Coughed and cleared throat a bit all day to get mucous up from throat but was unsuccessful
09/22:50	THROAT	11	Feels like acid behind sternum and in throat
10/13:30	THROAT	11	Slight feeling of acid in throat
11/10:48	THROAT	11	Light feeling of acid in throat
11/22:00	THROAT	11	Feels like little chunks in the throat that I can't swallow down or cough up; a bit of an acid feeling there, too
19/19:00	THROAT	11	Felt small pieces of food in my throat as if I had a little vomit in there
20/15:30	THROAT	11	Very slight acid feeling in throat, feels like it could get stronger at any time, just lingers there; I finished lunch around 12:45, so this is about three hours later
21/22:00	THROAT	11	Acid feeling in throat and behind sternum; it's 20-30 minutes after eating this time
15/05:00	THROAT	115	Woke up with sore throat. Post nasal drainage. Feels better when drinking warm liquids.
01/07:01	VERTIGO	1	Looking upward to the left, while walking, I experience vertigo. It feels exhilarating.