

12	ABDOMEN	Laid down to listen to a song, felt a strong pulsation in the abdomen. Sat up and felt it more in the upper body. Laid down again and felt pulsation behind left breast, in the heart and left shoulder blade area. Then felt movement in the right abdomen. Feeling of movement inside me, sometimes regular like a heartbeat, sometimes irregular. At times, it feels like energy I feel moving when I do energy work or someone does it on me.
12	ABDOMEN	Napping some today after work. Slept 20 minutes, woke up, slept 20 minutes, woke up, etc all night long. Ate processed horrible food for supper. I ate and am feeling the repercussions – discomfort in abdomen, flatulence, and bloated feeling. Feels like something alive is moving in my abdomen.
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7	ABDOMEN	Driving home from working out this morning, for about 30 seconds had pyloric spasm around umbilicus – hadn't had it for a long time, happened again for 30 seconds, like somebody squeezing pylorus; deep squeezing ache or spasm.
11	ABDOMEN	At 10:00 p.m., belching started. A lot of air as soon as I went to bed. Woke up at 3:00 a.m. for good. Turning at night. No pain. Unpleasant, extremely foul smell in mouth all night. As if puke - could have puked. Maybe had a little rumbling in stomach. In a.m., went to BM a lot. Energy low from not sleeping. Feel a little stoned. Still warm. Stoned. Extreme air in stomach, out both ends. Belching, farting. Worst was taste coming up, like puke though just air. Have strong currents upward from spine to head. Goes into stomach and wrecks havoc. Pain in lower chest. Both sides where rib cage starts to slope. Not very significant. Very sore everywhere. Could feel when woke up. Yoga was much more difficult, stiffer. Could mostly work out of it with yoga and stiffness dissipated throughout the day. Mostly in muscles. Almost flu-like. What it looked like. Tossed from side to side in bed constantly, as if tormented. Must have looked like a guy in deep pain rolling from side to side. Not painful. Nothing made stomach symptoms better. Woke up tossing, belching and stomach rumbling woke me up. Napping some today after work.
11	ABDOMEN	Waking up every half hour, tossing from side to side, belching and farting all night, tired by morning (NS).
12	ABDOMEN	Had trouble sleeping because of the pain in my abdomen. I got out of bed at 5:00 a.m. and went to the bathroom. After moving around a bit, I was able to move some gas; that gave a little relief. I massaged my abdomen in the direction of the intestines. It was very tender in the ileocecal valve area. I had a little relief, but still some discomfort and the feelings of bloating.
12	ABDOMEN	I had trouble sleeping because of the pain in my abdomen. I got out of bed at 5:00 a.m. and went to the bathroom. After moving around a bit, I was able to move some gas, which gave a little relief. I massaged my abdomen in the direction of the intestines. It was very tender in the ileocecal valve area. I had a little relief, but still some discomfort and the feelings of bloating.
12	ABDOMEN	My abdomen feels bloated, uncomfortable, like I have gas. I did some exercises to try to relieve it, but nothing wants to move.
12	ABDOMEN	I started to get light-headed, shaky. I figured I hadn't eaten enough protein, so I went in and ate an early supper. Felt much better after that. Things in my digestive system still don't feel quite right. Gassy, discomfort in abdomen.
12	ABDOMEN	Still feeling a little gassy
12	ABDOMEN	Once I was fully awake, there was easy flatulence, which relieved the discomfort in my abdomen. This whole sequence is exactly what I used to experience every night. I feel tired and not refreshed this morning, and have some anxiety in the abdomen.
12	ABDOMEN	I feel anxiety in my abdomen
12	ABDOMEN	I had some anxiety in my abdomen
7	ABDOMEN	Yesterday I had lower abdominal discomfort, like mild uterine cramps off and on all day. Had loose bowel movement in the afternoon, which is somewhat unusual for me. Haven't had a period in years, but it felt that way.

7	ABDOMEN	Had the low grade discomfort in lower mid abdomen off and on yesterday. Yesterday had low back pain, also like menstrual cramps. Better this morning.
12	BACK	Waist band felt hard and pressing on the small of my back, pants I have worn many time. This happened when driving the car.
10	BACK	Feel as though I am coming down with the flu, want to go to bed. Achy in right scapula area. Feel achy all over.
7	BACK	Slept well until 3:00 a.m. Woke and was hot and sweaty. My back was a little achy when I turned in bed.
1	BACK	Had an unusual tightening of the muscles between the shoulder blades. It felt heavy and was a gradual tightening of muscles. Then after a minute or so it was gone.
11	BACK	Low energy, pain in the lower back, right side
12	BACK	Felt pain in the right scapula, which would come and go. I was still nauseous.
10	BACK	Achy back and shoulders
11	BACK	Pain in the lower back, heat in the head. Low back pain, both sides, but a little more in right. Backache in the sciatic. Better from lifting. Shooting pain, sharp temporarily.
4	BACK	Woke at 5:00 a.m. with violent itching in the center of my back, between my shoulder blades. Seemed like I was extraordinarily sensitive to the tag on the shirt, but continued after I changed the shirt.
7	BACK	Yesterday had low back pain like menstrual cramps. Better this morning.
7	BLADDER	This is the most violent J has ever been with me. I feel sick, but also numb. I had no desire to drink last night. Felt like I was on a buzz all night. Just laid there feeling numb. Numb. Emotionally numb and almost physically numb. I had to get up and go to the bathroom every 30 minutes for almost two hours, though I hadn't really had anything to drink. Almost like my body was pushing out fluid. I didn't sleep at all that night.
7	BLADDER	Frequent urination again
4	BLADDER	Bladder, pain, stitching, in neck
12	CHEST	Pulsation subsided with moving around, doing things
12	CHEST	Pulsation in the abdomen extending to the heart
7	CHEST	Took an hour nap and woke with pain in chest, low mid substernal, on deep breathing. Felt like a diaphragm spasm. Went away after a few deep breaths.
7	CHEST	Woke from nap with some discomfort on taking a deep breath. Same discomfort felt yesterday or Saturday. Felt like a diaphragm spasm, lower chest. I did an upper body workout this morning at fitness club. Feels very sore, almost like a lump, but may have been from working out – like a lump.
10	CHEST	Is afraid of proving remedy and of the shadow side of it. Stomach is just jittery, and feels trembling all over. Anxious, not sure why. Heart feels tight and full. Heart is pounding, feels full and anxious. Almost like an upset stomach. Hard time getting to sleep.
4	CHEST	Sleep impossible on the right side because the sound of my heart beating is too loud; it feels forceful. Better from sleep left side.
12	CHEST	I feel pain in my left lower jaw like a toothache. The pain goes all the way up the left side of my head. I decide to lie on my left side, the sore side. This seems to make it feel better. I feel my heart beating strongly in my body and a strong pulsation throughout.
12	CHEST	At school, the kids were being quite disrespectful, talking loudly every time the choir stopped singing. The director got quite angry, yelling loudly and getting sarcastic with the kids. I felt a physical sensation of sudden heat inside my body, starting in the chest area, when she yelled. And felt shame and embarrassment, both for her and the kids.
7	CHILL	Felt cold, icy cold off and on today. Then felt hot to the point of sweating. Back and forth between extremes. Unusual. Not able to get comfortable.
10	COUGH	An acute started with ear pain (both ears, sharp), a dry cough, and nausea. Body aches all over body, headache (not specific area, just all over) and then a congested feeling in head. Went to bed.
1	COUGH	Had the sensation of lung being filled with phlegm. Same as yesterday. Tried to cough it up at 2:00 and 4:00 p.m.

4	COUGH	Hawking of mucus from throat. Very tenacious mucus, trying to clear the throat. Mucus remains stuck. Cannot be blown out of the nose or coughed out of the throat. Better from drinking large amounts of cool water.
2	COUGH	I wake up thirsty – very dry in throat and mouth all the way down to my lungs. Some mucous in throat I am able to hawk up. Clear to whitish color, consistency of egg whites.
12	DREAMS	I arrive at my sister's place. Another sister is there. That's a surprise. We visit, they leave. I see one sister has left some of her things. I figure they won't be coming back and I look through her things. There are some of her beautiful art things and some gluten-free cookies she has made. I take some of them and eat one, put the rest with my things. They come back just as I'm getting ready to leave. I feel guilty for eating her cookies; I feel sneaky and I don't say anything. She doesn't remember the things she left and I don't tell her because I am embarrassed she will notice the missing cookies. We all leave. One sister is driving but she needs a break. Another sister says she will drive. She starts driving from the back seat. She turns and drives up on the sidewalk. I tell her she needs to turn to get off the sidewalk, but she keeps going. I order her to stop the car so I can drive. I try to be nice to her, telling her it is hard to drive from the back seat when it's a strange town and you can't see. She stops driving but she's mad. I get out of the car and go to the front seat. The other sister is in the driver's seat. When I get in the seat, it's so far back I can't reach the pedals. She asks me what my problem is. I tell her and she peeh peehs it. I ask her to go in the back seat so I can sit in
12	DREAMS	First two dreams, woke up at 3:53 a.m. Dream: we came to a place where there were lots of people. They were putting chickens in ovens and people were eating. I was with a friend who had a small child. The child was pretty active and my friend couldn't take it anymore. She lost it and yelled, "I'm leaving, I can't take this" and then she left. I was worried there wouldn't be enough food, and I wouldn't be able to eat. I found a chicken that was still frozen and asked someone to put it in an oven. In the dream, I was mostly worried that I wouldn't be able to eat.
12	DREAMS	There were some people at a place where we all wanted to sleep. There were not that many beds. I saw the bed I wanted to sleep in and went to it. My husband ran to the bed and jumped in and wouldn't let me sleep in it. It seemed like he was taking all the beds (I was mad at my husband and confused, because he isn't usually like that. I WANTED THAT BED!).
12	DREAMS	I am with my daughter in the car, but in a town with steep hills. There is ice and snow. I try to get up a hill so I can get out of town. I can't get up the hill. I back down. I find another hill that looks clearer. I get to the top. At the bottom on the other side is a pool of water. A man drives in so he can get out of there. He goes down deep and the pool seems to get larger. It looks like he won't be able to come up. Finally he swims to the top. All of us watching let out a sigh of relief. I wonder how I will get out of this place. I think I need to call my husband to see if our car can go through the pool unscathed. (I have a feeling of discouragement, that there is no way to get out of this place)
12	DREAMS	I was in a restaurant and there was ethnic food. There were dark-skinned men, but I wasn't sure of their nationality. I was supposed to be cleaning up the tables. There was some bread left and I stuffed it in my mouth and ate it. It tasted so good. (I was feeling guilt that I was doing something I shouldn't do in eating the leftover bread)
12	DREAMS	I was going somewhere with two of my children and told them I had to drop off a paper at the hospice office. It was so different when I walked in the office that I wondered if there was new management -- it was informal, relaxed. People were sitting together and talking. Someone invited me to come and sit and asked what I needed. I ended up staying longer that I thought. My children were still in the car. I kept thinking that I should go out and get them, that they were going to be impatient and upset, but I stayed. They were fine when I finally got to the car. (Feeling in the dream was surprise at the changes I was seeing and curiosity about why it was this way)

4	DREAMS	I am in an apartment that I was living in; it was a friend's house. The walls were crumbling from termites or water infiltration. Felt first some panic that the wall would cave in. Also a feeling of disgust about the insects – they're vermin. Hopelessness that it could never be improved. Then great relief that it wasn't my house, and I was just a tenant. I was not responsible for fixing it.
12	DREAMS	Had a dream about food practices, making sure foods are properly cleaned. I can't remember any more and am finding this frustrating. Feels like my thoughts are being taken away. Now I feel angry that my thoughts are being taken away. I feel like someone is doing this to me. It makes me mad.
7	DREAMS	I am at some sort of conference. I see one of my former homeopathy teachers talking on the phone and taking notes on a yellow legal pad. I can't actually see a phone, but assume she is talking on phone because she is talking out loud and no one is around. I try to get her attention just to say hi and to see a smile of acknowledgment. She looks at me blankly, with no sign of acknowledgment. (I felt hurt and dismissed, unimportant)
12	DREAMS	I was in homeopathy class and got a test back. I did very poorly and couldn't tell if I passed. I was afraid to ask because I was embarrassed at how poorly I had done and didn't know if I could handle failure. (I was feeling embarrassed, wanted to hide the test, make it go away. If I had failed, someone would know I can't think well, I'm not very smart. I can't do homeopathy.)
10	DREAMS	There were doors along the street. A woman had to go to each door to drop something off, and it felt tedious.
7	DREAMS	I am in a room with a friend and a young girl is playing with what she assumes is a dark brown mouse. I am uncomfortable with this. Then I look more closely and see a large mouth in the center of its chest. I then realize it is a bat. I become frightened. The bat flies away in the house. I tell my friend we must call animal control to come capture the bat. I tell her of the risk of rabies. I can't find the phone directory so I call directory information. They won't give me the number for some ridiculous reason. I then tell her to call 911...that this is a true emergency. Dream fades. (I have often dreamed of animals, but never a bat. The dream was dark, and so I wondered if it is from the proving.)
12	DREAMS	I was driving a car with a classmate. I was having a hard time driving, like I couldn't see very well and I was confused about where I was going. I went around the downtown area several times and every time missed the turn I needed to take. It was really disconcerting. Then we were on bikes and the same thing happened. My friend kept apologizing about not being able to help. She said she was very tired. I noticed my brake cables were detached and then understood why I was having a hard time stopping on hills (I have had car dreams where I have to push the car brakes down really hard and just barely am able to stop the car). There were steep hills. I decided to walk down this really steep hill with my bike because there was a train on the track on the road. I was afraid I would run into the train. I felt really out of control in the dream. It reminded me of when I was a teen and I took my two-year-old sister with me to pick up another sibling. I was driving down a really steep hill and I heard a high sound in the distance, like a horn. I thought it was a truck on the highway below. I slammed on the brake and came to a stop in the middle of the hill, stopping right before an old railroad track. Within a split second, a train went by within inches of the car. It was an old
1	DREAMS	I had a new job and had set up day care for my eight-month-old child. It was like everyone else was in slow motion, or some sort of time warp because they weren't keeping up! So much to get done but they didn't get it. I had a friend lined up to watch this child and she forgot to take care of this child and we had to go back to find this child! Someone found this child on the bus and brought it into a store with lots of bottles and I picked the child up there. (Now, about this child. This child looked like something from "The Nightmare Before Christmas." A face the shape of the Grinch with that kind of smile, but the skin is a leathery hide-like color with snaggle teeth, black, crumbly, irregular shaped. My thoughts on this child are I feel a parental bond to this child, yet I am somewhat repulsed by the appearance of it.)

