

Section	Day/Time	Prove	Symptom Description
ABDOMEN	10/07:30	1	I seem gassy (unusual) - eating the same as always - weighing my food, etc.
ABDOMEN	01/12:40	2	Slight discomfort lower abdomen; lasted five to ten minutes. Not pain, but something is there. Not like pebbles, but something softer. I almost don't notice. Comes on gradual and puts pressure. Not bloated, but feels like something not moving. Sits there. It's soft like the chewed up bubble gum. One spot below navel in the center, about 1" deep. Just there.
ABDOMEN	01/18:50	2	Slight discomfort lower abdomen; lasted five to ten minutes
ABDOMEN	02/08:30	2	Slight discomfort lower abdomen; lasted until 9:20
ABDOMEN	03/XX:XX	2	Pressure in abdomen. Not like something is in there. More widespread. How can I explain? Pressure but also a release going up but not something material, an object. one thing happens in abdomen, one in mouth. Coming out, releasing. Moving toward and evacuation system. Mouth is other end of oral tube. Somehow it is coming out. Pressure. More expansion. Expansion is another word I could use for mouth.
ABDOMEN	56/00:00	2	Discomfort in low abdomen, peristalsis going up instead of down,
ABDOMEN	03/XX:XX	4	Spine is really stiff. Diaphragm and hips wanna go back & forth (wiggling). I am holding my hands with fingers intertwined-pushing vertically and I pull out horizontally. Something inside me is irritated. Might be something alive. Irritated like when a bunch of flies and can't keep them away so furiously batting arms around and can't keep it away-feeling in abdomen.
ABDOMEN	03/12:36	10	Ate eggs with feta cheese and avocado and immediately became extremely bloated. Being bloated with certain foods is not new, but these don't usually activate it and not so quickly.
ABDOMEN	03/20:00	10	Still bloated, dinner also seemed to kick it off. Ate nothing unusual though.
ABDOMEN	05/XX:XX	10	Still bloated, but it does seem to be getting better.
ABDOMEN	00/XX:XX	12	Diarrhea one-to-two hours after waking each morning
ABDOMEN	13/17:00	13	In my energy session she also said my spleen was compromised which probably has to do with the weekend again and eating poorly and drinking.
ABDOMEN	09/12:45	110	After having flatbread with cheese and other toppings and a glass of red wine tonight, my gallbladder is having intense, squeezing, sharp pains that radiate to my right axilla and down the common bile duct.
BACK	04/13:00	1	On my left side at one spot on my waist on the side I had a sore muscle after we returned from a boat ride. I have had this kind of muscle soreness before but it has always been on the right side and into the buttock a little. Usually "Bio-freeze" will fix it but it doesn't fix this - doesn't touch it. Usually when I have this pain on the right it means that my hips are out of alignment and I need to see my chiropractor. It is more noticeable when I am stationary or getting up from sitting.
BACK	04/14:00	1	I have a sore muscle in my back, one spot on the left side and the waistline-radiates slightly to the center; worse from stationary, getting up or sitting down, getting into the car; No yoga this week-usually do yoga three times per week. I have had some back problems in the past but always on the right side, buttocks area. Usually when I need to see the Chiropractor because my hips/spine are out of alignment-one leg becomes longer than the other-this doesn't feel like that.
BACK	05/07:30	1	AS I wake this morning I still have that muscle pain in my left side at the waist - it radiates a little bit to the center of my back along the waistline. I think "Oh - I haven't been doing yoga while on this vacation!!! (I don't usually have to go to the chiropractor as I go to 'Yoga Power' three times a week and that usually keeps this hip pain under control).
BACK	05/16:00	1	Pain in back bothering me, better after I go do a yoga extended child's pose on the bed to stretch out my back
BACK	05/22:30	1	The back hip pain stayed the same all day - I used arnica cream and biofreeze (which usually helps) but the pain stayed the same. It is no problem walking - it is worse sitting or getting to a standing position or getting into a car.
BACK	05/XX:XX	1	Back spot still hurts, no change in location, no problem walking, worse from sitting, getting up from sitting position, getting into car;
BACK	06/07:40	1	The back seems a little better this morning.
BACK	06/07:45	1	Back feels less sore

BACK	06/23:30	1	Back home in Minnesota. I was coming upstairs and I noticed that that spot in my back didn't hurt AT ALL - here I had been lifting luggage and all and you'd think it would really hurt and it didn't hurt at all. I went to bed and it didn't hurt.
BACK	07/07:00	1	This morning that spot on my back DOES hurt!
BACK	07/18:00	1	My back hadn't hurt all day - even when I went out and shoveled. But then about 18:00 I could feel it a little - it didn't last - I just noticed it and then it was gone again.
BACK	08/06:00	1	When I got up - not really PAIN in my back - but kind of stiff.
BACK	08/08:45	1	The only thing to report is my stiff back - it is only bad when I am stationary or upon getting up from sitting. It is fine when I am moving. Went to a birthday party yesterday - lots of fun - I danced and danced - my back didn't hurt and I am not even as stiff today as I would usually expect but some stiffness in the back - still to the left side as when the pain started but no pain now.
BACK	09/07:30	1	The back was really not hurting yesterday during the day but both nights - going to bed and then getting up in the morning it hurts or is stiff.
BACK	10/07:30	1	Did yoga for the first time in about two weeks - felt really good - could do it all - back was just a little stiff - no pain.
BACK	20/23:30	1	no pain today, even after shoveling
BACK	21/08:00	1	lower back stiff worse from getting up from sitting, slept soundly, no dreams
BACK	21/XX:X X	1	Pain in back returns
BACK	22/XX:X X	1	Since I took the second dose of the remedy again on Monday I have noticed that little back stiffness at my back left waist (unusual- I usually have this on the RIGHT).
BACK	23/XX:X X	1	continues to be a little stiffness in that Left-sided back area when I do yoga.
BACK	56/00:00	1	back pain on left
BACK	03/13:00	4	laid down on a contraption I very rarely use that is supposed to align the spine. The "rails" that lay on either side look like fish spines, or railroad tracks.
BACK	05/XX:X X	4	Tend to be stiff in my muscles, but I feel like wriggling to get out of skin, as if I could stretch/ease self out of something constraining (big breath). There is a horizontal plane movement with a rocking/upward movemetrn from my spinal colum. As if it needs to come upt do dislodge itself. Around T12 area. Affects lungs, pulls down to open lower lung. The lodged feeling is like a docking. As if a spaceship/shuttle docking into station. Not boat or water, but in space or on a cellular level. Like a neuroreceptor site. It's hormonal, filling hole, docking on. Could also be like a penis docking into a vagina but in a detached way.
BACK	10/08:30	7	My lower back at the waist feels the same
BACK	00/XX:XX	10	I have a dull ache in my lower left back just above my buttocks. It is a dull red and about the size of half a cup of water.
BACK	06/11:00	10	Lower back feels tired and sore -- sort of an undifferentiated ache, not strong, and nothing specific.
BACK	11/09:12	10	My lower back is aching on the left side. A dull ache, more annoying than debilitating.
BACK	30/XX:XX	10	Lower back aching, muscles feel tight
BACK	18/06:00	14	Woke with tightness and discomfort in left lower back. It seemed to affect my left shoulder and left neck area also. Felt uncomforable.
BACK	18/07:30	14	Stretching gave me some relief with back discomfort, but I felt it when I walked this morning and it is still not right.
BACK	19/06:00	14	My back feels better today but not back to normal. Stretching in the morning definitely helps.
BACK	56/00:00	16	discomfort in lower left back
BACK	02/21:00	107	Whole day feeling off balance. Cannot seem to feel grounded. Neck and shoulders tight. CONSTRICTED FEELING. ANXIOUS FEELING. Fibromyalgia symptoms seem to be set off. I am not sure that is because of the deep massage I had yesterday (normally day after massage I feel way worse so this is not unusual).
CHEST	01/19:30	1	There is kind of a little tightness in the chest - maybe that is why I am yawning - there is kind of like a "closing in" sensation - even in my head area.
CHEST	01/19:35	1	Right in the breast plate (she's rubbing it) - it feels tight right there. None of these symptoms are intense.

CHEST	01/19:45	1	She is pulling on the neck of her t-shirt. Now when I breathe in it is still a little tight but the overall tightness is gone- that "closing in" feeling is gone.
CHEST	01/19:50	1	A PRESSURE on the chest again - right up on the breast plate - she takes a drink of water and the pressure goes away. She tries this twice with the pressure and it works (taking a drink of water).
CHEST	01/20:00	1	A little tightness again - not as much.
CHEST	01/20:05	1	Tightness in the front of the Breastplate. It feels a little like nausea but it's not - but I feel like I want to throw up - but it's not nausea - or is it? But it doesn't go down to my stomach - it's all in my chest and upward.
CHEST	01/20:08	1	Now it's gone - like kind of a wave of nausea going upwards - not down to the stomach.
CHEST	02/11:30	1	The walk went just fine but when I got home and was resting, that tightness in the chest came back again and, again, I couldn't take a full yoga breath (through nose with mouth shut). This lasted only a few minutes. No - I didn't have any yawning with it.
CHEST	02/12:30	1	Home from one hour walk, resting, feel tightness in upper chest especially when taking a full breath; this is a walk I have taken for the past seven days, however it was later so therefore today was hotter than previous days; no problems while walking
CHEST	05/XX:XX	1	No chest pain or tightness today even after one hour walk
CHEST	00/XX:XX	4	I am riding a wave, my upper chest is softening and sliding down as I experienced in my bodywork session on Friday. A sheath of fascia on my upper chest/neck moving as one, un-stuck from what's underneath.
CHEST	01/21:30	4	Clutching my upper chest, holding my coat and scarf tighter around my neck as I walk.
CHEST	02/21:45	4	Feeling diaphragm. There is a slight compression as if the bladder-not my bladder-but a sac or container at diaphragm that kept getting stuck together. Like two membranes, rubbery, stuck together. Breath is not ample. Suctiony. Some connection with the chewing inside my mouth. Image (makes lips like fish where suck in cheeks) yet sideways at diaphragm. I can move and it loosens up but doesn't do breath pulsing thing it should do. As if I'm stuck in quicksand up to there. Not going deeper, but getting shorter more coned. Flattened, piled onto each other. Like all the workbooks in a pile with the realism book.
CHEST	18/XX:XX	4	Smashed sensation in the chest, not sore, but a lot of oppressive weight, uncomfortable, the force is too heavy and makes it difficult for you to get a full breath. But it is not you who needs a full breath, it is me.
CHEST	56/00:00	4	smashed sensation in the chest,
CHEST	01/09:50	5	Tightness in my chest like pressure, air feels heavy again, stopping at my throat. Pressure pushing outward like waking up.
CHEST	01/19:12	5	Holding right hand to chest.
CHEST	01/19:19	5	Heaviness sensation to my chest; the constriction that I felt before with my cold is gone.
CHEST	01/10:30	6	Hard time breathing. It's hard to take deep breaths. I have to breathe deeply to get enough air. It's worse when son is leaning up against me (he's sitting on her lap). It's like my allergy to cats feeling- I can't quite get enough air in my lungs. With my allergies- it feels like there are fibers. Right now, the fiber feeling isn't there, but the feeling is that I can't get enough air. I'm not able to get a full breath.
CHEST	01/11:40	6	Breathing is hard again. It hurts a bit now in my lungs. My lungs just hurt. It feels like I kind of have an infection- breathing in hurts. It hurts to breathe deep, but I feel like I have to breathe deep. I have no stamina to breathe deep. My lungs feel weak.
CHEST	01/14:45	6	Breathing feels back to normal
CHEST	56/00:00	6	respiratory thing--allergic to cats. It felt like that--everything tightened up. Kept coming back
CHEST	02/13:45	7	Experienced a strong sensation as if a flow of energy was rushing to my chest, expanding it in a spiritual way. I could feel my heart pounding.
CHEST	01/08:00	8	Light-hearted numb: (laughing) nothing is funny. Life. I will often have sensations in my heart. Having one right now. Usually have them when I connect to that energy, but don't feel like I am connected to it now. Like a burning or a sizzling.
CHEST	09/17:21	10	Can't get rid of this cough. Had since January 1st. Thought it was gone but still coming back. Dryness. Sometimes at night worse lying down. Today at lunch and while on the phone. No pattern.
CHEST	03/07:00	11	Heaviness in my chest like there is a weight over my chest specially in my left side & around my heart

CHEST	03/18:00	11	I had the heaviness feeling all day since it started but it got better gradually, first right side got better then left side and now it's gone.
CHEST	04/22:00	11	Palpitatin, heaviness in my left side, around my heart.
CHEST	56/00:00	11	heaviness and palpitation in chest
CHEST	08/01:00	16	Seems like my heart is racing. Like being on speed. Very warm feeling flushed in the face. No sweating. Lasts about thirty minutes.
CHEST	08/XX:XX	16	Heart racing, like on speed, lasted thirty minutes.
CHEST	19/16:00	16	Thumbpoint pain two inches below rt axilla mostly hurts with pressure Drawn to press it. Still there on day 24 but not drawn to press it.
CHEST	24/XX:XX	115	Sneezing, unremarkable. this left after a few days, then recurred again, two more times. Each time it came on fast and left sooner.
CHEST	18/XX:XX	301	I felt like everything in my world (maybe my space, the space around me, three foot diameter) was pulling in quickly and tightly into my chest into a tight ball; it was pulling in and building up pressure; then I "blew up," all of that tight ball exploding out around me on the person in my space (husband)
CHILL	01/21:48	4	Feels cool in here. Just cranked the heat. I want it warm and toasty (coughs)
CHILL	04/23:30	4	Feeling really chilly. Keep cranking the heat, noticing cool spots in the house, wearing more layers even inside. Hard to stay warm enough.
CHILL	22/18:10	5	So cold--need to take a hot shower. Chilled throughout my arms, shoulders and neck
CHILL	01/12:30	7	I have been very chilly. I do not want to take my coat off. I feel almost chilly from the inside.
CHILL	01/09:20	14	Really chilly sensations.
COUGH	00/XX:XX	4	Cough, dry. Gone after ten mns. Came back an hour later for a few minutes. Have not had any cough for several weeks.
COUGH	01/21:30	4	Suddenly my throat has that dry cough again, like a little piece of something caught, stuck in there. That I would need to dislodge.
COUGH	01/21:46	4	Dry, short, shallow cough. Has been coming up in brief moments. Cough as if something little and flaky is stuck in there and just there. Slightly irritating, produces cough, then goes away and I am not aware of it anymore.
COUGH	02/08:30	4	A wetter cough this morning and nose just a bit sniffy. Gone in about ten minutes.
COUGH	04/10:00	4	Cough, still just coming sporadically, continues to be dry but less focalized in one, irritating spot.
COUGH	05/09:20	4	a congestion to the cough, with more mucus in the system. Feels moderate, but also as if it could get chronic. As in never quite clears up/out.
COUGH	07/09:00	4	throat feels like a smoker's cough, deeper. Some flegm when I cough (infrequent) and it loosens some mucus in the nose. Later in the day I have a few "bouts" of maybe five minutes of coughing on and on that feels like it doesn't quite clear and you know it's going to come again. relatively dry, a little more widespread in there, just enough to be mildly bothersome. becoming slightly spasmodic.

COUGH	08/09:45	4	Blew my nose on waking and discharge is thicker, yellowish. Some congestion in head. But I could sing fine last night in chorale practice. I feel a bit "sicker" and the cough feels more present, less occasional.
COUGH	09/XX:X X	4	Slight fear and uneasiness because it is inconvenient to get sick. What do I need to do to keep it from happening?
COUGH	10/18:00	4	Cough was less today. Seems to need to clear things out in the morning, so frequent coughing (every five
COUGH	12/13:00	4	Barely coughing today, and my one morning "blow" is quite liquid and clear. The cough is not gone it's
COUGH	16/XX:X X	4	still some phlegm in the morning, a wet coughing or a few nose-blowings, but no sick feeling, and this feels like vestiges of something that is over. Yet it's not quite gone. Like someone swept too vigorously and a bunch of dust is raised up, chaotically disturbing a more controlled order. It's coming from the outside it's foreign substances floating around disturbing me a bit: it's not IN me or a part of me nothing
COUGH	17/XX:X X	4	Still some loose coughing in the morning, and a bit at night, but then i don't notice it during most of the day. Doesn't disturb me.
COUGH	36/XX:X X	4	A bit of a rough cough that started yesterday with a bout of sneezing that seemed related to a person's perfume on their clothes. This morning some waffling feeling at the mucous membrane without actual discharge,
COUGH	01/08:00	8	Coughing. Tickle
COUGH	10/12:30	10	I have had a cough for about three months, which has been diminishing and was almost gone. But was up from midnight to 2:30 wheezing and coughing and generally miserable. Felt like I could not get my lungs clear and felt very constricted, like nothing would make it better.
COUGH	13/XX:XX	10	Went to naturopath today to deal with cough, which has not gone away, taking Citramin, Multizyme, Allerplex, Congaplex, Vitamind D and Morinda (Noni)
COUGH	17/07:00	10	Woke up coughing and wheezing.
COUGH	33/7:00	10	Woke up coughing and wheezing. Nose is running, eyes watering.
COUGH	12/15:30	14	Starting to cough once in awhile. Dry cough, from the tickle in my throat and post nasal drip.
COUGH	01/20:00	15	I have to get oxygen in! Cough got much worse--(obs) collision of OUT and IN... cough out, air in... The cat is yawning, too. Back of neck itchy all around the neck. Coughing and it makes her rock back and forth-- more intense and exaggerated than usual. My lungs empty out so much and so fast that you can't get air in fast enough. Cough just went into the dry heaves. Really doesn't happen much. Went to get a <u>drink of water.</u>
COUGH	14/08:55	15	When the mucous sits in my throat it makes me cough, creates a tickle, that won't go away until I cough for awhile.
COUGH	08/02:00	16	Week cough with stitching in the throat on couch. No pain in throat on swallowing. Also no pain with deeper cough,
COUGH	08/17:00	16	Weak cough and stitching pain still there. The metallic taste is gone.
COUGH	08/XX:X X	16	Weak cough, associated with sore throat. Pain, right tonsil. Lasts until Sunday – 09.
COUGH	09/04:30	16	Symptoms still there. Cough is only weak, I am concerned that I about being sick. Like I could have strep throat. In part didn't gout last night since I didn't want to spread anything. The other part that I wanted to be dedicated to sewing and designing.

DREAMS	00/01:15	1	I am in the hallway outside my room (don't know if apartment, office, parents apartment, son's apartment). There are a lot of activity/people in the large common space outside my room. I see people going into the room across the large common space/hall. It is a homeopathic distributor so I go over to talk to these people with my five year old grandson, happy to see them. I am looking out the window of the office of the homeopathic distributor. New part of the dream unrelated to first part: I am in the outside front entry of a building. It is elevated from the street level. Across from my building my kids godmother is staying in a room on the lower level with another entrance. I see her rushing back to where she is staying. She is pulling a metal cart that holds luggage (before luggage had wheels). She has some small packages on the cart and it seems she is sneaking across the street. She doesn't see me watching her from the other doorway. Feeling: curious, wondering what she has on the cart; humor because she is being sneaky. Background: I am on vacation and didn't bring any remedies with me and my dad fell off his bike and needed Arnica so I had to go looking for a place that had Arnica to buy some for him; about a month ago my kids godfather passed away so visited with their godmother at the funeral after not seeing
DREAMS	00/06:00	1	Normally I don't remember any dreams. The day before, I watched the "how to be a prover" recording and remember thinking, how stupid, do people really have symptoms before the proving starts?
DREAMS	00/06:00	1	There is a huge windstorm. After the wind started blowing, I heard on the news a prediction of 100 mph winds. I was looking outside the house (not my house) it is summer and all the lawn furniture has blown away. Some has been blown to peaces and were on the lawn. I kept going around the house and looking out the windows. The wine glasses that were on the table outside have blown away (I don't drink), along with the furniture it was sitting on. I kept saying oh dear, oh dear. I was thinking about how I would go around to collect all the furniture that had blown away and would find all the pieces to put the bench back together. When I woke up and started writing I realized it was not a tornado. I wasn't afraid in this dream although in real life if there is a big wind storm or bad weather, my heart is pounding with elevated anxiety. I didn't have any of that in the dream. When I went to turn off the light after writing this dream down I noticed I was irritated that I had to wake myself up to write this down. This dream was on 2/3/11 weeks before the Japanese tsunami.
DREAMS	00/06:00	1	Woke and knew I had a dream last night. I was irritated and decided not to wake up and write the dream down. Only thing I remember is that it was a pleasant dream--don't remember the substance of the dream.
DREAMS	05/07:30	1	As usual - slept so soundly until the alarm went off - no dreams.
DREAMS	07/07:03	1	I had a dream - it was very simple - I was trying to put lotion on my legs because my legs were peeling and tha's why I was doing that. When I woke I looked at my legs and they weren't peeling. But today I come back to MN and the heat is dry and my worry is that my tan will peel off.
DREAMS	09/07:30	1	These were very weird and they have all these parts. It starts out and I am with someone who was actually my best friend when our kids were growing up (I had just seen her Saturday night at a party). We were in this rustic sort of place in the woods - maybe camping - and at first there was just me and this friend and her younger son who was there reporting on his activities - he was a teenager in the dream although our kids are now in their mid-30s. The kid is lying about something but I can't tell what? He wants his mother to come into this other room with him. When he comes back here he has been having sex with the cat - he was f....ing the cat!!! The cat is lying there and obviously in terrible pain. I tell him if he ever does this again I am calling the police on him for animal abuse.
DREAMS	09/07:30	1	Then we go on this walk and when we are coming back home this elephant is following us home - he goes into the house and is looking for something but I don't know what. Finally we realize that it wants some food and then it would feel welcome and comfortable. My feeling in the dream is - WHAT is HAPPENING!!! Also - I feel irritated that I have to remember this - it doesn't FEEL like a dream - it feels like I'm just thinking but I have to get up to the bathroom and then write down the dream.
DREAMS	09/07:30	1	I go back to sleep and have a third dream: I am working on a mystery - we find a key and we are trying to see what it's for - finally we find that it opens this mailbox and we "suspect" this one person (from high school) and we're looking for clues - I have no idea for what - and we find receipts to this online store "Chae" and we determine that he has this Zamzu webiste. We are wondering if he is "guilty" - that's the best word that comes to mind but it's not quite it.
DREAMS	09/07:30	1	The main them in all three of these dreams is "Trying to Figure it out" - in #1 - what's he lying about; #2 - what DOES the elephant want; and #3 - why is this guy guilty?

DREAMS	09/07:30	1	My feeling is irritation - I have to write these down - I don't feel like they are dreams - I feel like I am just thinking but they MUST be dreams and I have to write them down or I will forget them. I am not traumatized by the cat dream or any of it - probably I am MOST traumatized by the elephant in the house.
DREAMS	23/04:00	1	We are in a rustic setting. Camping in a building. My nephew ... (who is 35 in real life) is in his teens... he is fucking the cat and I told him if he didn't stop, I'd turn him in. I go for a walk and an elephant is following me on the walk. Seemed normal. I came home and figured out the elephant wanted food and a place.
DREAMS	23/04:00	1	Am irritated I have to wake up and remember and write down these dreams. Seems these dreams were all about trying to figure something out
DREAMS	23/04:30	1	Mystery key to the apartment and mail that opens the mail. Someone from high school is looking for clues and finds receipts to an online store Chae Organics (in real life I purchase from this site). We determine the person we are looking for has a website with access to Chae. Wondering if he is guilty.
DREAMS	23/XX:X X	1	I had a dream - I was in a house and there were a lot of other people and they were talking about my eating plan and I guess I was preparing my food. Then I was leaving in the jeep but then a different car comes up in the driveway and I don't know who it is and then I can't go anywhere because the battery is not charged on the Smart Car from Winter. So I try to get out in the Jeep but I can't because of the car behind me - so then I open the garage door to look at the Smart Car and it's not there!!! I had a moment of panic but I know it couldn't go anywhere because the battery is not charged. I closed the garage door and then there is the Smart Car OUTSIDE the Garage door!! That's the whole dream.
DREAMS	24/XX:X X	1	Didn't write down date or time of this dream. Approx day 25. I am at my house and other people are there. I am eating off my eating plan. Then I am leaving in my Jeep and I back out of the driveway. When the other side garage door goes up, my other car is not in the garage. I know it couldn't go anywhere since the battery is not charged over the winter. Momentary feeling of panic when the car not in the garage otherwise no feelings.
DREAMS	26/07:45	1	I know I have been dreaming - there will be thoughts when I wake but I just can't quite grab them.
DREAMS	03/XX:X X	2	It was more like a slide show than a dream. I saw different "slides", mostly of scenery from random places that kept changing. There were no people in them. They were not places that I recognized. I did not remember all of the slides, but two stuck out. One was of a barn. It was an old barn painted red, in the countryside. It was old and needed repainting. There was a lot of green around it, so it must have been spring or summer. The second one was more vivid. It was a cemetery, big green open field, trees in background. There were a lot of very white headstones. They were relatively small and ordered- not in rows, but were not just random. There was some order to them. I did not recognize any inscriptions. No flowers, spring or summertime, well-kept. I thought that perhaps the slides might be metaphors for things in my life passing by. I don't remember dreams ever. Like a snapshot of life, what's going on in life. I wonder if it's metaphoric about my family. Think of dead relatives. Wonder if they are happy with the way all of us turned out, if everything is what they had imagined and they are happy. Was I looking at if they are happy about what I am doing? I hope they would be proud. They died before they saw.
DREAMS	11/16:00	2	I fell asleep at about the same time as yesterday. The situation surrounding it was about the same. I woke up about two hours later feeling very refreshed. This time I also drifted into a type of dream. It was very vivid, but confusing as to why I was there and what I was doing there. I was in a conference room that resembled a lecture room at a college with long tables that were in tiers. There were people there from different time periods of my life. There were some classmates from high school who were now adults. Also some friends from college. All were sitting in the chairs in the tiers and recognized me. I don't think I was speaking, but I was looking out at everyone. The carpet was blue. The walls were beige. I was looking out, so I don't know whether or not there was a blackboard.

DREAMS	11/XX:XX	2	Thinking about the conference room dream I wonder if I was there to be questioned on everything going on. I was there in the pit-maybe they were grilling me, like third degree, like a [panel of professionals that question you in a graduate committess. Make sure I am doing things right, know my stuff. Not any reason to suspect I wasn't doing things right. I am just confused, so many different pieces. Why am I the center of attention? No feeling of harm or bad. I am going through changes in life with my practice going on. Maybe they are testing me-are you going to make it? Do well? How are you doing? I'm not setting the world on fire, but I know enough to help people. I'm not in a mania where I feel I can do no wrong or am superhuman. Not a superstar but not worthless person doing nothing either.
DREAMS	56/00:00	2	Dreams:cemetary with very white headstones
DREAMS	02/00:00	3	I am on the west side of Lake Michigan. It is a poor and dilapated side of town, with some people, waiting outside. I can see the city on the other side of the lake it is very close. I am talking to a woman about buying property on this side of the lake, that in time it will pay off, and eventually the city will make a comeback. She says she thought about this . I am digging in the soil as I talk to her, we ate leaning against a burm, I have something gummy and slimmy in my hands, l realize I am digging in compost, I ask - " Is this compost" and she says yes.
DREAMS	03/XX:XX	3	I am at the house of a mom, dad and their son. It is a small city house. They have had the kid's friends and their parents come over. I am there for some kind of intervention because the kid had been mis-behaving. He is kind of bratty and bossy. The intervention is not going well and I am wondering why I am even there since this isn't what I do, I catch up with the kid in the kitchen, he is around 7 years old. He does not like me or respect me. I tell him life is going to be hard for him if he doesn't turn it around. He kicks me or something. Back in the living room, I get the idea of people telling the boy the hopes they have for him, but the parent's friend is in a band and he is playing on the porch. People start leaving. The mom thanks me for helping her, we are walking down the street, she thanks me for helping, I remind her she needs to pay me, she hands me a check and hugs me, the husband comes by and I wonder if he thinks I am fooling around with her, but he shakes my hand. I tell them to reinforce positive behavior even it is close to what they want, not with things but with acknowledgment.
DREAMS	03/XX:XX	3	I am camping, or something on this snowy embankment, I am not sure how I got there, I think I was on the lam. I think I am in Russia and this is the end of another dream where I was a spy in Russian and had to figure a way to transport some metal computer chip or something. I hear people running above me. I climb up the embankment and see it is a race of some sort. I end up in some field. There is a bumper crop of wild asparagus, I have never seen anything like it. Here is this gay guy who is harvesting this and taking a lot. He plans on selling this at the farmer's market I think this is unfair since it is not HIS crop but is wild. He is taking so much that I wonder if he left any to grow back next year. I harvest some myself but leave a lot behind.
DREAMS	04/XX:XX	3	outside , on some kind of trip, see a storm approaching, which turns into a tornado, with others, we drop to the ground or something, I get knocked out and wake up in some bed somewhere, not sure how I got there but survived the tornado.
DREAMS	05/07:07	3	I was hassled by a group of guys who tie me up and put me out on the ledge outside of a window in an apartment complex. I am sitting in snow. I notice a lot of other folks on ledges as well. They are just sitting there stunned. I start calling for help and eventually the rest of the people join in. Eventually other people open up their windows and notice us. Some people come out of the window where I am and the cut my bindings and they are kind of teasing me. Someone asks me how I feel and I say "How would you feel with your ass in snow? Cold."
DREAMS	06/XX:XX	3	I am at the bridal shower for a genie. The mother-in-law to be has dementia and she is going around calling people "nigga" People are explaining she is from the south and cant't help it though others are embarrassed.. Someone asks the genie what her last name is and since she is a genie she does not have one, she sees a cat and says meow. The mother-in-law asks - what kind of name is meow, sound nigga and the genie says It's Persian. So that becomes the explanation for everything. At some point , the genie makes the wind blow and knocks some of the relatives over including the mother-in-law and they get rolled up into a rug - a persian rug and that shuts them up.

DREAMS	07/XX:XX	3	dreamed my mother died, in a kitchen with my brother and some others. We are looking at a knife block and there is this little knife in there, sort of magnetized to it, my brother say that mom had all these great kitchen knives but she used this little one all the time. For some reason that hits me hard, like I wasn't around enough and didn't know those little things, it turns into this other dream where I was in some sort of fuge state and now am meeting up with people who knew me and now I am having to act like I know them when I can't remember, which turns into a dream that the spirit of my dead mother is following me around, at first I am overwhelmed and sad but then it turns into a comedy with my wrestling my mother's ghost and no one can see her do it looks like I am flailing around for no reason. I fall down in an elevator. I am wearing a kilt for some reason.
DREAMS	09/04:30	3	I know I had been dreaming but can't remember it. An image of a young Sally Field and Abe Lincoln, something about interns and not taking for granted what an intern can know. Went back to bed at 6:30
DREAMS	10/XX:XX	3	I am sitting outside on a couch in a backyard. In a very poor part of town. I am in the arms of a black man, his biceps are huge, I can feel him holding me, it is very warm and protective in a way, there are bunch of people and everyone is talking, a little girl is running around with a a skunk, I wonder if she knows what a skunk is and what it can do, the black man is talking about being a black people as if he isn't black, I either or say it or think it - " but you're black."
DREAMS	11/07:00	3	I am watching a scene, I am off a bit in the distance my "brother" is standing on the back of a couch and my "father" is facing him and they are arguing back and forth, the father throws-up on the brother and visa versa , this is happening back and forth like they are throwing up into each other. Some other folks show up and they are sort of combining the act of doing this turns them into some kind of unified creature like an alien tentacle. I say someting like this is like the human centipede (a movie I refuse to see) . It starts slithering around, I am in the ocean warning people, "don't let it touch you or throw-up on you" -- the dream shifts and I am in a magic shop, I am trying to find a spell to help me fly, something is trying to get me, I eventually am flying but on my side, sort of like a figure in a Chagal painting and I realize the shop is full of witches and wizards, a woman in a dark purple dress is flying with me.
DREAMS	12/07:30	3	I am doing some kind of work around the house of " my parents" (dream not real) I am on a ladder going around the top of the walls either painting or removing borders. My 'dad" is telling me what he is going to do, like repaint or put new borders. My " brother" is supposedly helping but he is mostly talking about all the thngs he is doing and how amazing he is. I notice when I get down off the ladder that there
DREAMS	13/07:10	3	I am some kind of demon hunter or something. I am supposed to be working with my"dad". He is arrogant and doesn't treat me with respect. I take off and end up getting the shit kicked out of me. I am laying on the ground against a car wheel. I bunch of punk kids show up and I think they are going to kick me, it is raining, but they don't. A woman tells me I can stay there but they are taking the car and I'll have
DREAMS	20/XX:XX	3	this dream played over twice last night. This man sees this steel rod that is fished out of the ocean. It reminds him of something. This woman had used him to mule drugs across the canadian border. He is an old man in a black trench coat. She is younger and had long curly hair. The old man is oblivious to this and stored in the steel rod some kind of opiate and meth. The woman admits that she used he old man and
DREAMS	56/00:00	3	Slept really well, and usually don't. Dreamt a lot and remembered dreams easily.
DREAMS	00/XX:XX	4	Climbing into a window holding onto plastic ropes, I struggle, I have to pull hard, hard to get a good hold, to pull the enormous and awkward weight of my body up and in. Feeling humiliated, embarrassed that it is so hard for me, that I am so heavy. I don't have the muscle to move. Feels arms not strong enough. There is a lot of weight around my midle, like the ostrich feeling. Cumbersome. Inertia. I
DREAMS	00/XX:XX	4	Our kitten has a gem hanging in front of her forehead, and is trying to bat it off, playing.

DREAMS	00/XX:XX	4	<p>NOTE This is very embarrassing to relate but so unusual there could be a connection with the remedy. I had penetration sex with two young boys, like 7 or 8 years old. They had the same name as my lover and a boy he talks with at the local pool. It wasn't until we were done that I realized I had done something morally and criminally wrong. Oh, my god! How can I change this, take it away. I did it. And I will have to live with that fact and its potential consequences forever. I could really get in trouble. I could really have screwed these boys up.</p> <p>The one boy was elated. This was a great discovery, it felt so good. He was jumping up and down, so happy.</p> <p>But what about later when he realizes it was wrong. How may that ruin his pleasure of sex? What was I thinking? I was using them - and I don't even recall, can't call up any pleasurable memories. Is it a blank? I remember me sitting up. And them pulling their penises out. This is so weird and creepy.</p>
DREAMS	00/XX:XX	4	Woke dreaming that my friend is telling me "(my full name) could you please not take up so much of the bed.
DREAMS	00/XX:XX	4	Dream about four men, I stopped into the lodge to see if they were all OK, They wanted to rape me. I told a story about my friends the policemen, and they backed off. Lots of un-said. Uneasy.
DREAMS	00/XX:XX	4	Slowly dawning realization, creepy, some fear. My son was with me, as a younger boy.
DREAMS	08/09:45	4	At a family gathering, I am the girlfriend of the brother in a heavily female family who is celebrating the engagement of one of the daughters. Several of the aunts and sister-in-laws had gone out together and returned several hours later, having been waylaid in some serious luxury shopping, clearly money not an issue. One of them is politely asking me if I am also participating in this women's retreat the future bride is all excited about, and I reply that I am actually one of the facilitators. I can see it shift their attitude about me but I don't seem to care or need them to think well of me. I am wandering around the house, before they get back, needing to find a private place to change my underpants. The house is interesting and I like seeing the "inner rooms." I open one door and a woman is sleeping; I excuse myself but she doesn't seem to care, just raises her head then goes back to sleep. I am not uncomfortable in these surroundings, just there, present to however it is. Usually I would be feeling more self-conscious, or more impatient to either make meaningful contact or leave.
DREAMS	09/06:00	4	My lover tells me he is developing a relationship with another woman, but says I don't have to "worry about that dipping thing" meaning STDs, because they are not yet to the point of having sex. I feel struck, stunned, panicked. He's really interested (cuz he jokes about it a lot without ever actually acting on anything) in someone else! And, he told me straight away, so he's actually reliable, can be trusted (He is very evasive and loves to "not tell" things, or lead people on to believe what's not true). He seemed a bit gleeful in telling me, as he took a gallon jug of water out of my hand and left the room. Doesn't mean we are over, just that he had actually followed up on another woman. I feel sad, mourning, death, over. Reminder how uncertain life is.
DREAMS	12/10:00	4	Something about separating. Splitting something in two, mechanically separating something from me or my life, pushing away the one part.
DREAMS	12/10:00	4	Something about a serpent's teeth, scraping. I'm not afraid, there is no danger, but it is a serpent, and he is scraping away at something, maybe trying to bite me but with none of the speed or surprise we identify with a serpent. And he is just trying, there is no possibility that he would succeed.
DREAMS	12/10:00	4	Trying to let a little girl in by the back door, have to go down some of the basement steps and lean way back to be able to grab the handle of the door, it opens in, the hinges are on the wrong side for it to open safely, this is so awkward, she could fall, I could fall. I almost can't do it at all, I am leaning into the abyss of a dark, possibly wet, basement. Surely she will stumble and fall, but she does not, we manage it somehow, and then it is simply a question of where she will take off her boots to not muddy too much of the floor.

DREAMS	14/XX:XX	4	My ex-husband and I are taking over management of a facility for an event. I ask the owner for the key to the storage unit to see what we could fit in there. My ex leaves, I go to look, it's a small laundry with other fixtures further back, dimly lit, hard to say. I stepped into a closet area and fell through to my neck. Kinda stuck. Shall I call for help? Can I get out myself? Started to call, a man in a motorcycle helmet goes by the window, glances in as if not sure he heard something, and then goes on. Now I am deeper in the same hole but seated, not standing tall. It doesn't seem impossible for me to get out and I'm not panicked, but how will I get out? I should start to try. Now as I write this I realize I don't know how to get my arms up and out, or bend my legs for leverage. This might be a problem. People may not hear me calling for help. It might be a while. There is still no panic, but I had seen, through the appliances, at the back of the wall, these steps, some back entrance. The steps are dilapidated, broken, just as I had first seen them was when I myself broke through. My ex-husband and I were taking over this large estate from an older lady. As I read over this dream I see I keep changing tenses. This fits with an uncertainty of what is past and what is just now happening to me in my life.
DREAMS	15/XX:XX	4	Someone calling me, wanting to set up an appointment. A new client, a referral, and I want to make this work. I am at some class or gathering and have to excuse myself to the others for taking the call. Lots of trouble finding my agenda and figuring out which days I will be available in Mpls, altho it should be quite simple. I just can't get my head wrapped around the days and have to keep counting and re-figuring. A man has created, and left, quite a mess of things littered all about quite near "my area" and our stuff is getting mixed together. He has a big red truck (like my lover's) and is quite oblivious to the others. I continually have to ask the new client to wait patiently, and ask the rest of the class to extend their break long enough for me to deal with this issue. I am embarrassed all around, feeling quite inadequate, yet steadfastly holding to getting this done, I know the agenda is here somewhere, I know there are available dates, I know we can work this out. It's like I'm slogging through some muddy bog, nothing is simple or clear. The rudeness, lack of self-awareness or consideration for others that this man displays is galling to me but also just the way it is. The others see the obstacles I have in front of me and are forgiving, understanding, patient. But it's so confusing, this should not be such a problem. Why can't I figure this
DREAMS	16/XX:XX	4	I will be taking over the resort I used to own (and sold 16 years ago) and that was in the family since I was 13. two girls are cleaning the lounge and entry area as I attempt to deal with canoe customers, although I no longer know what the drill is, can't advise them very accurately, and am unfamiliar with the paperwork that needs to be filled out. I am real glad the girls are cleaning. It seems dark in there, not very inviting. Yet I know it's a wonderful place. So I am looking over things, particularly interested in where each of the staff members in living, what room they have. Two girls have chosen to live in tents for the summer. I visit the staff quarters and see how much of it is quite dungeon-y, as if in the basement although not, but dark, mattresses on the floor, damp, a dirty feeling. Happily one woman's there has a good energy so I see it is possible to resuscitate these rooms. Is that why the girls are sleeping in tents? Where are they keeping their stuff? I wonder what lodging is reserved now for the owner/manager. I know previous owners, after me, have changed some of the upstairs. Oh well, I'll just see, whatever it is will be fine. I ask to visit the canoe equipment areas and see the food packing/in-house cafe area which is quite upscale. I think ruefully that my business is too small to be able to have a set up like that, and yet it
DREAMS	16/XX:XX	4	(dream, cont)I ask a woman there, who is also part of my women's group, to go outside with me, and I just start sobbing at how moved I am to be back here, to be immersed in the woods, in nature, how unknowingly my soul had been yearning for this, and my emotions are just gushing out, overpowering me.
DREAMS	18/XX:XX	4	Something separating; split apart, (a previous journal entry from a dream) free associating on the these words: Just taking those words, I notice a tightening in my chest and heart, I get an image of two forces one from each side pushing in to keep the heart from splitting apart. The forces are like two people. Thinking about the attempt to contain something that is trying to split... ..like sandbags at the overflowing Saint Croix River. The image of several people sleeping in a bed together, piled on top of one another to keep each other together. Two forces are leaning all their weight in, all of their force on this heart or tree or group of beings, leaning in with all of this force, the heart center as if it is a tree that has split close down at the bottom, these forces are trying to splice this tree back together, bind it back together to force it straight. A very strong force. Tree reaching out, it's a travesty to the tree, an abuse of the tree to try to get it to rejoin when it has so successfully grown apart.
DREAMS	21/XX:XX	4	Something about Number TWO. Trying to remember as I come out of sleep but I just can't. Absolutely can't. Also in working a case analysis last night, there was something about "dividing" that seemed excessively intriguing, interesting to me. Like I was drawn to that as my "stuff" and not the case's.

DREAMS	24/XX:XX	4	I came across a second pink scarf, an exact duplicate of one I use that was given to me a few months ago. I felt confused; how did I get a second one? It looked like it had never been used. No emotion, but a slightly stunned stupefaction that stopped my thinking in its tracks. Then, well, I guess maybe it could come in handy.
DREAMS	27/XX:XX	4	Dream takes place in Costa Rica. I am going to set off a modest explosion, there's a group of us, the bomb will be under this car at a certain spot when some people will be going by, and I will be hiding in the bushes, setting off the bomb via a buried wire. Precautions so they don't know it's us, especially me, the ringleader, the "actor" in this event. Hanging out in the hotel/pension where I am staying. There's a dining room, locals eat here and hang out also, a cast of characters worthy of some British detective series. Someone sleeping in my son's room, where shall I hide the two bottles of oil used to fabricate this explosive device, if someone finds them, they will figure out it was me. The small village is carrying on its daily dramas and entrenched relationships, rituals. I am nervous, it's all kind of vague, like we'll pull it together at the last minute, altho we have rehearsed and prepped the line burial and talked through who will be where. I am kinda lost in the time of the day, and then I hear the two shots (that sound every afternoon at this time) that are the signal, Oh! I've gotta go, I'm "up," As the dreamer I have no idea what this is all about. Some sort of revenge. An ambush of sorts, to teach them a lesson.
DREAMS	30/XX:XX	4	Seeing these teenagers driving up a gravel road hill that is really quite steep, looks almost like a 90 degree angle, and their car just chugs slowly but steadily up that hill, I am amazed. Then I have turned onto this gravel road route to somewhere, and all of a sudden here's that steep angle, and my car is just about to embark down it, 'twil be too late to back up or change my mind, so I stop just at the top. am kinda stuck there, now what do i do. i look for help, someone to tow me back up and out of there? i just have no confidence i could make it back up if i drove down that road, even though i saw that those kids made it, and my car is just as good. i just MUST move time back, backtrack just a moment to where i still had that choice, to start down that road or not. i really don't want to have to try to make it back up that hill, i just don't see how I could do it. I am not panicked but I do feel like I am potentially in some deep shit here. I feel foreboding, stuck, in a jam, no issue, too late now. I can get out of the car and go away, leaving it there, but the car is started down the wrong road and there is nothing i can do about it, it's too late, so now what do i do?
DREAMS	36/XX:XX	4	In Paris again, with some friends, wandering around in a different way than when I am by myself there; a feeling of spaciousness, no destination, the freedom to just explore and not have an end in sight. I run into an old boyfriend I had totally lost contact with, he is a bit of a mix of two "real" people from my past. In my dream he lives there, at least for the moment. We can meet up again; we make the start of plans to do so without really finalizing it, so later I am not sure how to track him down, how to re-trace my steps and find him again. The overall feeling is pleasant, refreshing in its lack of weight of "to-dos" - but not ecstatic or rich or joyful or any other strong emotion. Like a space out of time, a true "vacation" that I have been realizing recently I never really have. The experience of being lifted out of your reality and gently deposited in a familiar place without any baggage of engagement, of needed or expected interaction with place. I am immersed in the place without desires, without projects, just moving with my little group of friends, my band, my temporary gang.
DREAMS	56/00:00	4	dreams were disturbing
DREAMS	56/00:00	4	dream about things sagging with weight.
DREAMS	01/07:15	5	Friend has collection of puzzles at a party--I am surprised that the one I pull out is a child's puzzle--not more than 20 pieces. This is not a person I would expect to collect puzzles, much less a child's puzzle, and with such pride in his collection. It felt funny. As I am putting it together, it becomes three dimensional. The theme is of harvesting berries from trees in a small orchard, with castles and prairie fields in the background--the three-dimensional part is that it has things you can turn and push to show the actions of harvest. Others joined me, taking pleasure in this simple experience.
DREAMS	05/05:55	5	In my car, backing out of a parking spot in a large parking lot, my car will not come out of reverse and it will not stop no matter how I push on the brake. I'm heading towards a person putting things in her trunk and I'm yelling for her to get out of the way. Somehow, I'm able to maneuver my car into a parking spot at the back of the lot with a large enough curb to stop my car from motion and be in an actual parking spot at the same time. Going to have to get the transmission and the brakes looked at. Heard myself thinking, this is crazy. Once the car was parked and I decided I needed to get it looked at, I laughed and decided to drive the car to the shop. Woke up thinking, "why did I not call for a tow truck?" A bit amused.

DREAMS	08/06:55	5	Sitting in a room with a group of provers discussing philosophy with instructor. One of the women came in saying that she became pregnant and that she felt it was part of the proving. I looked down at my belly and realized that I too was now pregnant, suddenly appeared to be the equivalent of six months or more along. I experienced a feeling of shock, fear and surprise--how will my partner feel about this, experience this miracle of sorts? I was also surprised when a doctor came in to do an ultrasound on the other pregnant woman--results being that her pregnancy was just a shadow, calling it an empty outline and that it probably wasn't a real pregnancy. She left the room in tears and when she returned, she said that this pregnancy was real, that it was only because she ate some strange food that created a shadow over her baby and that this had happened with her first baby too. I refused an ultrasound and decided my pregnancy was part of the proving and I would just need to wait and see over time.
DREAMS	02/05:30	6	Dreams: We were on some kind of canoe trip through these tunnels. We started out in someone's house and when we ended up we were in someone else's house. It seemed the guy knew both people and I think they were both of his families. He had a kid in each household. In the second house the woman was Japanese and was crying that he was leaving to go back. There was water up to our knees in each house. I never saw the first family. In the dream I was really upset for the Japanese woman. How did he get to two families? How do men choose that?
DREAMS	02/05:30	6	Next dream was like in student clinic. I was the student and my client was this man who recently brought his kids to Aikido. He's a huge guy with big braided hair that is really tangled. He looks like he'd be an extra in Braveheart fighting next to Mel Gibson. At Aikido he introduced himself and "my three boys". They looked just like him and their names are Arye, Morgan and Roan. The boys are great. But I thought "he named his kids after Dungeons and Dragons characters" I don't know if that is true but that is what I thought. Anyway we were discussing this guy's remedy choice, and the supervisor was getting farther and farther behind in her day. We now had three of her clients in the room with us who were waiting for their appointments with her. My supervisor was there and she and I were a little worried about that. But then the supervisor turns to me and says to everyone, "For My remedy, I'm going to give her Steiner's Sound. It is an animal remedy with strong animal energy. It's kind of sleazy - She has some other leather clothes that she wears. Then I woke up.
DREAMS	56/00:00	6	Usually don't remember my dreams, but they were very intense
DREAMS	03/08:30	7	I was in a house shared by my parents and another couple. I went to visit my parents a few times. I then realized the other couple was upset and intended to lock me out. I was in the house and no one was home when I realized I was in the house and it was intended for me to be locked out. I was worried I was in the house and it was intended for me not to be there. I tried to leave without notice and lock it up when
DREAMS	03/08:30	7	I was cleaning my house and had guests. I was really upset to see my guests had made such a mess and was so disrespectful. I felt disrespect as they smoked and ashed on the floor and came in with muddy
DREAMS	03/08:30	7	I was in a public area. A locker room location. I was looking at all the showers and area to find the restrooms. I was upset to find the restroom was outside with glass stall enclosures. I could see two ladies sitting on toilets. I had to go so I said to myself just go in quick and be out. I went in to sit on the toilet when I was horrified the glass was no longer in between stalls and the lady next to me said could you
DREAMS	11/09:00	7	I was young about twelve or so. I was in a large house where I lived with my parents. I was walking around the house and noticed water rising into the corners. It was filling up fast. I was uneasy, my father was there trying to figure out why. I said to myself he does not know how to fix things, he will have to call someone and the damage will cost a lot to fix. Suddenly two men came in and ran to fix the problem. I was relieved. I found myself outside. There was water everywhere. The neighbor was building a floating island for his house. I said you have figured it out. He said this will work well. There were many rafts and boats trailers on top of them, lots of traffic. Someone told me get on a raft. We came to land. My mother was waiting. I felt relieved and safe my mother was there. She said to get into the car. I saw the road went straight up into the air. She started to drive and I felt myself lay back hard in the seat. I said we can't make it up the hill. She laughed and said no worries and drove straight up the hill.

DREAMS	00/00:00	8	Dream during a nap similar to dream last night. Beating daughter, hitting with fist. Angry and frustrated with her. Not my normal sort of anger. Just wanted to hit. Wasn't noticing her response. Angry. Fists, wanted to punch. Wasn't anger around an action. This was a passing thought, "oh, I was hitting her again."
DREAMS	00/00:00	8	Angry at daughter, hitting her and yelling. In my normal state, would get sarcastic or bitter. This wasn't like that. It was like anger and hitting. When I woke, I knew it wasn't me. In dream, no reaction from her that made me feel: "oh my god, I am hitting my daughter." Would grab her and shake her. This dream was longer, and I was yelling. I had to hit her. I was not attuned to her reaction. Funny I haven't felt anger during the day. The dreams have this hitting, and no anger during day.
DREAMS	00/00:00	8	Dream right before or after proving kickoff meeting: someone grabbed my elbow and shoved me.
DREAMS	02/07:30	8	On vacation, going to condo going to stay at. The two of 302 falling off. five tiny single beds, barely get through. Confused, we didn't sign up for. Tiny bed in kitchen. Everything dirty. Felt like in Mexico, in a tenement. Not what we expected. Next apartment, it was someone's area. Embarrassed, should have known not to go in there. Went other way, was in somebody's place. The number was 302 with two falling off. Very confusing. Totally squooshed, no space. The embarrassment for not figuring out what was going on. Feeling like signed up for something, and was scammed. Should have realized it.
DREAMS	05/23:20	9	Dreams - Struggle - Conflict between peaceful resolution and confrontation.
DREAMS	05/23:20	9	Being in a place where I am trying to force people to do something and they weren't doing something. It was my responsibility to get things done. Coming up against an obstacle; unable to accomplish something. The obstacle is a ball of energy that is always there, it's always in the way. It takes on the form of a wall or other people. A ball of energy that is just stuck there, I am always trying to use the energy, but I do not know how to wield it. I don't know how to use the energy available to me.
DREAMS	00/XX:XX	10	Three words were given to me: anger, cornerstone and mystery. It felt very significant in the dream that I remember these words.
DREAMS	00/XX:XX	10	I was in either Vancouver or Victoria and it was raining. It was also Rochester MN with the Mayo clinic. Many patients were out in the rain with their wounds covered in plastic. There was a happy feeling, like it was the first time they could be out and about. I was happy to be there although I found all the wounded people a little odd.
DREAMS	00/XX:XX	10	I met two aliens who looked "typical" and then took off their masks and looked like earthlings.
DREAMS	01/10:25	10	Since the meeting had a violent dream; someone got killed. I was sitting w friends who took off their masks and were "classic aliens" underneath; slit eyes, gray head. then took off their alien masks and were a normal couple again and we laughed. One of the aliens had a bottle of diet coke; we talked about how we find that toxic on earth.
DREAMS	01/17:50	10	My mom came to me in a dream: she's been dead for three yrs. First time she's ever come to me in a dream. Was asking me how do you know things - she wanted me to justify. She was grilling me about my intuition, really pressing me to explain how I knew things. "Tell me what it feels like to be those geese," she said. I told her I didn't know, that this is not how my knowing comes to me. I said I just know about past lives and don't know about ducks b/c that knowledge hasn't come to me. Very defensive, uncomfortable, trapped. But when I said I just know, it just comes to me as a knowing (this is true in my waking life), for example I will know what a past life connection is with someone, she surprised me by accepting it. But I felt I really had to fight to get her to understand, and I hated it. She finally got it. I felt a lot in my last marriage that I had to prove something. Mother was just pushing me and wanting to debate. I don't do that any more. Made me aware, wow I really don't give a shit what people think any more.
DREAMS	02/XX:XX	10	Dreamed I was sliding down a very steep and fast bobsled run with some other people -- two or three of whom were supposed to be hang sliding instead. It was fun, I enjoyed it. We got to a cliff where it was hard to get down. I did, but even in the dream I didn't know how and I asked someone "how did I get down?" But they wouldn't tell me. Later in the dream my whole house was sliding down a steep cliff, but we knew it would all be ok, and in fact, we knew that this happened every month or so.
DREAMS	03/16:30	10	I was in London staying with two guys and their mom. One of the guys kept making nice breakfasts even though I wasn't hungry. Some of the rooms were empty and being rehabbed.

DREAMS	03/XX:XX	10	Dreamt that I took my son to the orthodontist and we did not have an appointment. At first the orthodontist was very annoyed but she finally agreed to see him.
DREAMS	05/XX:XX	10	Felt I was dreaming richly all night, but don't now remember much. I do remember thinking at one point that my dreams were richly peopled. The part I recall is that I was once again in London, this time with my son. I left at one point to go to the beach (which was warm and hot) and left him in the hotel without telling him where I was going or taking my cell phone with me. So I didn't stay long because I was worried that he wouldn't know where I was.
DREAMS	07/18:25	10	I was at an airport and there was a bad earthquake happening and we couldn't get out of the gate. The train kept going faster. There was a lot of ash and we couldn't fly or get out of the gate yet. They finally let us off and were giving us these lovely comfortable blankets. Really nice beds, so we couldn't go but it wasn't a problem. I was with someone I cared about. And it was like, oh this is great, it might be 2-3 days but that's ok. Then in another part of the dream I was somehow finding these amazing Japanese fishing floats; glass balls. I found them on the beach when growing up near Seattle. They are artifacts from another time. Beautiful blue and green colors and they are really special to me. In the dream I was unearthing them, hand-blown glass, round globes. Was feeling possessive; these are MINE. I had this whole area to dig in the sand to find these beautiful multicolored glass globes.
DREAMS	07/XX:XX	10	Was at an airport in the train that takes you to the gate, there was a bad earthquake. Instead of letting us out, the train kept going, and went faster. They told us that was safer. Once they let us out we were in the gate, which had a lot of comfortable furniture. Someone came and gave us blankets and pillows and at first I said no, but then they said with all the ash it was impossible to tell when we would be flying out.
DREAMS	07/XX:XX	10	I was somewhere -- not sure where -- and I am in a storeroom. There are all sorts of beautiful glass balls half buried in dirt or sand.
DREAMS	09/17:26	10	At a dance class, practicing this move. The teacher said I KNOW you're a dancer but you're really not very good; haven't used that part of you. I told her you're right, I haven't developed it right. She put me with a good dancer and then told me I had to lead. I was fine with that! Ok.
DREAMS	11/XX:XX	10	Dreamed I was some sort of knight (which later turned into cowboy) and I got my right hand cut off. But I picked it up and bound it to my arm and assumed it would grow back. Because I am a good rider, I could still ride my horse with just my left hand, although mounting was not so easy. I had a horse who was hard to handle at first, but later became very helpful in letting me on.
DREAMS	17/XX:XX	10	Dreamed I was on a lovely beach with my ex-husband. A helicopter was overhead hovering with a swing so that people could play on it. Someone else drove into the ocean with a car that was designed to be a boat as well. My ex and I were still married I think. I was happy to see him but he immediately started asking me things in a judgmental way. Later in the dream I was at dinner with a bunch of people -- I think my mom was there, and my son and my ex. My left eye started getting really itchy and red.
DREAMS	23/XX:XX	10	Dreamed I had had two children, a girl and a boy. I gave birth to the boy and left him. His grandfather and his uncle brought him back to me when he was four because his father (my ex) was in the hospital for depression again. I didn't remember his name. In a later part of the dream, my ex and I were playing with some kittens, socializing them, when a gentle fox showed up and wouldn't leave. She had a hurt paw and she wanted help. My friend came in who was a vet and tested her for rabies because she had rubbed her head against my face and scratched me with a tooth. He found through her DNA that the email address linked to her was from a religious order. She somehow told me that her father and grandmother told her I would help her. Her paw only needed a little care, but there were two screws embedded in it, as if she had been tied by her paw.
DREAMS	31/XX:XX	10	Dreamt I was with a man who decided not to continue with me romantically, but changed his mind at the end of the dream. Too funny.
DREAMS	33/XX:XX	10	Dreamt I somehow ended up with a psychopathic couple but escaped. They had my phone and computer though, and in the dream I wen to the police to get help shutting down all my accounts. Very distressing.

DREAMS	01/09:50	11	at 9:30 I took a nap as I didn't sleep enough last night. It was a very light sleep but I had dream. In my dream, my husband was a woman & I was thinking we both are female, why she is the husband & I'm the wife. I still was in the dream but I knew I'm proving & tried to write my dream down and call my supervisor but then I heard the voice of my mother who was calling my name and also voice of the girl who is working in the lab with me, she was also calling my name (she doesn't pronounce my name right & she called me the same way she is always calling me), so I was hearing these voices & I looked around I didn't see any body, of course I didn't expect to see them as it's Saturday & I wasn't at work to see that girl & my mom is in the other side of the world.
DREAMS	02/06:30	11	I had lots of dreams last night which I don't remember them. The only thing I remember is that all of the dreams were happening by the water.
DREAMS	04/XX:XX	12	I was in a house with multiple levels and rooms. I moved about in the house but kept coming to a room where there was a man being held captive. He was shackled and chained. I approached him rather mockingly and made crazy faces at him with my eyes and tongue. It felt like I was mocking his condition of being a crazy person by emulating him, or what I thought a crazy person would be like or feel like. He didn't respond to me, but just stared at me rather calmly. I would leave and move about the house rapidly, not really sure where I was going or who I was meeting along the way, but I would always find the room he was in. It felt like no matter how fast I moved or scrambled about in this house, I came back to this room where this man was shackled and held captive. I couldn't find any other way out. Nor could I tell if it was I or him who was the crazy one. The faces I made at him were so ridiculous and crazy.
DREAMS	06/XX:XX	12	Dreamt of competition. My brother was a professional cyclist. He was demonstrating his speed on his bike to us, his family. He was particularly excited to show us the aerodynamix parts of his bike that would help him go faster. In the dream I felt like I needed to show him how it's done. I got on his bike and went for a ride. I felt like I was the one in the family with the athleticism and needed to prove that, <u>once again. to him and to my family.</u>
DREAMS	08/XX:XX	12	Another dream of competition. The deacon from my church was talking about spirituality to a class. I felt like I could teach it better. In this dream I didn't get up to teach it, but inside felt I could. I felt pretty arrogant in the dream.
DREAMS	22/XX:XX	12	My best friend had become the President of the United States. He was still just himself, but was somehow dramatically chosen to lead the country. He still kept his humble nature (even though he's not normally humble in waking, non-dreaming world). I felt very attracted to him and wanted to support him in his endeavors. I felt very proud of him that he would pursue such a thing and not even tell anybody about it. Suddenly, he was just the President.
DREAMS	28/XX:XX	12	Someone I know from a past job died. I was the one that found her in her home. I went to notify the police of what happened. When they arrived, she was no longer dead and instead there was a consipracy of me wanting to kill her that was created. I spent the rest of the dream defending myself and trying to make the case that she was truly dead. I was confused. I remember seeing her decaying body. It felt awful. Death. I felt so upset that I was being blamed for her death, even though I had nothing to do with it.
DREAMS	32/XX:XX	12	I was late for work and missed all the appointments I needed to be at. I felt so confused about missing all of it. How could I have done that? I was prepared just fine, but completely missed what I needed to pay attention to.
DREAMS	02/XX:XX	13	Had two dreams I can remember from last night, not too eventful...like the dreams I usually have and can remember - in color, very believable i.e. real people etc. One where I was observing my friend and her fiancé playing in the yard with their new puppy and another couple. As it turned out their house and my apartment were next to each other. I was wondering why we don't hand out if their my neighbors. It was kind of sad to know they live so close but we are not really friends anymore. The second was me with some girls from high school and taking pictures with my nice camera of exotic flowers in someone's yard. The flower has orange and pink and the streaks on the petals created a double heart shaped pattern which I was trying to get a picture of without touching the flower. Only the owner of the house/flower was allowed to touch it. There was some ugly plastic obstruction that made it hard to get a good picture.
DREAMS	02/xx:xx	13	Dream of a flower with hearts on it, beautiful double looped heart design, orange/pink colors.