12	DREAMS	Met two people for a meal and to study. One was an old boyfriend from high school/college years (I have dreamt about him before). He never looked at me or talked to me. I felt terrible. I talked on the phone later with a friend who told me to be patient. Later, I was with some girlfriends. I hadn't been with a man for many years (it was like I was a lot older). I started talking on the phone with a male friend, telling how much I missed having an intimate relationship. Then I was alone at a gathering. A man started talking to me. I was very attracted to him sexually. Suddenly I had no clothes on and I was practically throwing myself at him. (I woke up feeling sexually aroused, yearning for sexual contact. I am missing that in my life now. I have had dreams similar to this prior to the proving.)
4	DREAMS	Traveling with my mother. Staying in a guesthouse, situated on the top of a very steep hill. Some kids lived near by, kept coming out to see us – they were curious about us. I was not able to take off much time from work, so my mother had begun her travel earlier and we rendezvoused here. I was handling a lot of the practical details. I felt responsible – not quite motherly; more husbandly, like I was taking care of the “man’s job” sort of duties.
10	DREAMS	I am in the den of my home. It is 5:45 p.m. I look out the window and see a black woman and two or three men. They are looking at my gas grill. I tap on the window and they don't see me. I open a shade and there are several other people in the backyard. They start tearing down the back fence. I yell to my partner to call 911. She says she will, then she comes down to the den and goes outside to talk with them. I feel afraid they may harm her. I go up to the kitchen and look out and see almost the entire fence has been torn down. I wonder if they might be terrorists. I call 911 myself. The woman is very slow. I feel frantic. “Send the police right now” - I tell her my partner has already called, but they have no record. I feel very angry with my partner. Then a lot of people are coming into the kitchen like we are having a party. I see two men with nametags on. They tell me they are the police for the Olympics. The people tearing down the fence are Olympic players. They are just having a good time. (I am furious)
10	DREAMS	Police shooting and killing dogs. I had no emotion, just was an observer. The other dream had something to do with sex, but I'm not sure what it was.
7	DREAMS	I am at a gathering of our class from homeopathy school. It is a post-graduate seminar. We are seated in two rows facing each other. We are very tightly packed, about knee-to-knee. My teacher is seated and teaching us. Another student has taken a remedy for an acute problem, a strange remedy. It's some kind of animal remedy (can't remember the name). I find it very interesting. I ask the teacher a question about it, and she is now seated in a different place. She has gotten up and is trying to get out of the tight row of chairs. I move my chair out of her way. She never says a word. I wonder to myself; she never even asks me how I am doing, or how some of the patients she has consulted on with me are doing. I feel totally ignored, not noticed (an old pain). Everyone is leaving. I am trying to find the keys to the car I borrowed. (Theme: being ignored and unable to make a connection with the people I wanted to)
4	DREAMS	Working at a day spa as a homeopath with another homeopath friend. I found out that this friend was also providing cosmetic makeovers for people. I was very surprised, felt it was beneath her abilities, degrading – why should she do this superficial thing? But also felt inferiority that I wasn't doing this -- that it was such a simple job. I should learn it and do it also so that I would be just as good as my friend.
10	DREAMS	I was in the shoelace-tying business. I was professional, proud, and satisfied. Then I was in traffic and in some type of panic; not sure why, but it had to do with the shoelace business.

12	DREAMS	A young maple tree started to grow in the middle of a small clump of trees. I thought I should move it, but I didn't. Later, I noticed some vines growing on the lower clump of trees. I didn't think much of it. In about two weeks, the maple tree had grown considerably, looking more like a mature tree. It had branched into two trunks, which were very thick, and the vines were very thick on them, starting where the trunks split. The vines were a striking brown color against the gray trunks of the maple. It was alarming how fast it had grown. It seemed like a fungus. I was mad at myself for not taking care of the tree earlier and wondered what I should do. (I felt alarmed in this dream. The growth of the tree and the vines was alarming. I was afraid what was going to happen.)
12	DREAMS	I was working at Early Childhood Family Education. The parents and children were in the room and it was close to time to go. All of a sudden, a little boy takes off running (about two-years-old). He runs two floors down a spiral staircase and out the door. As he took off, I looked for his mother to go after him. She was nowhere to be seen. His grandma was there too, but she was sitting in the hallway, staring off into space. I ran after him, but he was so fast I felt like I was in slow motion. I saw him go into the street. I hollered "stop!" as loud as I could, hoping if there were any cars coming they would hear the commotion and see the little boy. After he got into the street, some other kids broke away from their parents and ran out there. I finally got to him and the other parents got to their children. I carried him up the stairs. I sat down and talked to him quietly. He looked at me like he was in a trance. Suddenly I saw something on my hand. He had filled his pants and it was oozing out. I changed his diaper. This trance-like state stayed with him for a few minutes after I changed his diaper and then he seemed more like himself, and like he could listen to what I had to say. I had to search for his mother and grandmother. They had the same trance-like quality. (My
3	DREAMS	I had a dream last night and cannot recall the details. I felt quite troubled though upon waking. It seems I was thinking of some sort of illness
4	DREAMS	I was a character from a sitcom on television, a very playful character. The husband on the program was convincing me to do this striptease act, but as a farce. (It was in a tongue-in-cheek way, so it was more a silly, goofy, comical feeling)
4	DREAMS	When recalling a dream, could not remember if I was the male character in the dream or the female. (I mention this because in another dream I felt "husbandly")
10	DREAMS	Going door-to-door. All of us are to get something. It was a lot of effort. I feel that I should have looked behind me, but I didn't really feel like I was in danger. A feeling that this was such a big operation pulled of on such small resources, like very little money or connections. Later, I had to scream into a dark room and I felt like I was blinded by Satan. I had a feeling of strength (no fear) upon waking. There were no colors in the dream, just a kind of drabness - sort of like a graying-out black and white film.
12	DREAMS	I was going to a classmate's house. It was in a remote place. I had a little snowmobile to get there. She was on it with me. I was concerned because the area we were going into was wetland. I wasn't sure if it would be frozen solid and that we might go into the water. Sure enough, it started to get quite slushy and the machine wouldn't dig in. I was afraid we were going to sink in and get stuck. I really gunned it and we got out and went up an incline, where it was more solid. When we got to the top, I picked up the snowmobile; it looked like a large toy rabbit with little feet on it for the tracks. No wonder it wasn't doing the job. (This dream felt just plain weird. It was confusing because of the location. It was frustrating because I knew things just weren't working right. When I saw how flimsy this machine was, I couldn't believe we had even got where we had because I could pick the thing up. On top of that, I hate snowmobiles. I almost got killed on one when I was a kid.)
1	DREAMS	Trying to find a bathroom. I eventually found a cave-like opening along a sandy beach. I went inside to find the bathroom. The only feeling was it was fun to discover this new area. It was annoying that I had to waste so much time to find the bathroom. I would have much rather have continued to explore and see new wonders.

3	DREAMS	I dreamt last night of seeing an abandoned child on the street and needing to help him because his mother was sick. (I felt very sad when I woke up. The feelings I had about finding that abandoned child in my dream were very frustrating, but basically protective. His mother had some sort of illness and it was up to me to get him to some place safe. I was sad because I knew his situation was somewhat hopeless. I woke up before I could get him the help he needed.)
4	DREAMS	Something buried in the backyard that was like a buried treasure
4	DREAMS	Taken out on a date to a very expensive restaurant. Felt very nervous about the expense. The bill was \$500. Feeling that I owed the person now, and I would have to spend a lot of time with him.
4	DREAMS	Talking to a friend about someone that I was interested in (romantically). It was like high school -- my friend was going to find out if he was interested in me, and I was really excited about the possibility
12	DREAMS	I was in a war, doing everything I could to stay camouflaged and out of harm's way. Then I was with three of my women comrades, in a place where we were with the enemy. There was no fighting going on there, but we had to convince them we were from their country or we would be in danger. One of them started to suspect us and brought out photo books from various parts of their country. He was trying to trip-up my friend. I knew we would soon be discovered because none of us knew the country, so I started planning an escape. As soon as I saw they were getting close to discovering us, I gave my comrades a signal and we ran. They came after us, but were distracted by some other things they saw on the way. I woke up. (This is a familiar kind of dream for me. What was different was that I didn't feel terrified being in a war. I felt like it was a job to be done.)
7	DREAMS	I am walking along a forest road (unpaved) with other people (whom I don't know). Low-lying branches are making it difficult to walk, so some of us start pruning the limbs back. There are no leaves on the branches; they almost appear dead. Then we come upon what appears to be a forest ranger or some kind of authority figure, a woman. I ask her if it is okay for us to cut back the branches. She says yes it is. She is standing besides a man who is leaning up against an embankment. He has a suit on and looks disheveled. The woman says she sometimes has to cut things back and then she takes a chain saw and cuts off this poor man's left arm, right at the articulation of the shoulder (I thought we should do it at the mid-humerus – mid upper arm and at least leave him a stump so he could get a prosthesis!). I am horrified, afraid to see the spurting blood. I think he dies from the procedure. Everything is so dark. I woke at 2:00 a.m. After waking, I try to remember the dream so I can write it down. Because of this, I didn't sleep so well. I felt afraid. Felt that there was no reason for that. That it almost felt real. But I was horrified, and as I'm thinking back, that I almost felt responsible for it because I was cutting back the trees - I
3	DREAMS	Dreamt last night of having an interview of some sort and somehow messing it up
4	DREAMS	Our homeopathy clinic was in a house that we had all to ourselves. We had a meeting there, and afterwards I stayed behind to take a shower and clean up. I felt a strong feeling of community – close to a family feeling, but more just of community closeness with others. Enjoying being able to almost live in the place I worked. Think this is related to recent change at the clinic where the practitioners will be practicing more independently now. In life, I feel disappointed about it.

11	DREAMS	Yellow snakes. I killed a bunch of them. I killed them because I don't like them so much. I suddenly became warm, almost like a hot flash; the heat comes and goes to the head. Feeling in the dream that I don't really like it, a little out of control, and I killed them trying to control them. It was like something you don't want. Not feeling warmth in the dream, but similar sensation. I have only a little heat left in head. Good energy today. In the beginning, heat in head was nice, but then didn't like it when talking to people - got really hot in head. Head gets hot; thinking gets disturbed. Hot flashes were unpleasant. Energy rushes to head. Like putting finger in fire and burning it. But I can't take head out of fire (the fire is from inside). It comes like jealousy, like a feeling jealousy. When it comes, it's too late, even if you don't want to feel it - the ownership of another person. Shows attachment to someone. It just comes. The heat comes on like this. I have had dreams of snakes before, though not a common theme. Gets a shock when sees them unexpectedly. Snake connected to energy (heat) in head.
7	DREAMS	I am parked in front of a store out in the edge of some town. I have decided to sleep in the car so I can be up early to go somewhere (I can't remember where). I wake about 3:30 a.m. in the dream. My car is still running with the air conditioner on. I can't believe I slept in my car with it on. I feel afraid. I check to be sure my doors are locked. I see cars parked behind me on the edge of the road...many cars, like it is a Park-n-Ride area. I realize I better leave before I am totally blocked by the cars (I felt there would be no way out; I would be trapped. Totally blocked and trapped feeling). I can't find my glasses and panic. Finally, I find them and drive off back towards my home. It is dark, nearly dawn. I see a car crash up ahead and people running around shooting each other. I am horrified and afraid. What do I do? First thought is that I need to help them, then see that they are shooting! Can I pass by them without being shot myself? I am in conflict. Do I stop and help, or do I keep going? I decide it is too dangerous to stop and manage to pass on the right side. They are still shooting. I speed away. Dream fades.
4	DREAMS	Met a woman I had a lot in common with. We spent a long time talking, and I was worried that she was attracted to me.
4	DREAMS	Staying at my mother's house. I went to shower, but she had left a lampshade drying in the shower that she had washed. Water went everywhere, all over everything, and I became furious. I raged around, throwing the lampshade and the bath mat.
4	DREAMS	This woman dropped me off at my car, but for some reason I forgot about the car and started walking home. Then I felt nervous to be walking around out in the world alone, so I started to run. I was running effortlessly. When I was almost home, I realized I had left my car with all of my things in it, and I had to go back. Stopped at a coffee shop on the way and really wanted to stay there and not go back outside. It was warm and comforting with all the people inside. Outside seemed cold, desolate, and lonely. I connected this to the feeling when I woke this morning that I did not want to get out of bed because it was so cold out there. Wanted to stay inside, completely wrapped up. (Feeling upon waking? I felt afraid; not quite the full energy of a nightmare, but here I am trying to remember the other dream about the guy getting the arm cut off with a chain saw and I was probably intellectualizing it. God help us all. I have had dismemberment dreams, but I'm usually the one cutting the things off people.) (I feel great. These dreams are a curiosity, but I wondered in the past; is my consciousness that dark? This time I think it is just the remedy.) (Remembering past dreams; bats live in the dark, but they can be deceiving.)
7	DREAMS	About my mom. She was in the hospital. Someone was looking for her room. I said I would take them to her room. As we walked down the corridor to her room, I realized I had not come to her myself. I felt terribly guilty. As I opened the door, she was standing at the door and was startled. She had no shoes on, so she fell backwards. It was a soft fall. Thank God, she didn't get hurt! She got up and starts going towards the nurses' station. I am right behind her, holding her. She says she is going to find some candy. I know she is confused as to where she is because there is no candy. I feel sad. I get her back to bed, but I see she doesn't really know who I am. I spoke with Mom yesterday. She keeps talking about trying to find her little girl (me). This causes me great sadness. (Conflicted because I want and don't want to be there with her. So painful to see her like this.)

4	DREAMS	A group of people all knew each other; they had all sorts of inside jokes. I didn't know any of them. I was trying to do something or get somewhere, and I didn't know how. This group of people was laughing at me, making fun of me.
12	DREAMS	A friend got her flying license. She was showing off her flying skills. She flew a helicopter through a building that had some very small openings in it. (I was in awe of her ability. Thought it was very risky for her to do that. I was relieved I was not in the plane.)
4	DREAMS	Looking at the view out of the apartment, high up, overlooking the river; a beautiful scene
4	DREAMS	The woman asked what I did, and I told her I was a homeopath. A friend of hers had encouraged her to see me, and this morning she had decided to come in. I felt a bit like I had been caught – embarrassed. Like being on stage and choking, forgetting your lines. I said, "Homeopathy usually doesn't turn you into an idiot who can't find your own car." She said, "It must be polarity – to normally be very mentally acute and then like this."
4	DREAMS	We got into the elevator to go to her apartment, and I noticed that she was very tall. In the elevator was another woman, who was like a dwarf. The first woman became much shorter, and a couple stepped in, both very short. I felt like a giant.
12	DREAMS	A series of accidents that led up to something bad, that couldn't be reproduced; they just happened. (I had a feeling of acceptance, like it was fate. I couldn't remember what the bad thing was, just that it was inevitable. Usually in my dreams when there is a problem, it somehow works itself out, so this was different, but didn't have much emotion attached to it.)
4	DREAMS	Lost. I was going to visit my grandmother, my dad's mother. I have never dreamt of her before. Driving in this very old urban area of the town I grew up in, a very industrial area, with lots of railway underpasses, through the river valley. Turned onto what I thought was her street and parked the car. Began to walk to her house, then remembered I brought something for dinner and had left it in the car. Tried to go back to the car, but could not find it. I had only walked maybe three houses down from my car, but I became very disoriented. I walked up and down the streets looking for the car. I couldn't even remember the name of the street. I asked this woman for help. She said I could go to her high-rise apartment to see if I could see the car from there.
7	DREAMS	I am sitting at a rectangular table with my husband and two other women. I am trying to say something, but the woman, an older Asian woman facing me, is talking so softly that the other two women lean in to listen to her. (I feel ignored, left out. I am angry. Both dreams were same night.)
7	DREAMS	I am sitting at a rectangular table with my husband and two other women. I am trying to say something, but the woman, an older Asian woman facing me, is talking so softly that the other two women lean in to listen to her. (I feel ignored, left out. I am angry. Both dreams were same night.)
7	DREAMS	I get up to go to the bathroom and come back to find my partner in the arms of a young Asian girl. I feel sad, left out, forgotten. I was only gone a few minutes.
7	DREAMS	I get up to go to the bathroom and come back to find my partner in the arms of a young Asian girl. I feel sad, left out, forgotten. I was only gone a few minutes.
12	DREAMS	I dream that a boyfriend from childhood is asking me to do something in a summer program with him. We are high school age in the dream. He was my first "boyfriend" when I was about 12. I tell him I have other things going, that I'm not sure I want to participate in band anymore. I tell him I'm not really into the clarinet anymore and not interested in making so many trips to the cities because I already make so many trips. (This dream felt strange because it was like there were three different stages of my life in it – late grad school [boyfriend], high school [summer band program, playing the clarinet], and adulthood [driving to the cities, telling someone no])