DREAMS	03/XX:XX	13	I'm planning to visit my friend at her family home in WI. The reason for the trip is so she can help me color my hair. Part of the coming entails telling her grandma a little white lie about the remodel in the basement. Then I'm sitting and talking to grandma who is strategically painting dots on cloth. We are talking about how she's been shopping for everyone else lately and wanted to finally buy something for herself. She found an antique dealer with the same coin purse she used to have as a girl so she bought it. She showing it to me and we talked about it.
DREAMS	03/XX:XX	13	I'm having a fun loud party lots of people and music. I can tell by how I feel in the dream that I'm drunk and carefree however I don't see alcohol anywhere. During the party someone knocks at the door and instead of letting them in right away we start doing knocking back and forth. When I look through the peephole I confirm it's someone's good friend and I let her in. Then I get a call from my mom and it's hard to hear with the music. She wants to set-up a time to hang out or talk but the party is going on so I'm having trouble figuring it out so I feel bad. I think to myself it's late and I can't believe she would call so late, it's so unlike her. When I look at the clock it says 10:43pm and I realize that I need to turn the music down because of quiet hours. 3) As I'm trying to go to sleep (after I was awoken at 5:53am) I start to have a funny dream like conversation in my head after I feel some light menstrual cramps. I decide to call it the war on cramps.....I see a bomb shelter very well maintained, fully stocked with tons of food and supplies. The shelter planning is for a big war on cramps..... just like I take ibuprofen (i.e. supplies/weapon) in preparation of the cramps because based on history I assume they will be bad. I don't wait to see if they really are bad or intense first I just go right for the ibuprofen every time. Its overkill
DREAMS	03/xx:xx	13	Dream of having menstrual cramps and it was complete overkill, at war with the cramps, big guns, overkill, at war with myself, with my body. I had a bombshelter with an obscene amount of food/supplies to take on these cramps.
DREAMS	04/xx:xx	13	No dreams that I can remember last night. I'm pretty proud of myself for remembering dreams the last couple of nights since this is not something I usually take note of on a regular basis.
DREAMS	05/XX:XX	13	The first one included a yoga teacher I know who was showing me around her new yoga studio in Uptown. There were two rooms with cement floors. Since I've been to this studio in real life I know that it doesn't really closely resemble what it actually looks like. We didn't actually do any yoga in the dream but I did come with a list of bullet points typed up on the computer for the class but I couldn't read the items in the dream. It felt almost like a yoga training/workshop or something.
DREAMS	05/XX:XX	13	I was walking around one of the local lakes and was walking in the left lane and wondering why walking traffic was getting in my way. There was clearly two lanes separated by a white line for both directions and I was obviously wrong. Then I come to a high rocky overlook and stop to rest when up walks a black dog not on a leash who starts walking down the rocks to find a place to sit. Up walks the owner a guy about my age, stocky and a little over weight in the belly. We chat for a while and he invites me to dinner with the dog (as in a date). The next scene is this guy driving my car with the dog in the front passenger seat and me in the back seat behind him. While in the car I'm thinking he's being a macho guy showing off i.e. going fast, revving the engine. The dog in the passenger seat doesn't seem to be a focus over the guy being macho. We get to the restaurant which is near the lake and sit outside with the dog. On the silver circle cafe table are small brown cardboard 3D Eiffel Tower sugar and straw holders that I'm really captivated by and think about sneaking/stealing in my purse. Then the scene switches to us back at his house where I meet his male roommate who is entertaining a female date too. His place is dated ('80 is style appliances dark wood) and has many rooms. When I go to wash my hands in the kitchen sink I
DREAMS	05/xx:xx	13	Dream of being invited into a strange house by a strange man, surprised I went with him, let him drive. At the house it was a bachelor pad and he and his room mate were watching tv, having sex with a girlfriend, and I found a five year old boy in the house. I started to take care of him, felt very disgusted by his living situation, needed to tuck him in and make sure he was ok. The fridge was filled with a huge piece of meat. I was just generally disgusted.
DREAMS	09/09:30	13	I had a dream that I remember part of.....I'm at Bhakti Fest which is an annual four day festival I've been attending the last couple of years in the desert of CA. It's a yoga, kirtan hippy fest basically filled with 100% bliss. In my dream I'm on the festival grounds by myself near the main stage area. I'm wearing nice comfortable, light linen clothes. My body is light and floating in bliss and I'm visiting people. They are people I don't know but they feel like my community. When I walk up to them we sit down cross legged in the desert sand and just share each others company for a while. Then I move on to another person, there are probably four in total. I have a feeling of gaining wisdom from these people and after the encounter leave feeling like they are my equal, my friend.

DREAMS	11/08:00	13	Had an interesting dream last night that included same friend again. This was a dream with the two of us in an "intimate encounter". I'm wondering why this dream came up, maybe because its spring and I'm noticing attractive men everywhere now.
DREAMS	13/08:00	13	Same girl came up in my dream again last night. In the dream I was at some kind of restaurant with lots of people and dim lightening. She was there with many of her friends I don't know very well. They are all sitting at a very long wood dining table eating/drinking. The only people I know are her parents and brother who happen to be sitting at the head of the table. I'm standing next to this part of the table and she approaches me and hands me this light green pyramid looking object made of glass about one foot tall on a wrought iron metal stand. The only thing she says to me is 'this is my wedding invitation' and then walks away. I'm so confused because it looks nothing like an invitation. Her brother who's sitting at the table grabs it from me and then pulls the top part off and hands it back. When I look inside I see a bunch of maroon incense sticks that smell fantastic. Also inside is a small white card that I think is the actual invite but I'm too focused on the incense sticks and the scent. When I ask her about it she seems distracted and detached and kind of cold. I comment to her how I've never received such an invite before. I compliment her original idea and tell her that its setting the stage for the wedding as I image in my mind what it would look like based on the colors of the invite and the amazing aroma. In my head I'm also
DREAMS	18/08:00	13	My dream last night was is black and white. I Dreamt last night that I was walking around wearing a very oversized white men's button down shirt. I'm peering through a clear glass deli case at a cashier wearing a black/white outfit. Then scene switches and I'm setting tables in a big open room. There are 10-15 circle tables with black table cloths and my job is to put a clear plastic water pitcher in the center of the table precisely in between the salt and pepper shaker. Some of the pitchers are new and have to be taken out of plastic wrap. I'm being directed by someone on my duty but I'm not sure who. My dreams are normally in full color and this one was all in black and white. It almost felt like I might have been a caterer of a wedding or something.
DREAMS	56/00:00	13	Dream: someone is going deep in my soul and unveiling my to-do list that I normally hide.
DREAMS	56/00:00	13	Dream: In an apartment. Could see all the different rooms at the same time. I had to care for this child. Had to find the child's room. The rooms were like part-rooms, so hard to get this child ready for bed. <u>Running into people having sex, needed to shelter the child from that.</u>
DREAMS	56/00:00	13	Dream: a grandmother showing me a coin purse. The granddaughter in real life showed me the coin purse.
DREAMS	56/00:00	13	Three different dreams about a friend, then saw her at store after two years not seeing her.
DREAMS	56/00:00	13	dream: wearing white linen and floating around and talking to strangers in desert in sand
DREAMS	03/06:05	14	I am working in a nursing home (I did work in one as a teenager). I am taking care of an elderly woman who needs to have her soiled clothing changed. My clothes had also gotten soiled so I help her take off her clothes and I take mine off. I try to close the door so we have privacy but she kept opening it. I am finally able to get the door closed and lock it, clean her up and get dressed in very beautiful clothing. I fix her hair and put some makeup on her. After I do that she looks like a young woman, very beautiful and her physical abilities return. Before she was very unstable on her feet and looked very old. Then I see a young child in the room, a little boy about two yrs old. It seems that it is her child. She lays on the bed and he lays on her back. they seem happy to be reunited.
DREAMS	05/06:05	14	I was in a house and I could see from one room to another. There was a problem with a child. I was to keep an eye on her. I helped her put on a bathing suit so she could use the pool. (I am having trouble remembering dreams and dream details.)
DREAMS	07/06:00	14	I am at a place where we get information on doing a fund raiser. That's all I can remember.

DREAMS	08/06:30	14	I am going with an old friend to her home (a friend from elementary school) but we are grown adults in the dream. She lives way out in the country. I am a little nervous to go there because she is married to my first "love." (a boy I like in 6th grade). We get to her home. It is a beautiful place. When i meet her husband he is very gracious and gives me a hug. I meet one of her sons. he is of a different race. (her children in the dream are from a former marriage). We go to a building next door. It is a school where the children attend. There is a glassed in room filled with beautiful furniture and expensive things, a fancy bed. She says it is her bedroom I am puzzled. As we walk through the building we meet a young man--he is dark skinned and quite handsome. He smiles at me as if he knows me. I suddenly realize it is her son. Her husband says we have that room because of the prince. Again I am confused. He says their older son, the one I have just met, is a prince so htey provide special treatment for him. I think that my friend's first husband must have been royalty from his country. The prince smiles. He has a princely bearing.
DREAMS	16/17:45	14	Dreamt I was at a place where we were having a Christmas celebration. One of the people there was a homeopathic colleague I don't see often. It seems like we were rehearsing how things were going to go. We had lots of packages, a tree, and we went through this ceremony kind of thing. When we were done I was organizing the packages and the props we needed. the colleague seemed very concerned about what I was doing. I think she was afraid she would not be able to find things so I showed her where I was putting each thing. There was a lot of white, white tissue paper, white little boxed, the tree looked white (maybe it was flocked).
DREAMS	01/XX:X X	15	Hard to remember. Some sort of family reunion or gathering of familiar people. There was some sort of play or movie. I sat in the same spot our family always sits. My husband sat in a different area. He was upset because we were not sitting next to each other. This is odd because he is the one who chose the different area. I was angry and upset over this. The common themes are that he does want us to sit together at events etc. It is not normal for him to want that and choose to do the opposite. It is also common for me to be on edge about what I know will make him upset.
DREAMS	04/09:50	15	Many years ago in real life, I was working at a former employers, Millwork Inc. I worked in the door making doors. This dream occurred at that shop yet it didn't look exactly like the shop did. The concern was for the dust and the saw dust. We had to get the dust swept away. But it was hard because it would blow about, scatter all over the place , which is what dust does. But it was the worry of it exploding the whole building. I was moving planks of wood, sweeping, and sweeping and sweeping trying to get the dust under control and not blowing all over the place. The pace wasn't necessarily acute, meaning about to explode. It was more in terms of seeing a problem and trying to head it off. But there was so much dust billowing about that there was a sense of urgency.
DREAMS	10/XX:X X	15	Somehow I was in the back seat of a station wagon. It was going really fast down the highway. Eventually this car ran up on to the bumper of the car in front of me and it was holding me back. There was a frantic, panicky feel to the quandary of how do I get to the wheel? Where is the driver? Climbing all over stuff, I got to the front seat and slowed the car down. Not only was there a fear of safety, also police coming to get me.
DREAMS	00/XX:X X	16	Made decision to change diet yesterday and then dreamed about food being thrown out, food in freezer bags, I search through bags to find cookies which I love. Food rotting. Woke up with deep itch in middle of tonsils.
DREAMS	01/20:30	16	I work nights and sleep evenings. Woke up with this dream and symptoms the night before the proving started. The tail end of the dream is that I am hungry for some form of sweets. Then all of a sudden there are bags and bags of mostly donuts that have been taken out of the freezer and are left rotting. The authorities are responsible. Possible a religious authority. I am looking through the bags and find a bag of cookies which I like. I take out three cookies and am looking around like I am guilty of stealing. The moment I taste the cookies I wake up with a shallow cough which starts like a heh,heh,heh. There is an itch in the deep in the right tonsil area and down the throat. Not really painful more of an itch. This spreads from deep inside the tonsil to the whole right back of throat include sub-maxillary gland which is hard and a bit painful to the touch. By 2100 these symptoms are nearly gone. Now and smelling large amounts of dust. The windows were open when I was sleeping..
DREAMS	02/02:00	16	My wife and I were counting the moles, nevi on her scalp. We were going to have them removed. She was crying. Picking at her skin tags.

DREAMS	02/12:37	16	Awoke after dreaming about mapping out the skin tags/moles/nevi in my wife's head . She is crying. I am asking the question are we really going to spend the money and some Middle Eastern guy who is acting like her father says oh yes we are. But he is not a doctor so there will be no payment for it. I'm thinking just give her a remedy. Then a young girl walks in. It is someone I know but can't really place at the moment. Just that she was in my dream a night or two ago. Anyways, she has three lesions on her face. One is on the left chin, the other two on the left neck. In my dream they start off as pinpoint and then spread like big cracks until they are about three inches long. Now in the dream they are down to half an inch or so but you can still see the image of the fissure that was left behind. More of a clinical nature rather than any specific emotion on my part through both of these issues.
DREAMS	02/23:00	16	I had to take a test. In the first one it is snowing with snow up to my hips. I am outside, an need to pee. So I climb up the hill, start to urinate. So much urine is produced that it removes the snow from the entire hillside. Emotion is surprised and making excuses that it wasn't all because of me.
DREAMS	02/XX:XX	16	My sister-in-law is going to have a baby, it was a pregnancy from an illicit affair. I am somehow the father. The whole family gathers at the hospital. I was going to sign the papers as the father. Got to hospital, had to get to intensive care unit, hard to get there; walking by the river, climb up a ladder, climb through a panel. When I got there I didn't want to sign the papers because I didn't want to be financially responsible for the child. No emotion, just didn't want to be financially responsible. What I am concerned with is signing as the child's father which I know that I am not since it would make me liable to provide for the child. The child is suppose to be the lover child from an affair that my sister-in-law had. (note to the best of my knowledge there has never been an affair) In the past though I have had divorce dreams regarding them.
DREAMS	03/19:20	16	Had a dream that my wife and I were having a child with a micro-cephalic condition. Emotions: sad. Never wanted a handicapped child. Also concern that this could be in the gene pool then. One of my wife's nephew was born with this condition. Note: there is no intention for us to have any more children. Note on the emotion of the dreams, Generally it has felt very clinical and lacking emotion. In general I can be a very emotional person as well as a bit clinical. Wanting my kids to be healthy so I was worried about their gene pool. Feelings of concern, no grief, sadness or panic. Feeling clinical. Theme again of paternal issues – concerns about children.
DREAMS	06/21:54	16	This is the end of the dream that I woke up to. It was storming in the dream and I went downstairs to check on my child. Who is this pre-teen girl with curly, twisted muppy hair. I think to myself "oh now I understand why she is like that". Then I proceed further down into the basement. The floor is wet in spots but not flooded. What I notice is one of the support poles has strands of blue electric current swirling around it. I wonder how I am going to wick off the energy. Then I am trying to take a shortcut out of the basement, and end up outside up against a ravine wall with scraggly twist trees. And I think I won't be able to climb that. I sink a little ways into the mud. See a toad and pray I don't see a mouse. Walking along the ravine wall I come to an opening that appears to go into a biology center with a fenced garden that looks like my dad's garden.
DREAMS	06/22:00	16	Woke up late, long dream. I am in a house, going downstairs to check on a child, not mine. She is 11 or 12, has a mop of very curly brown, reddish hair. I thought to myself "oh that is why she is that way" , something to do with her attitude being bad connected to her hair. It is raining and storming outside, I go down to the basement. There is a pole there for the foundation and there are multiple lines of blue current going around the pole. I feel I have to do something about it. Go outside, there is a ravine with mud, rocks, tangly trees. I need to climb out and I sink in the mud as I climb. I see a toad and think that is OK as long as I don't see any mice. I come out of the ravine and see a biology center with a garden, the garden reminds me of my dad's garden. Not much emotion – just issues that need to be resolved, I need to do something about them. I have that parental feeling again of protection with the child, needing to make sure she is safe. Noticing all the things that are tangled up: the girl's hair, the circling energy, the trees in the ravine.

DREAMS	09/08:30	16	At a house, dairy, large vats of milk, granny says saving some for special occasion – I feel confused. Walking outside, powdered dirt, barren. Walking down a ravine see my son. Go in house to buy a Baja Jeep cost is \$4000, could buy it on 12/24 so it feels like a gift so no guilt. Associations: dirt, sand, ravine. Excitement at buying a jeep. Thinking about California – maybe that is why “Baja” maybe getting ready to go to California.
DREAMS	09/08:30	16	Waking up in a dream where I am at some one’s house. Apparently the milk man can and picked up 175 gallons on milk like it was a dairy. There are no animals around. They also picked up milk from the second vat which I thought my host was saving for something special. She says that she still is. She called it bullion. On description she looked like Granny from Beverly Hillbillies thought it was fermenting. I think out loud I have a lot to learn. This conversation is taking place while we are walking around the house. The dirt is like powder, and you sink into it. I say Well look soft dirt like I was being genuinely enthusiastic about it. As we are walking there is a mound of dirt on my left that is a clumped and full of rocks just dumped there like the dump truck brought it. We get to the edge of the yard which is like a ten foot drop of to a ravine. There is sort of a campfire there. And my youngest son is there. He says something (unsure what but it was along the lines of fixing a roasted marshmallow for me) but the way he says it I am surprised by the child quality of his voice and I think to myself wow he older than that. Then I end up inside the house and some place I was searching craigslist and come upon an add for a Baja Jeep out in the sands. I go to talk to my friends to get a ride. The cost One is cleaning out a dirty
DREAMS	10/01:40	16	In a woodland area, parks around. My lead from the lab is telling me to do something but I don’t understand her, I am confused. See some bushes that are cut back, I had cut them back, now new shoots are coming out of old stump. I end up in a trailer with a lot of guys, feels like a locker room, one guy walking around with no pants talking. I think it is time to go. Go out see my van, brother is changing tire and chastising me. We drive, first brother drives, then son’s friend. At one point he runs into a pole four times, in slow motion, holes in car as result. I know he is doing this but I don’t say anything, neither does anyone else. Associations – maybe related to life changes I am making: new growth on bushes, leaving the trailer to move on, in a car driving as passenger, not in the driver’s seat – who am I letting control my life?
DREAMS	10/01:40	16	I am out in this woodland type that has been partially cleared. My boss acts me to go pick something up before the inspectors get there. But I have no idea what she is referring to so she takes me over I pick up a small green top of blood. Then we decide to leave the rest. But we walk over to an area where there are rose bushes or something that I have previously cut down and there are new shoots growing out of it. Then the groundskeeper comes over and is talking about raking leaves. There are some leaves in the bushes but not many. He is talking about getting some big machine to take up the leaves. I notice that there are piles of leaves up the hill in the wood line. Then this big red and black RV pulls up called Little Sister. There is a blond middle-aged woman driving it. I had heard someone had gotten a new one, but this is an old one. Then I am in another trailer with all these guys in it. One guy has no pants on and is just talking away. I decide that that it is time to leave, so I go out the door and my van is leaning to the right. It has double wheels on the back and my older brother is changing a wheel. He chastises me for driving all day on a flat tire, I assure him that it just occurred. The but says we he says your all red like you have been scorched by the sun. I am thinking I don’t even go out in the sun. My younger brother is
DREAMS	24/17:00	16	I am in a house and it is being bombed from the air, planes overhead bombing house. I am hiding. The bombs stop and I go out. I see a tidal wave coming. I try to protect the house. There are dogs outside and they are tangled in their leashes. I am trying to get the leashes untangled. I don’t have any fear in the dream, the energy is that I have to be responsible and protective. This theme has come up before in proving – also the tangled image: leashes, the child’s hair, the trees. I am an observer in these dreams, no fear, non-challant – this is not my normal state.
DREAMS	24/21:00	16	Woke up with a dream of the house being bombed. For a while I was hiding. Then I got up to secure the premise when I saw a large wave of water coming towards the house I do not believe it hit the house. As I was walking through the house I heard the dogs whining. I found them locked in a little room. Before when I had checked for them I couldn’t find them. Then I spent time trying to untangle their leashes to take them out. I got one done and was working on the second when I woke up.
DREAMS	56/00:00	16	Finally in multiple dreams I was essentially in a ravine with tangled trees and muddy ground

DREAMS	00/XX:XX	102	I am walking down a long path to meet some people at some kind of park/house. There are a bunch of us gathering there. When I arrive I am exhausted. So much work. A woman comes along on the path behind me. She has walked as far and is not tired-she caught up to me. I am envious of her strength/ability to not be tired-enviuous of her endurance. We are all in the house doing various things. I am now pregnant. I am close to my due date. Someone is concerned because my underwear is not tight enough across my belly. They are worried that means I have stopped growing and the baby is dead. My undies are below my belly and I pull them up to show her she's wrong. There is doubt I am right. Maybe they are a bit too loose? I try not to show it.
DREAMS	00/XX:XX	102	Later in the same dream there are people in the house shooting others. I hide in the corner of a closet, face down. I pass others on the way to the closet-are they good or bad? Am I safe? I dive in to a pile of coats in the back and trust no one can see me. Isn't this a place everyone would hide? I doubt my space choice. I notice I am wearing red. This may make me obvious but there is a pink article partly over me too. Maybe I will be OK. Someone enters the room and I can hear my breath-it sounds too loud but I have to breathe (for my baby?) Someone touches me on the leg. I am exposed. She is someone from the center, but she is not on my side. She intends to punish me for something. Jealousy? She is going to bring me in front of some people to decide. She does not like me and I am not sure why. All the shooting is done and I am not sure what happens to the bad guys/where they went. I awake confused, bathed in sweat. My hair is wet. There is a nervousness. Very aware of my mid-section-under my ribs front and back-a heavy fear. I kick my cats off the other side of the bed so I have a dry place to sleep. I feel more nervous now than while dreaming. I want the cats to come back so I will be safe. Are there ghosts in my bedroom? I don't even want to write that in my journal because it makes me afraid I will
DREAMS	00/XX:XX	102	We are at a party mingling. A friend shows up and someone points him out. I am not sure how to act. Turns out we are at a murder mystery party. People are asked if they have ideas already of the killer. I think it is my friend. He points at another person and says "yes, you have it right, don't tell anyone." I get nervous-I want to know if I am right too but I don't want him to read my mind. I try to cover my thoughts. It is a scared and nervous feeling-mild but intense at the same time. How many thoughts can he read?
DREAMS	00/XX:XX	102	Dreams about getting married-not me necessarily. Wedding is going to be outside at a baseball park. There is lots of confusion, changes.
DREAMS	09/XX:XX	102	I was doing massage on a client and started peeing my pants. In the dream it was loud and there sounded like a lot and I was trying to find a way so the client didn't notice but I didn't stop working. I had an awareness that I should sit on the ground and just let it soak in. I could feel dampness in my pants, but when I checked after the session in private-there was no moisture visible that anyone else could see. It was a disconcerting dream because there was a level of fear and discomfort and embarrassment, yet I didn't actually stop working.
DREAMS	04/XX:XX	106	I dreamt that a friend was really, really sick. Obviously sick. Everyone else around was dismissing her. She even said "I'm okay, I'm okay." But I knew she wasn't okay. I was so mad that no one was helping her. I got her a bowl of soup and tried my best to take care of her. I felt so sad in the dream that no one cared.
DREAMS	07/XX:XX	106	Both of my past student lives collided- there were music people and homeopathy people all together....I had to rent a school because for homeopathy school, we needed a classroom for the weekend. All my music friends were there though for some reason along with my homeopathy friends. I was trying to arrange the classroom and get everyone settled. No one would listen to me. They didn't care what I was saying. I felt mad. I left the chaotic classroom and went to the bathroom. The first stall I went into was soooo small and dirty, so I went to the next stall. As I was in the stall, the toilet from the previous stall started rushing water all over the ground. It was flooding the bathroom. I ran to the class and told everyone they had to get out, that there was a flood. I was trying hard to get everyone out. I realized then that I had brought practically my whole room with me to class that day- all my pictures, my clarinet, my computer, many personal items. As I was trying to rush people out, the water was getting higher and higher. I was also looking for my close friend, but I couldn't see her anywhere. I had to find her, but I also had to save some of my personal items. I kept looking for her, but it came to a point where I knew she had either gotten out, or wasn't even there in the first place. I had to go back and save some of my

DREAMS	10/XX:XX	106	I was in my hometown and was supposed to be performing in a concert. I was in charge of the event, but was also playing in it. I was rehearsing all day and for some reason, I was to accompany my friend Natalia (who plays violin) on the piano (which I am not proficient at). We worked through a Beethoven Sonata in the morning, and I organized the concert order with everyone else. I ran home to get changed. While I was at home, I got distracted, and when I looked at my watch, it was 8:45 and the concert was to be at 9:00. I ran outside to get into my car, but for whatever reason there were 6 cars in the driveway and mine was blocked by a few of the other cars. I started walking, and walked quite a distance, but then realized there was no way I was going to get there in time. I backtracked and walked home, and somehow got on a bike. I rode it to the performance center (passing a construction crew which slowed down my biking- I fell off my bike) and made it to the hall at 9:05. The whole time, even though I was quite late, I was thinking "it's okay, it's okay, it's not too late". When I got there, she walking off the stage, looking very disappointed and taking a seat in the audience. I yelled to her "I'm here! We can perform... it's not too late!" She came up on stage and I sat at the piano. She took a tuning note, but the
DREAMS	00/10:00	110	dreamt about teaching a photography class and I am either inside the camera or behind the lens
DREAMS	01/09:03	110	I'm meeting with a group of nurses, doctors, assistants, etc and explaining to them that it's time we stop pretending that illnesses are based on microorganisms alone, i.e. our belief systems play a huge roll.
DREAMS	04/08:28	110	I was in some kind of compound that included housing for the staff. I was on the staff for some retreat/ service place. There were sinister people trying to kill those who didn't cooperate. They were selling drugs and/or running guns and they were evil people. A friend was showing me her room she shared with a stranger, a man, and it was tiny. Creepy. I was in danger.
DREAMS	08/10:20	110	Woke trying to remember a conversation in my dream. As it left, I had a vision of my right breast as if it had been mutilated, followed immediately by a volcanic eruption from within, followed immediately by a tsunami, and then it healed. This is the breast that was diagnosed with and treated for cancer in 2003.
DREAMS	10/11:58	110	woke in a conversation about teaching and for the second day in a row the word "hook" came up and I saw a drawing of a hook.
DREAMS	01/05:00	301	It was an older period in time, and I was talking secretly with a woman. All of a sudden when I was leaving, someone slammed her head and killed her. I was fearful because I didn't know anything about it and didn't want anything to happen to me, but also because I didn't want anyone to think I had done it. I ran out into the street where people were pushing carts, but even though it was an olden time, they were modern-looking carts that looked like they were made from police motorcycle metal... brightly painted white metal with blue on them, very new. Anyway, I was then wearing a uniform that was white and blue and looked like how the cop uniforms in that area looked, and I was pushing a cart into the town square. I had the feeling of trying to get away, trying to become anonymous, but there was a parade of cops coming through the square. I was afraid they'd figure out that I was with the woman who'd been killed just before, and maybe they'd blame it on me. I was somewhat relieved when I realized again that I was wearing a uniform like the cops, so I didn't think they could figure me out or even notice me. All of a sudden I was with the rest of the cops in an underground tunnel (which was square in shape and tiled on the walls and floor instead of being round). There was an invisible force that we were supposed to be
DREAMS	01/06:00	301	I was at a tourist destination like the Grand Canyon. There was a deep canyon right below the other tourists and me, but there were no safety fences. In fact, in order to walk the course along the rim, we had to climb the side of the canyon a bit without any safety netting or ropes. I was terrified that I'd fall. I didn't understand why it was such a fabulous tourist place if you couldn't even enjoy it due to fear for your life. I struggled and took lots of time to get up the part of the canyon wall but actually made it. Then, when I tried to take pictures, my camera suddenly stopped working properly... when I took a picture, it showed on the screen a picture that I had taken long ago and that had no business showing up or even being on the camera. And oddly, some of the pictures could move, like a movie, even though they were snapshots. I adjusted things on the camera and took several pictures to see if I could fix the camera, but it was a lost cause. I feel that with these two dreams, one big point is the strangeness with time, anachronisms. In the first dream I was in an olden time, but then there were modern carts with modern metal. Then in the second dream, my camera showed pictures from an earlier time, and even though the technology to take picture movies didn't exist at the time of those earlier pictures, they pictures were able

DREAMS	15/3:00	301	I dreamt I was driving a gray/silver car. I stopped and stepped away for a minute, and when I came back, someone had hit my car in the back right corner two times. I thought that was weird, a bit suspicious, but I got in and continued driving. I stopped again and left for a minute, and when I came back this time, my car had been hit again in the same place, but there was a huge chunk out of the car, like a chunk of flesh had been eaten. Again, I didn't see who had done it, and now I was very suspicious that someone was out to get me. Suddenly I was in a hotel with my mom, and the workers were trying to be nice, but were acting suspiciously. They were very smooth talkers. I told my mom quietly about what had happened with the car and said I thought the workers were in on it. We entered a room and were talking about it, and the workers would pop their heads in and out to offer us things, but I was sure that they were actually putting listening and video devices in the room. There were magazines in the room, and if I picked up a magazine, the picture on the outside became a movie. The magazine I picked up showed a boy in water, and when the movie played, I could see the boy swimming and then drowning, an up-close view of his face during all of this. I felt a frenzy inside of me, and my heart beat fast; I had to get out of the room. I felt that everyone around my mom and me was being brainwashed, and the air felt violent. Three men came into the room and talked to us seriously but without feeling. They were monotone and calm, spoke
DREAMS	56/00:00	301	Dreamt that I was taking care of a little Japanese kid, and everyone around was Japanese...well, actually, I can say for sure that they were Asian...in the dream I didn't feel like I was understanding people around me and didn't feel like I could communicate with them even though I speak Japanese...so maybe they were Chinese?...but they looked Japanese. Hmm. Anyway, I was at a school, and the kid was not mine, so I was not only having trouble remembering what he looked like to keep an eye on him, but I didn't know my way around, the kid was running everywhere and going in and out of rooms, and I didn't know how to take care of a kid anyway. I thought I was supposed to be doing something with my work, too, so my attention and feeling of responsibility was divided. A white guy came to get me, and I asked him, "Do you have my kid (who I'm supposed to be watching? I don't know where he is)" I followed the guy and then woke up.
EAR	03/21:30	1	My ears feel plugged up - they both feel kind of full and on the left ear all the way down to that gland under my chin. Again the feeling was that I'm going to get sick - but like being in an airplane - I plugged my nose and popped my ears and it was gone. The glands were still somewhat swollen but not enlarged. They were not sore.
EAR	03/22:30	1	left ear felt plugged, full; like in an airplane or start of a cold; worried I'd get sick and not be able to treat myself
EAR	05/07:30	1	My ears are a little bit full this morning - more on the left.
EAR	05/08:00	1	Ears somewhat full, more on left side; tell my supervisor it may be because I am having cheese; I normally can have a small amount of dairy without problems but at any sign of a cold I completely cut out dairy since eating dairy will make any cold symptoms worse and last longer
EAR	22/XX:XX	1	Another thing - I am having trouble hearing some things - but my daughter does talk too fast - but I'm thinking - "oh my gosh!!! Am I getting like my Dad?!?!"
EAR	56/00:00	1	Full ears
EAR	04/7:17	3	ache and constant burn in left and now right ear. not throbbing but constant
EAR	01/00:00	8	Something I couldn't get through. Blocking everything. Couldn't see or hear anything. For a moment, feel like cotton in ears, a little bit of ringing.
EAR	00/15:00	110	during initial mtg I felt a strong throbbing behind my left ear, radiating outwards + upwards, lasting ~1 min
EXPECTORATION	07/07:05	5	Thick mucous in my chest moving up and down my throat--I cannot yet get any out. Feels like it creeps up my throat and gets stuck until all I feel I can do is swallow and so it begins again to creep up. Some remains like stuck at the back of my throat.
EXPECTORATION	07/07:15	5	With effort, expectorant brought up and out--a slimy, milky mucous.
EXPECTORATION	12/06:05	14	Thick expectionation in the morning, mostly clear, a little yellow tinge in some.
EXPECTORATION	13/06:06	14	Coughed up big glob of mucous this morning. It was very thick and yellow tinged.
EXTREMITIES	26/01:30	1	spider veins in left, inside ankle area, that I have had since my daughter was born 25 years ago are less noticeable, right, inside ankle were less prominent before the remedy and have disappeared

EXTREMITIES	00/XX:XX	4	Itch, scratching my forelegs.
EXTREMITIES	01/21:30	4	My feet feel pinched and constricted in my shoes.
EXTREMITIES	02/XX:XX	4	Nails feeling long, cleaning them with my teeth (see Head and Teeth entries above)
EXTREMITIES	04/22:00	4	My knees have been grabbing my attention more. They feel stiffer, especially the left one. And as if they are getting progressively weaker. I can't depend on them to stand up, need to push against something to take some of the weight off and leverage my way up. My knees have never been that great, can't go down that far in yoga poses or grand plies, but something about their bending feels different. Almost as if they bend in the opposite direction. Tonight, out dancing, it's the right knee that actually feels weaker, as if it might "go out" on me, or "give."
EXTREMITIES	04/22:00	4	My wrist joints also feel more fragile, or I'm just aware of them more. The right wrist has difficulty with lifting heavy things (I am left-handed). It, too, feels as though there is a weakness, and I have had to quickly set things back down two or three times today and then lift them with my other hand.
EXTREMITIES	06/10:00	4	Knees better, feel more limbered up after dancing the last two nights.
EXTREMITIES	09/06:00	4	Slipped and fell on wet grass on hill, right leg bent so ankle and knee stretched anteriorly. Feeling the stretch, even, aligned. Also caught self with left wrist. right knee feels better now (had been feeling loose and fragile) and I think I walked it off OK.
EXTREMITIES	09/18:00	4	Recently I have noticed that my right third toe does not hurt much compared to before. I had been thinking it was broken; it has remained swollen, discolored, and tender to any touch anywhere on it for some time. Since my fall yesterday, which did impact the metatarsals esp. on the dorsal side, that toe seems more integrated, less separate from the rest of the toes. It still seems a bit deformed @ the phalanges joint, and there is some tenderness inside if I push harder, but it is markedly less painful, and before that the pain had been lingering on with no clear improvement for weeks.
EXTREMITIES	10/08:30	4	Woke this morning wanting to stretch out my hip flexors, at the inguinal region, as if I were a giant grasshopper flying, extending off those back legs and then elongating those terribly long legs to really streeeeeeeeeeeeeeetch out the joint. Just the imagining of it feels so liberating, free, sensual and joyful. Yaaaaaaaaaaaaaaaaay! OOOOOOOOOOOOOOOOOOOOheeeeeeeeeeeeeeeeeeeeeeeeeee!! Here we go!! Also sat in Seiza position for a bit this morning, wanting to stretch out the ankle extensors. When I slipped yesterday that right foot got stretched out just like that and the fall actually felt like a nice stretch/push to open something up.
EXTREMITIES	11/13:30	4	Toe still rarely draws my attention but when I push on it it does definitely still hurt, like a line inside whose flame flutters up when touched.
EXTREMITIES	24/XX:XX	4	Feeling my nails again, they feel much longer than they are, and I am more aware of them as a part of myself.
EXTREMITIES	56/00:00	4	foreleg itching. Folding the other way
EXTREMITIES	01/19:56	5	Waves of cold feeling in right forearm, pulsating sensation back and forth following my veins up and down.
EXTREMITIES	01/20:18	5	The coldness was slow back and forth motion, like a wave, then it was gone and it came back.
EXTREMITIES	01/20:50	5	Hand gesture of fingers forming a sphere.
EXTREMITIES	02/21:47	5	Feeling of numbness and heaviness in my left arm, moving down my forearm and into my hand.
EXTREMITIES	02/21:51	5	Tingling in my Left hand, especially my fingers, ring finger and pinky. Left thumb stiff, tingling, skin sore as if too tight.
EXTREMITIES	26/06:00	5	Mysterious jagged cuts appear on my left wrist and hands--noticed when I wake this morning.
EXTREMITIES	02/10:30	7	I had a sharp stitching pain again in my right ankle. Kind of a twinge as if from the tendon. It was inner right to back of ankle. It lasted only a moment. I shook out my foot seemed to feel better.
EXTREMITIES	02/11:00	7	I had a twinge, sharp mild, localized stitching pain in the right hip. As if a catch. Lasted for about five minutes.

EXTREMITIES	05/17:00	7	I feel a slight numbing sensation in my right foot inside. Like it is falling asleep. I adjusted my self sensation is still there. Lasted for about a half hour.
EXTREMITIES	10/08:30	7	I had a broken finger years ago. I can feel where the break was in my left ring finger. In the bone arthritic. I want to take my Russ tox, but have not due to the proving. I have not taken the remedy for over a year.
EXTREMITIES	04/22:45	9	Soreness in shoulders.
EXTREMITIES	05/23:15	9	Soreness in neck and shoulders continues.
EXTREMITIES	01/12:30	11	I was typing my symptoms my left hand started trembling just for a few seconds & stopped & it happened three times
EXTREMITIES	04/22:30	11	very slight pain in my left arm while the heaviness in my chest is still there.
EXTREMITIES	05/10:30	11	Feeling heat in my left leg, a part of leg is very hot for about a minute
EXTREMITIES	06/12:30	11	Feeling heat again in my left leg but not as strong as yesterday
EXTREMITIES	06/17:00	11	I was driving & I had a shooting pain in my right knee
EXTREMITIES	06/23:00	11	The same shooting pain I had in my right knee I felt in my right axilla (armpit)
EXTREMITIES	06/23:30	11	The heat feeling in my left leg was felt several times today each time for about 30 seconds
EXTREMITIES	07/22:30	11	The heat feeling in my left leg was felt a lot (more than yesterday) today each time for about 30 seconds
EXTREMITIES	07/22:30	11	Pain in my left arm extending to the hand
EXTREMITIES	08/23:30	11	The heat feeling in left leg a couple of times today
EXTREMITIES	10/22:30	11	Feeling heat in my left big toe for a few seconds
EXTREMITIES	12/19:00	11	Feeling heat in my left leg for a few seconds
EXTREMITIES	12/22:00	11	Feeling heat in my left leg for a few seconds
EXTREMITIES	12/23:30	11	Feeling of IV injection in my left hand. This feeling lasted for about five minutes.
EXTREMITIES	19/20:30	11	Burning sensation in my left thigh and it lasted for about five minutes
EXTREMITIES	15/07:30	14	Right knee feels as if it could give out, especially when I go up stairs. This has happened a few other times in the past couple of days but I forgot to add it to my journal.
EXTREMITIES	01/20:00	15	Feet tingle with in one minute. Just above the ankle. The phone rang suddenly. Tingling is STRONG a pulsing. laughter. A lightness. I am excited. A brand new baby remedy being born. Pulsing, the food is going down and now up. Hard (cough)(hg) In sternum, a lump.
EXTREMITIES	05/08:00	16	Bruised pain in the right hip right over the hip joint. Pain is in the fascia layer, rather than the skin or the bone. The pain came on as the emotion lifts.
EXTREMITIES	05/08:15	16	Right hip pain, bruised sensation. Came on as emotion lifted.
EXTREMITIES	06/07:00	16	Hip pain, right side, bruised sensation, still present since yesterday.
EXTREMITIES	06/11:00	16	Woke up from nap – leg and arm on right side felt numb and tingling
EXTREMITIES	06/11:00	16	While sleeping my legs felt numb and tingling. Mostly right leg. In addition right arm tingling.
EXTREMITIES	07/07:00	16	Hip pain from yesterday is still present, worse pressure yet I am drawn to press on it. Localized to thumb print size on right hip.
EXTREMITIES	07/07:00	16	The right hip pain is still there. Size is crater about as big as a thumbprint. Does hurt too much except when pressing upon it. Am drawn to press it.
EXTREMITIES	08/XX:XX	16	Dropping things, breaking things at work.

EXTREMITIES	11/07:00	16	Update on hip pain. It is still there only when I press on it. However, I am not drawn to press on it.
EXTREMITIES	13/06:55	16	Hip pain barely than even with touching. No new symptoms.
EXTREMITIES	13/07:15	16	Hip pain essentially gone.
EXTREMITIES	25/07:00	16	Pain under right axilla, drawn to press it, like the hip pain from before. Size of quarter. Fading over past couple of days.
EYE	02/10:30	1	Went for an hour walk. My eyes watered - this hasn't happened before.
EYE	02/12:30	1	Home from one hour walk, eyes tired
EYE	01/21:40	4	Wiping eyes, face, around and around
EYE	01/22:05	4	Now aware of eyes, like the brow bone is thick, sticks out a little, eyes are slitty like an eagle (O: She has had her eyes narrowed while talking for a while)
EYE	11/13:30	4	This started happening a while ago but has been increasing and becoming more irritating. I wear "cheaters" and whenever I am walking around the house and leave them on, I find it very disorienting, I keep thinking I am going to trip on something at my feet and fall down. I can't see clearly and it is very irritating. I wrench the glasses off as if liberating myself from some constraint that is frustratingly constrictive. Also all three pair that I wear seem to have a cloudy spot on the right eye, somewhat medial. I wipe them off but it doesn't help much or comes back soon. These glasses are restricting me, getting in my way, MAN I find that irritating. And the frames, the structure of the glasses distract me, draw my attention off whatever I am doing, or trying to see. My visual field seems capable of so much more than looking thru the area of the glasses, especially at the sides, I could almost look around behind myself a little. In fact I definitely can. As if my eyes are seeing like in one of those globes that bulges out on all sides.
EYE	06/11:00	10	My eyes are watering
EYE	06/16:25	10	woke with feeling of allergies, sinus aching and watery eyes; not unusual for me this time of year
EYE	07/09:00	10	My eyes are watering
EYE	01/11:30	13	Dry, heavy eyes...sensitive to light. In the front of eyes and in the back...picture that comes to mind is two muscle cords plugged into the heart that run up into the eyes. The heart powers the eyes.
EYES	01/20:00	15	eyes have dried out, air hunger has eased up.
EYES	01/20:00	15	R eyeball hurts on the outside. Both eyes just feel teary, watery, (rubbing them, both hands, pressing on them, yawning)
FACE	01/19:23	1	and a little bit of something kind of right between my eyebrows.
FACE	01/20:05	1	Now there is like a WAVE of tightness - it's all in the front - the front of my head, my eyes,
FACE	01/20:21	1	Here comes another wave of the pressure - but this time it's just in the - up by the ears - no nausea.
FACE	01/22:00	1	From 10PM until 10:30PM (MN time) - pressure kept moving around various spots on the face.
FACE	01/23:40	1	Feeling of pressure on face, various spots, not painful
FACE	02/01:05	1	Tightness in throat and jaw-like nausea-not felt in the stomach
FACE	02/12:30	1	Home from one hour walk, jaw tight
FACE	56/00:00	1	tightening in jaw; fullness in glands and up neck
FACE	56/00:00	2	purse lips, bite lips
FACE	01/XX:XX	4	Pressing the side of my face, around the temple, left side.
FACE	05/12:22	8	Bluish color. Grayish color over face.
FACE	06/11:00	10	My face sort of aches
FACE	06/22:00	11	Feeling heat in my right cheek for a few seconds
FACE	56/00:00	13	Right side of face went numb, drooling at energy work. Like at dentist with novocaine.
FACE	56/00:00	16	face twitching on left side of mouth for 30 seconds, then would start again. For about three days

FEMALE	32/XX:XX	1	Old symptom has returned that I haven't had for years. Perineum-area between anus and vaginal opening is sore, feels like there is a sore there although nothing ever forms; feels like my own remedy has antidoted and it is time to take my own remedy
FEMALE	01/23:30	4	Absolutely no sexual desire. As if having desire was not an option. I can be aroused, but there is no desire driving me.
FEMALE	03/22:00	4	Feel something in uterus, slight cramp. Connects with grounding.
FEMALE	04/23:30	4	A few hours before I took the remedy I was in a Swing Dance class and the teacher said I was really showing some improvement. After he danced with me, one of the other students, who I didn't know, came right up and asked to dance with me. Tonight I was dancing some simple swing stuff with a girlfriend and then a man I barely know asked me to dance. I go out dancing often with girlfriends but it's rare a guy actually asks me to dance.
FEMALE	28/XX:XX	4	Had sex this morning, first time in a couple weeks, and am having a real burning in my vagina, tender, needs calendula salve, better sleep alone for a few days. It seems late in the proving for this to be a related symptom, but it's also a striking one. I sometimes feel a little tender when I haven't had sex for a while, but this rawness is unusual. Added to the burning indigestion/belching a few days ago, some intense itching, and the extra-sensitive teeth, something seems to be reactive here.
FEMALE	06/13:40	5	Bloody ovulation with cramping and floating pains bearing down. Bloating. Feels like I might get menses two and a half weeks early.
FEMALE	06/13:50	5	Large chunks of blood and stringy/bloody leukorrhea.
FEMALE	01/10:45	10	I came in with an ache in my lower back (period coming on) but it is easing up now.
FEMALE	01/17:50	10	Got my period and not super bad cramps, sometimes they are worse.
FEMALE	02/10:00	10	It is the first day of my period and so far I don't have cramps.
FEMALE	03/16:30	10	Period not sure if it wants to start. Stopping and starting.
FEMALE	05/XX:XX	10	My period is very stop and start. Never seems to really get going.
FEMALE	07/18:50	10	My period is off and on. Breasts are really swollen and sore; normally NOT during my period. All of a sudden don't fit in my bra.
FEMALE	07/XX:XX	10	My breasts ache -- period still sort of stopping and starting.
FEMALE	08/XX:XX	10	Breasts swollen and sore
FEMALE	09/17:26	10	FINALLY got my period full force, it was dicking around for a week. Breast are REALLY really sore. Some low back achiness.
FEMALE	10/23:30	11	Decreasing sexual desire since I took the remedy
FEMALE	25/12:00	11	Menses started five days earlier which is very unusual for me
FEMALE	02/XX:XX	13	Menstruation started today on schedule. Might explain the headaches the last few days....took a Claritin again.
FEMALE	08/16:30	14	Warm flush in the car on the way home.
FEMALE	21/16:30	14	I notice in general that I am having more frequent and more noticeable warm flushes, during the proving. I especially notice them in the late afternoon and evening and find myself removing a layer of clothing.
FEMALE	02/XX:XX	102	Very light spotting two to three days after it would normally stop. Smell is strong. Wonder and worry if others can smell it. Sometimes I think I can smell it when I am sitting at my desk.
FEMALE	10/12:00	110	Having surges in libido off and on for the past several days, especially in light of an impending trip that includes visiting old lovers.
FEMALE	24/XX:XX	115	Vaginal discharge. Haven't had this for three years. Spinbarkheit - like for two weeks, so copius it would feel that I wet my pants. When I pee'd and wiped, I would just scoop it out with TP. No increase in sexual desire, but very tender breasts-- just like before my period, bilateral.
FEVER	18/12:30	5	Fever 101.8. No other symptoms.
FEVER	19/11:22	5	Fever 102. No other symptoms
FEVER	20/14:45	5	Fever continues. Feel like I may be getting a head cold. Symptoms besides fever are very mild.
FEVER	23/17:00	5	Feeling of fever in my head--hot. Like heat moving through my scalp and through my entire head.

FEVER	00/XX:XX X	110	burning up with fever, hot face/skin, coughing, raw throat, pissed I have to cancel a job, a client, and a mtg. was with a friend's son on Sunday who was coughing. freaking germ factory, grrrr! I feel that I'm IN the fire, roasting on a spit, watching flames and people behind the flames. I pulled out a hands-on healing cartoon a friend gave to me while I was going thru breast cancer treatment back in 2003 out of desperation. I have not had a knock-down fever like this in years; can't remember when. I guess I should take the remedy out of my backpack now ;-(As I wrote about the cartoon I had the sense this remedy is for cancer, and it's somehow completing my cure, so I guess it's a good thing. One housemate is moving out and the new one is moving in, tomorrow, while I writhe in bed. I already have ideas about what this thing is; it's big, it's Wagner, it's about angels and hell.
FEVER	00/XX:XX X	110	flu: Bilateral frontal sinus pain, head squeezed all over sensation, chills, achy, coughing up salty clear mucus
GENERALS	00/00:00	1	On vacation at father's home in Florida. There is also a live-in caretaker for Father in the home. The day before taking the remedy the caretaker had a couple little blow-ups - this hasn't happened with her before. Sister is remodeling the house and there was a misunderstanding between sister and the father and caretaker about some remodeling issues this morning and then again this evening. Sister can be overbearing and covert - people react to that but they don't know what they are reacting to.
GENERALS	01/19:24	1	She is yawning - all the time - through most of this first hour after taking the substance.
GENERALS	01/19:37	1	Just tremendous on-going yawning.
GENERALS	01/20:08	1	So much yawning.
GENERALS	01/23:20	1	Walking from kitchen to bedroom to get water glass; when got to bedroom, got distracted and came back to kitchen without the glass-happened two more times
GENERALS	01/XX:XX X	1	Daughter has UTI; called and called, text and couldn't reach me; upset because my phone not working at our house in Sanibel Florida; prescribed pulsatilla 30C-got better Saturday, stopped remedy, worse again Sunday-resumed remedy; Monday bad-no affect; to doctor Tuesday for antibiotic-no pain when went to give sample at doctor
GENERALS	02/XX:XX X	1	Staying at Dad's home in Florida; he got up this morning and said his CPAP machine stopped working during the night; took it in to get it fixed
GENERALS	03/22:00	1	My computer froze. I've had this happen before and took it into Apple and they told me how to unfreeze it but last night that wouldn't work. Finally I just had to go to bed and I left the computer on - figuring it would run down and then reboot. Our houseguest came to me to find out the password to get into the internet but I couldn't get it with my computer frozen so I couldn't help her. Also during the day - Nobody's texts were coming through. I had clients that I felt would be trying to reach me, plus I was trying to help someone register for a course - I wasn't hearing from anyone - so I went to a friend's house and the texts came in there. So many people were upset because they couldn't text me. Then I got a message from my dad's caretaker that my son had called. So I called him and we talked for a few minutes and then I found out that he HADN'T called me - then the caretaker said that the person hadn't left a name and she just ASSUMED it was my son. So then I found out that it was the person that was trying to register for the class. In the evening we went to the opera and even there all these text messages were coming in - it's all just so FRUSTRATING - people are so available now with cell phones and all and assume that you are, too, etc. And then with the computer down I couldn't get the information I needed
GENERALS	03/23:00	1	My computer froze! Was googling some information and wouldn't unfreeze even when I tried to do a force quit. Unplugged it and went to be hoping when it ran out of power and I turned it on in the morning, it would reboot
GENERALS	04/08:15	1	Computer working; lost the password to the wireless network to get online; can't get online until Dad up to find out password
GENERALS	04/13:00	1	My computers are all working OK now but my visiting friend couldn't get hers to work at all.
GENERALS	04/14:00	1	Friend here in Florida with me, she can't log onto her computer, she is very frustrated
GENERALS	04/22:30	1	Visiting friend asks if she could use my computer. She realized that she had forgotten her screen name but when she remembered that she still couldn't log into her computer.

GENERALS	05/07:45	1	We're just having a good time here. We were out late last night - full moon over the water. As we were walking back it was very quiet - this is where the families and old people come but right across the bay at Fort Myers there would be wild partying. Here at Sanibel there are lots of shells - low tide is my favorite as you can find neat things on the beach. This is not a white sandy beach like Fort Myers and Cancun - things wash up here if there's a storm, etc. - debris from the Gulf - you can search for the perfect shell.
GENERALS	05/22:30	1	It was a very busy day
GENERALS	06/07:45	1	I leave tonight - I will leave here about 3:15PM. On the the hand it is sad to leave here but on the other hand, this is not my real life. I have a client already at 8AM tomorrow.
GENERALS	07/07:02	1	There are all sorts of Lady Bugs in my bedroom this morning - it is unusual to have so MANY!
GENERALS	08/06:00	1	Woke hungry and thirsty (unusual because I have such regimented eating, weighing my food, etc.)
GENERALS	08/08:45	1	Not much happening - makes me wonder if I should take another dose?
GENERALS	09/07:30	1	I have been very very thirsty - both upon going to bed and getting up in the morning. This is unusual and I'm actually not drinking water as I'm suppose to - I just don't think of it.
GENERALS	10/07:30	1	Nothing really to report.
GENERALS	11/07:40	1	I got the email to take another dose of the remedy substance but I can't find it. I know it came home with me (from Florida vacation) - I just have to find where I put it. Nothing at all to report from yesterday (except not finding the remedy).
GENERALS	22/22:00	1	Generals: brief wave of nausea
GENERALS	22/XX:X X	1	While in San Diego there were a couple of instances of miscommunication/ lack of communication. My daughter would tell me something and there would be a total miscommunication. At one point I happened to mention to my daughter that I was doing a Proving and she said "no WONDER you said those mean things to me!!!" One of the mean things happened when my daughter and her husband were meeting some friends for dinner and I was to join them when I got home from my class. However I had thought she had said they would come to the house and get me. I was waiting for them and my daughter called and said I was suppose to come meet them where they were - we argued about what had been planned/said and then I said to my daughter "Are you too drunk to know?! She was SO mad at me - she said "I haven't had ANYTHING to drink!!!" She was REALLY mad. I can't remember now what the other mean thing was that I did.
GENERALS	26/XX:X X	1	It seems like I'm getting less sleep but I'm not tired - I'm staying up later.
GENERALS	29/XX:X X	1	The other thing is that I'm usually a loate night person but I have been staying up later ALL the time and the odd thing is that I'm not really tired. I should be exhausted - I am a little tired in the AM but not enough to go back to bed.
GENERALS	32/20:05	1	I try to save what I am typing into the computer and it won't let me save unless I change the format of the document. I feel panicked but the save was successful
GENERALS	33/XX:X X	1	I can't even think of any symptoms to report. I feel like I am needing my OWN remedy.
GENERALS	36/07:30	1	I feel like I'm done and I want to take my remedy - my OWN remedy. I have nothing to report - no dreams or anything. I'm starting to have a scratchy throat and I really need my own remedy.
GENERALS	56/00:00	1	all symptoms left-sided
GENERALS	56/00:00	1	yawning when talking to supervisor
GENERALS	05/XX:X X	2	The physical symptoms kind of left my system. They released. Came out of my mouth. Like having tension in my system that lets go, don't have it anymore. Not pushed out, but goes out. Pressure release like a pressue cooker. The experience of pressure is feeling like I have things I need to do, deadline I cannot make or things I don't want to do. Ambition to do more than I should. On one hand I want to do well, lot of pressure because I want to, but don't want to be put in a place of disappointment if no perfect score.
GENERALS	01/17:50	3	took bath, feeling a little better

GENERALS	02/09:50	3	still spacy, headache, feel hot and clammy and humid like humidity is come off my chest
GENERALS	03/12:00	3	not as dragging, feels like energy is back
GENERALS	03/16:00	4	Feeling sick. My throat hurts, prickly. My nose feels kinda clogged. For a brief moment (5 minutes?) HA like a casque of two steel hands holding my head on either side. An hour later I feel even more sick, really exhausted, will I make it through this last session of work tonight? Pressure in my head as if all is shrinking, constricting. I feel weak. dragged out. my neck especially, and upper back, feel tight. I really need a massage - a good firm one, right now!!
GENERALS	03/XX:X X	4	bumping into things, tripping over them this morning. As if my head is not connected with my feet and legs, as if they don't have much awareness of what's around them. Eventually notice my Grandmother clock is off by 30 minutes and ringing the wrong chime at the wrong time.
GENERALS	03/XX:X X	4	I feel really crappy. Achey. After taking the remedy Tuesday evening, I worked on a friend who was quite sick (cough, achey, HA, quite congested)the next day at noon. My energy was fine all day Wednesday, normal for me. That evening I spent four hours at the Senior Center with a bunch of old people getting our AARP safe-driving class recertification. No one struck me as particularly ill. This afternoon/evening I feel diminished, sad, let down, achey, especially the back of my neck, muscles very tight, the same ones that felt like they were being grabbed to pull me up the first day of the remedy. I have absolutely no energy, although I did make something to eat and just did another conference call with a friend, but I was dragging. I feel not present. Like my brain can't wrap itself around anything. Like I want to just curl up and doze, anywhere, everywhere.
GENERALS	04/10:00	4	Feel better today. Some edges of sniffly and a lower key energy but I do have energy. Chipping away at my taxes in a steady fashion.
GENERALS	11/XX:X X	4	Desire to wear several layers, want to feel covered, held. Want layers of cloth covering my body and staying close to body. Like a reverse molting-taking on added skins. It is extra comforting, safer. I am still cold and I find that irritating. I feel less exposed, more fluid. Notice I wear wool sweaters and natural fabrics that are sensual and warm. Angora, cashmere, wool, soft pliable cotton that doesn't draw attention to itself. Acrylics feel suffocating and don't let you breathe. I also wear my boots in the house now. I like the fur feel even though I haven't worn these boots in years.
GENERALS	14/XX:X X	4	Sitting in a clinic bathroom at work yesterday, leaning against the wall, I feel this state of potential collapse, a haze of grey like the new tiles on the floor, overcoming me quite gently, just a hint, as if some unknown failing body part or system had reached its tipping point and was going to transport me to a totally new phase of my life, like a before and after of some medical emergency. yet this is just a what if, not my mind wondering, but my body wondering. No fear, no heightened emotion accompanies this relaxing into a pause moment of possibility. Which path to take, wonders the physical manifestation of me
GENERALS	16/XX:X X	4	Made a coffee and fresh baguette today. Wanting to eat more pleasurably, more french-ly, these last few days. In general I have been making just a little more effort to feed myself well, to cook, to bring things to work that will nourish me throughout the day. I have been drinking green drinks with cranberry and happily anticipating them. I have been attentive to sufficient protein. I have been eating good breads daily, small amounts, but wanting that slightly crunchy carbohydrate. Made fried rice, could have eaten a ton. Butter or nut butters. Chocolate. Wanting some sort of sweet, a cookie, but a cozy one like home-made oatmeal. Not particularly thirsty, noticing darker urine often, should be drinking more... Craving the crunchy more than salt, not really craving salt. Some lemon, and the cranberry, so more reaching for sour. Good appetite.
GENERALS	24/XX:X X	4	Noticing that when I get hungry I feel as if I MUST eat that minute, and I look to see how to reorganize my day in order to eat sooner. I also stop eating when I am full, which is more unusual for me, I tend to overeat. Also, the most notable, I am not needing so much of an evening snack, and eating less of it.
GENERALS	56/00:00	4	didn't eat as much as normal
GENERALS	56/00:00	4	nails long, cleaned with mouth
GENERALS	01/20:20	5	Icy cold, the kind of cold, ice cube cold. A stinging ice cold sensation.

GENERALS	05/14:46	5	A strange tingling sensation throughout my body, face feeling fuzzy, the back of my head a lulling buzz, my mouth with a tingling numbness or feeling of swelling towards the roof of my mouth. My legs and feet are also tingling. It a like floating with different levels of intensity, mostly in my feet, lower legs and my head and mouth. Feels like waves through my body, touching different parts at different times, a motion of this way and that way, side to side, up and down. Comes and goes for many minutes.
GENERALS	32/13:45	5	Heat--feeling of heat throughout my body, hot to the touch, hot from the inside out.
GENERALS	01/10:55	6	I feel cold. I have goose bumps cold on my arms and legs.
GENERALS	03/07:45	6	Very deep sleep last night. Do not remember any dreams. Walked the dog, 21 degrees so I dressed in sweatshirt, hat and gloves. Got overheated very quickly, had to remove hat and gloves and unzip jacket. Was not walking very briskly. I was sweating when I got home.
GENERALS	12/23:00	6	Met friend for dinner. Haven't seen her in a while. We ordered the half price bottle of wine and ate soup. Do not feel well now. Groggy and uncomfortable. I usually do not react so strongly to wine. I drank more water and went to bed.
GENERALS	13/04:00	6	Started having hot flashes (not usual). I would throw the blankets off but then would get really cold. Felt like throwing up (have not vomited for 30 years). I kept thinking that it could not have been from the wine, this never happens. Then I thought that maybe it was food poisoning and started counting the hours since I ate the soup.
GENERALS	02/11:00	7	I realized I have not been very hungry, I have not yet eaten and now getting hungry. I had a cookie and it was not satisfying. I do not want to bother with cooking and want what is easy. I made a egg sand which.
GENERALS	04/18:00	7	I am very hungry. Seems I only eat twice a day. I made corn beef and cabbage along with potatoes and carrots yesterday. I just want the cabbage. I could eat all the left over cabbage.
GENERALS	06/XX:XX	7	Started my period today. I just had my last period a week ago. I have had peri-menopausal symptoms. Reason I use a natural progesterone cream. I have been regular for some time, so not sure if this may a symptom or not.
GENERALS	10/17:30	7	I had mild to slight discharge up to now. I usually never have a period early. They are normally much longer and heavier.
GENERALS	10/21:30	7	While in yoga class we did poses to release and detoxify. Our instructor told us to drink a lot of water. I usually drink a lot of water. I only then realized I had been drinking milk and juice. Orange and grape but not drinking nearly enough. I then realized the pain in my back and neck is probably there from lack of water. I forced myself to drink plenty of water.
GENERALS	10/XX:XX	7	I had forgotten to mention I was craving good whole milk. I drove to the health food store earlier today to get organic whole milk. It really hit the spot. I also had craved cottage cheese. I ate cottage cheese with peaches for dinner last night.
GENERALS	01/17:50	10	a little tired; took three hour nap yesterday 1:30-4:30 pm.
GENERALS	02/21:30	10	slept late and stayed in bed this morning to work from bed: unusual for me
GENERALS	03/16:30	10	sleeping in late, spending more time in bed; usually more disciplined but this week has been no, I don't think I will.
GENERALS	05/13:28	10	At noon wanted to take a nap. Tiredness is a theme. Bed is very attractive, as is turning inwards.
GENERALS	10/10:45	10	Very tired today.
GENERALS	56/00:00	10	Left-sided back pain
GENERALS	22/XX:XX	11	Feeling fatigue & tired
GENERALS	23/XX:XX	11	Feeling fatigue & tired
GENERALS	56/00:00	11	Left-sided hot side on leg. Burning. Touch it to make sure not burning. Happened several times a day. Every two or three minutes sometimes.
GENERALS	56/00:00	11	Mostly left-sided
GENERALS	02/07:00	12	Woke up feeling motivated to exercise, feeling refreshed; renewed. Want to really take care of myself with exercise and healthy eating.

GENERALS	02/14:00	12	Very tired. Need some caffeine. Could just go to sleep.
GENERALS	03/14:00	12	Very tired. Need some caffeine. Could just go to sleep. Have clients, but would rather just lay down.
GENERALS	03/22:00	12	Feeling tired early on a Friday night. Need to go to bed.
GENERALS	15/20:00	12	Just feeling really sick. Head feels full, I am sick to my stomach, don't feel well. Feeling so tired, just need to rest.
GENERALS	01/11:00	13	Weighed down, heavy feeling, weighted down in front and in back.... Just heavier.
GENERALS	03/10:30	13	My body & muscles ache today from the intense yoga practice yesterday. My low back is sore from menstruating.
GENERALS	04/08:30	13	My body & muscles are still sore today from yoga on Sunday. Hopefully I can work it out tonight at yoga.
GENERALS	56/00:00	13	sensitive to sharp sounds
GENERALS	04/10:10	14	Very tired. Can't stay awake to read.
GENERALS	12/07:50	14	Warm flush. Feel slightly nauseous with it. Lasts only a short time.
GENERALS	07/11:00	15	I am freezing cold. Spouse said he was cold also. But I am freezing. Fingers cold. I was fine before the remedy.
GENERALS	00/XX:X X	16	Eating tons of pasta – need to change.
GENERALS	03/XX:X X	16	Sugar free since 01. Changed diet, not eating sugars or grains. Two times I did it didn't feel good both involved alcohol drinks. Not drinking beer or wine, bourbon or gin OK. Cleaned on 01 and threw out sugars and grains, replaced with healthier foods. Bought crock pot for first time and making soup
GENERALS	04/07:00	16	Since day 01 I have cut all starches and grains out of my diet. In addition, I have cut 90 % or more of the sugar out of my diet. In addition, the refrigerator is full of food which rarely happens for me. Generally, if I buy groceries for a week they are gone that day, plus I eat at work often. Tried oysters on the half shell for the first time at 02:2030
GENERALS	04/07:30	16	Felt completely drained after talking on the phone. Great desire to just go to bed, lasted for 30 to 40 minutes.
GENERALS	10/06:45	16	Weight feel very heavy this morning. Have not been eating well this weekend. Ate a lot of flour and sugar products.
GENERALS	11/05:00	16	Dropping things, knocking things over. Sense of not knowing where my body is in space and time so knocking things over.
GENERALS	24/08:00	16	Craving hamburger last five days or so.
GENERALS	56/00:00	16	The physical symptoms were are right sided for me. From hip pain, to right tonsil pain, to right-sided hear pain. Except for the head pain, the pains were very localized. Usually the sight of the pain had an area about the size of my thumb print.
GENERALS	56/00:00	16	Mostly left-sided
GENERALS	56/00:00	16	more intense hot flashes
GENERALS	03/07:30	101	She sounds tired but says they had more company come in last evening and they were up very late.
GENERALS	00/23:00	110	aching lower back, neck, cough w irritated inflammed throat, feels like flu coming on
GENERALS	00/XX:X X	110	day three of flu and I'm cranky, irritable, restless, tired of poor sleep quality
GENERALS	06/16:23	110	Feel like lying down to nap, gravity is pulling me down.
GENERALS	06/16:39	110	I'm practically falling asleep sitting up. Teaching tomorrow all day so need to get good rest.
GENERALS	07/14:30	110	Had to take a short nap during my workshop while students were painting. Couldn't hold myself up!
GENERALS	07/17:30	110	Feeling overheated all day today. Burning up like it's 95 in the summertime.