1	DREAMS	I dreamt I had multiple sclerosis. Could not bend my knees, my legs felt like wood. (I was scared of not being able to move to get away from something threatening to me, should that happen. Difficult to remember dreams. Usually I remember them fairly easily, but they seem harder to recall than normal.)
3	DREAMS	Last night I dreamed I was at some place where there were many places to hide. I was there with several people and someone was the object of much scorn and being made fun of. At some point, a companion and I had to crawl on the ground to avoid being noticed by anyone. Later in the dream, I took part in poking fun at the targeted person and was told by the others in the group, "We didn't know you had it in you!" The place where things occurred was a log structure with many steps that I had to hide and crawl around on. After waking up, I felt terribly sad and upset that I had made fun of someone and had disappointed my companions. (The feeling of disappointment stayed with me for most of the rest of the day)
4	DREAMS	I saw someone eating my food. (I was outraged
4	DREAMS	Left out
12	DREAMS	I was at a place and a woman walked in who looked familiar. She was emaciated, but I realized she was a woman I knew in college who had been involved with drugs back then. I went to her and said her name. She didn't know who I was so I told her. We embraced. I wanted to spend time with her, invite her to my home. She said she was here with her family and they were going to do some fun things. She appeared to be a child. She said they all had cancer. I cried and held her again. Later my daughter called me and said something happened to the girl. I ran to where my daughter thought she was. I couldn't see her. All of a sudden someone shouted, there she is. It was a huge cliff to get down to the lake. I still couldn't see her; then I saw something and told someone to go there. They came back with a white dove, which I took. I whispered to the dove, if you are Gracia, show me a sign. The dove then lay gently up against my face and then relaxed. I cried and held the dove, and it transformed into a healthy child. My daughter and I were amazed and ecstatic. I told her she had a new sister, and we prepared to leave. A boy fell down the cliff and I hollered for someone to get him. They did and pulled him to safety. He survived. (This seemed to be a dream about
12	DREAMS	I am old and in a nursing home. Two people are trying to take advantage of me. I pretend to be out of it. A younger friend comes. I tell him what is happening. He is not sure whether to believe me, but he tells the authorities what is happening. They don't believe him, so he is trying to catch these women in the act of harming me. They are quite devious, so he is not sure what to believe. (I feel frustrated that no one believes me, but I understand the problem. I am also grateful that my friend is trying to help me. I feel trapped in this place where I don't feel safe.)
3	DREAMS	I was having surgery. I don't remember any more of the dream or the feelings afterward; what I remember is being prepared for the procedure.
12	DREAMS	All I can remember is everyone is sniffing each other to see who has body odor, and it seems that everyone who is there has it, so no one is offended by it (weird).
7	DREAMS	My step-daughter is sitting on a small white scooter. She and my partner are now selling them. I am so glad to see her. I ask her how much it costs. \$120 and up. The scooter is fueled by the lining of the uterus. I think this not even odd. We walked up the street together. I am thinking I want to buy a scooter. Someone says they run best on 100 percent whole grain wheat, but says most people don't want to pay for it. I ask her, "Do you mean you have to feed it?"

7	DREAMS	I told my partner I was going to cut off the head of a dog. I wasn't sure whose dog it was. It was a Shar Pei. I think it was older. There was some sense we needed to eat the dog for food. I think I put it off for a while. Then I did it with a paper cutter. The dog was still alive and seeming normal. It pressed its head against my back. There was no visible blood. I didn't know if would die immediately. It did not. Then I thought I might need to give it an injection to help it pass. My partner didn't seem upset, just matter of fact. This took place in the basement. (I woke up and felt awful. I went back to sleep.) I am now back in the den. There is dry dog food everywhere on the carpet. We are having a party. I am picking up the food; the house is a mess. My partner tells me to stop and give attention to her and our guests' dogs. Then I remember the Shar Pei whose head I cut off. I go down to the basement to check on it. There is a Golden Retriever fighting or playing with it. The Golden Retriever dog is covered with blood and the Shar Pei isn't. I think Shirley, my cat, is there. I get the sense she is telling me how awful this is and to do something. Should I take the dog to the vet or get something... medicine, poison... to euthanize the dog myself? Can I hit a dog's vein?
12	DREAMS	I was in a house with lace fabric on the walls to cover something up. It was like I had just moved there. A man came to sell us some fuel oil and his daughter was with him. He told her to be quiet several times and she didn't listen, then he yelled at her to shut up. I told him he was going to have to leave if he was going to talk that way in my house. Then I took her aside and told her she needed to listen to her father the first time and show him respect. (The father was me in the dream, the way I feel with my son sometimes, that I have to get extreme to be heard by him. The father was also my son showing no respect. The daughter was my son, not listening, and the mother was me, laying down the law, asking for respect. It was all about different parts of me, stimulated by the conflict with my son.)
12	DREAMS	I am pruning trees. I see some trees in the yard that need pruning and go there. I start pruning a really small tree. A woman looks out her window. There is a man in a collar in there who looks like a priest. I ask if a can come prune for him. They give me the go ahead. She comes out and talks to me, thanks me for one time I recommended homeopathy to her. She wants to go to school for it. The guy who looks like a priest comes to join us. He doesn't have a collar anymore. I ask him about it. He is a priest and the son of the woman. We talk, and some more men appear and start doing various jobs. It's quite a lively place. (I have been pruning trees and bushes around the yard. When I see trees in the city that aren't being cared for, I want to go and prune them. This dream felt comfortable.)
22	DREAMS	I saw a snake, although it had a strange head. It was more roundish and had a blunt nose sort of like a fish or something. I knew it wasn't quite a snake. My son has a pet snake, but it wasn't his snake although it was little like his snake. I had a close-up view of the head and it seemed slow moving. There was a white mouse in its cage and it snapped at it. It snapped quick and i looked to see if it got the mouse like his snake did, but he missed. The mouse was still there. Then the tail end of the snake moved very slowly and it wrapped itself around the mouse and started to squeeze it. It was strange because his snake moves very quick, so quick you can't even see it. This snake moved very slow as it wrapped around the mouse. Then i couldn't watch anymore. It was slow and determined, heavy, sluggish.
22	DREAMS	I was dressing for a yoga class and then someone offered me some food, a great looking salad I think. I immediately changed my mind and decided to eat the salad instead.
10	EAR	An acute started with ear pain (both ears, sharp), a dry cough, and nausea. Body aches all over body, headache (not specific area, just all over) and then a congested feeling in head. Went to bed.
10	EAR	At 6:00 p.m.: bilateral earache, starting in the TMJ area. It was aching-in type, plugged feeling and uncomfortable, but not so that I was incapacitated.
10	EAR	Pain is localized in right ear. Just a crabby kind of ache. Pain in throat is on left side. Feel as though I am coming down with the flu, want to go to bed. Achy in right scapula area. Feel achy all over. Plugged feeling in left ear now. Makes me want to dig in my ear.
10	EAR	Everything feels like it has a rapid onset and leaves fast (leg pain, ear pain)
12	EAR	Slight pain in right ear just before bed, 11:02 p.m. (NS)

3	EAR	Upon waking, my right ear was plugged; the sensation lasted until mid-morning
10	EAR	Wanted out of proving yesterday, but is feeling better today. Has noticed the acuteness of all her symptoms. Come on quickly, intense, leave quickly. Had left ear pain at 10:00 p.m. Sharp, shooting pain in ear. Hard time getting to sleep, but wakes refreshed.
1	EAR	My ear then had an unusual sensation in it. It was as if the drum was pushed out to pick up this sound. Left ear only.
1	EAR	The other thing that stands out was the ear sensation of my inner ear being pushed out and the whale-like underwater sounds when the remedy was in full strength. Yuck, that was yucky.
12	EXTREMITIE	Feeling of numbness on left ball of left foot and third and fourth toes. Not on heel, but the part right underneath the toes.
12	EXTREMITIE	Sitting in eye doctor's office, felt pulsation in left shoulder blade again
3	EXTREMITIE	Became very fidgety while practicing music; restless movement of my legs and feet noticed by someone else
1	EXTREMITIE	Temperature: hot feet tonight. Soles & top of foot.
10	EXTREMITIE	Legs felt warm and numb. Fell asleep. Phone woke me up and I didn't know if I could get up. I was nauseated. Legs trembling. 2:00 p.m.
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1	EXTREMITIE	12.40 finally able to eat. Trembling right hand. Looked like Parkinson's tremor, etc. Didn't have a sensation though.
3	EXTREMITIE	Lower legs near the ankles began to itch; continued off and on all day
3	EXTREMITIE	Left index finger began to itch – 10:00 a.m.
3	EXTREMITIE	Lower legs continue to itch off and on all day
4	EXTREMITIE	Crawling sensation in various spots, starting on the right leg, but then also on the arms, the neck. Worried that it is a tick, so I searched twice and do not find anything. Better from scratching.
10	EXTREMITIE	9:30 a.m. felt weak, trembling, wants to hide and rest. It's windy and she doesn't like it. Restless, wants to stay home and inside the house. Left leg trembling, shaking; not visible but internally.
10	EXTREMITIE	Was cold today, didn't dress warm enough. I was cold but didn't bother to get a jacket. I didn't eat a lot, but talked non-stop with people. I realized by evening that I was so cold that I couldn't get warm. A 45 minute scalding hot bath sort of helped. Hands don't look trembling, but they are inside. Typing is difficult.
10	EXTREMITIE	Was cold today, didn't dress warm enough. I was cold, but didn't bother to get a jacket. I didn't eat a lot, but talked non-stop with people. I realized by evening that I was so cold that I couldn't get warm. A 45 minute scalding hot bath sort of helped. Hands don't look trembling, but they are inside. Typing is difficult.
3	EXTREMITIE	Lower legs continue to itch periodically
4	EXTREMITIE	Felt a pulsing on my left thigh, inside, just above the knee. Like the muscles were twitching, could feel it move with my hand and was sure I'd be able to see it if I looked at my skin. Came on when rushing in traffic to get to work, and lasted for a few minutes off and on. Better pressing on it.
10	EXTREMITIE	I am cold to the bone. Coldness came on after being in the open air and some wind. Wore a sweater and turtleneck. Now my feet are hot, and in between my two last toes on my right foot, it is really hot and dry feeling.
10	EXTREMITIE	Trembling feeling inside (knees)
7	EXTREMITIE	Right hip pain on turning over in bed
10	EXTREMITIE	Woke up with toe itching me
3	EXTREMITIE	Upon waking, my left hand was completely numb

12	EXTREMITIE	My left foot is so cold it hurts
12	EXTREMITIE	My left foot is so cold it hurts
1	EXTREMITIE	Felt that odd cold wet feeling on my left shin again! With pants on and not a rain cloud in the sky.
12	EXTREMITIE	After the dream above, I went to the bathroom (1:30 a.m.). I felt a sharp, aching pain in my right hip when I came and laid back down (laid on my left side). It was a very strong ache. It kept me awake, so I tried rolling over on the right side. When I did that, it started to feel like a deep twitching in an uneven rhythm, very uncomfortable. It kept on, so I turned back over. The twitching stopped and went back to aching, which slowly subsided. I had a restless night. Whenever I would turn on the right side, the twitching would start on the right leg and hip.
4	EXTREMITIE	Sinking feeling when hungry, with flushing of heat and perspiration; hands shaking. Worse when raising a glass, irritability. Feeling of collapse.
3	EXTREMITIE	The backs of my lower legs began to itch, continued off and on for most of the day
3	EXTREMITIE	My legs continue to itch throughout the night and sleep is still restless
12	EXTREMITIE	My hands got so cold working on a paper that they ached
12	EXTREMITIE	Feel a pulsating pain in the middle joint of the ring finger of my right hand. It pulsates for about a minute, stops, then starts again. It does this off and on for the rest of the day.
11	EYE	Itching left corner of left eye (NS)
11	EYE	Itching right eye, lots of itching, warmer than normal
1	EYE	My eyes are very tired and the lids feel like they have a weight on them. I am typing this line with my eyes closed as that is a relief
10	EYE	Went to work, had photophobia from the lights (had this symptom a long time ago)
1	EYE	Feel it in center front forehead. Eyes & eyebrows tired, as if I want to close them.
1	EYE	My senses are off-kilter. I wish I didn't have eyes. They are so tired. Wanting them to remain shut. I'd rather use my ears. It seems it would be easier. (I never feel this way. I value my eyes far more than hearing.)
10	EYE	Photophobia really bad. My eyes feel like they have sand in them. I don't even want to open them.
10	EYE	Photophobia still continuing
3	EYE	10:15 a.m.: profound migraine headache with photophobia and nausea; pain extended in the left jaw
4	EYE	Twice during the day, eye pain like a nail in a small spot, just above the right eye on the eyebrow
11	FACE	Upper lip, sensation as if swelling
11	FACE	Sensation as if lips were swelling, some itching (NS)
12	FACE	Itchiness and peeling skin around the front of my right ear noticed throughout the day
7	FACE	Twitching sensation of right upper cheek along the infraorbital ridge. Sensation as if a hair on my cheek. Lasted about five minutes. Light tingling of middle lower lip. Feel on the edge of anxiety.
7	FACE	Hot flash, with mild perspiration: face head and upper trunk
3	FACE	I was very easily and quickly offended by a conversation at work. I got very shaky inside and my face was very hot and flushed.
12	FACE	There is a red patch of skin developing on the left side of my face to the left and a little under the lip area
2	FACE	I noticed more blemishes on my face and scalp the last two days – more than normal
4	FACE	Taste of blood in the mouth after eating raw cabbage, but no injury. Accompanied by flushing of the lips - bright red.
11	FACE	Sensation is in lips, felt it yesterday just slightly. If thinking of lips, can feel the swollen sensation.
12	FACE	Skin trouble again on the face, left side near lip. Small dry patches that peel off.
4	FEMALE	Pain in pubic bone on right side, near the neck of the bladder at 5:00 p.m.