HEAD	01/19:32	1	It is hard to describe the sensation - like a "tightening" or something - like my jaw is tight. (She's stretching her neck all around - stretching her mouth around - yawns again.
HEAD	01/20:17	1	Here it comes again - there is a little pressure in the jaw and chest - then in the glandular part under the jaw where the nausea is - again - pressure in the whole front of the face/chest area - now I have to yawn
HEAD	01/07:20	3	back of head itchy, throat scratchy, eyes itchy
HEAD	01/08:45	3	pressure around head, and pressure down on top of head
HEAD	01/16:50	3	similar feeling from above pressure coming outside down on head, spacy like I just woke up for a nap
HEAD	01/16:50	3	similar feeling from above pressure coming outside down on head, spacy like I just woke up for a nap
HEAD	01/XX:X X	3	headache all day, no energy, no relief, out of it
HEAD	03/07:25	3	feels better, but still pressure on side of head constant, pushing in, like hands pushing in on it
HEAD	04/XX:X X	3	continued headache, like two hands pushing in the side of my head above the ears
HEAD	05/XX:X X	3	Still a headache, mild throbbing on either side of my head in the temple area, throbbing as if it is being pushed in.
HEAD	06/07:20	3	still have pressing feeling on side of head and this has been fairly constant all day yesterday
HEAD	08.20:00	3	headache all day, like a cap around my head, the neck and back of head, behind the eyes, sensitive to light and smell, throbbing
HEAD	08/08:50	3	left side of face and top of head, ache, feels swollen and pulsing
HEAD	09/08:30	3	still throbs, a small cap on the top of my head, my sinuses are throbbing
HEAD	10/07:37	3	head pounding a little'
HEAD	10/14:20	3	head has been pounding intensely for the past 6 hours, it is making me dizzy and nauseous, though I am hungry, very sensitive to light, and my head moving, my neck feels pulled, my head feels pushed in and pressed in, the back of my eyes throb, I feel hot, my forehead burns but I don't have a fever, this is very painful and I end up taking four Motrin, I need to get through the rest of the afternoon, I lay down on my break and at 15:45, I get up, I had dreamed of something like green glowing light or something, my head still hurts but not as intensely, the light still bothers me
HEAD	10/21:27	3	the headache never really went away, my neck is sore, my temples feel tender, across my eye brow is twitching, I wonder when this will end, I think the Motrin numbed it a little but it is not gone at all.
HEAD	11/21:20	3	mild headache all day, sides of the top of the head, pushing and tingling, neck is sore,
HEAD	12/14:20	3	headache came on bad a few hours ago, I feel dizzy and nauseous and very spacey, like I am removed a bit and maybe even like being drunk. I take a nap go for a walk with sun glasses on, which really helps and around 7:30 pm the head is finally feeling less painful.
HEAD	13/XX:X X	3	top of head is starting to throb like a small skull cap on the top of my head, this has an electric feeling, I see a pattern of feeling ok when I get up but then the headache begins.
HEAD	14/22:30	3	Since yesterday until around this moment, NO HEADACHE, and I was feeling like myself again,
HEAD	15/19:02	3	Head felt pretty good today until now, now it starts to feel off, a little pounding, in my forehead, pressure at the temples, it is a pulsing pressure and it makes me feel warm, like I have a fever. can this still be the remedy? My nose is also starting to get stuffed just in these moments.

HEAD	16/08:33	3	left side of face feels sore and throbbing lightly, again at the temples, a pressure like thumbs pressing into the temple, feels down in the bone, it is light and my the tops of my ears are tingling as is the crown of my head.
HEAD	56/00:00	3	had headaches every day, one lasted a week
HEAD	01/22:20	4	Upper scalp itching like little bugs in there or something. First at top of head now in sides and inside right nostril. Not bugs, but skin crackly, itchy, little bit spicy, pointy little bugs. I feel like when a fly landed on my teacher & he ignored it. The itching is not about responding-you put up with discomfort. It's how it is.
HEAD	01/XX:XX	4	Noticed before taking the remedy I wanted to tie my hair back even though I never do. As soon as done with the proving discussion, took hair back down.
HEAD	02/XX:XX	4	Scalp wants to be scratched. Firmly. Cut my nails last night before taking the remedy, yet they feel sharp and strong as I scratch my head. Even the back of my neck wants to be scratched.
HEAD	06/10:00	4	All of a sudden a creepy, literally, feeling in my scalp, as if the hair is standing on end, or a worm is crawling around, several of them, in my hair. It's quite eery and has that powerless feeling of it happening behind me, where I can't see it, or even know if it is real. Yet I feel it, so it must be real!
HEAD	06/10:00	4	Hit my head on an open cupboard again. Did that several times the week before the proving started.
HEAD	07/09:00	4	slight HA, better from pressing on sides of head and moving around head/face. Some sensation of congestion, and a drawing in.
HEAD	09/09:00	4	HA pressing on the sides, a bit of throbbing, esp. left side. Gone soon once I am up and moving around. Yet a ghost of a vestige of it still hanging on, connected with the feeling of congestion in the sinuses. It's all just prowling around looking for somewhere to settle in, yet not sure I'm really the right terrain, the right place, the right one.
HEAD	11/11:15	4	HA again this morning, pressive, now at glabella and lower forehead just above eyes, and overall. A bit stronger than usual. Was it the extra wine, the meat I ate late and not enough water? Almost feels like a caffeine withdrawal HA but have only been drinking a few cups of morning tea, no coffee since before the remedy. Tempted to make a cup today. It would feel cozy, lots of milk, and filling in a satisfying way. Filling in the cracks inside, rather than bulking up-type filling. Sliding into the spaces, wet, easing any muscular or bone discomforts, rough edges, sharp corners.
HEAD	11/12:30	4	I am giving in and having a latte. Still a nagging HA esp left parietal/coronal suture area. It's stabbing a bit, pushing a pin in and out. Or as if a fat worm is crawling slowly along inside my skull, so fat he pushes the edges of things as he passes by, increasing the pressure in that area as it bulges out. now it's heading for glabella and the left medial eye socket. feels almost like bone pains. Overall I feel stunned. Like hit by a Mack truck. Defeated. Don't know why but I think the latte is going to save me.
HEAD	19/XX:XX	4	My hair seems thicker.
HEAD	56/00:00	4	Headaches like they needed to be pressed in together
HEAD	01/19:04	5	Pulsing. Nodding head (as though head were suddenly heavy).
HEAD	01/19:18	5	Nodding head.
HEAD	01/19:19	5	Heaviness sensation to my head.
HEAD	02/21:39	5	Dizziness with a vague fogginess.
HEAD	03/17:00	5	Head pain banding across my forehead: feels like little flickers pounding lightly and in waves on forehead and a little over my eyes. Feel like I want to sleep. (this could be my own, not related to the proving as I have headaches???)
HEAD	04/20:15	5	My headache is totally gone after studying with classmates. (Headaches usually last a lot longer/more intense).

HEAD	17/19:14	5	Head feels heavy, as if falling back, pulling back. If I allow my head to lean back too far, it feels as if it will fall off.
HEAD	21/11:35	5	Fever101.7. Feel a migraine headache coming on in the background. Fuzzy feeling in the head with sharpness. A gradual pain coming on, beginning with this fuzzy, sharp pain towards the back of my head, heavy and light at the same time. My head has a kind of heaviness feeling but there is also a lightness in the fuzzy feeling. Dizzy.
HEAD	22/05:55	5	Pain encircling the frontal regions of my head, pounding hard both back and forth from temple to temple and as if a cold wash cycle is spinning around at different speeds in what feels like an oval container in my head, stretched between temples, extending towards the middle/back of my head--most of the pain towards the front and sides. Also over my eyes.
HEAD	22/05:58	5	A slicing feeling as if going through just below my eyes towards the back of my head and slightly upward, this pain that radiates from the slice mark upward and back.
HEAD	22/07:10	5	A feeling of a shift inside my head--pain remains excruciating but something moved... felt like something mechanical, like sliding, like opening... shifting. The pain is shifting too... different. Like my eyes can see more clearly even while my head continues to pound from temple to temple, still the feeling of slicing...
HEAD	22/19:30	5	Need to lay down. Feeling worse with motion and being upright, especially worse at first rising, first sitting up, or first moving.
HEAD	22/22:10	5	Very difficult time getting to sleep, the pain is so intensely pounding and flashing, coldness, and intermitant spinning.
HEAD	22/22:13	5	Pain worse with sound. Worse with Light
HEAD	22/24:05	5	Awakened by noise (sound sooo LOUD) of partner coming to bed
HEAD	22/24:10	5	Back to bed--head pounding, a kind of pulsating, pounding with flashing in midst of the rhythms of pain. Pounding, pulsating, circling, ovaling, flashing, cold... Just need to get to sleep... make the pain stop!
HEAD	23/12:30	5	Pain continues to be excruciating. Throbbing. Pulsating.
HEAD	23/13:15	5	Constant pain with waves of intensity--just when I think the pain is almost too much, it eases. Waves.
HEAD	23/15:03	5	Feel as if my head has just now totally cleared. I notice this suddenly. The pain went from excruciating to wondering when it went away. Feeling clear in my head, freedom of motion and thought.
HEAD	23/17:03	5	Feeling a mild pain in my head with a fuzziness in my temples and at the back of my head--like a backdrop of pain, this ache is returning.
HEAD	23/17:05	5	Pain moves forward to my forehead, feels particularly stronger as if in place of where horns might grow out of my head, above my temples.
HEAD	23/20:25	5	Pain excruciating--in bed, better with heat pack on head. Just need to sleep... just need to get to sleep--the only thing that might give me a break from the pain.
HEAD	24/05:20	5	Woke this morning with my headache completely gone...
HEAD	01/12:00	6	Starting to get a headache right in the middle of my occiput. It's not pounding, it's continuous. It just feels like a lot of pressure.
HEAD	02/10:00	6	Pressing headache in occiput (both sides). Lasted only a few minutes then completely gone. Taught class, felt energetic. No other symptoms from yesterday.
HEAD	12/03:15	6	Woke up with bad HA in middle of night. All over my head like it would burst.
HEAD	12/06:45	6	Woke up with HA still there. Walked the dog and trying to clear my head but it got worse. I finally took Ibuprofen because I was pretty nauseous.
HEAD	13/02:45	6	Woke up with splitting HA. Had to lay still or I felt really nauseous. Could this be the wine? I usually do not react like this.
HEAD	02/09:30	7	I woke up with a slight headache behind my head. Felt dull and tight on the right side. This is not unusual for me since I have a old neck injury.
HEAD	02/14:00	7	The energy I felt flowed from my chest up to my head. I felt light and a numbing sensation on the right side diminishing my headache and stiffness. Also opening my sinuses. It then released.
HEAD	01/10:00	8	Felt sensation as if something pressing down on my head from above. Firm pressure squishing my neck down as if holding me down.
HEAD	02/07:00	8	That darn cotton-in-the-head sensation. Foggy brain.
HEAD	05/13:28	10	Woke with headache, left eye, radiating into socket, dull ache, gone now.
HEAD	06/08:30	10	Woke up with a headache over my left eye. Feels tight, a dull ache.

HEAD	06/20:57	10	Headache in the center of my forehead.
HEAD	01/13:00	12	Vertigo, feeling dizzy and sleepy
HEAD	01/15:00	12	Feeling drowsy, tired. Head feels full and still feeling dizzy.
HEAD	05/19:00	12	Head feels full. Overall I feel sick. Just need to lie down.
HEAD	10/20:00	12	Feeling sick at night again. Head feels full, feel groggy. Nose is runny. Just want to sleep.
HEAD	01/11:30	13	Slight front headache. Might just be allergies/PMS symptoms.
HEAD	03/10:30	13	Have a little headache this morning. This time its more under my eyes and across my nose/sinus. I think its allergies....
HEAD	04/16:20	14	Started to develop a slight headache. Wondered if it was because I was not eating enough protein.
HEAD	04/21:15	14	Headache went away after I ate.
HEAD	11/08:30	14	My face twitches on the left side of my mouth. I am not able to control it. I look in the mirror and it is very visible. It goes on for about 30 seconds, stops for awhile and starts up again.
HEAD	11/17:15	14	My face has been twitching off and on several times today on the left side of mouth.
HEAD	11/17:30	14	I have had a headache all day. It started this morning and gradually worsened throughout the day. It is located mostly on the right side, the right temple and right side of occiput. It is not a sharp pain. It feels sore and annoying. The rest of my head feels kind of fuzzy.
HEAD	11/17:45	14	My head starts to feel better gradually on my ride home from work.
HEAD	11/19:20	14	My head is still a little sore and feels fuzzy. I have work to do but I have no energy or motivation to do it.
HEAD	12/06:06	14	Slight headache, felt now on the left side.
HEAD	12/07:00	14	Twitching in face, on left side of mouth again. This came a went for several minutes again.
HEAD	12/14:00	14	Head feels heavy and fuzzy. Not accomplishing what I want today.
HEAD	13/06:20	14	Feeling discomfort in my face, on the left side, maxillary sinus area and lower. Feels achy.
HEAD	13/07:15	14	After my shower my head feels more clear, better overall.
HEAD	13/14:00	14	Head feels a little heavy at times today, but much better than the last two days.
HEAD	04/07:36	16	Fullness in the head like being in a soundproof container. Overwhelmed by sudden fatigue of the brain. Want to go to sleep soon. Lasted until 0800 then was mostly gone.
HEAD	04/21:30	16	Tingling around crown of head, concentrated on right side, upon waking.
HEAD	05/07:00	16	Tingling around the crown of my head, more on the right side.
HEAD	05/16:00	16	Tingling around crown of head still present. Accompanied by fatigue mostly in brain not body.
HEAD	06/13:00	16	The top of my head is tingling mostly on the right top. Also very tired and drowsy.
HEAD	06/13:00	16	Crown and back of head felt tingling, mostly on right side. Very tired, drowsy.
HEAD	06/22:00	16	Tingling feeling around the crown worse on the left.
HEAD	06/22:00	16	Woke up from sleep, felt totally foggy in my head. Late to work.
HEAD	07/01:00	16	The tingling feeling has morphed into pain. The pain is along and inside the central sulcus, the division between the right and left hemispheres. The feeling is like fiction occurring with the pain only on the right side. It is like the two halves are rubbing up against each other. The pain is continuous and is about four out of 10.
HEAD	07/01:00	16	Fogginess going away, tingling in head starts, changes to achiness. Top of head to back of head, worse right side. Sensation of friction, inside brain, like a rubbing movement, like flipping back and forth. Lasts for four hours, then switches side to left, that only lasts for fifteen minutes.
HEAD	07/05:00	16	The pain in head subsides back into tingling.
HEAD	07/05:15	16	The pain starts back up, this time it is on the left side with less intensity one of 10. And is a smaller area still in the central sulcus just shorted and further back. Last about fifteen minutes and goes back to tingling.
HEAD	07/05:15	16	Pain subsides and tingling comes back – lasts a couple of hours.
HEAD	07/07:00	16	Th now just residual energy tingling lessens in intensity
HEAD	00/XX:XX	110	waking with severe head pain, from base of occiput radiating to orbital sphere (like a knife making a cut) bilaterally, which shifts to right side eventually. accompanied by foul flatulence, nausea, and coughing up mucus. after one 1/2 hrs of writhing in pain and from ongoing lack of sleep, I took two advil; I can only go so far w the martyrdom.

HEAD	04/11:04	110	Woke with headache, just realizing it's still there. Originally at base of the skull pressing inwards, and behind both eyes. Now lingering in right orbital sphere and right maxillary sinus.
HEARING	26/XX:XX	1	Yes - I am still having trouble with my hearing - for about a week now.
HEARING	01/20:00	13	Went to kirtan and the sound of the kartels (hand cymbals) seemed very intense, it hurt my ears and gave me an instant headache. I couldn't stand it so I left the room for a while.
HEARING	02/18:00	13	Heightened sensitivity, bells at chanting were piercing and gave me a headache, so loud, so piercing! Overkill!
LARYNX & T	12/10:00	14	Voice cracks periodically. Sounding a little hoarse.
LARYNX & T	15/18:30	14	Rehearsed for a concert and lost my voice singing. Still having throat issues.
MIND	01/22:20	1	I wanted to go to bed and I wanted first to go to the kitchen to get a glass of water. TWICE I went to the kitchen and forgot what I wanted to do and had to go back again - this is pretty unusual!
MIND	03/22:00	1	I had a good day anyway though - how can you not have a good day in Paradise (She is on vacation in Florida)?
MIND	04/07:30	1	Well - it has been an interesting time with machines and electronics! - so much mix-up in communications. On Saturday my daughter had come down with a UTI and she had called and called and emailed me, and texted me and - I'm not getting anything. So finally we connected by phone and I told her to take Pulsatilla and it worked. But then the UTI came back on Sunday and got worse and worse - she is going to go to the doctor today for an antibiotic - I feel if I had been home I could have taken the case and found a better remedy and she wouldn't have to take antibiotics.
MIND	04/07:30	1	Then on Sunday my Dad's c-pak machine quite working so he has to get that fixed.
MIND	05/XX:XX	1	When I got up this morning my computer HAD rebooted as I had hoped but I realized that now I don't know the password for this house - so I have to wait until Dad gets up to find that out. Previously the password had been saved in my computer but it's not there now. I went and found one of my Dad's I-pads and got into AOL and logged into my name to look up things I was needing - things for homeopathy, email addresses, etc. - THEN I couldn't log out!!!
MIND	06/19:30	1	Eating dinner in airport and got kind of concerned about the airplane crashing - what would this do to the proving if one of the provers DIED!? I just made myself not think about it. I do get this worry about the plane crashing before I start a trip (but not once I am on the plane) - but this time it was about the Proving - <u>what would happen to the Proving.</u>
MIND	07/07:08	1	I am really upset to see how bad the ice is on the roads and that they weren't able to get that cleaned off.
MIND	16/XX:XX	1	Think about flying home and plane crashing, flying home from San Diego. Don't take second dose of remedy until home.
MIND	23/XX:XX	1	I buy clothes online (normally) and the other day I was looking online to see what there was. I would NEVER EVER wear an animal print but this day I saw one that I actually considered buying for a moment - I didn't buy it but I thought this must be part of the Proving - I would never wear such a thing!
MIND	23/XX:XX	1	The reason I didn't take the second dose of the remedy until Monday is that I had the feeling that if I took the remedy the plane would crash - fear that a PLANE CRASH was part of the Proving.
MIND	56/00:00	1	Windstorm everything blown into neighbors yard, two weeks later was the tsunami
MIND	56/00:00	1	Irritated about having to write things down for proving
MIND	56/00:00	1	Accidents: dad fell off his bike; godfather passed away
MIND	56/00:00	1	Miscommunication with daughter about where we were going to meet up. I accused her of being drunk. I was irritated. What's wrong with her?
MIND	56/00:00	1	Asked daughter why she was so fluorescent, shiny (was so white, doesn't tan)

MIND	03/16:00	2	I don't want this to be blown out of proportion. The fact that these symptoms are not big, small things. It's the difference between being cut on finger and having your arm cut off. I want my symptoms to be taken as a cut on the finger. The intensity is not high. I want to make sure you understand these are not big issues. (Prover reports this in an aggitated tone to supervisor as she questions some details of the journal. Is emphatic that she be understand and interrupts supervisor when she talks. Supervisor is also irritated at the prover for a moment. When prover is asked about what emotion she feels at the moment, she denies feeling anything.)
MIND	03/XX:X X	2	Slight irriatibility about travel plans not coming through on computer. More aggitated than normal even though it's not a big deal, I have time. Why is this happening to me? Totally out of control.
MIND	04/XX:X X	2	Feeling better overall than before the proving. Calm. Getting feelings, out, release. Things let go. Letting go, coming to a peak. Peak yesterday was with mouth and heat. Couldn't go further, let go.
MIND	04/XX:X X	2	Business is busier than expected. Amazed for number of clients, things have taken off. Feels good that you work and work and when you reach threshold and get enough clients people want to see you.
MIND	05/XX:X X	2	I am not doing journal because I am too busy. Since this proving started I have had more work to do. But it is an even keel. Just sailing on water with no rough waves. (Rough waves are) things you have to deal with that make it hard to get through. When everything is even keeled, you can handle it. Everything is flowing. Flow is moving forward like water that flows through a hose or a river. I try to get things done.
MIND	05/XX:X X	2	Pressure in system to let go, I am on my own. As if I don't have to do for myself. Release. Good in a way. Growth experience.
MIND	05/XX:X X	2	I am done I think. No symptoms in two days.
MIND	06/XX:X X	2	Mentally. Again, I have been swamped with clients I was not anticipating. At first (the first few days I took the remedy) I probably would have been very irritated and wondering how I would make things work with this much to handle. But for some reason, now I am welcoming it. I seem to be just doing the actions that need to be done to get the job done. I am just doing it.
MIND	06/XX:X X	2	Work is coming out of my ears. Workload has magnified. It was turbulent at first. Now I welcome it. I have been afraid of success in the past, but now glad to have it come in, happy to see it there. It is years of work coming to fruition. I can handle it. At first there was irritability and I was afraid I couldn't handle the added work. Now I feel I am helping, doing something.
MIND	06/XX:X X	2	Pushing a lot into the time I have. Full. Look at what I can do to accomplish-what do I want and can I get it done rather than letting things go.
MIND	06/XX:X X	2	This remedy is attracting clients. Why did this much happen in that short of time? I don't know how I got it done but I did. I feed off the energy, welcome it. Energized by working with them. The physical part is finished. Seems that I am in a different phase. I am going with the flow. Amazing.
MIND	07/XX:X X	2	The mental remained the same as yesterday. I have been upbeat all day. I have felt confident about doing the things that need to be done. Productivity has been great with work. I just do things. Again, work has been coming to me and my schedule remains very full and much fuller than anticipated.
MIND	07/XX:X X	2	Even-keeled and feeling same as yesterday. Things are going well and I enjoy what is coming. Things are coming right when we need it. How are thing happening? Universe is bringing things to me.
MIND	10/XX:X X	2	Maybe fear success-didn't do as well as before. If I do will something happen not right? Maybe there will be issues but I can handle it or get through. I feel I would be able to work things through if something bad happens.
MIND	10/XX:X X	2	(When asked if drawn to any music of any sort) Listening to a Swedish Christmas album. She is an excellent singer. I like listening to "Come All Ye Faithful" in Swedish. I have learned it now and it's a great way to relax at the end of the day.
MIND	12/XX:X X	2	I still feel mentally calm and able to handle things. No emotional trauma or skyrocketing emotions. Even keeled, like in water riding out a big wave in a way it doesn't feel like a big wave. Even if there is a challenge I am able to get through it. I can handle it.
MIND	56/00:00	2	Don't blow this out of proportion, very irritated with supervisor

MIND	56/00:00	2	Felt better the next day; calm, things are moving with ease
MIND	56/00:00	2	Even keel, no rough waves. Like water that flows through hose or river
MIND	56/00:00	2	Happy to have the work (got many more clients)
MIND	56/00:00	2	Hadn't remembered dreams before, but did: like a slide show
MIND	01/14:20	3	De-realization, like being wrapped in cellophane
MIND	01/22:30	3	Is this a placebo?
MIND	02/07:30	3	I feel very spacey, very out of it, very floaty. Last night I realized and didn't remember until today that I could actually feel and catch in the inner anxiousness that keeps me from the moment, how it will not give me peace and keeps me from enjoying whatever I am in, all the judgement. It feels different, getting this.
MIND	02/20:10	3	Still spacy, headache, feel hot but took my temperature and no temperature, normal. My head feels heavy. I skipped Yoga, don't feel like I have balance. Like I am too heavy/ too much gravity. I wish to do nothing.
MIND	03/18:29	3	Continues to feel pressure on the sides, foggy feeling, have been all day, like kind of out of it, off a little, not totally engaged. Feels easy to diminish like this isn't happening. Feel my irritation on high
MIND	04/XX:XX	3	A little more energy but still feel spacey, like being drugged
MIND	06/XX:XX	3	Woke with ELO's Sweet Talking Woman going through my head. I have not thought of that song since high school.
MIND	08.20:00	3	Just feel like I am not doing well, that things don't feel enjoyable. Like something is pushing me from behind to get back into myself, feel like I am going through the motions. Out for a walk and that is where I felt like I was being pushed from behind, like a image of seeing myself in front of myself and something inside trying to merge me back into myself. I felt like a pressure on my back. I find myself laughing but I don't feel it.
MIND	11/XX:XX	3	Feeling the 'thorn in the heart' of being burdened and taking on burdens unseen, but at the same time don't feel oppressed by this - it is okay
MIND	56/00:00	3	Hated this proving
MIND	56/00:00	3	Felt like I had the placebo, so didn't want to embarrass myself with my own symptoms
MIND	56/00:00	3	Did not connect with supervisor
MIND	56/00:00	3	Felt like wrapped in cellophane. Being pulled back into myself.
MIND	56/00:00	3	Did not want to sing with the choir. Odd.
MIND	56/00:00	3	Obsessive watching "Monk" which is about obsessing. Irritated with him.
MIND	56/00:00	3	Had the opposite feeling. Didn't want to connect with people, did not seem interesting to me.
MIND	00/00:00	4	A month ago, I got two phone calls on the same day, one on each of my phone numbers, from two totally separate individuals, thinking I was, asking to speak to a totally different person each one of them, and I had no idea who they were. I also totally misplaced ALL My to-do lists, looked all over for most of the day before finally finding them. I was pretty freaked to have to think through all that stuff again, and of course what might I forget, neglect to do when I should.
MIND	00/XX:XX	4	With limited time available, my car hit almost all green lights heading up to my errands, and I was able to get in and out for several errands in a focused, brief, and efficient way. I did not wander around looking as I usually would, and I held off errands that were in stores I was less familiar with and might "lose" more time in. Several times I weighed relative importance of errand choice and made clear decisions. The last decision was to spend an hour at Starbuck's reading a book my friend wanted to discuss with me in the car later that day. I also ran into an old acquaintance where she worked and sent off a quick email reconnecting her with a mutual friend, who ended up responding by sending me a long email after many months of no contact.

MIND	00/XX:XX	4	The part that feels odd is that the judgement part, how it is and how it comes but no sense in struggling with it. Feelings and a realization it's not my fault. Realization doesn't solve anything. Not in my power. As if no value judgement on the fact I have a value judgement. (pressing lips together, dry cough). It's a whole new territory. When Embarrassed in dream, there is a foreign feel. So what if you said yes, it was an embarrassing dream, embarrassing to be seen in an unacceptable way, caught out manifesting something unacceptable. Terrifying, disconcerting. What in me would produce this dream, experience? Then other part of me goes yes, so I had dream and it's just what you had. Profound level of non judgement. Not out of goodness, but realism, reality that is what it is. No responsibility, shame, labeling of good or bad.
MIND	00/XX:XX	4	Feeling frustrated, an old impatience, at having to navigate "getting along" in three different work situations. Thrown off that I can't talk them into modifying their policies or ways of being for what I feel are justifiable exceptions. Have to wear kid gloves. I've had it with these women, with this situation, with his/her inflexibility! I feel teary, overwhelmed.
MIND	00/XX:XX	4	A foreboding that this is not going to be an agreeable experience. But it is going to be powerfully healing for me.
MIND	00/XX:XX	4	Called my supervisor a "slut" - jokingly, but I rarely use that term.
MIND	01/21:30	4	Waiting to connect with my supervisor to take the remedy. I feel lost. Adrift. Wandering around the house. In limbo. A bit stunned.
MIND	01/21:40	4	Feel so happy to do this. So right.
MIND	01/21:43	4	Haven't been aware of wanting to figure out the remedy but I am getting animal feelings/impressions. Somewhat bird like or prehistoric (whole time she is talking she is clawing at upper chest, poking her throat until she coughs.) Strange these animal things, like I'm not playing the game right, shouldn't imagine it. But I imagine scales, scaly, rough, bumpy. really want to pull at skin like it's looser and I could pull the folds of it. I have a tight neck-maybe that is why this will be a good remedy (laughs)
MIND	01/21:48	4	Why would I be irritated there is a wall here and it's yellow? It's there. It is not in realm of things I would have a right to be irritate by but it doesn't bother me. There is no sense of injustice that I cannot be irritated at the yellow wall.
MIND	01/21:52	4	Did I say how happy I am? Secret feeling of happy and just got it again. Delighted and a bit smug. I had a thought that if I were in your position would I find it irritating to watch other person so caught up in themselves? One thing healing about provings is the legitimacy of paying attention without someone thinking "who does she think she is?" Now I feel deliciousness that I get to do. By my position I pay attention to self and it's legitimate. Delight, a special treat, unexpected.
MIND	01/21:55	4	It's a thing of me yet also feels like this person/being I am now from this substance (hg holding hands up, thinking long) has permission to be delighted in a child, like way without being self-conscious about it. The me before the remedy now that she has taken it is excited about being in a state of no judgement as if there's not, I'm not, experience is not human, consciousness that separates us from animal world. While not human I experience happy, delighted, joyful feel of being full of oneself without ability to have any complex or judgement
MIND	01/22:10	4	As I talk I look at bodywork manuals, spirals turn into layers of stripes of thickness, the word "Realism" from my book is catching my eye. Distressing (rolling shoulders, shifting in seat), spirals look like rows of pointy teeth. Feel pouty, like might throw a tantrum. This word realism upsets me. Never saw the book-what is it doing here? I don't like it (moving again). Feel disgruntled, pissy (staring hard to the left at the book with eyes narrowed, body unmoving) Don't trust that realism word. Like when someone calls you on your shit, the word is calling me out. I'm resentful. I almost can't take eyes away. I have to wait-something is going to happen (staring, pressing lips)
MIND	01/22:15	4	Feeling I should just wait. That's what I should do with everything. Wait and I'll know or I won't. Doesn't matter. Only way I'll know is to wait.
MIND	01/22:20	4	I feel level of wariness or survival, keep antennae out, eyes open, ready to move quick all at once but underneath all relaxed. Surface is watching, wariness in case that realism book makes a move. Aware of my back, it is paying attention like I barely breath so no one sees it moving but feeling of suspension, slight hairs on end, electric arc. I need my fingers to touch ends of each other just right (puts fingers together as if they were claws touching and holds for a while).