4	FEMALE	Menses, accompanied by loose bowels: brown, clotted, copious, delayed, mucus absent, slow, watery
4	FEMALE	Menstrual pain, as if something turning or tumbling in the uterus. Better from placing a round hard object against the uterus, like a fist.
2	FEMALE	I normally have a slight amount of vaginal discharge; clear, non-irritating mucous. Today I noticed I'm completely dry - no discharge. Still extra thirsty. Stools dry but not constipated. Skin not particularly dry. No dreams.
1	FEMALE	Menses flow very slow to start, very light – been trying to start all day, and finally going late at night
12	FEMALE	Felt quite crampy with menses about 2:30 in the afternoon. It is the first day of my period. I was bleeding more heavily than usual with a couple of clots; bigger than I usually have. The blood actually dripped out of me when I went to the bathroom.
7	FEMALE	Yesterday I had lower abdominal discomfort, like mild uterine cramps off and on all day. Had loose bowel movement in the afternoon, which is somewhat unusual for me. Haven't had a period in years, but it felt that way.
7	FEMALE	Got my monthly mess today on top of all this other crud going on. This will be hard to sort out, but will do my best. This time it was an unusual start. The flow started brown and watery rather than reddish-brown and not watery at all. I had no warning, no bloating, heaviness as is usual.
12	FEMALE	Have developed a thick, white vaginal discharge. Feels like my vagina is inflamed and am needing more than the usual amount of ointment to keep things from itching and burning. Used a vinegar and water douche before bed.
12	GENERALS	Pulsation in the abdomen
12	GENERALS	Pulsation in the abdomen extending to the heart
12	GENERALS	Sitting in eye doctor's office, felt pulsation in left shoulder blade again
10	GENERALS	An acute started with ear pain (both ears, sharp), a dry cough, and nausea. Body aches all over body, headache - not specific area, just all over and then a congested feeling in head. Went to bed.
11	GENERALS	Much warmer whole body, but especially head. Could feel this in bed. First heat in head then whole body. Warmer than normal, restless.
11	GENERALS	Reading instead of watching TV; restless, lots of energy
11	GENERALS	Uneasy, restless
3	GENERALS	I experienced a dull pain right behind the bridge of my nose, coming on suddenly
3	GENERALS	Became very fidgety while practicing music; restless movement of my legs and feet noticed by someone else
10	GENERALS	Pain is localized in right ear. Just a crabby kind of ache. Pain in throat is on left side. Feel as though I am coming down with the flu and want to go to bed. Achy in right scapula area. Feel achy all over. Plugged feeling in left ear now. Makes me want to dig in my ear.
7	GENERALS	Cold and damp weather. Feel really cold now - can get that way usually, especially if really tired.
7	GENERALS	Cold and damp weather. Feel really cold now; can get that way usually, especially if really tired.
7	GENERALS	Craving for coffee with cream
7	GENERALS	Slight flush of heat. Light headed. Weak feeling - couple of times today, had a little flush of heat. I sometimes do have this, but usually at night, not during the day. Just heat; no sweats, a five second flash.
7	GENERALS	Slight flush of heat. Light headed. Weak feeling.
7	GENERALS	Slight flush of heat. Light headed. Weak feeling. An edge of generalized weakness.
7	GENERALS	Tired and sore, but probably from working out at the fitness club. Desire to sleep is strong. Laid down while waiting for supervisor's call. Like I want to escape or something. Slight flush of heat. Light headed. Weak feeling.

1	GENERAL	Light headed at 10:00. Slightly dizzy. Slept in the car on the way to a funeral. Better when I awoke. In the car on the way home I also slept. I typically do fall asleep easily in the car, but this is a bit much.
10	GENERAL	Someone opened a bottle of nail polish and I thought I was going to faint. I felt like this is the end of me. I haven't reacted that strongly in years. Had glandular throat pain, bilateral shooting throat pain, bilateral shooting for short time.
7	GENERAL	Woke and was hot and sweaty. Slept with windows open and fan on. Waking hot and sweaty is not unusual, although it had gotten better with last remedy. Several times over last few days had brief flushes of heat – that is unusual.
3	GENERAL	I was very easily and quickly offended by a conversation at work. I got very shaky inside and my face was very hot and flushed.
1	GENERAL	Realized I was very tired. Slept one hour.
1	GENERAL	I had a general malaise and the doggone fatigued feel. I slept in the car. Felt refreshed.
1	GENERAL	I had three wood ticks when the others didn't have any! One was attached. Two were crawling on our bed. The other couple had none.
7	GENERAL	Intense sleepiness at 4:00 p.m. I lay down on the floor in my office and take a 20 minute nap. Felt very groggy on awakening.
12	GENERAL	If I lie down and be quiet, can feel the pulsation in my body
12	GENERAL	On the chilly side today but not as chilly as yesterday. It was damp, cold, and cloudy today.
10	GENERAL	Everything feels like it has a rapid onset and leaves fast (leg pain, ear pain)
12	GENERAL	I am feeling task oriented and industrious. Like getting things done. Feel like writing lists and checking things off. Feels extreme.
12	GENERAL	I keep thinking about salad. I had one for lunch yesterday. It looked and tasted so good.
12	GENERAL	Really bummed that I can't have an egg for breakfast this morning. I told Dennis to buy some eggs yesterday but the co-op was out so he didn't get any. I really want one.
12	GENERAL	Feeling movements inside my body and in lower right abdomen while studying tonight
2	GENERAL	Very dry mouth and mucous membranes and throat; dryness feels internal
3	GENERAL	Fidgety in the evening
3	GENERAL	I felt somewhat chilly in the late morning
3	GENERAL	In general, I feel better when I am outside, not cooped up with people. I have very little desire to socialize and the mindless chatter of people is aggravating me more than usual. I continue to feel muddy-headed.
3	GENERAL	In the mid-afternoon, I am craving dense food and feel no guilt about simply shoving something into my mouth. I cannot seem to get enough. I am craving cheese today.
4	GENERAL	Cravings for anything and everything and nothing satisfies. Go from one food to the other. Worse late at night. Crave flavorful, rich, fatty, salty, sweet, cheese, chocolate, ice cream.
10	GENERAL	Got very cold suddenly and had to get warm clothes on
10	GENERAL	Is afraid of proving remedy and of the shadow side of it. Stomach is just jittery, and feels trembling all over. Anxious, not sure why. Heart feels tight and full. Is going to give this proving only one week and then wants to quit. Heart is pounding, feels full and anxious. Almost like an upset stomach. Hard time getting to sleep.
11	GENERAL	High strung most of the day, warmer, more energy
11	GENERAL	High strung most of the day, warmer, more energy. Took another dose this morning. Dose: like a kick from a horse. Felt high strung with customers. A little on the edge. Have more energy than usual. Sensation in lower back, rushes of energy. Pleasant. Still feels warm. More talkative with customers, a little tense. Buzzing. With some customers, a little dominating, too strong. My energy, strong, goes into them.

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4	GENERAL	Nausea, with burping after a very modest amount of wine. In the evening before bed.
10	GENERAL	Has noticed the acuteness of all her symptoms. Come on quickly, intense, leave quickly
11	GENERAL	More heat that goes mainly to the head
11	GENERAL	Normally energy wouldn't be this good. The feeling of energy: if tried to control it, it might be too much but fine for me. Thoughts a little faster, different. From more heat in head. Thoughts general. Sensation pleasant, heat in head. Hottest in head but warmer throughout body. Took off jacket at work. I'm a little hotter.
11	GENERAL	Thoughts a little faster, different. From more heat in head. Thoughts general. Sensation pleasant, heat in head. Hottest in head, but warmer throughout body. Took off jacket at work. I'm a little hotter.
4	GENERAL	Very tired, exhausted feeling, and easily overwhelmed. Feeling that I don't want to do anything. Want to lie on my bed and be fed. Don't want to do any work, or even have to move. Want to be intravenously fed because eating is too much work.
11	GENERAL	Energy low from not sleeping. Very sore everywhere. Could feel when woke up. Yoga was much more difficult, stiffer. Could mostly work out of it with yoga and stiffness dissipated throughout the day. Mostly in muscles. Almost flu-like.
11	GENERAL	Waking up every half hour, tossing from side to side, belching and farting all night, tired by morning. Slept 20 minutes, woke up, slept 20 minutes, woke up, etc, all night long. At 10:00 belching started. A lot of air, as soon as I went to bed. Energy low from not sleeping. Feel a little stoned. Still warm. Stoned: just a little more energy to head.
3	GENERAL	In general, I am very tired at 6:00 p.m.
3	GENERAL	In general, I am worse at 6:00 p.m. Being outside seems to help.
3	GENERAL	In general, I am worse at 6:00 p.m., although being outside seems to help
4	GENERAL	Crawling sensation in various spots, starting on the right leg, but then also on the arms, the neck. Worried that it is a tick, so I search twice and do not find anything. Worse scratching.
10	GENERAL	9:30 a.m. Felt weak, trembling, wants to hide and rest. It's windy and she doesn't like it. Restless, wants to stay home and inside the house. Is reduced to tears. Is anxious about being extra blunt. Is emotional. Left leg trembling, shaking – not visible but internally.
10	GENERAL	Was cold today, didn't dress warm enough. I was cold, but didn't bother to get a jacket. I realized by evening that I was so cold that I couldn't get warm. A 45 minute scalding hot bath sort of helped. My eyes began to hurt. Hands don't look trembling, but they are inside. Typing is difficult. Stomach is in a bit of a knot just having to relate symptoms. I do not want to do it (give supervisor symptoms). It is too much work. I don't mind telling them; I mind writing them, organizing it.
12	GENERAL	I feel rather drowsy and relaxed riding in the car to go shopping
2	GENERAL	Woke this morning very warm even though the room was cool
4	GENERAL	Craving for salty and sweet farinaceous foods at night – popcorn, French fries, cookies, also for chocolate and meat
4	GENERAL	Cravings wild again at night after 9:00 p.m. Crave all sorts of flavorful foods, from one thing to the other; satisfies, but only for a short time. Feel I want to keep sinking my teeth into something.
4	GENERAL	Sensation of crawling and itching after discussing lice treatments for someone's kids. We both said we felt our heads itching, but this has continued for over two hours now – it's now 10:00 pm, and the itching is on other parts of my body also, all over.
10	GENERAL	I am cold to the bone. Coldness came on after being in the open air and some wind. Wore a sweater and turtleneck out.

1	GENERALS	At a flea market, it's cold & damp and windy. Head again is really sensitive to this. This is most unpleasant. I actually went to the car I was so cold.
4	GENERALS	Craving for cookies around 10:00 p.m
4	GENERALS	Energy much higher in the evening. Would prefer to stay awake until 2:00 a.m. and wake at 10:00 a.m.
10	GENERALS	I have felt consistently exhausted throughout this proving
4	GENERALS	Chilled in the morning after waking. Must stay wrapped up in clothes, cover the head.
4	GENERALS	Crawling sensations have continued, still worse scratching. Also found a wood tick crawling on my neck in the evening.
12	GENERALS	I started to get light headed, shaky. I figured I hadn't eaten enough protein, so I went in and ate an early supper. Felt much better after that.
10	GENERALS	Extreme tiredness persisting. I just feel wiped out and can't go any further. Naps are critical and anytime between 1:00-6:00 p.m. Fall asleep easily then.
12	GENERALS	Have been crossing things off my list. It has been a day of ironing, running errands, packing. Things have been going fine. Feeling a bit stiff and physically tired from the garden work.
12	GENERALS	I decided to do some work in the gardens around the house. It felt good to be outside. Quiet morning, sunny, cool. I worked until 9:30, so I am feeling a bit stiff.
12	GENERALS	Went for a walk at 5:45 a.m., then decided to work in the gardens around the house. It felt good to be outside; quiet morning, sunny, cool.
12	GENERALS	Felt a sudden pain in my left side, at the bottom of my rib cage. It lasted a couple minutes and subsided gradually.
12	GENERALS	I had a restless night. Whenever I would turn on the right side, the twitching would start on the right leg and hip.
12	GENERALS	We waited long to eat. I'm feeling a little shaky
4	GENERALS	Sinking feeling when hungry, with flushing of heat and perspiration; hands shaking, worse when raising a glass, irritability. Feeling of collapse.
7	GENERALS	Energy is still good except for 4:00 p.m. drop
7	GENERALS	Still groggy when I woke up
12	GENERALS	I started getting physically shaky in the afternoon from not eating lunch at the usual time
4	GENERALS	Itching and scratching everywhere when trying to sleep
7	GENERALS	I feel very stiff this a.m. Can barely bend at the waist.
12	GENERALS	I feel drunk when I got up this morning. My speech seems slurred, my body heavy. My head feels heavy, and I feel like I can't think clearly. This feeling lasts for about 15 minutes.
12	GENERALS	I feel my heart beating strongly in my body and a strong pulsation throughout
12	GENERALS	I was putting some hamburger in a pan to brown and had the urge to put the raw meat in my mouth. I didn't do it, but I felt a very strong feeling to eat it. I actually smelled it and decided it was not a wise thing to do. I have been craving red meat, which is unusual for me.
3	GENERALS	Rained all day - all symptoms worse. Felt morose today. Felt like no one wanted to be around me. Quite sad all day.
12	GENERALS	Feel a pulsating pain in the middle joint of the ring finger of my right hand. It pulsates for about a minute, stops and then starts again. It does this off and on for the rest of the day.
10	HEAD	An acute started with ear pain (both ears, sharp), a dry cough, and nausea. Body aches all over body, headache (not specific area, just all over) and then a congested feeling in head.
3	HEAD	Sudden vertigo with room spinning; felt like head was being squeezed. Lasted about one minute. Afterwards, unsteady feeling while standing. Continued all day.
3	HEAD	The "fuzzy" feeling in my head has remained, accompanied by an unsteady sensation while standing, as if I would tip over

3	HEAD	I continue to feel muddy-headed
2	HEAD	Later a.m.: alternates between extreme dryness in nose and the sniffles; when there is dryness, there is a slight sinus headache
2	HEAD	Previous symptom of mine: mucous in the morning, but located more in the throat pit and easily hawked up with a warm shower while getting ready
2	HEAD	Glands on both sides seem somewhat swollen, and there is mucous deep in the throat (below throat pit, I can't hawk up- what does come up is clear).
2	HEAD	I have a slight headache in the face, like a sinus headache but all over face – dull under the skin
2	HEAD	Tonight before bed, I have dull aching under skin on face, like sinus headache but not in the sinuses - more in the tissues under the skin
3	HEAD	Fuzzy feeling in head, as if I couldn't quite make sense of the moment/better after eating/feeling continued all day, less intense in the evening
3	HEAD	I continue to feel muddy-headed
7	HEAD	Ringing in ears, lasted about one minute; high pitched pinging sound. Head feels heavy. Dazed feeling. (Spaced-out, had this feeling off and on a bit for last three days)
3	HEAD	I am continuing to feel muddy-headed
11	HEAD	Sensation pleasant, heat in head. Hottest in head, but warmer throughout body. Took off jacket at work.
11	HEAD	More heat that goes mainly to the head
11	HEAD	Thoughts a little faster, different. From more heat in head.
10	HEAD	Mild frontal headache. Dull.
2	HEAD	Also noticed more blemishes on my face and scalp the last two days – more than normal. Haven't had scalp pimples for a long time.
4	HEAD	Sensation of crawling and itching after discussing lice treatments for someone's kids. We both said we felt our heads itching, but this has continued for over two hours now – it's now 10:00 p.m., and the itching is on other parts of my body also – all over.
11	HEAD	Heat in the head
11	HEAD	Pretty hot in head today. May have had 20 years back. Not warmer elsewhere.
7	HEAD	Crawling, tingling sensation over occipital scalp, more toward the left side...the area feels like it is moving - has it come alive? Lasted short time (one to two minutes).
1	HEAD	At a flea market, it's cold & damp and windy. Head again, really sensitive to this. This is most unpleasant. This hurts, as if head had ice pressed in on it. It feels like the skin is not doing what it should. It's like my skin is paper-thin and this weather is icing me up.
1	HEAD	Neck muscles tightening (not cramping). As if pulling head down in back.
3	HEAD	Headache pain beginning in the back of my head and neck; continuing on into the night – 3:00 p.m.
11	HEAD	Got warm, almost like a hot flash. The heat that comes and goes to the head.
11	HEAD	In the beginning, heat in head was nice, but then didn't like it when talking to people - got really hot in head. Head gets hot, thinking gets disturbed. Hot flashes unpleasant. Energy rushes to head, like putting finger in fire and burns but can't take head out of fire (fire is from inside). Comes like jealousy, like feeling jealousy. When it comes, it's too late, even if you don't want to feel it - the ownership of another person. Shows attachment to someone. Just comes. Heat comes like this. Have had dreams of snakes before, though not a common theme for him. Gets a shock when sees them unexpectedly. Snake connected to energy (heat) in head. The dream for him was a visual picture of the heat in his head.
3	HEAD	10:15 a.m.: profound migraine headache with photophobia and nausea; pain extended in the left jaw. This is the first migraine headache I have experienced since January of 2002. I could not withstand the pain, and since I was at work and expected to be productive, I made a decision to have an Imitrex injection.

3	HEAD	Restless sleep, awoke several times with head pain
2	HEAD	For what it is worth, I noticed that my hair felt dry this morning while I was washing it
12	HEAD	Slight headache from about 3:00 p.m. until bedtime. I think it was from a combination of not eating on time and the stress of the day.
12	HEAD	I feel pain in my left lower jaw, like a toothache. The pain goes all the way up the left side of my head. I decide to lie on my left side, the sore side. This seems to make it feel better. I feel my heart beating strongly in my body and a strong pulsation throughout (NS).
12	HEAD	The soreness in my left jaw and head feels better when I get up. I laid down for about 20 minutes.
7	HEARING	Ringing in ears, like a large choir of crickets, but humming instead of chirping
7	HEARING	[07/03:12:30] Ringing in ears, lasted about one minute; high pitched pinging sound. Head feels heavy. Dazed feeling. (Spaced out, had this feeling off and on a bit for last three days)
1	HEARING	[01/05:11:00] Ear sounds on my pillow. It was like I could hear sound as if it was my brain waves bouncing back off the pillow and they went into my ear. I was not making any sound at this time. It could have been ambient sound from the room, but I couldn't identify what it would have been. The sound was echo-like. It was like whale sounds underwater.
1	HEARING	Ringing in ears, like a large choir of crickets, but [more like] humming than chirping
12	HEARING	I can hear the fan on upstairs in the boy's room. It's hard for me to sleep with that noise. I try to relax and not think about it, but it's hard. I just want it quiet at night. My day is so full of noise; I just want no electrical sounds, no music, nothing unnatural. I guess the birds wake me up at 4:30 a.m. now, so even natural sounds can disturb me at night.
4	LARYNX	Feeling of tightness in the larynx, a strain in the voice. Voice is low and weak. Better after a hot shower
3	MIND	I was very easily and quickly offended by a conversation at work. I took it personally and felt like I was being insulted. When I felt like I was being insulted at work, my coworkers were talking about dedicated fathers and their conversation was such that I felt like they were insulting my own father because he had served in the Navy and was away on deployment quite often when I was young. I immediately felt as though I had to defend his honor and integrity because they had no idea what they were really talking about. I didn't strike out at them, but it was a bit of an internal struggle to make the choice to leave the room. I got very shaky inside and my face was very hot and flushed.
12	MIND	Anxious about taking the remedy
12	MIND	Thoughts while showering dwelling on making decisions, having two opinions presented to me, how is this a problem for me (RS).
12	MIND	Wondering if my science teacher will go easy on me because I'm doing a proving. Normally I'd be thinking how I could do everything well, despite setbacks (NS).
12	MIND	Obsessing over how I handled client situation. Concerned teacher will be impatient, upset with me, that she will think I cannot do this work. Decided to write her an e-mail to let her know what I had done and how I was feeling. Got tearful as I was writing it and now (OS)
12	MIND	Felt "altered" when driving, like I wasn't quite all there. It's almost like I am on a drug, and not really connected to what I am doing, but without the grogginess of a drug. It's like I feel as if I am drinking alcohol. [New Symptom]
12	MIND	Didn't feel like talking much to anyone. Unusual for me (NS).
12	MIND	Felt spacey on and off at study group tonight. At one point, totally lost train of thought when explaining something.
12	MIND	Felt spacey on and off at study group tonight. At one point, totally lost train of thought when explaining something. I felt completely disconcerted. I had explained to them that I was doing a proving, so I was able to tell them what happened (NS).

12	MIND	Had to ask a woman I was driving home which block and house were hers. She asked me if I was alright. She said I didn't quite seem to be my usual self. She wondered if I could get home. I assured her I could. There was some humor to it, but it is disconcerting (NS).
12	MIND	Came home and saw an email from proving supervisor to take a third dose. He sent it at 6:00 p.m. I didn't see it until 9:45. I felt bad that I didn't see the directions sooner and took the remedy later than I should. I like to do things right. I feel badly when I don't. I think I will screw things up for someone else and that I will look bad.
12	MIND	I feel kind of down this morning, like I don't want to get out of bed. I feel like I just want to lie in bed and remember my dreams.
11	MIND	Saw horses when closed eyes. When got home from work, turned on the TV and found the Kentucky Derby was on.
12	MIND	Called my husband at work to ask him a question. I totally forgot what I needed to know. It took me about a minute to gather my thoughts together to remember. Very disconcerting (NS).
12	MIND	Wasn't dressed and ready for the day until about 10:00 a.m. Wondering what I will accomplish today. Feeling like I'm worthless if I don't accomplish something.
12	MIND	Easily distracted from working on my chronic case. Trouble focusing. It seems lonely with no one around here today.
12	MIND	Feeling overwhelmed with it all! Between the kids and their activities and my school/work, I feel like I have so many details and things to take care of and oversee. I wonder if I can keep it all in order and get it all done. If I don't, I will feel I have somehow failed them and myself (OS).
7	MIND	Feel a little spacey
7	MIND	Feel sort of dazed. I feel spacey.
12	MIND	Once I got going on my homework I felt better emotionally, like I was accomplishing something. I feel like if I don't accomplish something each day I am losing time, getting behind. If I get behind I feel like I will never catch up. I finished typing the case and started analyzing it. That felt good.
12	MIND	Blanked on two very familiar people's names tonight at preschool registration. I find myself feeling very disconcerted. I'm compensating by listening carefully to people talking and trying to see their folders before I have to write their name down or greet them so I can be sure what their names are. I feel like I will insult them if I have to ask them their names and that I will look like a fool if I can't remember them. Despite this, I feel better emotionally being around people. Not so focused on me and my feelings earlier of being in a pit.
12	MIND	Talked with proving supervisor about the proving. I feel like I am revealing way more than I am comfortable with at times and wonder who will see this. I feel vulnerable. At times I feel tears come on while talking to him and like my voice was loud. Felt the tears especially when I talked with him about the stress with my two teachers yesterday. That had more depth to it than any of the other stresses.
12	MIND	I'm noticing the birds and rabbits as I walk today. I remember yesterday I saw a blue jay outside in the birdbath and a crow came after it. I was talking out loud in the house (no one was there), cheering the crow on because usually the blue jays are mean and chase everyone away; I was cheering for the underdog. I was saying, "It serves you right, you nasty blue jay, always chasing the other birds away. Go get him crow! Give him what he deserves!" I had a malicious feeling towards the blue jay (normally I would feel for whoever was getting shoved around).
12	MIND	My husband came to get me to walk. It's hard to get going. I want to remember my dreams, but I'm having trouble doing it.
10	MIND	Mood: want to be left alone and just tell the family to be efficient about whatever they need to do and leave me out of the loop, but I do want to know what is going on. I'm justifiable, blunt and desire efficiency. I'm right in my own eyes.

10	MIND	She reported to me feeling over-emotional, felt over-worked, and felt offended when family members laughed at her. Said she was going to bed and they had to clean up the kitchen because she had done too much today, when in reality, she really hadn't done too much other than ride in a car and pick up a few groceries. So far, a lot of disorganization and frustration felt by me (the supervisor)—prover's notes hard to follow, etc. Interesting to note that the original notes I took on my computer did not cut and paste per usual so I lost them and had to recreate them.
10	MIND	I found the prover to be extremely independent with this proving, not giving me information that I needed, not cooperating with communicating with me or following the directions and kind of did what she wanted. I was very irritated by her (and still am a year later while editing these notes!). Uncooperative, unreasonable, no sense of humor (I know this prover personally and we usually have rather jovial conversation, but while on the proving, she was in my opinion dull and no fun to talk to, and she seemed distracted during personal conversations with her). She felt lazy yet efficient. Thought she picked at her lips and heels a lot, and was easily offended. She delayed taking the remedy for two weeks because of multiple acutes (that she received since getting the remedy in the mail).
10	MIND	Mood: wants to be left alone and just tell the family to be efficient about what ever they need to do and leave me out of the loop...but I do want to know what is going on. I'm justifiable, blunt and desire efficiency. I'm right in my own eyes.
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12	MIND	I am feeling very irritated and impatient with doing all this typing right now. It's already 8:30 and I'm not dressed and ready for the day. Just like yesterday. I guess this proving stuff is rather time consuming!
12	MIND	I am feeling task oriented and industrious. Like getting things done. Feel like writing lists and checking things off. Feels extreme.
12	MIND	Just finished up all the proving stuff and answering e-mails. Haven't showered yet or eaten breakfast! Seems like I should be further along with things today. There is this feeling of needing to accomplish. I have been busy all morning so far, so not sure why I feel this way.
12	MIND	I seemed to notice something I never saw before and was very curious about it: something by the railroad station. I craned my neck trying to make out what I was seeing and almost stopped the car to look. It was noticing details I have never seen and being curious about it.
12	MIND	I was planning to keep an eye out for the best gas price and stop for gas. I completely blanked it out until the gas light came on and I was way past it. Then I forgot to stop at the school where I was going to do some work! Again, I feel disconcerted and like I'm losing my mind. It makes me wonder what else I'll forget and will it cause me some problems.
12	MIND	Now I must get to work. Industrious is a word I keep thinking of. I want to be industrious. If I am not I feel worthless.
12	MIND	Now I must get to work. Industrious is a word I keep thinking of. I want to be industrious. If I am not I feel worthless.
12	MIND	I am feeling a little hyper right now as I have not eaten lunch. Felt like I must do my census work so I could go and join the kids at 5:30 for a fun night at church. Have gotten quite a bit done on the project. It's as if I feel I must have justification to go have some fun with my kids. If I don't, I'll feel like I don't deserve it. If I have been fruitful, I can do it. Also realized I told my grandma I would pick her up a little before 4:00. I must be back here by 4:00 in case my proving supervisor calls.

12	MIND	It seems like as long as I keep busy I am not bothered by negative thoughts
12	MIND	My son says I seem a little different. When I ask him for details, he says I have been more annoying than usual, like I have a lot of energy and say things at the wrong time. This afternoon he said I came on strong telling him to be off the computer between 4:00-5:00.
3	MIND	I was very easily and quickly offended by a conversation at work. I took it personally and felt like I was being insulted. When I felt like I was being insulted at work: my coworkers were talking about dedicated fathers and their conversation was such that I felt like they were insulting my own father because he had served in the Navy and was away on deployment quite often when I was young. I immediately felt as though I had to defend his honor and integrity because they had no idea what they were really talking about. I didn't strike out at them, but it was a bit of an internal struggle to make the choice to leave the room. I got very shaky inside and my face was very hot and flushed.
7	MIND	Went to church. Feeling light-hearted and happy. Almost a little euphoria. Desire to sing. Feel my heart is open and want to express love to everyone. I am very in touch with my life purpose. Desiring to help people heal and to create a new healing center.
2	MIND	I notice a kind of spaced out feeling all day
12	MIND	Studying after the church thing was a challenge. I was analyzing a case that I had put off today because my thinking has not felt real sharp. When I read remedies and rubrics, I forget what is where and can't hold onto thoughts I am having about differentiation. I didn't feel clear, so it is frustrating to do this kind of work. I want to do it well and feel clear about it. It was easier to do concrete, mundane work where I didn't have to think, as I was doing this morning and afternoon.
12	MIND	Went to church for the kids program tonight. It was hard to be with the noise.
12	MIND	I feel like I accomplished a lot today, which is a good feeling. I hope tomorrow will be as fruitful. If I hadn't accomplished a lot, I think I would feel depressed and hopeless, like, "what am I going to amount to?" If I can't do the things I need to do, where will I get in life? Will I have made a difference?
7	MIND	Felt very annoyed by a woman who was laughing too loud (seemed really inappropriate; annoyed and distracted me; as if she were on a microphone). I wanted to turn around and tell her to shut up. I finally settled down and enjoyed the movie.
7	MIND	Overall, a sense of well being; not unusual, but felt lighter than have felt in a while. Wanted to sing all day.
10	MIND	Someone opened a bottle of nail polish and I thought I was going to faint. I felt like "this is the end of me." I haven't reacted that strongly in years.
12	MIND	Felt upset with my oldest son this morning. I started to raise my voice with him from anger, and lowered it down. It took an effort. I get angry because we are doing everything we can to make it possible for him to pursue what he wants and he takes it for granted. I don't want him to be a person who expects everything to be handed to him on a silver platter. I also don't want to do all the work and effort. I get exhausted and overwhelmed.
3	MIND	By evening, I find I have a hard time concentrating on the subject at hand
3	MIND	Fuzzy feeling in head, as if I couldn't quite make sense of the moment. Better after eating feeling continued all day, less intense in the evening (NS).
3	MIND	I feel like I am having difficulty grasping everyday tasks. I stumble over myself and cannot find the right words at times.
3	MIND	In general, I feel better when I am outside, not cooped up with people. I have very little desire to socialize, and the mindless chatter of people is aggravating me more than usual. I continue to feel muddy-headed.
10	MIND	Is afraid of proving remedy and of the shadow side of it. Wonders if that is coming out in her. Has a lot of return of old symptoms and is scared. Is going to e-mail her homeopath. Stomach is just jittery, and is trembling all over. Anxious, not sure why. Heart feels tight and full. Is going to give this proving only one week and then wants to quit. Heart is pounding, feels full and anxious. Almost like an upset stomach. Hard time getting to sleep.