MIND	01/22:30	4	Feels good, circuits connected, everything flowing. Almost like a ship into a docking station-spaceship or something but at some microscopic level inside things have to match up. Go slow, deliberate, careful, wait and you have all the time you need and it just synchs in together. Part of me is relieved it's simple. So I push hard against the bones and now it's done.
MIND	01/22:38	4	Supervisor's observation: After pushing hands together, prover went back to making the grasping motions at base of throat/top of chest that she started making at the beginning. The prover came out of the state-literally said she was done and that was it, but the computer slowed WAY down and the picture was of the prover in slow motion grasping at her chest again and again, eyes looking slitted and off to her left, lips not moving, just the hand moving over and over. The picture stayed like this for about four minutes, even though the prover said she was not doing anything like this. The computer picture was not frozen-her hand kept moving and moving. Supervisor became very creeped out, nervous in the pit of stomach. Prover looks calculating, makes me shift around. Very creepy.
MIND	01/22:40	4	Feeling suspicious of things.
MIND	01/23:00	4	Walked backwards up the hill the three blocks to my lover's house. Almost backed into a big truck (parked) but just missed it, passed to the side as though antennae in my back were guiding me.
MIND	01/23:30	4	Teasing about other men I might be attracted to: no, that one is too dry. You (my lover) are juicy.
MIND	01/XX:XX	4	Cleaning my nails with my teeth again, was doing that a few days ago. I keep my nails quite short and this past week they have felt unusually long, I have been more aware of them, and have been cleaning them with my teeth which I rarely do.
MIND	03/15:30	4	Something subtly but clearly different in my work on one client today. As if my hands and heart, after good listening, reflected back to her that "No, relief or feeling better isn't going to come from me, because I know you can handle this."
MIND	03/XX:XX	4	Feel while looking at a picture-it wasn't me. Give up engagement. Give up energy, aliveness, enthusiasm, joy. Everything should stop. Like nothing is worth it, nothing has value, nothing merits putting effort into it. Doesn't feel emotional, just empty. Had to laugh because I will walk to my lover's house in a bit because worth making the effort to relinquish, sleep with a warm body even though I don't feel great. It's not hopeless, but just not worth my while or I've had enough. Had enough. Too full, something about I want to rest.
MIND	03/XX:XX	4	Like I'm stuck in a state of that's enough now, time to stop. Tiring to be stuck there, must stand up, want to collapse but must stay standing. Feeling caught, cornered, held in, just a whisper of anger starting to build. Anger is a revolt against inertia, a lack of desire to move forward and inability to stop and release. Ghost of a kind of anger that could throw things, break things, swear, burst out in a flash but too much effort to have an angry reaction.
MIND	03/XX:XX	4	I don't want to talk about this anymore-too irritating. Irritation doesn't feel stuffed, just not ripe yet. Like it needs to ripen and be more fully itself before I do something with it.
MIND	03/XX:XX	4	Feel in myself, anchored from sacrum and coccyx, like cauda equina is anchoring into earth like I've plugged into something (tears) a source that ground in a way that is supportive and will help myself and people I work with. Feels like (hg down with noise) roots shoot down and earth comes up and meld in way. Not a big wire, there is a shimmeryness, delicate refineness. Like a grid, like I fell into a grid by chance and got connected. A landing dock. This one is horizontal (gestures vertically) and I happened into them. Sick so more vulnerable.
MIND	04/23:30	4	Ordered some sheets today. Been planning to do so for some time but really got into the coziness, making a bed I could nestle into and be comfortable, warm enough, able to feel supported as I sit up and read.
MIND	04/23:30	4	Noticing a different sort of disorder in the house, a kind of mess that doesn't bother me like it usually would. I tend to have piles all over and way too many different things to tend to, and I feel the stress of needing to get those things done, put away, cleared out. And how many places have stuff I just don't get to. Recently my attitude seems to be shifting to where the feeling is: how can I live in the mess more, rather than expending attention trying to straighten it out all the time??

MIND	05/09:10	4	TIME: Came back to the computer after talking with my supervisor today, and it had highlighted "buttoned my shirt (rarely wear shirts) up higher than usual around my neck, with the collar standing up "a la Diane Keaton." and had it ready for me to delete that entry. caught it just in time. AND had just noticed that the kitchen timer had somehow just gotten into count-up mode and was running. I had not turned it on, nor do I know how to get it into count-up mode and actually thought it couldn't do that. It's attached by a magnet to the oven door and I could have bumped it or something, but it was in the first minute of counting up when I noticed it. AND was just going to note that my Grandmother clock is keeping perfect time, when normally it's always running either too slow or too fast and I have to keep adjusting it.
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MIND	05/XX:X X	4	All boils down to feeling that remedy is making easier everything that already was. Not a perfect new state-I still feel uncomfortable about somethings but things just are. Not a new age idea, but just part of the state.
MIND	05/XX:X X	4	Constraint around, a suffocation feeling. The thought and feel of stuff in throat but subtle. When noone is looking like pulling the sheet tighter as if the victim wouldn't realize what was happening until too late to get away. Maybe wriggle to keep from getting tighter. NO feel of need to break free or get away, but just a little bit of holding from diaphragm down and they can't get up and out. When I wriggle it gets looser, don't need to get away. Need a little wiggle room and comfortable being there. Like a disguised prison that we can all pretend they are not in if we give them wiggle room.
MIND	05/XX:X X	4	In pelvis things are fitting better, sinking, sliding, nestling into right space. Anchored. More seatedness/lodging in an appropriate, fitting way. Like I feel (emotionally) with my lover. I have a place-it's simpler.
MIND	06/09:00	4	The feeling that I need to tighten the net around me, and more deliberately simplify what I do. Some impression of a mesh, plastic maybe, that I could get caught in. Or the grid that I can settle into and be supported by.
MIND	06/10:00	4	Again, the steady, nick away at it energy of getting to things and getting them done. Good productivity these last few days, I even chose to come home for an hour last night, between events, to get a little more done on my taxes, which has actually been enjoyable to work on. The energy's not excessive, but steady.
MIND	06/10:00	4	Wanting silence, or playing the Ritter Requiem WAY loud. Taking time to practice the Alto part for the upcoming concert, usually I tell myself I need to but don't make the time. Considering changing to Tenor, my voice is crackly, I can't hold the long notes very well. Probably not remedy related, but just noticing it now and becoming more Realistic about what I can do and not do, yet still really want to continue singing.
MIND	06/9:00	4	Mesh represents two things. On one hand it is a grid or container that has a clear structure;squares that can only rip a bit that stays in line, keeps things orderly, not a lot of chaos. Not freedom, but no lack of. Good structured like I would be a cooperative part, helping me function. On other it is the possibility can get caught. Constraining. I know shoul be nicer, not call people on their stuff. Irritates me. Don't want to play the game by the rules. Quit-not gonna do it. Constrained by "supposed to be". Part of me doesn't want to put up with that shit. So in relationships good is when I am contained all alone in my house, doing e-mail, taxes, studying and the other is all that shit about people. Not wanting to do what I have to to get along.
MIND	06/XX:X X	4	Constraining can feel like a noose or mesh ropes woven in and out that can close at one end to a smaller size-like a laundry bag. Tighter & tighter. Fascia-like, pulls in, pulling close together. Insidious, subtle menacing slightly. Makes me feel suspicious, calulating in a refined way. That's the same feeling I get when I want to say "fuck that shit."

MIND	06/XX:XX	4	Feeling like I am not going to cow-tow to people. Not going to let them make me feel that way. I'm not going to put up with it, so there-like a child on the playground. Rebellious because I feel rejected, blamed, shamed. I don't think they mean it that way but I am not sure. I would rather come here and lock myself in.
MIND	06/XX:XX	4	Doing taxes is very satisfying. No urgency, slow and steady. Tackling piles and knowing they won't come back.
MIND	07/09:00	4	Feel a bit stunned, hard to think through my day and make a plan. I want to just stumble, bumble through each moment in a one-foot-in-front-of-each-other sort of way and see where I get, trusting that what needs to be dealt with will be dealt with, but also feel I need to get a good overview and act more strategically to address what are priorities, so I should write lists.
MIND	07/19:00	4	Noticing I'm taking slightly different routes about town, not the streets I normally take.
MIND	07/19:00	4	Continuing to feel this steady, plodding but productive manner of getting to chores, errands, homework, etc.
MIND	07/XX:XX	4	Stunned is not thinking, just there. Unable to respond. Lifeless, powerless, unaware. Not confused but really in a fog, unthinking, like nothing is driving me. Passive.
MIND	07/XX:XX	4	This state doesn't feel over, but it is not urgent. The state is here; the remedy is not done acting, but I state "I'm done." There is nothing more to say.
MIND	07/XX:XX	4	In work, I feel less is sufficient. That's enough, more isn't better, efforting isn't more helpful. No struggle, no need for and no interior conflict or discomfort. Dealings with people are steady and plodding but not laborious. No exhaustion, but just steady. Like someone in hospital that is regulated just right-a steady flow of energy.
MIND	09/13:00	4	The last few days, getting these sudden hits of nostalgia for France, wanting to be on a certain street, in a certain place there again. It's very emotional, I don't know if I can bear it to not go back there soon. Like the desire would drive me to make unsound decisions. Almost like a sexual passion you don't know if you can say "No" to. (I can't help myself! I just HAD to do it!) Like when you sleep with someone and it ruins your marriage. It would be stupid but part of me doesn't care. I want to be there a bit and throw caution to the wind.
MIND	09/20:00	4	Each day when I walk down the hill to my house, I am facing Lake Superior. I seem to be yearning to feel her more with my chest, drinking in her slow and steady movement, breath, safe and suspended water-ness.
MIND	09/XX:XX	4	(Prowling in head?) Like a bit of disease or infection that's looking for where it can settle in, get a hold on. Like I get waves of ghost-like or cloud-like feelings in passage, cloud of steel over head but it didn't fit. Like infection guys try to feed off me for a while but not finding stability-can't find the right place to hang out. Like the dream where I open doors and look and don't find somewhere to adjust. Try to find a good spot to settle in-a new lair or place where fit. Sort of restlessness. It's not driving but uncomfortable enough to stimulate or motivate to look around a little more. This is not a good spot.
MIND	09/XX:XX	4	A drive but doesn't feel urgent like life or death. Would like to find comfortable terrain. Like a mobile plant-can I put roots here? Try, but no, can't get in well, try another spot. Capriciously search places to settle in yet a slight anticipation or feeling of harm. Illness, disease, infection, menacing quality to energy trying to find a hold in me.
MIND	10/10:30	4	Feeling irritated at my supervisor for implying that I am a bad or neglectful speller, or that my orthography is off somehow. How dare she! Me" I'm a very precise speller! And what's the big deal about not always capitalizing the first word, it's just too much bother to have to hit that extra Shift key. I like how spellcheck on Word does it for me, most of the time. But, really! Who the hell does she think she is, anyway! (This is a charged judgment I have struggled with all my life, and I think this is the first time I have ever said it in reference to someone else.) Of course I'm not really upset with her, but there is an irritation and indignation rising. How nice to be able to blame it on the proving.
MIND	11/11:15	4	Impatient with my lover's gleeful evasiveness this morning, just got up and prepared to leave, he could see I was not happy, and a few minutes later he told me what I had been asking about (no big deal except that he wouldn't say), re-establishing a better harmony between us. It's rare I push it and ask things, because I don't want to be faced with the evasion. This is an important little step for our developing a sort of trust back and forth. I am glad I let my irritation show in the way I did.

MIND	11/XX:XX	4	Doing the proving is both a responsibility and a license to get carried away by what I experience. Let myself be irritable and loquacious. Short, snappy, impatient, intolerant, more sensitive. Constraining, constricting, bothersome, tiresome, wearing. Short and intolerant lacking in patience where little things are bothering. Material and physical things bother me like my glasses, spine, physical discomfort that is more elemental. It's irritating like when lover does evasive thing, like the fleck in my throat. I am selfishly concerned with my own comfort and ease. Irritating when something gets in the way of that.
MIND	11/XX:XX	4	There was a deer kill on the side of the road and for the first time ever I thought to myself "I should try to get all the bones. Wouldn't that be cool to have vertebrae and spine and I could string them up at the office? I want a spine of something.
MIND	12/10:00	4	The cat keeps coming right up to my face as I am dozing in the morning. I find it more and more irritating, I push him off impatiently, forcefully. Go away! Stop bothering me!
MIND	12/13:00	4	Hanging in there steady, getting things done, or almost done, dealing with the most urgent. Again the steadiness feels real core.
MIND	13/21:00	4	Asking more for what I want. Asking a couple men, one of whom has always intimidated me, to dance last night. Asking my lover, telling him more clearly when I want to stay over. Not doubting "us" when he makes jokes about having some other girlfriend.
MIND	13/21:00	4	Taking acute cases, having difficulty figuring them out, but making the time and offering to do so. Feeling how clearly it's a priority.
MIND	13/21:00	4	Trusting my intuition and the skill of my hands in the bodywork sessions I give. Making more clear and deliberate choices in how I will treat. Surprising myself by saying things as if I know what I'm talking about, and even if I was never specifically taught what I now say or do, I trust that I do know what I'm talking about. Allowing myself to speak with more authority without it being haughty or overbearing. Just calmly stating things as true or real that I couldn't tell you where I originally got them from. Feeling like an equal. Feeling capable. Not being intimidated by people I might consider superior to me in one way or another.
MIND	13/21:00	4	Thursday night I wrote "je t'adore" several times on a paper towel and then carefully tore it into pieces and taped the notes all over my lover's house during the night, so he would find them in the morning when he got up and I was gone. Later that Friday he called me laughing that I had posted them for April Fool's Day - implying that thus my saying I adored him was a joke. We laugh about it and he teases me, Yet isn't that odd, I had absolutely no thought of April Fool's day being the next morning yet that's when I did it. So what's that all about??
MIND	14/XX:XX	4	Felt that gauzey fading just in that moment. I am an efforter and there is not efforting. Like in steady plodding state. When there is effort it feels as if I flail my arms, but I'm not freaking out about it. No panic, fight, like synapses not firing in a reactive way. I respond but no emotional fear. No fear of unknown or possibility of losing something of life I love or of being in danger. Just no charge to anything.
MIND	15/XX:XX	4	Impatience with my lover last night: when he is evasive or refuses to answer or gets stuck on something and continually goes back to it, I feel irritated, I don't like it, and once again last night I started to just get up and leave. I'm not angry or picking a fight, I just feel less willing to continue in that evasive game. I've had enough and would just as soon leave. It's not a "break up" leaving, just a preference to end that moment, that kind of relating, for the moment. That's it. I'm done. It has just happened a few times but more in the last few weeks, and is as if I am interacting more with him rather than just being a spectator to his loquacious discharging. There are these different levels of interaction, his instinctive undercurrent of teasing, understanding or not the language, sensing with a quick mind what is happening, and his stream of loquacious filling of the empty space, re-ordering his memory of the events of the day, circling back around again to repeat himself, ask another question. Little listening to other but probably more hearing of other than one would surmise. So when I push for a more open interaction, more give and take, he seems to kick into a higher level of evasion, and I see I am more often pushing for more/different interaction anyway, and being intolerant of his continued evasive response. When I do "make leave" to
MIND	16/XX:XX	4	Dreams are coming up more and more for me during this proving. This morning as I am having sex I am worried I won't be able to remember the dream anymore by the time that we are done, and the dream remembering, the loyalty to the proving feels more important than the relationship or the sex, even though I am leaving now for two weeks and will miss him, miss the physical contact.

MIND	17/XX:XX	4	Posted to an online work group yesterday defending connection, community, nourishing relationships and bringing people closer together. Calling the powers that be to help out the less fortunate and not "cut them off." I spoke of their value, and rebelled against them needing to "join the club." witnessing signs of this exclusion have bemused and yet revolted me; I feel indignant, irritated; these restrictions are excessive, not of good will, punishing, judging, creating a "them and us" attitude that i find hurtful and unhelpful. i don't understand why they need to have this principled rigidity. The week before the proving I had several experiences of being angered by what seemed to me to be unnecessary rigidity in people who objectively had control of a situation that affected me. These are not new reactions on my part but seem to be a bit more volatile than normal, I am getting more bothered by such situations, feel more outrage, and push back, resist them more than i often do. I am comfortable speaking up in general, but don't seem to have as much tolerance recently.
MIND	17/XX:XX	4	Prepping my pending ten day work trip, I do so with greater efficiency and less overwhelm than usual, actually getting a relatively decent night's sleep and leaving on time, rather than staying up half the night and still getting out of the house later than I wanted. I even made two phone calls on the road this morning, while driving, to two girlfriends I rarely manage to make time for. feeling more satisfied, like what I do is sufficient, like I am getting to what has to be done with less efforting, less struggle, less stress. aren't these provings supposed to evoke dis-ease? I am feeling better, more solid, strong, stable, steady, in tune. I am feeling in tune with myself.
MIND	18/XX:XX	4	In the Proving so far, two things strike me: one is a feeling of moving through my life's activities and chores and to-dos in a steady, dogged, but relatively painless way, not freaking out, just getting things done, just chugging along; relatively efficiently. Then sometimes, in dreams, thinking that I am slogging through a bog, there is a resistance. In my awake life, it's work, not just happening magically, but I have had a steadiness that I do not think that I normally have. This has come up a number of times over the course of the proving. Something unimaginative, but satisfying about this experience.
MIND	18/XX:XX	4	The other thing that came up early on that this steadiness is perhaps a consequence of, I wasn't trying to guess what the substance might be; but I had this experience that I imagined to be very animal-like, things just were what they were, I didn't have any investment in how they were, things just were. In a very "in the moment," living through each moment of the now kind of way, and this came from a state I was in, not from reading about New Age consciousness or anything. There is a certain lack of emotion, a lack of engagement in what I am doing. When I am doing each thing I am engaged, the lack is like, there is not...it's like a "non-human" state.
MIND	18/XX:XX	4	...no struggle against a destiny, no attempt necessary to live or be a certain way, no spiritual aspiration, no judgment or fears. The frustration, the inability to cope, seem to be absent, they feel immaterial or irrelevant.
MIND	18/XX:XX	4	I still feel this to some degree now, but it was really relevant the first several days. I had no opinions or commentary on what I was doing or what someone else was doing. Having a value judgment or an emotional option was not an option, life just was what it was. It also feels like that eliminates struggle with oneself. The need to get oneself to do something, or trying to motivate oneself, was not in the realm of this substance's reality. This steady, chugging away, living this way the last several weeks feels connected to that. It's like the last couple of weeks, I would be the Sisyphus who would not be frustrated by the fact the stone had rolled down the hill again, it wouldn't signify anything, I would have no need to bemoan anything that experience would indicate.
MIND	18/XX:XX	4	Sadness, picturing streets and places in France, getting specific images of place this past week or two that bring me nostalgia, of place, more than people or specific events from the past. Just now, saying the tree had successfully grown apart, there is something defeating about it, it really would have been nicer to have grown together, that regret brings tears. The apartness is grateful and life, heart-affirming. Am I trying to bind together something that had followed its own energy and grown apart, the human forces try to hold the tree together, but the tree feels wounded by this forcing togetherness. As if its tendons are being stretched too tightly and the muscle sinews will probably break. It's painful in a dry, crackly, rigid sort of way, tall and narrow passages, wherein it's hard to breath. HG hand crane-like leaning to left. The tree feels passive, no desire to rebel or break out. But being forced together will definitely kill what could have been.

MIND	18/XX:X X	4	Tight, constrained, constriction, no emotion really, just sadness, wanting to sleep. What will come, will come. It is not my concern to anticipate or regret, Flashes of emotions, momentary emotional recognition, they're not refined enough to be more than fleeting, little momentary flashes of emotion. Something is yearning, that feels like a yearning for home, somewhere that you need to go back to or are returning to, the end of a stage. It is not involving people. Just a need to be there, to go back to that place ...
MIND	18/XX:X X	4	Suddenly now my brain is distracted, I am off and thinking of seven other things. It's done for now, finished, the end.
MIND	18/XX:X X	4	Asked my homeopath today about using this device that reinforces coherent wave patterns in the body so as not to be so affected by electromagnetic radiation from cell phones, computers, etc. I have been thinking about buying one for several years now, ever since I started noticing how trembly and jittery and buzzed up I would get after a day of more intense computer work. I have also been wary of cell phone damage, try to use a headset, etc. So just a few weeks ago I finally got around to ordering one of these Q-Link devices, which were on sale for 1/2 price thru Ode magazine. I am wondering how it will interface with homeopathy so have decided I won't start wearing it til after the proving is mostly over.
MIND	19/XX:X X	4	Hit a whole string of green lights again this morning, everything opening up its way for me.
MIND	19/XX:X X	4	Feeling irritable today. Irritated by a colleague's personality where normally I am not, and also feeling rejected myself when I just let myself be who I am. As if that's a problem for people. SO Tiring to have to be attentive to everyone, to what is going on, to be careful that they are not hurt in any way, due to their fragility. This is an old frustration for me that I thought I was "over." Having to put so much effort into "getting along" and other people's feelings.
MIND	19/XX:X X	4	Lots of tears tonight at the School Graduation Ceremony. I used to often cry easily at ceremonies, where people are being recognized for any kind of achievement. Getting the recognition. This was more about what the speakers were saying, about the experience these people had had and the one I am having now as a student of this same school. About the humanity of the people.
MIND	20/XX:X X	4	Again seems I am getting more green lights than usual. Not all, but a great majority. Feeling emotional again today.
MIND	20/XX:X X	4	Slept past the alarm this morning, a ferocious feeling of not being willing to give up my sleep. Yesterday at work I sent out for a Latte after I realized that there was NO caffeinated tea or coffee in the break room. Searching, searching, there MUST be some here somewhere!! Oh yes, will you please go out and get me some. I have been rarely drinking coffee but do have a few cups of tea and milk in the morning and the feeling of needing to do without felt very stressful.
MIND	21/XX:X X	4	NOT needing "down" time like I usually do, chill time to lay around and read the paper. I just go more directly from one thing to the next, come home from school and get right going on homework. Finish and get right to bed. Usually I need to "kill" time for a while to wind down.
MIND	24/XX:X X	4	Noticing this week that I am a bit fearful in the elevator with strange people, people I don't know. As if there could be some danger. I am not oblivious to risk but rarely feel such fears.
MIND	29/XX:X X	4	Watching a movie about shakespeare and really relishing in the maleness of the actors, their vitality, their juice, their intensity. Just a few women but they, too, quite "charged," sensual, full-bodied. It's so alive, dripping with lust for power. It was what was driving them and how they would interact, play, tease, seduce in spite of themselves. That feel-charismatic, secret smiles, amusement, calculateness. Deliberate awareness of effect in voluptuous way.
MIND	29/XX:X X	4	Feels like system is shutting down. No resilience or back up to push through, will collapse, can't function/handle things, can't handle more input, have to lay down and check out. Must stop and resource. Need to renew, fill, trunk needs to be filled with fresh water. As if wilted, not enough juice. Need to run water in throat as if I am in a desert and couldn't take another sip without relief. Can't do it anymore. Like in the Old Westerns where people see mirages, staggering, put arm out to catch themselves. Leaden limbs, functioning ability, I can't do it anymore. With my physical symptoms it overcomes, fills, invades me and after a bit just gone. Can't stand it anymore.

MIND	29/XX:XX	4	Itching is exasperating, feeling of lead in my limbs=exhausted. Both are an inability to tolerate that is exaggerated. Sensitivity comes sudden, strong, and intense. Suffer through it. Sensitivity doesn't drive me to change day or actions. There is a feel of I don't give into it, yet there is no experience of not giving into it. Nothing is an option, so I don't respond, fight, I don't give the urgent need what it needs. I don't respond and the intensity goes away. I am not doing battle. Accepting because It doesn't occur there is any option so I just make do. There is an energy expenditure that doesn't happen.
MIND	30/XX:XX	4	There is no issue, nothing to be concerned with. Pleasant state. Don't seem to wonder about meaning of life. It is just simple being-ness. Not a lot of awareness things can be other than how they are. Passive acceptance to things. Primitive feeling, no capacity to to even occur that might want to do something different. Reminds me of living in Mexico when fisherman would wake up in morning and look at conditions and decide on their day. Making plans the night before would be silly because things might change. Just see how life is and what presents just in the moment. It is pleasant being disengaged but you can't act on things-things act on you. No choice but to bear it. It's the opposite of the heightened sensitivity. Don't feel anything. Pleasant, passive, non-responsive. Sense like the information comes in and misses the passage of the myelination. The place where they react and respond is under or undeveloped so don't respond except hunker down more to survive or put up with whatever is happening. Like a sandstorm is blowing sand in all orifices. NO ability to think through if this then that.
MIND	32/XX:XX	4	The word "magic" has come up five times today: someone said I had magic hands, something else about my magic, a reference to magic moments in a women's board meeting, an online question about a magicjack, and someone sent me a you-tube about balance from magic tv. The you-tube shows a man creating a suspended, floating structure by adding one stick at a time, it's just mesmerizing and so expansive yet focused. my internet connection doesn't play you-tubes well, but this one is playing with absolutely no problem, like magic. I want to watch, mesmerized, immobile. He has eyeliner on, creating a sly look, slightly otherworldly. now the interlaced (or rather interposed) sticks are balanced on his head, he is one with their slow rotation, I am in this pause in time, this held breath, suspended. up, up, onto the last, vertical stick. As he walks away you can see his relief, his relaxing, the focus is broken and he pulls apart the structure. it's over. and yet I still feel the suspension, the tension of a stretching, the slow, restrained breathing to evenly calm everything around me, to meld with the moment.
MIND	36/XX:XX	4	Woke up this morning feeling clearly that the proving effects, for me, are over now. That same "that's it, I'm done, that's all there is" that we had earlier in the proving a couple times. Then as I lay there I was able to remember parts of a dream, so decided to record it. Just as I had it all down, somehow I lost it on the computer. First time that has happened to me in this proving. As if, yes, the dream didn't have anything to do with the proving so we're editing it out. Tried emergency shutting down my computer, which worked, bringing back that entry as "recovered." So I place it back in the energy of the proving, and as I proofread it, I realize there is a definite state evoked that has parallels with the previous entry, and several earlier ones. It is a state I am coming to recognize and value, and I am sad at the thought that the "dying out" of the proving effects might diminish this capacity to just "be." It feels as if there is this real, non-proving emotional, attached me that is mourning the potential loss of the proving me, who has no consciousness of anything being a loss, no emotional investment in how my life is playing out. Or, has the human song now benefited from the experience of the non-human song, which has in fact been able to more finely tune the human state, this human's state, not to "heal" from the non-human mistunement, but
MIND	36/XX:XX	4	A confident feeling that I can take care of all that needs to get done today in preparation for a work trip this coming weekend. I feel I will be able to "lay low" to keep this exploratory cough from becoming an illness. That I can do so even though there will be lots of interaction at the Conference. That I will not feel the need to push myself, or to shine with my personality as I often do. Still, I have asked a friend to come over tonight and henna my hair again in preparation for this trip. So obviously some need to shine. Hm. Yet knowing it's not needed in order for me to be present, to be appreciated, to be seen. I do not need to shine to be seen. And if i am not seen by some, it does not make me less valuable in the organization. I have my place, it is not the same as their place, Flailing about will not cause them to have greater esteem for me. Being calmly of service will. I am ready to listen. I am ready to follow. It is a way to lead.

MIND	56/00:00	4	prehistoric ostrich remedy I thought. Sensation as if in desert and sand blowing in eyes and hair and I was just putting up with it. I wasn't upset with it. No emotivity. Less than human, not an option.
MIND	56/00:00	4	Very calm. Being in the now, its just how you are. Restful, lovely.
MIND	56/00:00	4	head not connected
MIND	56/00:00	4	stepped on my eyeglasses
MIND	56/00:00	4	all the flexors extending, like flying
MIND	56/00:00	4	nestling into bed. Tongue would search out pieces of food in mouth. Pleasant.
MIND	56/00:00	4	nose blowing and cough, productive
MIND	56/00:00	4	time: clocks off, couldn't figure out days. Moving in slomo. Lost my to-do lists.
MIND	56/00:00	4	feeling adrift at sea, lost, hopeless, yearning for home. Nostalgia for places.
MIND	56/00:00	4	Like sisyphus pushing rock up, kept coming back, no problem
MIND	56/00:00	4	power and the male/female thing
MIND	56/00:00	4	Splitting apart and being two
MIND	56/00:00	4	sleep--got enough, was restfull and satisfied. Later didn't need as much.
MIND	56/00:00	4	Wanted a hot tub for my house. Things I wanted to do for a long time, and now did it.
MIND	56/00:00	4	Irritated not getting my way. About injustice. Indignant, haughty--needed high level info.
MIND	56/00:00	4	Feeling life is over, give it up. Melancholic, nostalgia
MIND	56/00:00	4	feeling really steady, getting things done
MIND	56/00:00	4	no investment in things, they just were. No struggle against destiny, just the way it is
MIND	01/09:47	5	I am feeling light and free this morning, airy. Happiness. So happy to have time alone. Listening to the sounds in my neighborhood, aware of each being in their space. A kind of amusement with the journey of living. Waking up.
MIND	01/09:54	5	An airplane flying overhead, sounds like it is flying through my head, like the plane is actually in my head.
MIND	01/09:55	5	Maybe I am taking on my child's present affection for airplanes, but I am noticing how even when I am not with her, I notice every airplane. I am filled with fascination and amazement, how they fly, the sound as they move through the atmosphere. I refrain from pointing to each plane overhead, but it feels like a restriction every time. I want to go to the airport and watch them land and take off.
MIND	01/12:14	5	Phone conversation with mother--notes that I am more upbeat, energized, excited. She hears it in my voice. She described it as sounding like an excited high. I am mildly concerned if there is a polarity to this experience, if the opposite of this rhythm is also near.
MIND	01/12:19	5	Time is going by so fast--hours this morning, where did the time go?
MIND	01/12:34	5	Feeling as if my heart is beating in my head, fogginess, and sounds like an airplane flying through the middle, side-to-side, back-and-forth.
MIND	01/14:30	5	While driving down the freeway, I kept finding myself going too slow (I am usually very speedy in my driving). I could not hold to the speed limit, going five to ten MPH too slow, efforting back to 65 MPH only to find myself back at 55-60 MPH.
MIND	01/17:42	5	Picking up food at the store, I ran into some people from a class ahead of me. I sense a hautiness from one of the women, as if she thinks she is better, advanced, or entitled in her understanding in this shared field of interest. I am both annoyed and amused. I find her stance a bit adverse like slicing. These sorts of divisions feel unnecessary and foolish. I went to my car with a bounce in my step--whatever, some things seem silly.
MIND	01/19:07	5	My dog spun many times in circles to sit down. He usually only does this two or three times at most.
MIND	01/19:09	5	My thoughts are kind of jumping and trying to discern what's what.
MIND	01/19:10	5	A foggy pressure. Is this from a cold?
MIND	01/19:14	5	The air itself is heavy; not anything mechanical, just a heavier air, as though I have gone to a different altitude or something. A fogginess, everything is fine, nothing to talk about nothing to share.
MIND	01/19:17	5	Nothing is happening.
MIND	01/19:17	5	Little waves, I am not feeling it now, I almost forget about it, it has come twice now.
MIND	01/19:19	5	My dog is a distraction that I've chosen to have.
MIND	01/19:22	5	It's like I am waking up. Holding throat with right hand.