10	MIND	I don't know if I can sort out which day it is today. I think that I am on day three, but I don't know. Woke up feeling very direct and made a decision - no nonsense. No worry about what type of food to serve, or if people will like it (for her Memorial Day meal). Very critical, emotional, direct with people.
10	MIND	So frustrated
11	MIND	Everything clear, more color, sharper. Caught self looking at flowers on bed cover, noticing them.
2	MIND	Last night in bed, there was a rattling of my bedroom door that wakes me with a jolt. I think it is the cat batting the door, but I feel fearful thinking it could be someone in the house. Normally I would get up and scold the cat and then go downstairs to check if the gates to keep the dogs in have been taken down so she can get to her food and water. I am fearful and don't want to go out of the bedroom. I think I should go check on my daughter but I am fearful. I am awake for a little while then make myself go back to sleep and I sleep soundly.
12	MIND	Feeling again that I must get things accomplished today and that all this typing is holding me up
12	MIND	It has been a frustrating day. When I finally got to the phone, I couldn't get it to dial out. I tried several times, feeling panicky and inadequate (I have had dreams about not being able to get phones to work and have had it happen to me often). I finally called the school secretary to see if I was doing something wrong, and she said the phones had been acting up all day. I got home at 3:45 p.m. and had accomplished hardly anything. I felt anxious. People will think I can't organize my life, that I am inefficient, that I don't have it all together. I feel like people have this image of me --- that I have it all together. That will be shattered. I want people to think well of me and to like me. When talking with my proving supervisor about the day and my feelings, I got quite emotional and tearful. I don't like that I get so concerned about what people think of me. I want to feel freer to be myself, whoever that is. I am not really sure sometimes. I feel like a chameleon.
12	MIND	My husband called home. I told him about my day. He was very understanding. It made me feel better to talk to him. Sometimes I feel I take advantage of him. He is so willing to help out with everything.
12	MIND	My son started playing a song he wrote for piano. It makes me want to cry. He will be leaving home for most of the summer and going away to school, so things will really change for us. I am feeling very sad about that right now. It makes me cry. I will miss him.
7	MIND	Head feels heavy. Dazed feeling. Spaced out, had this feeling off and on a bit for last three days.
7	MIND	A somewhat depressed feeling. No enthusiasm to do anything. Opposite of how I felt yesterday. Woke from nap with some discomfort on taking a deep breath. All day today, didn't want to do much, was supposed to go out with friends but didn't.
1	MIND	I am in high gear. Going on vacation today and I have no time...no time...time is running out. It's like there is an urgency to get stuff done right now because time is running out.
1	MIND	But this time we went over there, just told them about the hair-pulling incident just to keep both parties clear on exactly what happened. I held up quite well. Really well in fact. Calm, trusting, seeking the higher good for all those involved. WOW! I normally would not do this because I don't want to make trouble, don't want anyone to look bad, usually think it's not worth the time. The cost? Two hours behind schedule. We are now late.
1	MIND	I'm in high gear. Time, time, time must get moving.
2	MIND	Still have this sensation of dreamy feeling, like I'm functioning after not having slept all night. I can concentrate and am able to get things accomplished. It is hard to describe, but I feel normal yet when I look up, it looks dreamy. Something like I'm normal but my eyes is a little dreamy or my vision is a little dreamy.
3	MIND	In general, I am very intolerant of mindless chit-chat; it just seems to aggravate me. This is not unusual for me, just more intense. I have been really questioning my work lately; I have a strong desire to change jobs. I am continuing to feel muddy-headed.

3	MIND	Have no desire to socialize
10	MIND	I observed that she was really dull to talk to, not fun to talk to, just really matter-of-fact and business-like. It's been hard getting details from her like specific times. Her typed notes come to me with many typos in them, hard to understand. Interesting to note that I when I told her that she needs to be giving me times in relationship to documenting and converting it to this (prover, potency, day, hour, minute thing), she told me that was my job. This is fine with me, but I need to have the original times first to be able to do that, which she doesn't give me. I am having a difficult time supervising her. She is independent and obstinate about recording (or not) her symptoms correctly
12	MIND	I forgot my daughter needed to be at school early today. I asked my husband if he wanted to take her. He said he could but, I could tell he didn't want to. I told him sternly to tell me what he needed to do. He hesitated and said he really didn't have time to take her. I told him I would take her. I get frustrated when he says he will do something and he really doesn't want to do it. I feel guilty that he is doing it and I am not. I want him to be more straightforward about his needs/wants.
7	MIND	Thinking about death in wakeful times. (Thoughts of death are not anything new, but really upon me this morning)
7	MIND	Had my journal with me today and had nothing to write. Typical average day, feeling pretty good. Nothing weird, no strange, rare or peculiar symptoms. No bells and whistles. Maybe I'm too dense.
7	MIND	I don't want to be doing this proving. I feel like a failure because I don't seem to be experiencing any amazing symptoms. Maybe I am too dense.
12	MIND	I accomplished a lot more today as far as my work at school. The phones were working, the calling is done, and the mailings have a good start. I hate doing the calling. I feel like a telemarketer calling people I don't know who have not asked to be called. I don't like being disturbed in that way, so it's hard for me. It's the one part of my current job I really don't like.
3	MIND	The mental cloudiness seemed to resolve during the day, although as night came, I became more forgetful. I cannot remember where I have put things. I am easily distracted.
10	MIND	Feels controlling and bossy, blunt, angrier. Calling names, doesn't care if she offends people (had to refrain herself from swearing at her daughter over a minor incident).
7	MIND	(Embarrassed to tell this next part) My partner and I were arguing this morning. She became hysterical and slapped me on the left cheek - not just a pat, but a hard slap. I felt stunned, like I was in the presence of insane evil. I felt frightened, then sad. I wanted to cry (but I didn't cry). With an hour to think about it, I have great compassion for the pain she must be in. I am sorry for provoking her to such a vicious reaction. (reaction was different than usual, typically would not have waited so long to say something)
4	MIND	The centipedes have started to appear in my house (it's spring and very wet). As usual, I am frightened and disgusted by them, but more so. Tonight I stood on a chair when one ran past me when my dog was chasing it. I wanted him to kill it, but I was worried it might bite him. Rationally I know nothing would happen, but my worst fear is that the venom would kill him.
4	MIND	Reversed my name with someone else's when calling him on the phone in the evening after work (9:30). Said "Hi, (my name), this is (his name)." When he pointed it out, I still didn't realize what he was saying until a minute later. Felt embarrassed
4	MIND	The centipedes have started to appear in my house (it's spring and very wet). As usual, I am frightened and disgusted by them, but more so. Tonight I stood on a chair when one ran past me when my dog was chasing it. I wanted him to kill it, but I was worried it might bite him. Rationally I knew nothing would happen, but my worst fear is that the venom would kill him.
10	MIND	I didn't want to give the supervisor symptoms. It is too much work. I don't mind telling them, I mind writing them, organizing it.
10	MIND	I talked non-stop with people

10	MIND	9:30 a.m.: Felt weak, trembling, want to hide and rest. It's windy and she doesn't like it. Restless, wants to stay home and inside the house. Is reduced to tears. Is anxious about being extra blunt. Is emotional. Left leg trembling, shaking-- not visible but internally.
12	MIND	Found a note on the table this afternoon saying that someone had called me last night. I felt irritated that I hadn't gotten the message last night. I spoke with my daughter and asked if I was supposed to call this person back. She said she couldn't remember. I calmly told her that I really needed people to take careful messages and to put them where they could be seen, or to tell the person. She responded defensively. When I asked her what that was about, she said, "You're mad!" She said it was the look in my eye. I thought I was doing a pretty good job of communicating calmly, but she seemed to feel my frustration and it set her off. That made me feel slightly more irritated.
12	MIND	Have been wanting to straighten up things more than usual before going to bed. I have never been a particularly fastidious person about the house unless we are having company (NS).
12	MIND	I feel rather drowsy and relaxed riding in the car to go shopping. I was a very impatient shopper. The clothes for girls all seemed so poorly made, especially the dresses and skirts, which my family wants my daughter to wear for the wedding. She couldn't find anything she liked. At times I became curt and dictatorial. It doesn't make the situation pleasant for anyone, but I can't seem to stop it. In the end, I found nice pants and a shirt and I let her get those. If they don't like it, too bad.
12	MIND	I had an itch to get out in the garden. I love to see the green shoots coming up in the spring. I still have the urge to be industrious and would have liked to work in the garden all day.
12	MIND	Sometimes I react to the most ridiculous things. I sent my husband and son off to buy a black vest when we were shopping. I told my husband to make sure it matched to black pants we already bought. When I got home and took it out and put it next to the pants, the vest looked navy blue. Inside I felt angry. My husband had already gone to bed, so I didn't attack him about it. I had time to think about it. I realized it's not such a big thing. If it really bothers me, I can exchange it. It boils down to time and appearance. I wanted the shopping done so I could get other things done during the week. I want the boys to look nice for the wedding. Husband's family is critical about how we let the kids dress and wear their hair. I would at least like the clothes to match for the wedding
12	MIND	The concert was exhilarating. I experienced many emotions while listening, from sadness to joy to boredom. One movement of a piece almost put me to sleep. I would have tears from the intense feelings. I loved the dissonant passages. Those are the most emotional for me. A Mahler piece featuring a large chorus who sang with my son's group was the final and most thrilling work. I really can't describe what I felt listening to it in words (OS).
7	MIND	When I came home, J said "hi, Darling" as though nothing had happened. When J came to bed, she put her arms around me. I pushed her away and said "it is not okay to hit me." She said, "you should apologize to God for saying you supported me for 12 years." She said she enjoyed hitting me and would do it again. I said I would never allow it. She said she'd like to get a shotgun and blow my head off. This is the most violent J has ever been with me. I feel sick, but also numb. I had no desire to drink last night (felt like I was on a buzz all night.) Just laid there feeling numb. Numb. Emotionally numb and almost physically numb.
3	MIND	Became very easily angered at the remarks of my traveling companions; stormed off and wouldn't speak to anyone for four hours.
3	MIND	I am forgetful; I lost my glasses today, cannot remember where I put them
4	MIND	Irritable when someone was talking to me about their career. She was vacillating about what she should do, and if she wanted to study acupuncture or maybe nutrition, or something else entirely. I felt she was treating it too trivially, such important work. (This is analogous to the dream about the homeopath working as a beautician) I thought, "You're not trying out a prom dress." I didn't want to talk to her at all; her voice was annoying to me, like an irritating whining. Wanted to get away and have things quiet.

10	MIND	Accused of being really bossy
12	MIND	At my son's concert at orchestra hall. One of the younger orchestras is playing and I can hear the sound of a toy with bells on it. This is very annoying and goes on for two songs. I turned around to see where it was coming from. There was a boy about nine-years-old who appeared to have CP. I felt bad for the boy and wondered why the parents gave him something that makes noise for the concert. There had been an announcement that they were recording the concert and to muffle all coughs and sounds. They left after that group played.
12	MIND	Felt spacey driving. Would shake my head to get rid of the feeling and get back to the present. That would help for awhile, but the feeling would return (NS).
12	MIND	I had a message from a client. I felt annoyed as I have been trying to set better boundaries with her.
12	MIND	Looked at Max's vest and pants in the daylight and they look fine. I'm such a boob.
7	MIND	Very alive. Went for a run and didn't want to come home because it felt so good. Like something is changing, shifting; even my practice is shifting. Was feeling morose last week.
1	MIND	Today I was reading Robert's comment on Hahnemann's Organon, the part where the provers should be living a normal life with normal stresses. I felt the bottom drop out of my stomach. I was on vacation! It hit me so I could hardly move. I didn't want to move. Even the others knew something was wrong. I explained what I just read. I was so sure I would be kicked out of the proving! I couldn't bear the sound of that. Why? Not being a part of the group. Not going to be a part of the bigger project. The accomplishment would go on without me. I would be left behind. A nothing. While they would go on to grand & great things, I would be this worm left behind. It was as if I could see them take off into the sky and I was left behind. This was a very unusual feeling. This was a very foreign feeling experience. It was like a dream. I was moving in this dream. Like an out of body experience.
4	MIND	Worried about telling a white lie. Was going to back-date an item by one day that I should have sent off in the mail earlier, but couldn't bring myself to do it.
7	MIND	Had a good day yesterday. Felt strong, calm, centered. I love my work when people get better.
10	MIND	I'm anxious, I'm afraid of being too bossy. I think the trembling feeling relates to the not wanting to be so bossy. I haven't found a healthy alternative.
12	MIND	I am hoping to get lots of science done tomorrow, as I have not looked at it much yet. Usually by this time I am winding down my schoolwork and feeling ready to go. It bothers me to feel behind.
12	MIND	I feel rather depressed this morning. It looks gray outside....
12	MIND My house is a mess because we have been running all weekend. I need to get motivated.
12	MIND	I feel rather depressed this morning. It looks gray outside. I am thinking of my client and how I should be responding or not responding to her. I need to get better at this so I don't drive myself nuts with needy people. My house is a mess because we have been running all weekend. I need to get motivated.
12	MIND	Got things done for work today. Have been thinking a lot about how to handle the situation with my client. I have been letting it affect my feelings about myself and it has distracted me from getting other things done. I still have the feeling I need to be productive.

12	MIND	My daughter was pouting and whining about a project she had misplaced, blaming me for it being lost. I felt obligated to help her, even though I had supper to fix in 45 minutes before I had to leave for work. I raced around the house looking for things for her to use and encouraging her to be creative. I hurried to make supper. My hurry made me drop things and not think so clearly, which made it take longer. When supper was ready I left for work. I calmed myself down on my ride to work, realizing it was the last place I wanted to go just then. I am feeling ready for the school year to be done more than I ever have before
12	MIND	Right before bed, I started to clear off and straighten up the table in the dining room so I will see an orderly place to study in the morning. Husband started pitching in, so when I went to bed I felt like I would be ready to dig in tomorrow.
1	MIND	I do typically want to be by myself and that was the same. But that wasn't going to happen this time for me. I got precious few moments to be by myself.
3	MIND	I find I am more forgetful and easily angered in the evening
7	MIND	Feel very upbeat and positive, like I am surrounded by great possibilities and potential for success, that I will succeed. Something is opening up for me. I sense an opening of opportunity. I feel very blessed. I feel very aware and I want to be still and see what I can feel and experience. I have a deep desire to go inwards. I desire to meditate. I wonder if I should wait until after the proving, but I don't want to.
7	MIND	All day yesterday, I felt so positive and upbeat, like I am moving into pure potential. Everything seems so possible. This isn't a new feeling, but it is deeper. I have this huge desire to really open my mind. A couple days this week, in meditation, I have an image of lifting off my cranium, seeing my brain covered with black stuff, and I suction it all off and I can see my glistening, clean brain, free from any debris. I forgot to tell supervisor about this.
7	MIND	New patient today, 19-year-old girl. I made the mistake of allowing the mom to come in with her. She interrupted and talked too much. Made me irritable.
7	MIND	New patient today, 19-year-old girl. I made the mistake of allowing the mom to come in with her. She interrupted and talked too much. Made me irritable.
7	MIND	Really eager to get these CDs I ordered, music with tones to stimulate the brain waves to help lay down new neural pathways. I want to experience it and see what is possible. I think that the remedy has made me curious about possibility too. It's as if I'm being pulled into a new vortex of energy. Such a desire for it. I read every word they sent me. I don't usually do that. I'm so curious, now I want to see if I can get my mother thinking better. I hope this lasts a little longer.
10	MIND	Before falling asleep, I had the most awful visions. I was so mad at my daughter for not getting more of her schoolwork done and studying more for her exams. I just stewed and wished bad, REALLY bad things to happen to her. Then I had a vision of being with horses. They were lined up on a riding bar, waiting for riders to mount them. I had this vision of being kicked by a horse, really hard. Being crippled by it and feeling that this is good. I am hurt, crippled, like I have been hurting others. I deserve this. Make sure that the hurting is really deep and will last. I have hurt my kids. I am crying now recounting this as I type.
10	MIND	Could hardly stay awake and just wanted to scream. Just felt like we couldn't make any headway or sense. Very frustrated, came home and went to bed after a few crabby exchanges with daughter and husband. I have felt consistently exhausted throughout this proving. I was so mad at my daughter for not getting more of her schoolwork done and studying more for her exams. I just stewed and wished bad, REALLY bad things to happen to her. Today I couldn't even talk nicely to anybody. Took all I could do to say goodnight to husband and daughter and to say I love you.

10	MIND Then I had a vision of being with horses. They were lined up on a riding bar, waiting for riders to mount them. I had this vision of being kicked by a horse really hard. Being crippled by it and feeling that this is good. I am hurt, crippled, like I have been hurting others. I deserve this. Make sure that the hurting is really deep, and will last. I have hurt my kids. I am crying now recounting this as I type.
12	MIND	Got up and got right to my proving journal. I feel like I am on a mission today to get science done.
12	MIND	I was thinking of feelings I had while shopping on Saturday. I think the reason I hate shopping is that there are so many choices, too many stores, so many choices in the stores; it becomes overwhelming for me. When I need something, I want to go to one place, find what I need and go home. Then it feels like it has a purpose, and not so much a waste of time. I feel like I could be doing something much more useful than shopping. I'd rather be doing something that makes a difference.
12	MIND	My biggest stress today has been my client. I go over in my mind how I handle situations and question what I have done. I am concerned about doing it right, worried that if I don't my teachers will think poorly of me. I guess I feel self-conscious.
3	MIND	I am still annoyed by useless conversation and don't wish to spend much time with people. I find I feel better outside. I enjoy solitude.
4	MIND	Strange sensation when driving through a tunnel at night, when illuminated. Felt like I was a cell or something very small passing through a blood vessel.
12	MIND	I am struggling with what to write my science paper on. Sometimes I don't feel like I'm a very creative thinker.
12	MIND	I feel I accomplished a lot today. I actually finished my science reading and paper, so I have tomorrow to clean up. Do some garden work, pack, get wedding clothes ready. I'm feeling happy!
12	MIND	My sister called, wants me to come early on Friday to the cities so I can help her rearrange things in her apartment to make a little study space for me. I felt I needed to be there, as this was for my benefit, but with the things I have left to do, feel like I'm putting myself in more of a crunch. I need to get studying.
1	MIND	I didn't keep track of one single thing today. I was going full speed all day. Not even thinking of anything anyway.
10	MIND	Asked for some support at work from one administrator to another, didn't get it. Felt very, very unappreciated. It was easy to put into perspective, but surprised that I acknowledged the feeling so quickly to myself and the anger that went with it
10	MIND	Irritated by hemorrhoid that just popped out. I feel like it is disgusting to have this tail thing hanging out of my butt.
12	MIND	Have been crossing things off my list. It has been a day of ironing, running errands, packing. Things have been going fine. Feeling a bit stiff and physically tired from the garden work.
12	MIND	I decided to do some work in the gardens around the house. It felt good to be outside. Quiet morning, sunny, cool. I worked until 9:30 a.m., so I am feeling a bit stiff. May regret this tomorrow, but I will be happy when I come home from school and see that it's been cleared out. I actually made a list of things to get done today. This feeling of being industrious, getting things done is still quite strong.
1	MIND	Compared to normal, I am actually thinking quite clearly as I go through this. Usually my thinking gets muddled because of fear and worry. But this time I feel unusually clear-thinking about this whole deal. I clearly see where everyone is being a poop-head and is misunderstanding the other. I am a bit resentful that I have to be the one to mediate this all out. But it seems no one else even sees it as clearly as I do.

1	MIND	I am AGAIN stuck in the middle trying to mediate between all the players. I'm ticked off about having to educate people on how they are being selfish and not thinking through what other peoples' timelines are. Compared to normal, I am actually thinking quite clearly as I go through this. Usually my thinking gets muddled because of fear and worry. But this time, I feel unusually clear thinking about this whole deal. I clearly see where everyone is being a poop-head and is misunderstanding the other. I am a bit resentful that I have to be the one to mediate all this, but it seems no one else even sees it as clearly as I do. Later I have a great feeling of accomplishment that I got the whole misunderstanding negotiated and we are on our way.
4	MIND	Deception, taking advantage, financial ruin, loyalty, defending. Two similar situations came up in past several days with friends who I think are being brought into financial problems by someone else. I also felt that they were deceiving my friends about the reality of their situation. Very indignant about this, and also have feelings of loyalty to my friends, want to defend them. I want to tell the other people to stop taking advantage of them.
4	MIND	Disturbed by a conversation with a friend where she seemed not herself - very manic and strange. The feeling stayed with me for a few hours afterward. Felt afraid to try to sleep because I felt I would be too disturbed.
12	MIND	During the drive to the cities, my mind would go over various things, like thinking about what I need to do. When I think of these things I start to feel anxious. Then I tried to bring myself back to the present - paying attention to the road, the cars around me, my driving, and just focusing on now. Then I felt more relaxed (OS).
12	MIND	Felt a little nervous driving down one of the busy city streets. I was very aware of how I was appearing; trying to look cool, calm and unconcerned as I drove down that street, like I belonged there. In doing so, I probably stuck out like a sore thumb.
12	MIND	I had an overwhelming urge to push my son to get a resume together, etc. I thought this through, realizing I wanted him to excel, have it all together, and stand out. His succeeding would reflect well on me, his mother. I would be proud. The other part is that I wonder about how he would handle it and what he would do if he didn't meet his goals. I worry about him getting depressed and having a difficult life. I want him to be happy and doing something he enjoys (OS).
7	MIND	Had a good workout. I felt determined, motivated.
4	MIND	Extreme irritability. Annoyed with everything. Anyone causing me to make any additional effort is pissing me off. The dog got on my bed and I had to clean it off. A woman asking me to special order something for her. My ISP can never locate the servers that I try to link with (RS).
4	MIND	Irritability with demands of pets (irritability with children) (RS).
4	MIND	Sinking feeling when hungry, with flushing of heat and perspiration. Hands shaking worse when raising a glass, irritability. Feeling of collapse.
7	MIND	Had a meeting with a health coach. I got excited about my plans to create a wellness program for my patients, but then felt discouraged to actually do it.
7	MIND	My high seemed to come down. I was irritable with J, driving too slowly. Even when I saw D, who was 15 minutes late and then asked me to wait 10 days to deposit her check (irritated).
12	MIND	I missed an exit to get to the wedding. Kept my cool and found an alternate route, quite an accomplishment for me. Got there in plenty of time.
12	MIND	I decided to go to dinner, even though it was quite a drive. I had the case analysis I had to do in the back of my mind. Worried I wouldn't be able to get it all done.
12	MIND	I had a feeling of being in a rush today at clinic, but kept things together within myself. Sometimes I can lose my focus when there are so many people and so much activity, like when I came in and put a file together in the break room with about seven other people who were all asking questions at once, reaching for papers, moving things around. To stay focused, I had to silently talk myself through what I needed to do, do it, and get out of there.

12	MIND	The wedding was beautiful. I cried with the music, it was beautiful.
12	MIND	The wedding was beautiful. I was struck by the beauty of the groom's mother (my sister-in-law); as she came down the aisle she looked radiant. I cried when the couple said their vows, thinking of my nephew as a little boy, now a man. I cried with the music, it was beautiful.
4	MIND	Horrible time falling asleep and staying asleep. Worried about all the things that I have to do.
10	MIND	Bossy, indecisive. Hemorrhoid is getting worse, irritated.
12	MIND	The biggest stress of the day is doing case analysis with all the distractions at the clinic. I wish I could go in a room all by myself and close the door. It's hard for me to feel like I'm thinking clearly and really understanding the case. When I think I have an understanding, I then doubt myself and keep going over it.
12	MIND	I felt frustrated with a friend with whom I made plans to have dinner tonight. She changed her mind four times about what she was going to do, so I wasn't sure what was going to happen. I had trouble with the uncertainty of it because I don't want to be alone. So, I decided to make other plans. I was glad I did as things didn't work out for her. When I got back to my sister's apartment after dinner, this friend had called and wanted me to join her somewhere. I decided to go for a walk with my sister. I didn't like the uncertainty of it and the lack of planning. I like to know what's going on.
12	MIND	Positive and hopeful (excitement, possibility, purpose)
1	MIND	At one point we were on the wrong road. I just had this sense we were on the wrong track. I went to the map and I was right. It was dark and in the middle of the night, and the road just didn't feel right. I remembered traveling that way before and the road didn't feel right.
1	MIND	We had a huge communication failure. I would say that my response was I did not want to even talk to him, and I didn't. I didn't say a word unless I had to.
12	MIND	I felt drunk when I got up this morning. My speech seems slurred, my body heavy, my head feels heavy, and I feel like I can't think clearly. This feeling lasts for about 15 minutes.
12	MIND	I realize that usually I try to sit in the middle chair so I can be in on every conversation. Today, I am mostly quiet and listen. I also engage a person in conversation who is usually quiet. It does not seem important for me to be in the center of things, which is unusual for me.
12	MIND	In school today I feel like I want to be quiet, like I just want to be one of the crowd. I contribute some, but feel like I don't want to be noticed. I still want to be with people, just don't want to stand out.
12	MIND	... I felt a physical sensation of sudden heat inside my body, starting in the chest area, when she yelled. And felt shame and embarrassment , both for her and the kids.
12	MIND	At school, the kids were being quite disrespectful, talking loudly every time the choir stopped singing. The director got quite angry, yelling loudly and getting sarcastic with the kids. I felt a physical sensation of sudden heat inside my body, starting in the chest area, when she yelled. And felt shame and embarrassment , both for her and the kids.
12	MIND	I get up at 7:30 a.m. - late for me, but seems I needed to do some catch-up on sleep. I always feel quite tired after the school weekend. I have to get my journaling typed up today before I attend to other things. I feel behind because I have several days to type.
7	MIND	I felt absolutely great yesterday. I feel so much love for the people at church. I have this fantastic idea of having a worship service with embedded singing, like a mass. I feel very positive.
12	MIND	Feels like kind of a blah day. I have been doing little things that need to be done, but they don't give me a feeling of accomplishing anything: making phone calls for kid's activities, running my daughter to another rehearsal, errands, etc. On days like this, I don't feel productive even though I am busy.

7	MIND	I had a strong desire to look at old pictures (it was Memorial Day morning). I rummaged through the basement closet until I found some. I wanted to be close to who I used to be, carefree and full of hope for all possibilities.
12	MIND	I woke up to the sound of my husband putting away the dishes from the dishwasher. I want to go walk with him but it's hard to pull myself out of bed. I have that drunk feeling again. He comes into the room and I am very aware he's antsy to get going: his leg is shaking and he is alert and ready to go. I tell him I need a few minutes to wake up so he leaves. It takes me 10 minutes to get out of bed, but once I'm up I feel okay.
12	MIND	I woke up to the sound of my husband putting the dishes from the dishwasher away. I want to go walk with him, but it's hard to pull myself out of bed. I have that drunk feeling again. He comes into the room and I am very aware he's antsy to get going— his leg is shaking and he is alert and ready to go. I tell him I need a few minutes to wake up, so he leaves. It takes me 10 minutes to get out of bed, but once I'm up I feel okay.
7	MIND	I have been very nostalgic this week. Thinking about people from the past. Seeing all those pictures of my ex-husband and my early days in practice, all fond memories.
7	MIND	Continue to feel very positive and hopeful
12	MIND	Took a case today. Once I had done that, all I wanted to do was to dive into it. I didn't feel like doing anything else. I get so single-minded sometimes. Then I feel bad that the house isn't as picked up as I would like. Have to hurry to make a meal, things feel rushed.
12	MIND	Felt unmotivated today. When I see all that my husband accomplishes in a day, I feel very unproductive.
12	MIND	I've been feeling down in the dumps today. When I don't have deadlines and lots to do, I get lethargic and bored feeling. I like to be engaged in things, thinking, stimulated. I tried to work on a paper for school today, but I was too scattered.
3	MOUTH	Observation by a co-worker: I am like a recent, fervent convert in the way I talk -fast, excitable
10	MOUTH	Left tongue sore
10	MOUTH	Had been hawking today. Tasted like blood.
4	MOUTH	Taste of blood in the mouth after eating raw cabbage, but no injury. Accompanied by flushing of the lips – bright red.
12	MOUTH	I notice as I am driving home that the right side of my tongue hurts, like I have a sore there
4	NECK	Crawling sensation in various spots, starting on the right leg but then also on the arms and the neck. Worried that it is a tick, so I search twice and do not find anything. Better from scratching.
4	NECK	Bladder, pain, stitching, in neck
12	NECK	Did some stretching of my neck and shoulders. Had someone massage the area during a break. That relieved the tension I was feeling.
12	NECK	Feel tight in neck and shoulders while sitting in class. Feels like I could get a headache.
3	NOSE	I experienced a dull pain right behind the bridge of my nose, coming on suddenly
10	NOSE	Went to work, had photophobia from the lights (had this symptom a long time ago). I sneezed a lot at work, much more than usual. Someone opened a bottle of nail polish and I thought I was going to faint. I felt like "this is the end of me." I haven't reacted that strongly in years. Had glandular throat pain, bilateral shooting throat pain, bilateral shooting for short time.
10	NOSE	Sensitive to smell at her new church: nauseated
2	NOSE	Later a.m.: alternates between extreme dryness in nose and the sniffles. When there is dryness, there is a slight sinus headache.
2	NOSE	Woke this morning, and the only symptom was the upper part of my nose and sinus. The image I had was of totally clear passages – like empty tubes. Still thirsty. Still extremely tired. Tried to take a nap this afternoon, but could barely sleep. No dreams.

12	NOSE	Started to feel as if a cold was coming on in the evening. Scratchiness in the throat, and postnasal drip. I started sneezing, with itching in the nose. There were some flowers sitting on the table where I was sitting, along with a scented candle. This seemed to be aggravating the nose. After I left, the sneezing stopped and hasn't returned (NS).
10	NOSE	Big pimple on right side of nose. Sticking pain.
7	PERSPIRATIO	Hot flash with mild perspiration – face, head and upper trunk
7	PERSPIRATIO	Slept well until 3:00. Woke and was hot and sweaty. Slept with windows open and fan on.
7	PERSPIRATIO	Woke at 2:00 a.m. Hot flash and sweaty. Slept off and on till about 6:00 a.m. Feel very tired.
7	PERSPIRATIO	Woke at 2:00 a.m. Hot flash and sweaty. Slept off and on till about 6:00 a.m. Feel very tired.
7	PERSPIRATIO	Slept okay. Mild hot, sweaty about 3:00 a.m.
7	PERSPIRATIO	Felt cold, icy cold off and on today. Then felt hot to the point of sweating. Back and forth between extremes. Unusual. Not able to get comfortable. Sluggish feeling, like I am not connected to myself.
7	PERSPIRATIO	Woke at 2:00 a.m., hot, sweaty, and sleepless off and on till about 4:00. I had a strong desire to look at old pictures (it was Memorial Day morning). I rummaged through the basement closet till I found some, but not the ones of childhood and years in college, medical school. I wanted to be close to who I used to be: carefree and full of hope for all possibilities.
11	RECTUM	Itching close to anus
1	RECTUM	As this day has progressed, I have noticed that my constipation is more of a problem than even normal. Really hard to move out, like my intestines are not moving. When I finally went to the bathroom, I felt sickish. Headache, slight nausea.
10	RECTUM	rectal tear, blood on underwear. Stools softer than normal. Stickier.
10	RECTUM	Rectal burning
10	RECTUM	Feels more prickling pains in the butt. Every time I went to the bathroom or sat down, it hurt, particularly if I moved and the anus stretched.
1	RECTUM	Flatus in sleep
10	RECTUM	Prickling butt pains
10	RECTUM	Irritated by hemorrhoid that just popped out. I feel like it is disgusting to have this tail thing hanging out of my butt.
10	RECTUM	Hemorrhoid is getting worse, irritated
7	RESPIRATIO	Slight difficulty breathing. Pit of throat feels numb. Felt difficulty in breathing; had to concentrate on it. Numbness in throat is slight, but still there.
7	RESPIRATIO	Respiration symptoms. Had the sensation of lung being filled with phlegm. Same as yesterday. Tried to cough it up at 2:00 and 4:00 p.m.
7	RESPIRATIO	Took an hour nap and woke with pain in chest, low mid substernal, on deep breathing. Felt like a diaphragm spasm. Went away after a few deep breaths.
7	RESPIRATIO	Only thing different is the numbness in throat and difficulty in breathing.
1	RESPIRATIO	I coughed twice. It was like the throat constricted. Don't know why. I wondered at that moment if that was what it feels like to be asthmatic. Breathing constricted in throat, as if air couldn't get past. This was just about a minute long. The exact same breathing thing happened at 4:00 p.m. in the car.
7	SKIN	Cold and damp weather. Feel really cold now, can get that way usually, especially if really tired. Went to bed at 11:12 p.m. It took me a long time to get to sleep, I was so cold. I had left the window open a crack so I wouldn't get so hot at night. I had on a flannel sheet, wool blanket and a thick wool comforter. I threw my bathrobe over the top for a little extra warmth.