MIND	01/19:24	5	I feel I need to be in my own space writing things down.
MIND	01/19:48	5	The air still feels really heavy.
MIND	01/19:56	5	The air no longer feels heavy to me.
MIND	01/20:11	5	Overwhelming feeling of nothing happening.
MIND	01/20:13	5	Wanting to be alone with this experience.
MIND	01/20:20	5	Wanting to away, I want to say go away, others were upstairs, I was like don't come now. Go away, just go away. I want to be away. I didn't want anyone to come to me. I wondered if they would know if I left, just leave without saying good-bye. It felt kind of funny like I just wanted to go; that humor. I was sitting here laughing but I don't know why there is really nothing funny about this.
MIND	01/20:24	5	This whole thing feels funny to me; but, I don't know what kind of funny. (Smiling.)
MIND	01/20:32	5	The kid giddiness I felt yesterday; that is what this feels like. I told my partner, "Tomorrow's the day!" Beaming, I didn't feel this was a normal response. This is a childlike excitement. Excitement and gratitude to be a part of this and curiosity, this is important work. I am feeling the fun of it, curiosity and wonder. There is some side of it that is childlike about it...
MIND	01/20:35	5	This challenges my private, secret nature, that doesn't want to share what is happening. Wow! If I would have thought about this before, that my hidden nature would be on paper, I wouldn't have done this! But here it is on paper, there is a letting go, which is a practice not a skill. Will I feel angst about it in two months. What will come of this experience. This could be painful (as I laugh Ha! Ha! Ha!)
MIND	01/20:40	5	Away, to have space. To step away. To be in the comfort of one's own self; instead of another's energy. It's quieter. I feel happy away; a certain happy, appreciation. Freedom. A certain kind of freedom.
MIND	01/20:42	5	I am not afraid, really not afraid. This is very different. Feeling immense trust and excitement. A letting go.
MIND	01/20:42	5	This feeling of allowing someone or something in my life to be who they are... Instead of trying to be a container or be a strong boundary around them like; like a boundary, my child and me we go to a music class; we are supposed to be a part of the circle, the child is the only child who does not want to be a part of the circle.
MIND	01/20:44	5	For my little girl she needs to move; to go from place to place, she's more a part of the circle on her own; letting her go and do her movement around the room she is more present. There was a huge letting go. She needs to move around the room. Instead of worrying what the teacher thinks, or the other parents think.
MIND	01/20:45	5	Letting each part be in it's own unique space and admiring what really is. There is this peace, awakening, letting go, appreciation. Just like an invitation. Letting myself have my own experience side by side another's experience. This is the freedom. A freedom that is needing to be let be. I feel that I can.
MIND	01/20:46	5	A feeling of confidence. A self-assured quality. A trust in myself. This is unusual. Especially outside of my interactions with children, small children, and small animals. Letting this little one be in her own rhythm, I am seeing her rhythm, I am seeing my dog's rhythm. I am able to see a rhythm and a tension that I have with another's rhythm, but I can let go of the tension. This brings me to a place of appreciation and respect.
MIND	01/20:47	5	In recognizing the differences of rhythm, I can have my feelings about it rather than the other feeling defensive or offensive or oppressive or need to contain; I do not need to be a container. I can show up.
MIND	01/20:48	5	I show up for my little one; I hold the space but I don't need to contain her... Letting be...
MIND	01/20:50	5	In the circle, I didn't feel I needed to leave the circle to join my little girl to be with her as she circled us, we were experiencing a sweet freedom, coming in and out of the circle the whole time, being fully a part of the circle. This is the change in my experience with myself and others. Being a part of the rhythm without needing to change it or contain it. This is wholly new. This feels like waking up.

MIND	01/20:54	5	Having all of this structure, having fun providing this container; this loving container, part of the container was actually control. This last week I recognize that control is really unnecessary and it isn't love. This is not boundaries, here's the container, the expectation, something happened this week something was like, whatever, it is what it is, I can be exhausted or pissed off, but, I have not allowed myself to be vulnerable in the way of showing how I really feel. Wow! I don't have it in me to do it now, I feel weakness; and coming to a place of I don't care, that can really impact someone else.
MIND	01/20:55	5	A person in my life that I have a tension between myself and he, expressed that doesn't feel that I like him. I really appreciate what he has to say.
MIND	01/21:00	5	There is like this wall that we run into again and again and again. I appreciate how he thinks and processes even in the midst of that tension. A love went out to him in that moment of our conversation. <u>Another waking up, recognizing his rhythm.</u>
MIND	01/21:00	5	It feels as though no time has passed, yet it has been two hours since taking the first dose. Wow! <u>Whatever!</u>
MIND	01/21:05	5	Feeling immense joy right now! Letting go, lots and lots of letting go!
MIND	02/08:05	5	Something about my vibration--the way I am raw and playful, abrupt and light--it can almost confuse. It's like a combination of two things that don't usually go together.
MIND	02/12:32	5	Rhythms. I am aware and watching with curiosity, my rhythms, my partner's. Even when things don't match up, there is a partial void of feeling, a stepping back, an asking, "I wonder what this is?" She feels that I am not paying attention to her. Okay. This is okay right now. I'm in my space and she is in hers. I am here paying attention to everything but also away.
MIND	02/12:40	5	The day is already mid-way through--something about being in the now-time creates a sort of timelessness. There is no past and there is no future. Now. I've been really enjoying this, but there's also something creeping up that feels a little conflicting. It's like my clock is different somehow and I'm the <u>only one in this time. Feeling a little alone in the moment...</u>
MIND	02/12:45	5	An image of a rabbit looking for the right burrough, the right time, the right moment--everyone is in their own moment and it can be very lonely sometimes. But it just is what it is, and I cannot do anything about it. There's no sense in containing time, moments, rhythms... I can only be where I am and notice what is <u>in front of me.</u>
MIND	02/12:49	5	I feel to leave the house, to go on my way, and I don't want to say good-bye, I don't want to communicate about it with anyone. I just want to go or is it that I want my partner to go for awhile, have the house to myself. I like the feeling of being away and separate, listening, but I also don't want to leave.
MIND	02/12:53	5	There's a heaviness now. I want to remember the light, the playfulness, drawn to the movement of these rhythms, the freedom. Instead, I feel this slicing down the middle of my sternum with a heaviness in my ribs and stomach. <u>Pressure on my chest...</u>
MIND	02/12:56	5	There is no division between sides, it is more of a gaping space that is very well held together by muscle and skin. But I know it's there. Raw. A feeling so open and vulnerable. Is this part of waking up? It's not good, not bad. Just noticing. Curious. The heaviness is lifting as if only needing recognition.
MIND	02/14:15	5	I don't want to go anywhere today. I have a list of things to do, a plan even. Instead, I feel to stay in my space, have time away from the outside. This is the first day in weeks that I have not wanted to go out, even for a walk with my dog. All can wait until tomorrow or some other time!
MIND	02/18:40	5	Challenges in relationship, needs not getting met. There's discernment happening in the division we are experiencing, what's mine and what's not. There's also a kind of resolution and acceptance. While I am feeling sad, there is a heaviness, there is also a peace that what happens will happen. I am letting go. Not in a way of ending, but in a way that simply says, "I don't know." I cannot control, contain or change anything. I need to continue in my process, my direction, my rhythm, and all will be as it will. There's a strange peacefulness here. Okay.
MIND	02/18:49	5	I am aware of energy shifting, in myself, my partner, people around me. I find myself asking about it, expecting an answer. I know when the response I receive isn't true. I feel confident about my intuition. <u>Senses are becoming keen and pointed.</u>
MIND	02/18:55	5	Sharpness, edges. I feel sharp and edgy in my senses--connected to being without strong impulse/instinct control. I feel more out there, like I don't need to circle around things, don't need to be round-about. I can still be sensitive to another person, I feel deep caring and love--even an expansive love. A respect for what IS more than anything. <u>Letting go.</u>

MIND	02/18:59	5	Noticing where I have felt fear rise in me around conflict, I am experiencing freedom. Something is rising up inside myself, an acceptance and recognition of my self, who I am, and respecting what is in me. There is a split though too. There's also a heaviness. Rising up and sinking down at the same time.
MIND	02/19:34	5	While having dinner at a café, without thinking, I put a piece of paper that circled a napkin into the flame of a candle, bringing about a solid stream of smoke. I felt a bit surprised and very amused. I poured water over it to put it out while laughing.
MIND	02/19:36	5	My partner asks me if I am high. I am aware of a feeling that's like letting go--I am not feeling it so much as a high.
MIND	02/19:36	5	An awkwardness, lacking grace. Topic to topic can feel cutting but playful, as in a conversation without flow. Raw. Jumping. Free. Transitions are abrupt in my language today. The mannerisms in my speech feel like slicing--no hesitation, not thinking before speaking and maybe a bit careless. Not much for filtering...
MIND	02/19:36	5	It is like being in touch with the heart of a thing, each moment expressing both instinct and impulse while watching, surprised and amused by what I see and hear. Choosing not to contain or restrain, like watching my child go outside the circle in her own rhythm, recognizing the beauty of her expression and her learning without needing a definition.
MIND	02/19:40	5	Light and powerful, not taking things as seriously in myself or others, though not without a feeling of recognition. Heightened recognition at times. Noticing shifts and changes, asking about it directly. Perhaps I could even be perceived as rude. Entering into some social taboos in a way, but not really...
MIND	02/19:42	5	An aspect of playfulness seems to take away a possible edge of it. Even in the face of temporary conflicts, there's a shifting through with ease...
MIND	02/19:45	5	I feel like people are looking at me during dinner at a café, like I'm not quite fit to be in public. My partner describes me as having an "angular fierceness." I do feel fierce, in an uninhibited way. Fierce!
MIND	02/21:15	5	Rhythms. Aware of people's rhythms and shifting and watching. People are moving in their ways, their pace, their moods and sometimes I feel resistance or discomfort--but then I remember that it's just a rhythm and it's not mine to understand, not mine to change... just a rhythm to be curious about. Letting go. I'm feeling a disconnect that actually helps me experience connection.
MIND	02/21:30	5	This day has gone by so fast. There are so many details I hear and see, a quality to each moment that separates and individualizes regular experiences into something special.
MIND	03/05:55	5	Effort to keep a container around my words with my employers this morning--aware that there are things that happen that I've allowed in the past and I'm not sure it is best to continue this way. Had to make a strong conscious effort to wait with my words. Don't quite understand the point of containing though. It's not working for me, hasn't for months--feeling a confidence in what I think and feel and it will be expressed.
MIND	03/12:44	5	What an awesome day. Realizing how serious I have walked through my experiences. Today, I am noticing more this new feeling of freedom and playfulness. I can tell that my little girl is noticing it too and she is so receptive. We goofed, laughed, and played in the loveliness of it all. The main difference: I have always enjoyed and admired playfulness, offered space for these experiences, but in the now, I am less an observer. I am playing. I am free. This is effortless!
MIND	03/15:45	5	Conversations with my employer that have been long overdo were had today--and it happened with ease and confidence. I feel so clear in my thoughts. So necessary. It just is what it is. I have been so scared to speak as if a confrontation but this did not feel like that at all--it was just about saying what is true. With confidence and matter of fact like speech...
MIND	03/15:50	5	I then communicated with assurance how I am my own HR, my own Human Resource Department. I found myself making connection with this, resonating and building on my resources within like an epiphany. This is so awesome!
MIND	03/19:05	5	Heavy and Light: when I am feeling a lightness about me in my energy, my spirit, my thoughts, there is also a heaviness in the background. When I am feeling heavy in my energy, spirit, and thoughts, I am also very aware of this lightness in the background. It is interwoven in every experience. While I am aware that I prefer the primary feeling of lightness--with it comes a playfulness of sorts, amusement--there's an acceptance on both sides. Both are present all the time. It all keeps moving back and forth with ease and curiosity.

MIND	03/19:17	5	Relaxed while with a sensation of heaviness throughout my being. Mentally, emotionally, physically relaxed.
MIND	03/22:15	5	Seeing the light and the dark in the same moment--as one. Feeling an ease in doing things differently, able to feel and move through and with myself without getting shut into a space.
MIND	04/06:00	5	Finished a book today, "The Story of Edgar Sawtelle" by David Wroblewski--a fiction novel about a boy who cannot speak, cannot even make a sound, but he can hear and uses Sign Language to communicate with both his family and their dogs. His family breeds, raises up and trains dogs in the mid 1900's. Quotes that feel significant towards the end of the book:
MIND	04/06:00	5	"No more commands, he thought. Never again. She knew where they were as well as he and she could run as she pleased." My attraction to to his quote, it encompasses this feeling of freedom and understanding, letting go. The main character, a teenage boy who cannot speak and has been brought up to train/raise dogs with deep love but also a perfection, ran away from home, three of the dogs from one litter (dogs just over a year old) chose to follow him--along the way, he followed strict training--a necessary container to remain safe, hidden, and free in the world. In the end, their relationships had built and deepened, recognizing the beauty and importance of individual choice. In the end, the boy released, no more commands. Trust and acceptance.
MIND	04/06:00	5	"It was one thing to live in a world where death stood a distant figure, quite another to hold it in your hands...In choosing life, she embraced contradiction."
MIND	04/08:38	5	Dynamic with my little girl feels so different and expansive. Our days are filled with movement and effortlessly going with some rhythm I am just beginning to embrace, through witness first and then an acceptance in myself. I watch her in her expressions, pure and honest. So honest. Beautiful and in the moment. There's something magnificent happening here.
MIND	04/12:30	5	Another interaction with my employer with undertones of conflict. Something about the confidence I am experiencing has me speaking truth, clear truth, while also amazingly clean and respectful. All is as it is meant to be, and it is magnificent and freeing.
MIND	04/12:35	5	I truly am my own human resource department! I have in myself a new found capacity, a growing capacity, where there is no fear. There is trust. Trust in my intuition, my understanding and my capacity. I am on my path, always have been. Feel like I'm waking up to the truth of my Self. Waking into some sweet recognition.
MIND	04/20:05	5	Study group went by so quickly--I thought we still had at least 45 minutes when in fact we were in "over-time."
MIND	04/20:53	5	Reflecting on an overall confidence and trust. I notice it in my communication, my perception, my experiences in the world. It feels so refreshing, powerful, and easy.
MIND	05/08:40	5	Fading... Aspects of the first three days are fading. Still aware of the experience, specifically the self assured confidence and a heightened awareness of rhythms, feel a follow through with it as a part of waking up--but there is a feeling of dizziness, like being between two worlds within myself, one that is mine and one that is not.
MIND	05/10:55	5	During parent time at ECFE class (children with child educators and parents with a parent educator/different rooms), I found myself speaking about boundaries, differentiating between being in flow with our child, recognizing and respecting their individuality in a present way--a kind of invisible boundary, as compared to something forced or rigid. I am really attracted to the feeling of an "invisible boundary."
MIND	05/11:10	5	Though there felt to be a natural flow to this, I had to stop myself a bit and consider how the teacher might feel. I'm accustomed to minimal sharing/speaking, but today, I found myself taking the floor.
MIND	05/13:04	5	I am absolutely energized by the experience of advocating for my little girl in recognition of her flow during circle time in class today. One of the teachers had resistance to her being outside of the circle time, and I talked about it in class, with both the parents and teachers--saying that I am okay with my little one being outside the circle. One of the lead child educators is not okay with this and I feel respectful awareness of the teacher's resistance--while also feeling confident in my intuition about my little one's need for movement. Find myself joyful about this. She and I are connecting and laughing so much more in our interactions...

MIND	05/14:13	5	Laughing about the resistance reflected by the child teacher earlier today--there is a softness in me about this. A gentle acceptance for the individuality of each of us. There is something sweet and amusing about being a witness without a feeling to change anything. Part of what I am trying to say is that I am not feeling the need to resist back. There is simply an internal knowing, seeing, understanding and also a not knowing. I am very curious about all of this. And I feel freedom in the witness of it all.
MIND	05/14:14	5	Having fun. Feeling energized. More of this waking up!
MIND	05/14:21	5	Invisible boundary! I am beginning to find myself more in my body, on my ground--in a way that impacts me deeply. There is a separation between me and others' energy. I do not need to clear space or put up shields of resistance and protection, I can hear what my partner, friend, child, teachers, strangers are experiencing without becoming the energy presented, without getting stuck or drowned out. I am free to move about the lines and be within the invisible boundary of my own energy.
MIND	05/14:25	5	There is so much clarity. Spectacular. Alive. Warm.
MIND	05/14:46	5	A strange tingling sensation throughout my body, face feeling fuzzy, the back of my head a lulling buzz, my mouth with a tingling numbness or feeling of swelling towards the roof of my mouth. My legs and feet are also tingling. It a like floating with different levels of intensity, mostly in my feet, lower legs and my head and mouth. Feels like waves through my body, touching different parts at different times, a motion of this way and that way, side to side, up and down. Comes and goes for many minutes.
MIND	05/18:41	5	Time continues to go by so fast! There has not been a moment that has felt slow. This is not a feeling of "too fast." It is a feeling of being in time. In time like being where I am. I am here and this is now. <u>Now is timeless.</u>
MIND	06/19:04	5	I have to say, this proving is really rocking my world--in a thrilling way, really. Just when I think symptoms are fading, more comes, like an invitation again and again to be in the moment and see. I notice most when I am in the world, out and about, around people...
MIND	06/21:00	5	Invisible Boundary: a clarity in myself with who I am and what's happening for me separate from that of another. It is like individuation. Clear thinking. Free in my own space and experience. The strength of what is not seen because it is not needing to be blunt or sharply enforced... it just is and I am.
MIND	07/10:28	5	I am laughing in the moment... I think the mysterious substance is a bit of bodhichitta...
MIND	07/15:05	5	Reading this passage today from Pema Chodron: "Bodhichitta is our heart--our wounded, softened heart. Right down there in the thick of things, we discover the love that will not die. This love is bodhichitta. It is gentle and warm; it is clear and sharp; it is open and spacious. The awakened heart of bodhichitta is <u>the basic goodness of all beings.</u> " ...
MIND	07/15:10	5	Has me laughing--this is what my week has been. I've been randomly turning to different passages in Pema Chodron's book, "Comfortable With Uncertainty." and today, I read from the beginning, the first passage. A passage beginning with the words, "Spiritual awakening..." I laugh because the timing is perfect. I laugh because this is now, my feeling of waking up....
MIND	07/15:12	5	My wounded, softened heart, discovering the love that will not die. This is waking up... Clear. Sharp. Open. Spacious. Connects, brings together the abundance of these days, my experiences in the world. Love! More.
MIND	07/16:30	5	There is no coincidence in the world. Everything is connected. Feeling immense trust and opening into the universe. Expanding and accepting. Each moment at a time.
MIND	07/17:00	5	Experiencing the now-time, differently than I've ever known. I'm really here. There is no other time. Or there is all time, connecting past, future, and now, but there is also no past and no future, only the now.
MIND	07/17:05	5	My friend asked me today about what an aspect of my family was like and I shared a bit about my growing up years. It felt suddenly strange and unimportant. There wasn't attachment or detachment to the story, only that it did not feel necessary or important because it is not what is happening in the now. <u>Awareness of letting go and freedom.</u>
MIND	08/07:04	5	Shadow baby. What is in the shadow? Is the shadow always there inside its outline? Curious about this empty outline. Is it the same as a shadow or is it something else? For every light, there is a shadow, a backdrop of sorts. I am noticing the dynamics of shadow and light, and the inbetweens so often missed. There's something peaceful here. There's acceptance. I am in the in-between, the feeling of what is now and present. There's flow here. There's awareness. Waking up in layers of now.

MIND	08/09:15	5	Frustrated with the feeling that an invisible boundary loses clarity in the face of experiencing negative energy. What happened to the ease in recognizing what is mine and what is not?
MIND	09/08:30	5	A feeling of torture that comes on especially at night and greatly affects my sleep occurred for the first time in over a week. The difference is that instead of feeling stuck in this space for hours the following day, I felt a bounce back, a way of coming into the now-time, a distinction about myself and my process. It is as if there remains a backdrop of this last week's flow and connection with the now-time. It is as if the old familiars and the new are conversing... considering...
MIND	09/09:04	5	There are my old familiars showing face, but I am also aware of the backdrop of the possibilities and what is becoming. The light and dark. The light and heavy. Both showing up and challenging my pathways. I am curious and amused even when I am in midst of the dark--so also is the light.
MIND	09/09:09	5	I am speaking more, and sometimes hearing my own voice feels odd. There are moments when I don't know what I'm going to say but I find myself speaking anyway, some part of me needing to speak--sometimes by impulse, instinct or even a kind of being in what is. Taking a risk. Mostly, I recognize an invitation to be in the world, to be myself. Gentle reminders come to me at times when I am unsure and I notice a kind of letting go...
MIND	10/20:04	5	Individuation! This is part of letting be, differentiating what is me and what is not. Individuating--discernment of energies, relationships, this proving, my perceptions, my considerations... a dance of rhythms, dynamics, responsibilities.
MIND	11/16:30	5	At the dog park today, my dog's behavior has escalated in a way that really surprised me. He has become especially snappy at other dogs without warning and without obvious cause. He has always had a special kind of confidence for a smaller dog. He's always gotten along with other dogs, been joyful, bouncy and fun. Over the last months, I've noticed a periodic impatience from him--but today, we had to leave after only 20 minutes. I was actually concerned that he might bite another dog--totally outside of his normal temperament!
MIND	11/17:45	5	I am quite distraught--challenged. I recognize that my dog's rhythm is off. I feel responsible and humbled by his behavior. Have I become too relaxed in his training? Have I not been a good leader in our relationship over these last months? Does he need me to be more "alpha"? I need to get him in for a wellness check to eliminate possible physical factors. He needs a remedy. We need to get into another training class. Feeling very proactive.
MIND	12/14:45	5	Spoke with vet, connected with a respected dog trainer/friend, have appointments made, feel supported... there is an amazing outpouring of support I feel in my community and from the Universe. So thankful, a peacefulness and a trust. An amazing trust and acceptance that is about the moment of now but with a timeless expansiveness too!
MIND	12/22:15	5	Damn! This is feeling so against my relaxed, go with the flow, letting go experiences over these last many days... more to think about and consider... timing? Resources... Need to look outside of myself right now. Need some objectivity!
MIND	13/12:50	5	These last days, my feeling is that there is nothing significant happening. That there is nothing important to share. It isn't that the backdrop of bodhichitta, of light, of being in the moment has ended or stopped... More that it just IS. And at the same time that it IS, there is also a nothingness... nothing to say, to share, to note.
MIND	13/13:07	5	I continue to feel in a rhythm of my own while recognizing rhythms around me, appreciating and being in a flow. It is as if it has always been this way. As if the inner peacefulness and feeling of acceptance has been my experience for a long time. Letting go and being in this freedom is like a constant backdrop of awareness.
MIND	13/13:10	5	There is also a feeling of follow through--in that what has begun cannot stop, cannot turn around. So, even if I am not feeling quite as confident or self-assured, not as sharp and clear... what has begun must continue. The ball is rolling and there's no turning back.
MIND	13/13:31	5	With my little girl, definitely a continuation of being in rhythm and enjoying the moments together with such ease and joy. Even while it has become a backdrop, I continue to notice a softness in me, a love that is able to be so free and unconditional. I also notice that my support and care for her is less intrusive. What I mean by this is that there is a fluidity. This is soft and present. There's more space to be. More space to move and express. There is immense love. Unattached love--in that this love is not dependent on circumstances or behavior... It just is!
MIND	14/09:55	5	This is it, the moment. Being in the moment. Going into what is. All there is. Everything.

MIND	14/09:55	5	And nothing is solid. This is freedom. This is living. Waking up.
MIND	14/09:55	5	There's a certain kind of emotional agility I have recognized a lacking in myself along with a wishing for a way to move through feelings, emotions and experiences... in the last two weeks, I have felt myself loosening from the place of stuckness, a space that was dark and heavy, a place I could not move through. Now there is ease... Being in the moment has helped with this.
MIND	14/13:49	5	A feeling of being pulled into things--with an awareness of my own energy and my own wants. It is not my responsibility to be in another's energy, no matter how much I feel their energy pulling at me. I feel my own pulling in too, stepping back and watching. I am not leaving. This is different. I am able to stay, come back into my own energy more easily if I've been pulled a bit...
MIND	14/13:54	5	There's a feeling in the moment of the pull... like water pressure in my head, like my head is underwater, like an airplane taking off in my head-- a pressing and a pulling like being in the currents of an ocean--not violent... maybe more like a river. That kind of feeling that is like pulling, recognizing the flow of what is, where I am... the flow of a thing. A recognition.
MIND	14/14:16	5	I am conflicted about my canine's need for containers, boundaries, and training in relationship with what my appreciation for his freedom and individual rhythm means, what it looks like.
MIND	15/11:15	5	Seeing a need for my canine's training and my training too... a review, learn new skills, and work on the new development of a sudden snappiness in his behavior with other canines... and there is no question, this is important. There's a feeling of nipping this in the bud, a focus, a presence... a confidence and an action. I am activated. Activated--a motion into and towards what is happening, an awareness and a clarity. And where I cannot be objective about what my canine needs, I know people who can. I am showing up fully! This is energizing.
MIND	15/18:15	5	Where has the day gone--so in the moment throughout, it feels that time goes by so fast. Not in the way that there is a blur, but in a way that each moment is remembered clearly because I was really in it. I am here.
MIND	16/17:54	5	I am experiencing an adrenaline surge/crash that feels stuck in my shoulders and all of my tissues... heart pounding... internal trembling in my limbs... Recognition. Observations. Considerations. Flood me, my thoughts, my body. The messages: it is not my responsibility to take care of... I am responsible for my Self... The pull, the push--all the same... Breathe... Be... It will be what it will be... Something about the adrenaline is stuck though... pressing into me... stuck in this pressure... A wash cycle, a current... susceptible to... another's yelling - anger - stomping. Leaving... Remains now in my chest. Pressure. Pulling.
MIND	16/18:12	5	These feelings remain... the pressure and the pulling... mostly in my chest still. A feeling to call someone but then a recognition that this too shall pass. I am okay. I am my own resource, my own feedback... I have my own clarity to explore. More recognition. More considerations. Feeling. Waiting... For a little while.
MIND	16/18:46	5	I feel as though my recognition of my own responsibility and that I am not responsible for another's feelings creates a sort of distance or separation. Is this still part of individuation? Is the invisible boundary getting more expansive? Is there an element of pushing back? I am unsure of the helpfulness of this... Though the clarity of it is lovely, there is also conflict. I don't feel like I have the same need for people that I have had at other times. Though I've always felt independent, it is different now. It is changing. With it, I feel that the dynamics of the past no longer work--and there is much unknown here. The uncharted has no answers. If there are answers, they do not seem important. It's not the point. The moment as it is... this is it.
MIND	17/20:37	5	I want to be alone, sleep alone, not interact. I also want to call out what I see but do not feel that what I see will be received... so I simply need to trust my intuition and know what I know. It is not necessary to speak this or be understood. I have an understanding and I want to be alone with it. A bit concerned about getting stuck here--in this feeling. Worried about losing a certain freedom and flow I've been so much enjoying these last many days.
MIND	21/12:00	5	My little one is very crabby today, and I find myself reminding myself of her rhythm--recognizing what is different and also seeing that I am not as patient as I have been over these previous many days.

MIND	22/06:48	5	Considering what it is that attending classes has a pattern of migraines/ill feeling. My thoughts do not offer understanding. What do I feel? What is the feeling? Intuit... a conflict and a calling. In the calling while experiencing this... pain. What is this pain? Besides excruciating... what is it saying. <u>enough! Something is enough.</u>
MIND	22/13:25	5	While my headache remains unaltered, I have a capacity to be present with classmates and clients in a new way.
MIND	22/17:00	5	Everything is now and the now-time is brighter and more available--and it seems different than before in the sense that historically, my headaches have taken me into a space where I have been quite incapacitated. This is not so. While I do not feel well, I am still present and available. This is an <u>experience of freedom and awe for me. I am here. I am now.</u>
MIND	23/12:35	5	Feel present and able to learn. Able to show up in class and with peers in conversations. Here and now...
MIND	23/15:22	5	Feel to jump and run and move. Really move. I have missed the freedom of movement and bounce I often feel in my step but not able during this headache. I have not stood up yet, but I am thinking it really is true, that I feel great. I feel like I can do anything. Possibility is endless. Nothing is impossible! <u>Opening again. Capacities opening.</u>
MIND	23/17:25	5	Reflecting on my day--noticing how much I enjoy people, recognizing and seeing--watching, witnessing, connecting. Present and grounded. It is curious, this different way of noticing and being present to what is in me and around me. I feel like I can really see and perceive. I notice how much I trust myself and my experience. There's an inner peace that is part of my experiences that I have not known before. This is delightful. I am also amazed that I am able to be in this space even while experiencing a migraine. Love continues to expand. Acceptance. Peace. Freedom.
MIND	24/15:35	5	Find myself speaking with ease and confidence... but not necessarily at appropriate times. Speaking out, asking questions---in a way that even when it is not necessarily the appropriate timing, it feels socially acceptable. No one seems to mind.
MIND	25/12:15	5	Feeling love abundant. A deep feeling of love. Peers are noticing, asking about it, saying they'd like a bit of what I have. More of that bodhichitta happening!
MIND	25/13:00	5	Speaking confidently about my analysis among peers--this is new. I did not notice it... my group-mates pointed it out. I realize I feel it too and I like this confidence and ease in speaking my thoughts. <u>Loveliness.</u>
MIND	27/10:45	5	Exactly one hour late in arriving to a weekly class with my little one. We arrived in time for the teacher to tell us we missed the class, though all of our classmates had already left. I have never been late or <u>missed a class. It felt surreal--this loss of time.</u>
MIND	28/15:15	5	Feeling of just wanting to be alone. I feel that I do not need anyone. I am "just me." And it's all I want to be... me. Alone. Strong desire to take a break from it all (personal and professional) and go away. I want to go away. I am feeling so self-contained, fully able in my own private resources... filled up and connected with me. Don't want to connect with others. Don't want the interruption. Separate. Divided. <u>Full. Contained.</u>
MIND	29/05:21	5	Pressure... and I want to push back and say "NO!" I want to run away. I feel resentment while also feeling compassion for my partner... but it is clear that I need to take care of ME. I need to respect myself. And this feels healing for me. Sad for the division that seems to be a consequence, but I am thankful for what I see and how I feel. Seeing myself. Seeing me. Taking care of me. I am my own <u>advocate. I am my own human resource.</u>
MIND	29/20:30	5	Feel asexual... in the way that there is no interest in being sexually intimate with self or partner. It does not feel like a loss. It feels more like a gift. Freedom. But I also feel a pressure from my partner to be sexual. However, I cannot show up in this way and be true to myself at the same time.
MIND	30/11:30	5	Resentment. Forgiveness. Separation. Division. Something about the pressure I am experiencing from my partner... to connect in ways I am not able to right now... pressure... Exhausting. and I am impatient with this experience. I feel myself holding back from abrupt considerations. But still, I consider a life alone, away, and on my own. I want most just to be with myself. I want to be in my rhythm. I want to be in my flow. I don't want to be interrupted. I want to be far enough away but able also to be a witness to others... but only sometimes.
MIND	30/19:45	5	I think I want to be a nun. Not a nun of any particular spirituality though... A spiritual path in nature, away from people most of the time.