3	SKIN	Lower legs near the ankles began to itch; continued off and on all day
3	SKIN	Left index finger began to itch at 10 a.m.
12	SKIN	Itchiness and peeling skin around the front of my right ear, noticed throughout the day.
4	SKIN	Small cyst or eruption – very red and hard, painful when touched. Resembles an insect bite. Located on the left side of the front of the neck, just above the proximal edge of the collar bone and on the left shoulder.
1	SKIN	Skin less itchy
12	SKIN	There is a red patch of skin developing on the left side of my face to the left and a little under the lip area. I have had skin problems off and on throughout my life, but usually it is acne, not dry patches like this.
3	SKIN	Lower legs continue to itch off and on all day
3	SKIN	Lower legs continue to itch periodically
1	SKIN	At a flea market, it's cold & damp and windy. Head again is really sensitive to this. This is most unpleasant. This hurts, as if head had ice pressed in on it. It feels like the skin is not doing what it should. It's like my skin is paper thin and this weather is icing me up. I actually went to the car I was so cold.
4	SKIN	Itching and scratching everywhere when trying to sleep
10	SKIN	Big pimple on right side of nose. Sticking pain.
4	SKIN	Woke at 5:00 a.m. with violent itching in the center of my back, between my shoulder blades. Seemed like I was extraordinarily sensitive to the tag on the shirt, but continued after I changed the shirt.
3	SKIN	The backs of my lower legs began to itch, continued off and on for most of the day
3	SKIN	My legs continue to itch throughout the night and sleep is still restless
12	SKIN	Skin trouble again on the face, left side near lip. Small dry patches that peel off.
10	SLEEP	Slept in car for about 40 minutes and slept much better than usual in the car
3	SLEEP	Very tired, could easily fall asleep at 6:00 p.m.
7	SLEEP	Woke at 2:00 a.m. Hot flash and sweaty. Slept off and on till about 6:00. Feel very tired.
7	SLEEP	Woke at 2:00 a.m. hot, sweaty, sleepless off and on till about 4:00.
1	SLEEP	Want to close eyes and sleep. Actually, I would prefer to have them closed. It actually feels better to have them closed. Did take a nap.
1	SLEEP	I slept in the car. Felt refreshed
7	SLEEP	Intense sleepiness at 4:00 p.m. I lay down on the floor in my office and took a 20 minute nap. Felt very groggy on awakening.
12	SLEEP	Woke up hot and sweaty. Had to open the window.
4	SLEEP	Very difficult waking in morning
2	SLEEP	Woke this morning and the only symptom was the upper part of my nose and sinus. The image I had was of totally clear passages: like empty tubes. Still thirsty. Still extremely tired. Tried to take a nap this afternoon but could barely sleep. No dreams.
3	SLEEP	Very restless sleep last night, awoke two or three times
4	SLEEP	Difficult to wake in the morning after plenty of sleep
4	SLEEP	Can't sleep until 3:00 a.m.
4	SLEEP	Sleep impossible on the right side because the sound of my heart beating is too loud; it feels forceful, worse from sleep left side. In the afternoon I feel very tired, like I want to lie my head down and close my eyes.
4	SLEEP	Very difficult time waking this morning, even though more than usual sleep
3	SLEEP	Restless sleep, awoke several times with head pain
3	SLEEP	Still having restless sleep
12	SLEEP	I didn't sleep well last night. I was restless.

1	SLEEP	Took a nap. Felt refreshed.
4	SLEEP	Did not fall asleep until 3:00 a.m.
4	SLEEP	Itching and scratching everywhere when trying to sleep
3	SLEEP	My legs continue to itch throughout the night and sleep is still restless
7	SLEEP	Position, changed frequently (tossing much), unchanged (one position throughout sleep)
12	SLEEP	Still extremely tired. Tried to take a nap this afternoon but could barely sleep. I woke up to the sound of my husband putting away the dishes from the dishwasher. I want to go walk with him, but it's hard to pull myself out of bed. I have that drunk feeling again. It takes me 10 minutes to get out of bed, but once I'm up, I feel okay.
12	SLEEP	I can hear the fan on upstairs in the boy's room. It's hard for me to sleep with that noise. I try to relax and not think about it, but it's hard. I just want it quiet at night. My day is so full of noise; I just want no electrical sounds, no music, nothing unnatural. I guess the birds wake me up a 4:30 a.m. now, so even natural sounds can disturb me at night.
10	STOMACH	An acute started with ear pain (both ears, sharp), a dry cough, and nausea. Body aches all over body, headache (not specific area, just all over) and then a congested feeling in head. Went to bed.
2	STOMACH	I have noticeably more thirst all day. Normally I like cold tap water or cold water without a lot of ice, and room temp water is okay too. The water does quench the thirst momentarily, but I still feel thirsty
12	STOMACH	Ate processed horrible food for supper. I ate and am feeling the repercussions – discomfort in abdomen, flatulence, and bloated feeling. Feels like something alive is moving in my abdomen.
10	STOMACH	Return of old symptom? Sensitive to smell at her new church – nauseated. Had reacted this strongly to odors many years ago.
10	STOMACH	Laid down for nap and was excessively sleepy. Legs felt warm and numb. Fell asleep. Phone woke me up and I didn't know if I could get up. I was nauseated. Legs trembling - 2:00 p.m.
3	STOMACH	In the mid-afternoon, I am craving dense food and feel no guilt about simply shoving something into my mouth. I cannot seem to get enough.
10	STOMACH	Stomach is just jittery and feels trembling all over. Anxious, not sure why. Heart feels tight and full. Heart is pounding, feels full and anxious. Almost like an upset stomach. Hard time getting to sleep.
2	STOMACH	I wake up thirsty – very dry in throat and mouth all the way down to my lungs
3	STOMACH	Ravenous munching behavior noticed by a co-worker at 3:10 p.m.
4	STOMACH	Nausea with burping after a very modest amount of wine, in the evening before bed
11	STOMACH	Slept 20 minutes, woke up, slept 20 minutes, woke up, etc all night long. At 10:00 p.m., belching started. A lot of air as soon as I went to bed. Woke up at 3:00 a.m. for good. Turning at night. No pain. Unpleasant, extremely foul smell in mouth all night. As if puke - could have puked. Maybe had a little rumbling in stomach. In a.m., went to BM a lot. Energy low from not sleeping. Feel a little stoned. Still warm. Stoned. Extreme air in stomach, out both ends. Belching, farting. Worst was taste coming up, like puke though just air. Have strong currents upward from spine to head. Goes into stomach and wrecks havoc. Pain in lower chest. Both sides where rib cage starts to slope. Not very significant. Very sore everywhere. Could feel when woke up. Yoga was much more difficult, stiffer. Could mostly work out of it with yoga and stiffness dissipated throughout the day. Mostly in muscles. Almost flu-like. What it looked like. Tossed from side to side in bed constantly, as if tormented. Must have looked like a guy in deep pain rolling from side to side. Not painful. Nothing made stomach symptoms better. Woke up tossing, belching and stomach rumbling woke me up. Napping some today after work
11	STOMACH	Waking up every half hour, tossing from side to side, belching and farting all night. Tired by morning (NS).

10	STOMACH	Appetite absent altogether until mid-day, around 12:00 p.m.
12	STOMACH	Felt pain in the right scapula, which would come and go. This feeling lasted about one minute. This happened after I got out of the car, got into the driver's seat and started driving. I was still nauseous.
10	STOMACH	Thirsty, hungry for meat, achy back and shoulders
10	STOMACH	Was cold today, didn't dress warm enough. I was cold, but didn't bother to get a jacket. I didn't eat a lot, but talked non-stop with people. I realized by evening that I was so cold that I couldn't get warm. A 45 minute scalding hot bath sort of helped. My eyes began to hurt. Hands don't look trembling, but they are inside. Typing is difficult. Stomach is in a bit of a knot just having to relate symptoms. I do not want to do it (give supervisor symptoms). It is too much work. I don't mind telling them; I mind writing them, organizing it.
12	STOMACH	Ate an apple and started studying while riding in the car. I started to feel nauseous. This does not usually bother me.
1	STOMACH	As this day has progressed, I have noticed that my constipation is more of a problem than even normal. Really hard to move out, like my intestines are not moving. When I finally went to the bathroom, I felt sickish. Headache, slight nausea.
3	STOMACH	I am having trouble drinking all the water I wish to drink. I am quite thirstless. This is unusual for me.
3	STOMACH	Thirstlessness continues
4	STOMACH	Appetite absent during the day, increased at night, with perspiration and with trembling.
4	STOMACH	Appetite decreased during the day, with easy satiety. Cannot tolerate much food in one sitting. This has been true for the past few days.
12	STOMACH	My stomach hurts after eating lunch. Actually, it's more in the area of the abdomen. It's not real bad, just an uncomfortable feeling.
3	STOMACH	10:15 a.m.: profound migraine headache with photophobia and nausea; pain extended in the left jaw
4	STOMACH	Sinking feeling when hungry, with flushing of heat and perspiration. Hands shaking, worse when raising a glass, irritability. Feeling of collapse.
2	STOOL	Stool feels a little dry
2	STOOL	Stools dry but not constipated
10	STOOL	Stool: oozy, brown, some always remaining after wiping
10	STOOL	Stool, back to regular
7	STOOL	Yesterday I had lower abdominal discomfort, like mild uterine cramps off and on all day. Had loose bowel movement in the afternoon, which is somewhat unusual for me. Haven't had a period in years, but it felt that way.
4	TEETH	Pain, left lower teeth, left upper teeth, right upper teeth, shooting
4	TEETH	Teeth, pain, shooting, right upper, caused by sweets, honey
10	TEETH	Sore behind my left front tooth (where the lower tooth meets the gum), worse touching with tongue or teeth. Better from water. It feels dry, bumpy and like it has a crater in it.
4	TEETH	Teeth, pain, shooting, left upper, from cold beverage, at 9:30 p.m.
4	TEETH	Pain, teeth, right upper, from cold and sweets
12	TEETH	I feel pain in my left lower jaw, like a toothache. The pain goes all the way up the left side of my head. I decide to lie on my left side, the sore side. This seems to make it feel better. I feel my heart beating strongly in my body and a strong pulsation throughout.
12	THROAT	Sensation in throat, slightly to upper right. Comes and goes, as if someone putting pressure there with their finger.
12	THROAT	Sensation in throat. Slightly to upper right and lower right. Comes and goes, worse from breathing in, swallowing, but not every time.
10	THROAT	Bilateral sore throat. Pressing sensation

10	THROAT	Pain is localized in right ear. Just a crabby kind of ache. Pain in throat is on left side. Feel as though I am coming down with the flu, want to go to bed. Achy in right scapula area. Feel achy all over. Plugged feeling in left ear now. Makes me want to dig in my ear.
7	THROAT	Feel slight numbness in my throat. Mild dysphagia.
7	THROAT	Some difficulty in swallowing; had to try several times in order to swallow. Feel really cold now, can get that way usually, especially if really tired.
7	THROAT	Slight difficulty breathing. Pit of throat feels numb. Felt difficulty in breathing; had to concentrate on it. Numbness in throat is slight, but still there.
7	THROAT	Tightness in throat; awareness of having to swallow. May have been difficulty in swallowing
7	THROAT	Slight numbness in throat. Clears in about 15 minutes. Light-headed feeling. Ringing in ears, like a large choir of crickets, but humming instead of chirping. Feel a little spacey.
7	THROAT	Only thing different is the numbness in throat and difficulty in breathing. Desire to keep running during morning exercises, felt really alive today.
10	THROAT	Went to work, had photophobia from the lights (had this symptom a long time ago). I sneezed a lot at work, much more than usual. Also much like old symptoms. Someone opened a bottle of nail polish and I thought I was going to faint. Had glandular throat pain, bilateral shooting throat pain, bilateral shooting for short time.
2	THROAT	Wake up after a sound sleep. Very dry mouth and mucous membranes and throat; dryness feels internal. Last night after, I had 12 ounce glass of iced tea and at least two 12 ounce glasses of water, so I should not have been so thirsty. I have a slight headache in the face, like a sinus headache but all over face, dull under the skin. Glands on both sides seem somewhat swollen and there is mucous deep in the throat. (Below throat pit that I can't hawk up, what does come up is clear. Mucous in the morning, but located more in the throat pit and easily hawked up with a warm shower while getting ready.)
2	THROAT	This afternoon, I went on a half hour walk and my throat was so dry it was hard to breath at times. This is rare for me to need water while walking.
2	THROAT	Very dry mouth and mucous membranes and throat; dryness feels internal. Last night after 7:00 p.m., I had 12 ounce glass of iced tea and at least two 12 ounce glasses of water, so I should not have been so thirsty. I have a slight headache in the face, like a sinus headache but all over face – dull under the skin. Glands on both sides seem somewhat swollen, and there is mucous deep in the throat (below throat pit that I can't hawk up- what does come up is clear).
4	THROAT	Hawking of mucus from throat. Very tenacious mucus, trying to clear the throat. Mucus remains stuck, cannot be blown out of the nose or coughed out of the throat. Better from drinking large amounts of cool water.
4	THROAT	Small cyst or eruption – very red and hard, painful when touched. Resembles an insect bite. Located on the left side of the front of the neck, just above the proximal edge of the collar bone and on the left shoulder.
2	THROAT	I wake up thirsty – very dry in throat and mouth all the way down to my lungs. Some mucous in throat I am able to hawk up. Clear to whitish color, consistency of egg whites.
12	THROAT	I have had lots of mucous in my throat this morning, coughing to clear it out. It seems hard to clear. This is probably the result of eating dairy and wheat the last two days.
4	THROAT	Crawling sensation in various spots, starting on the right leg but then also on the arms and the neck. Worried that it is a tick, so I search twice and do not find anything. Better from scratching.
4	THROAT	Hawking of mucus continues, better on waking, slight improvement after hot shower
4	THROAT	Hawking of very sticky mucus on first waking in the a.m. Less solid than previously, now more creamy and sticky. Better drinking, especially warm beverages.
12	THROAT	Started to feel as if a cold was coming on in the evening. Scratchiness in the throat, and postnasal drip. I started sneezing, with itching in the nose. There were some flowers sitting on the table where I was sitting, along with a scented candle. This seemed to be aggravating the nose. After I left, the sneezing stopped and hasn't returned.

2 VISION

Still have this sensation of a dreamy feeling, like I'm functioning after not having slept all night. I can concentrate and am able to get things accomplished. It is hard to describe, but I feel normal, yet when I look up, it looks dreamy. Something like I'm normal, but my eyes are a little dreamy or my vision is a little dreamy.