MIND	31/12:15	5	This rash--I don't care if it goes all over my body. I feel like it is helpful and necessary. Thinking that there is a time in my life when I would have been very concerned about having a rash, having something on me that could be so uncomfortable and even be seen by others. Today I don't care. There is freedom in this not caring. I feel so at peace with however my body needs to express symptoms. Let the freedom come!
MIND	32/15:25	5	Pressure. I am feeling a pressure to show up for others and I really need to show up for myself. There is a pressure and a pull at the same time. Feel resistant and irritable. Impatient. Just want people to go away. I want to be by myself!!!
MIND	33/11:05	5	Need space. Want space. Want to be alone.
MIND	34/19:30	5	Do not feel the need to keep everything so clean and organized. More relaxed about household tasks. A level of indifference and letting go. This is more a reflection than it is an experience in the moment--it is just happening.
MIND	56/00:00	5	No anxiety about finances, feel so taken care of. Usually budget plans and frugal. Haven't made one during proving. Everything going to be just fine. Haven't been frugal lately. Buy things I don't need.
MIND	01/10:12	6	Took first dose. Feels sleepy. Slowing down. (o- looks very peaceful). I'm tired. My body- it feels like it would take a lot to get revved up. I would have a hard time if someone wanted me to go to the Y right now.
MIND	01/10:35	6	(o- really lovey towards son- kissing, hugging, smiling, kisses his head a lot, happy/content smile on face) I feel much more peaceful. (son- "it's like ripples in the ocean!"- blowing bubbles in his pop. "It's like the end of the Tsunami- like the beginning or the end.") I said- "mellow out." (O- eyes look glassy) Most things seem like too much effort. Going for a walk seems like too much. I want to sit. That is unusual for me. If I were at home, I would fall asleep. I feel just sleepy. Nothing hurts- no headache.
MIND	01/11:00	6	It doesn't matter. (o- we are laughing a lot- nobody gets it, but we are laughing) I think it's a drug remedy. It's like- she told me about the Haiti disaster team- oh good. Someone is doing it. I couldn't. It feels like a drug.
MIND	01/11:55	6	Now I'm feeling really sleepy. I'm yawning a lot. I can't stop yawning.
MIND	01/12:15	6	I feel heavy. The thought of moving seems like effort. The thought of going down the stairs was ugh, but then when I moved, it was okay.
MIND	01/14:45	6	(O- Looks off a lot- inward reflection) I'm thinking about daughter, but I always think of her. She's coming home at three today. I'm still wondering where that check is... I feel like I'm forgetting something. I know I'm forgetting something. Like last night- before going to the gym- I went through my bag a couple of times (vet still forgot gym pants).
MIND	01/14:45	6	How do I feel about work project?- I don't feel like they will figure it out, but I feel like I need to give them a chance. I'm less interested in what's going to happen. I need this thing to work, but there's no panic. Oh well. They will make it work, or it will not work. If they can't make it work, we can start all over- that would solve the problems.
MIND	01/14:45	6	The feeling is that I can be focused on what's in front of me right now, but less on things that are not in front of me. I can deal with what's in front of me, but not what's not.
MIND	01/14:45	6	I don't feel anxious- usually I have this loop in my head- I'm not feeling that loop as much. Normally I keep track of everything. I'm not feeling that. If it's not right here, it doesn't matter.
MIND	01/XX:XX	6	Got home about 3:00 pm. Most of that time in between I was with son running errands and was not able to pay much attention to my state. I feel like I was more patient with him because I did not have so much on my mind. We were laughing a lot. Went with the flow much more – did not get upset with the dog when he pooped in the house, just cleaned up the kitchen. Then I got a burst of energy and started cleaning the basement. I have been putting that off all winter because it was so hard to climb the snow bank and the fence to take out the garbage I collected. Did that for a little bit. Then I played football catch with son for an hour. He was soaking wet but I didn't get too upset. About 8:00 pm I started getting tired but I played catch with him on the front porch. By 9:00 I was really tired. Started getting that same headache again but it went away right away. No more breathing problems. Went to bed about 10:30 pm.
MIND	02/05:30	6	My son was talking in his sleep this morning. He said "bugs don't fight". I'll have to tell his homeopath that.
MIND	02/14:00	6	Went out with friend. He was much more attentive and generous than usual. I was suddenly very tired but managed to stay up pretty late (1:30am)

MIND	03/11:30	6	Took friend to the batting cages. Was not too focused when I was driving but went on autopilot when driving. Kept feeling like I was forgetting something.
MIND	05/06:45	6	Forgot to write yesterday but no symptoms were happening that I am aware of. I am trying to stop every couple of hours and see how I am feeling. Not much has happened. No dreams. No cravings. Energy has been good.
MIND	06/05:00	6	Started feeling a little anxious as we finally got on the road. Not looking forward to driving 6-7 hours in the dark and snow. Made good time at first but then it started to turn bad in Eau Claire. Getting tense but then realized it was not as bad as I usually get. Son was talking non-stop in the back seat and it did not bother me. I was planning on stopping in Madison to sleep but then the weather cleared up and I kept driving. We got there at midnight, I stayed up with friend until 2:00am. I was surprised at the energy I had and the endurance to drive all the way here.
MIND	06/XX:XX	6	Snow is falling. I'm so disappointed. Supposed to be leaving for Chicago today. I hate to drive in the snow but son really wants to go. Spring break gets long for him and he wants to do something different. At 12:15 worker makes it out to work to try the latest improvement on the dysfunctional camera system he sold us. I was much more patient with him than I had been last month. I felt more willing to problem solve than to find fault with him and his co-worker. The session went better than expected but we still have a way to go. I actually started feeling sorry for him and felt bad that I had be feeling no faith in him.
MIND	07/08:00	6	Did not sleep soundly last night. On an air mattress, lots of kids getting ready for school in the early morning. Up by 8:00 but not rested. No dreams that I can remember. Let son eat really bad food and was okay with it. Chicago hot dogs with really greasy fries (we had to toss those out, even he wouldn't eat them), beef sandwiches with Italian ice. Son just played baseball all day and was so happy. Just hanging with the family at brother's baseball school. Everyone getting along great – very generous with each other, warm, happy to be together. Lots of memories of both of my parents when I'm here. Pictures of my dad all over school. The bleachers that he built, all the carpentry he did, the store mom helped set up.
MIND	08/07:30	6	Went to bed last night by ten and was really exhausted. Slept really well in spite of air mattress and noisy morning. Worked out with brother this morning. Thinking about the remedy – it has been one week and I have not had physical symptoms or dreams for days. Spent rest of the day with other brother, the boys played together, went back for more baseball. Just love hanging with my brothers and all the kids around.
MIND	09/08:45	6	Slept in this morning because we got in at 2:30am. I slept really deeply but with no dreams I can remember. Son fell asleep ten minutes after we left and I drove home in 6 hours. Tired and dragging today. Son is really sore. But we are both relaxed and in good moods. Had a fun day.
MIND	11/07:00	6	Woke pretty anxious. Remembered that today is the day that my daughter is involved in occupying a building and protesting at the University. I sent her a text wishing her good luck on her speech. Her anxiety level is high and I get anxious when I know that she is. I worry about her a lot but today it is not too bad.
MIND	12/03:15	6	Slept very restlessly last night wondering what daughter was doing, whether she got arrested or not. Looked at the news on-line but nothing about it. But heard about the homicide at 34 th and Park (few blocks from home, between my house and daughter). Hoping daughter was still at the University and not in the neighborhood.
MIND	12/06:45	6	When I came back daughter called to let me know what was going on at the U. I was very relieved she was okay. She was actually very happy and excited, doing the political work but still going to class. I can't stop thinking about Patty Hearst.
MIND	12/17:30	6	Daughter invited me to the University to see the encampment. It was good to see her in her element and happy. They are so respectful of each other in their group. They are emphasizing non-violence. It helped me stop thinking about Patty Hearst. She really ties her work in with the struggles of everyone – Madison workers, all unions, the middle east.
MIND	13/06:45	6	Woke up to the HA but no nausea. Took dog for a walk and started having breathing problems – hard to get a deep breath. Chest was slightly hurting. I don't want to drink wine for a long time. No appetite. Yech.
MIND	15/09:00	6	Went to see my chiropractor today. She thought I looked "sluggish". I wasn't feeling particularly slow but she felt that my energy seemed that way.
MIND	56/00:00	6	Very forgetful. Forgot pants when going to Y.

MIND	56/00:00	6	Dream: In apt, traveling down hallways filled with water in canoes. The same hallways that I saw in a future TV news report.
MIND	56/00:00	6	Drawn to wear Purple
MIND	01/11:45	7	Feel happy, full of energy. It's a beautiful spring day. I notice all the beautiful bright colors as I look out a window of a busy little shopping town. Bright pinks, blue reds.
MIND	01/12:30	7	I am full of energy. I do not want to be recording symptoms. I want to do something else. Either something fun or something I want to do. I am unhappy I have to record my symptoms. I want my supervisor to do it, so I do not have to. I want to leave, feel very strong. I want to go do something. At this time I feel I have no significant symptoms any way. I can do this at home later.
MIND	01/14:00	7	While driving home, I felt almost euphoric. Its so beautiful out. Can feel the warmth of the sun. Feel very peaceful, connected to nature. I feel very light, floating sensation. Feel a sensation as if my chest has expanded in a spiritual way. As if in love connected to all.
MIND	01/18:00	7	Lots of energy in the body, mind is racing of all the things I need to get done. Yet I feel tired, but restless. I did all my ironing, washed my bed spread and ironed it. I had been next door for help from neighbor with loan consolidating for my daughter. I was relieved to find I did not have to it now. I have yet to do my journal. Seems complicated, like the loans. I do not know why? I will do it later. Oh and I have to pick up Larry since his car is not working. I called to see if someone else could do it. I want to do something I want to do.
MIND	02/13:30	7	I truly felt as if I was not having any symptoms. I had talked to my supervisor the first day and said I felt as if nothing significant is happening. We decided I could take an extra dose the next day. After taking the dose I realized I may be experiencing symptoms. Especially after documenting my journal.
MIND	02/14:00	7	I felt strong energy, very happy as if I had taken a drug. Just light free very energetic. Like I could just fly right on up.
MIND	02/15:00	7	Was still putting off knowing I had to get journal done. I also was committed to a birthday party. The party was cancelled and I was relieved. Now I can just do my journal.(I had everything written, I just did not want to bother with the complication of the computer.)
MIND	02/16:00	7	Still putting off journal, was sitting in the garage when I heard a wippoorwill. I made everyone listen. Felt so good and felt like spring. Just wanted to listen to the birds rather than journal.
MIND	02/16:30	7	Had to force myself to the computer telling myself I wanted to do this proving. I realized I was making such a big deal out of nothing.
MIND	02/16:45	7	My fiancé asked me about dinner. I realized I did not even think of food since this morning. That's when I realized I was really hungry. I did not want to wait or cook I wanted to eat now! He ordered a pizza.
MIND	03/08:30	7	Woke up feeling great! Just felt refreshed and ready to work, full of energy.
MIND	03/09:30	7	I was driving to work. I felt energized and still felt energy radiating from my chest to head. Very happy, just floating along. I almost feel as if I had taken a stimulant of some kind.
MIND	03/16:00	7	Work was easy, just full of energy got things done quick and efficiently. Just feel great.
MIND	03/20:00	7	I have been feeling very playful. I played with my kitties they were all excited. My daughter asked what I was on. My boyfriend said he really liked my playfulness. He thought I was funny.
MIND	04/10:30	7	I am procrastinating work. I decided to move my second client to Friday. My client today is normally scheduled on Friday. So just switched instead of doing both. The client I had to work with today is not easy to work with. I was not looking forward to it.
MIND	04/11:00	7	I did not like being in the wet cold whether today. I felt some mild anxiety as my car was being blown around. I wanted to go home and forget about work. I did go, but did not want to.
MIND	04/17:00	7	I thought I had yoga class tonight and was relieved to find its next Tuesday. I did not want to go back out in the whether. I perked up knowing I now have the evening to do as I please. My energy has been good all day but it seemed my energy was more so after finding I get to do as I please.
MIND	04/21:00	7	I am feeling tired, I will be going to bed soon. The whether makes me just want to sit and relax with my warm fuzzy slippers on. I was in good spirits today. My boyfriend said he likes that I am funny and have been joking a lot with him.
MIND	05/08:00	7	I am not as energetic today.

MIND	05/10:00	7	I seem to be the a bit tired and sensitive for no apparent reason. I feel like people are mad at me. I Have no reason to feel this way. I just do not feel as bright as I did when I took the remedy. Feel opposite of it.
MIND	05/18:00	7	I am very tired, not feeling myself. I told my friend I was not going to yoga class tonight. My boyfriend wanted me to come into the hot tub. I am so very tired, just going to bed.
MIND	06/07:30	7	I could have slept much longer. I am just not feeling very good this morning. My energy is not as good.
MIND	06/09:00	7	I am feeling better working. I do not feel as tired any stomach symptoms.
MIND	06/10:00	7	Feeling sensitive, had thought of when I was seven, my pet fish jumped out of its tank. I stepped on it looking for it. I was critical of myself thinking of this moment. How could I have stepped on my fish? I almost cried. That's the level of sensitivity I feel today. And why I thought that and where it came from???
MIND	06/19:00	7	Had a long work day but feeling better, more energy, more like myself
MIND	07/10:00	7	I slept in but still feel a bit tired.
MIND	07/18:00	7	I seem to be over my cold symptoms. My boyfriend today has my cold. I have not been doing much today, just feel like relaxing. I spent a lot of time on the computer, looking up wedding stuff.
MIND	07/23:00	7	We had dinner with my boyfriend's brothers. I had looked forward to this. We had bought them all dinner certificates for Christmas. I was really looking forward to the shrimp. I was a bit upset to find the oldest brother after 28 years of marriage had brought a date. I knew he wanted out of the marriage, but he has not even moved out and is still living with his wife. I was mad at him but did not show or say any thing about the situation. I was very judgemental to his date. I did not show this, but my feeling was not good toward her. I thought she was ditzzy as she could not hold a conversation. She had four long Island ice teas at dinner and was hanging all over the brother. I thought it was inappropriate to be drunk and acting so silly when she was in the presence of family for the first time. Later I just let it go in my mind. I told my boy friend I guess it's his life.
MIND	08/10:00	7	Slept in again, feeling a bit lazy yet this morning.
MIND	08/18:00	7	Feeling a bit more energy. I want to get things done. Cleaned up the house and getting out the spring decorations. Joking around and having fun!
MIND	09/09:00	7	Feeling much more energy and ready to work.
MIND	10/17:00	7	I feel happy and full of energy. So enjoyed the warmer sunny day. Loved listening to the birds sing.
MIND	10/21:45	7	I have been sitting winding down before bed. I thought about Japan and the nuclear radiation. I felt worried about the world events. I suddenly felt a great peace come over me. I felt connected to something much larger. I knew all is was it's to be. I felt as if all was okay and I was in greater hands.
MIND	10/21:45	7	I have been sitting winding down before bed. I thought about Japan and the nuclear radiation. I felt worried about the world events. I suddenly felt a great peace come over me. I felt connected to something much larger. I knew all is was it's to be. I felt as if all was okay and I was in greater hands.
MIND	11/09:00	7	I woke up feeling great, very minor ache in my neck. Feeling much better today.
MIND	11/09:30	7	Was worried about my daughter and her graduation. Money and her camera. She needs a new and better camera for her photography and she was trying to sell her old one. I was willing to help her get her new camera and keep her old one. She said she would not use her old camera. Just as I was willing to give in and help. She sold her old camera for more than she thought. Also she thought her port folio was to be 1000.00 and found it would be two for 260.00. I was relieved. Again why worry? All works out.
MIND	11/09:45	7	I was driving to work and felt and expansion in my chest, pure Joy. The song if everyone cared by Nickleback, was playing on the radio and I was dancing, singing, and just joyful.
MIND	11/21:00	7	Great day, Just happy feel much energy. Joy, love expansion of chest!
MIND	12/09:00	7	Feeling great happy, would rather do something than work
MIND	13/09:00	7	I am very happy but also trying on wedding dresses today so adds to excitement.
MIND	14/10:30	7	Very happy full of energy, I found and purchased my wedding dress. Was much more. I am very conservative and have been worried about costs. Since I have taken the remedy I have to say not as worried, why be so tight with money. Just do what you want and enjoy. I have the money. I want to have fun.

MIND	15/11:00	7	Feel great slept in did much work on details of wedding. I am cleaning up the house. No aches pains, feel just good!
MIND	16/09:30	7	I feel much energized, a little jittery in fingers, expansion in chest. It's as I first took the remedy. Very happy. I had less coffee only half a cup, but feel as I drank a whole pot. I do not think I felt jittery at all before this.
MIND	19/09:30	7	I feel much energized, much joy, expansion in my chest. It just hit me shortly after waking up.
MIND	19/XX:X X	7	I have noticed a few things I have not mentioned. I have noticed I am strongly adverse to negativity. If someone is being negative I want to avoid them. If I am with a negative person I can start to feel depressed. Mild to medium. I start to feel irritable and want to just yell shut up or cover my ears. I have some friends that believe 2012 is the days of doom and gloom. I talked to them once and felt irritable I wanted to get away. I felt as if I was shaking inside, like every nerve was on edge. I changed the subject and left their presence. I have avoided speaking to them. I am usually tolerant and just let it go.
MIND	19/XX:X X	7	I have been happy. I am happy alone or with someone. I seem to be in my own little world sometimes. My boyfriend says I am funny and he likes that. He has also noticed I do not seem to pay attention as well. I do find myself easily distracted. I like to watch some shows on the sci-fi channel like fake or fact. I find I am doing things and get up a lot, then go to sit and watch more and it's over. I would say to myself I missed the show. Normally I would sit and watch it intently. My boyfriend talks to me and notices I am not listening well or will not remember something he said.
MIND	19/XX:X X	7	While driving I have passed my turns and missed my streets many times. I am never unhappy about it. Just a bit confused. I will say how did I get here and have to think were I missed my turn. I am often just happy especially with the warm spring weather. My body feels good. Just now Lol... forgot what I was thinking. Have to bring myself back. I am just floating along in my mind. I have been a bit spacey.
MIND	00/00:00	8	Had a new patient, male age five yrs, who was hitting his mother and pinning her during the interview. It was like he wasn't attuned to her reactions. He was laughing, and she was in distress.
MIND	01/08:00	8	Feel pretty light-hearted, somewhat extremely unusual. Last proving wouldn't let anyone watch me, even supervisor.
MIND	01/08:00	8	Feeling--same thing felt this week. Almost like meditating, nothing there but stillness.
MIND	01/08:00	8	Feeling was as if I was insulated somehow from things. A distance from. It reminds me of the vertigo sensation in the proving kick-off. The distance was between me and everything else.
MIND	01/08:00	8	Funny was preoccupied with the case, and it doesn't hold any energy for me right now. This morning was feeling that I really need to help this kid; now I don't. Uh oh. For the kid.
MIND	01/08:00	8	Calming. Stillness...no. No movement, no... Reminds me of when I took my constitutional last fall. No anxious thoughts. No worries. No anxiety about the case. I keep thinking about yesterday, I got on the highway. All of a sudden felt frightened about cars around me. Thought they would get me, dangerous, mean car. This is nothing to do with how I am feeling right now.
MIND	01/08:00	8	Supervisor is not annoying me. Usually I would feel annoyed, not having any reaction.
MIND	01/08:00	8	Some humor, keep wanting to be funny.
MIND	01/08:00	8	Feels like (yawning): this big empty white space. (HG-hands moving out) Nothing really there, quiet.
MIND	01/08:00	8	Cannot even bring myself to connect to that case. It's like it's not even there anymore. I just got this picture of the kid, punching mother in face. Imagining that, he didn't actually do that. He had her around the neck and punching her. Feeling: same as in the dream, not feeling anything but connecting to the act of punching and hitting. Really took me a while to figure what was going on. Thought I was recollecting the case, but no, he didn't do that. Can't see the face or expression of the person being punched, like my dream. Wow, that was weird.
MIND	01/08:00	8	Now I'm getting paranoid feeling, like when driving in car. Big mean cars going to get me.
MIND	01/08:00	8	Last night (or before), husband kept sneaking his hand over in bed, but I kept slapping his hand. Like keep away, don't be touching me, keep your hand over there. A little paranoia. Then he wouldn't stop, kept doing it. Normally he stops when you tell him. Felt he was doing it longer than normal.

MIND	01/08:00	8	Can I take the other remedy now? I'm going to take it anyway. I'm a naughty prover. I don't feel anything, was just joking. Normally I would be sitting here wondering: am I feeling symptoms? Maybe I should take the other one so I might feel symptoms.
MIND	01/08:00	8	I was in such a good place before the remedy. Why am I doing this?
MIND	01/08:00	8	Try to reconnect to my case, not much energy there. I am going to become numb, like a light-hearted numb. Perhaps a bit paranoid.
MIND	01/08:00	8	There might be something therapeutic about punching, though never had a desire to punch. (laughing) I'll start to take up kick-boxing.
MIND	01/08:00	8	Self-sensoring myself. Sensoring a feeling like I was floating. I was lost and I didn't know where to go. I am not quite on the ground. A little confused. Like that water sensation, way down. Here's a fear, little frightened. Like kind of. Don't know where I am. Feel vulnerable, like something could get me pretty easily. Like I felt with the cars.
MIND	01/08:00	8	There is this weird kind of insulation (HG). Like I can't quite feel things. Cotton in ears.
MIND	01/08:00	8	I think I couldn't quite grasp what the experience was. Looking for something and not quite finding it. Like there is nothing there. It was like I was down there, at the bottom of the sea. Can't see or hear well, don't know where I am going. Then it went away.
MIND	01/08:00	8	Could connect to vulnerable. Things are quite dangerous around there. It's like I can see the car: big and black, really dangerous. Big machines and they are dangerous. (Her car is large). Feeling that I am little, and they are big and dangerous. Felt a little bit
MIND	01/15:00	8	As I lay down to take a nap, I felt as if someone had grabbed me by the arm, elbow and pulled me roughly over a few feet, as if they wanted me to move to a different spot. It was harsh, rude.
MIND	01/15:00	8	Something sparkles in the air, light, and I think it's joyful, almost like fairies floating in the air, glittering, sparkling, light, airy
MIND	01/15:00	8	I don't want her to touch me, I want to be calm, she's interrupting my process. She doesn't get the process and the pace that we need to have. It should be calm, tranquil, and she's jarring
MIND	01/15:00	8	Circles, Purple, enclosed, Never ending (came out in proving meeting)
MIND	01/15:00	8	Suddenly this anxiety, this fear, it has no basis, there is no reason, just this fear, I feel it in my heart, which feels strange, almost like a cavern, empty, hollow
MIND	01/15:00	8	I'm freezing, I have no soul now, it's empty. I'm cold down to the bones, as I sit here listening to his talk. I don't want to be here or engage, I am separate.
MIND	01/15:00	8	And as I lay in yoga with my eyes closed, there is a solid gray barrier. A piece of matter, a few feet in front of me. It blocks my view but I do not feel enclosed. It's just there, shutting off contact with the outer world. It's solid, no color, no shape, in between me and others, it's calm, unmoving. I feel no emotion to it other than this is not normal. This must be the proving. It may be more of a visual experience versus an emotional one. But as a result, there is no outside stimulation coming in. No sound or noise.
MIND	01/15:00	8	Today, as I sat in my car at the stop light, I feel the stillness in the air outside. It is completely still and there is nothing moving.
MIND	01/15:00	8	Today, I thought, darn him, he has not even looked at the website. I know he is confused and he does not want to tell me he does not know how to navigate thru this. Or has been too busy. Am I so misplaced in my efforts and importance. Perhaps what is important to me is irrelevant to others. Perhaps this is unimportant. But I call, something I have thought of many times and never done and I leave message. I do it with humor but there is incredulous and hurt beneath it. I leave the message and I immediately feel shock, what did I just do? Was I being hurtful or insulting? Why did I feel the need to make an issue of it, it was not an issue. But I felt overwhelmed with need to finally express it. To open the issue, bring it out into the open and have it been seen. And then remorse. Could I not have just let it remain hidden. Now I must talk about it.
MIND	01/15:00	8	I have looked everywhere, I have lost my proving remedy. Sadness. I am sad. I wanted it and it is gone. I envision that it has hopped out of my bag and run away. To get away from me. I am sad, I wanted to spend the week with it and now I will have to wait. Someone at clinic gives me a few pellets from her proving remedy bottle. Ah ha, now I have it again. I feel devious and sneaky. When I get my replacement in the mail I will have two! Then I get home and can not find the pellets she gave me. Good god! in heaven! What is this remedy and why is it running away from me?

MIND	01/16:30	8	My teenage daughter is having a hard time, it's been a turbulent last 3-4 weeks. It was hard seeing her sad and I get caught up in her energy and misery and feel I should fix it. At one point she said she wanted to die. This afternoon after a nap I woke and found myself feeling distance from the issue. I don't feel pulled by it emotionally. I'm tired of her negative attitude, the glass half empty. It's as if I can see clearly. I can see my separation from her. I can feel a distance from the situation as if I can see more clearly and see it is her and not me. I hope I'm not merging into the "no feelings" of Black Hole, but this time it feels like a distance.
MIND	01/16:40	8	I'm watching Criminal Minds, a TV crime show. This is notable. I haven't watched this show before, and now I find myself turning it on for the second time in the last 24 hours. Before this I was in a state where I really started to find these violent crime shows disturbing and didn't want that energy. I find myself watching about serial killers and knife killings and stalkers... really scary.
MIND	02/07:00	8	That darn cotton-in-the-head sensation. Foggy brain.
MIND	02/07:01	8	My daughter should have made me angry this morning, but she didn't I just felt worried, and nauseous
MIND	02/07:02	8	I'm confused, don't know which way to go
MIND	02/07:03	8	Now worried about clients today, feel weak, can't handle the day
MIND	02/07:30	8	Can't handle this--have two clients today. I'm not going to know what to say, can't do this. Definitely anxiety and weakness. Feels like I am really small. Easily overwhelmed, can't handle things.
MIND	02/10:00	8	Holy crap, too much, can't do this. Things are coming in on me. Got to get out. I'm too small. Be careful with myself. As if I'm not up to this, need to be careful with myself or I will get hurt. Sit still and be really careful with myself.
MIND	02/10:00	8	Frightened, underwater, small and weak. Didn't have a lot of resources. Not much I can call to my aid. When the pressure comes from the outside, just going to fold. Done, I'm done. Retreat.
MIND	02/10:00	8	Something really big and heavy enveloping me. Really don't have much of yourself to do anything. Panic because no inner strength, nothing to support me. Be gentle, don't break this. Dizzy, disoriented. Could not keep balance in yoga. Pace was totally screwed up in yoga. Total disorientation.
MIND	02/10:00	8	Pre-proving my clock had gotten set ahead. In yoga feeling like I am not in sync with class. I am falling. No stability. Nothing holding me up. Went down like a noodle. Try to do it and fall out of it, never a problem before.
MIND	02/10:00	8	When in the backbend: Something's going to get me. Vulnerable. It is a vulnerable position. Lack of inner resources, as if there is not much to me. Not a lot inside of me. Going into the follow ups. These may be too big for me, and I can't handle it. Some of this is my state.
MIND	02/10:00	8	In yoga: pure panic. I can't do this, I have to get out of here. Too much for me. Some of that is me in my worse state. This had a palpable panic to it. Heart pounding. Yesterday at visit BNI palms sweating. Anticipatory anxiety. Couldn't do the breathing exercise, couldn't get my breath. Never had that before.
MIND	02/10:00	8	I'm in yoga, I panic. I can't breathe. It's hot yoga and it's too hot for me today. I'm panicking and I can imagine running from the room in order to get some cool air, it's too hot. In the backward bend when you feel the most vulnerable, I get light-headed and have to stop. I panic and had to sit down for a minute. I couldn't even try to do it the second time, I felt weak, scared, panicked. I just wanted out. It was all I could do to not run from the room, just the thought of the fresh air was torture. I might have been hyper-ventilating. I couldn't breathe. I was dizzy, lightheaded, lost...frightened. No barriers, uncontained, vulnerable, weak, and panic, irrational about the response, no ability to calm myself.
MIND	03/10:30	8	I'm in hot yoga again today, its better. I'm staying calm. But in the camel pose, backward bend, most exposed, I decide the first time to do it for myself and opening my heart for myself. I go back fine and stay calm and in my heart. The second time I say, "now I will do this for the proving substance and my willingness to open up for it" and I go back, seems okay, and then I start to panic again, freak out, ungrounded, dizzy and I came out of it early, no way to stay in it - it's just pure panic.

MIND	03/12:30	8	Again as I drive today I feel distance from the world. I can only explain it as a distance. A separateness. I am separate from the world which is out there. But I'm here, I know that. There is just a distance.
MIND	04/07:00	8	I don't like the feeling of the proving state. I see some of my old patterns coming up. Miss the balance of before.
MIND	04/07:00	8	Was present with clients on Monday. But second client was in a negative state. Found that I could not quite get back to compassion for her. These are kids. She doesn't like the kids telling her what to do. He is 9. His birth mother left, give the kid a break. Don't like being in the non-compassion state. I was still really present. Was a bit worried about my state. The anxiety went "woosh" right over me. Was able to put aside. Feel it again with new client today. She is a tough cookie: doesn't want to answer your questions, but wants help. Doesn't open up, have to guess. Like on a firing line. Feeling weakness.
MIND	04/07:00	8	I am nowhere on the new case (autistic child). Just floating. Can't sit myself down anywhere. Occasionally when I can ground myself, better.
MIND	04/11:30	8	As I leave the grocery store I feel the need to let go, to shed, to clear myself, in a way, to get back to center to clarity. I don't want complex thoughts or tasks, I want simple and clear. As if a spreading out and lying down and nothing else, as if I can reach out and there is nothing else but me. I seem to want to leave thoughts behind, I do not want things glomed onto me, I need to shed these tasks and leave the way open. Its the space perhaps that I need. The space around me. Thoughts are things and tasks are things that pile on top of me, smother down and hold me down and I need to clear these. It's an empty state. Still. Quiet. This is what I want the quiet stillness and tasks don't do this for me.
MIND	05/10:05	8	I don't want to go into this proving state. It's uncomfortable and I lose myself. I float away and cannot feel the ground.
MIND	05/10:10	8	It's too hard to talk to my supervisor, it takes too much out of me to go into this state. I'm resisting it. I do not like the feeling of fear and weakness. It pisses me off.
MIND	05/12:20	8	Simple and clear... The weirdest sensation, it's like this space going out, you are there and its quiet. I don't want to do all of these tasks. I don't want to think. I don't want to cloud this up.
MIND	05/12:22	8	Oh, my God, my neck, I strained my neck in yoga today.
MIND	05/12:22	8	I don't want anything on my mind. The weirdest sensation of nothing out here. A little confused. Disoriented. Yeah, disoriented...
MIND	05/12:23	8	A little bit of movement. This is really hard to explain. With my eyes closed, the light gets bright, then dark.
MIND	05/12:25	8	A sense that something will come over and envelope me; then I can connect with this feeling of sensitivity, of fragility. I don't feel like I have a lot of resources. You are not quite able to feel, there is a sense that something is not quite out there. I don't feel as though I am in my body.
MIND	05/12:27	8	Fear, vulnerability.
MIND	05/12:28	8	Simple and clear, clear is stillness. There is just no movement, no noise, then there is a distance. A kind of distortion. I am aware of my location in relation to other things and I feel a distance between myself and the other. This thing is this far away, and that thing is that far away. A clarity, as though you can kind of see it all as if you are a bit farther away.
MIND	05/12:30	8	You could be up high or pulled away. Sitting in a meeting, thinking of Jimmy Stewart in the movie Vertigo, an Alfred Hitchcock film, it was filmed in a tunnel, everything is pulled away. Up high, or pulled away sensation. You are pulled from behind away from everything, everything gets smaller and smaller, being pulled away.
MIND	05/12:32	8	You are pulled. I am not afraid. Whoop! Ah! Now I can see it all. Clarity. Everything is very small, down there.
MIND	05/12:35	8	Green. Light. Spacey. As if things that normally bother me, no longer bother me. I usually feel self-conscious, I no longer feel any of that. Lighter color. A light gray color. Something between me and other things. Away from.
MIND	05/12:40	8	It feels as though my head was not quite attached to my body.
MIND	05/12:41	8	Feeling a little druggy. Misplaced thoughts and emotions.
MIND	00/07:00	9	Recently diagnosed with hypothyroidism. Someone said this has to do with giving up. I want to be freed up. I have tried to free myself from things and it goes nowhere. There is always some obstacle or relationship gets in the way.

MIND	00/07:11	9	I went to a lunch and I was looking forward to sitting with this group of women; they sat down at a four top. It feels like there is always an obstacle beyond my control. This has to do with being powerless.
MIND	00/07:13	9	Powerless is about having no ability to manage or control anything. I have always adjusted my rhythm to everyone else's feelings, opinions, or insights.
MIND	00/07:14	9	Initially that makes the other person feel good, but I feel disappointed, angry, resentful, those aren't very altruistic or spiritual feelings I guess. I'd like to not feel them at all. I vacillate between two poles, not wanting to feel the negatives and acknowledging them.
MIND	00/07:15	9	There is a sense of some kind of burden. Always feeling that I have to take responsibility for other people's feelings or situations. The burden is in my neck and shoulder.
MIND	00/07:17	9	That burden is there all the time, it hurts. The only way to ease it is to spend some time meditating. A responsibility for being on guard all the time. Always wondering what is going to happen next that I will have to deal with. I have to structure my life to deal with these things which makes me tired.
MIND	00/07:20	9	There is something about taking action in an angry way wanting to fight. Wanting to take care of people, three levels of people, the first group are those who have accomplished something, the second group are those who keep coming back life after life to get it right, the third group have totally given up and sink down into the depths of darkness.
MIND	00/07:25	9	I feel as though I live in two worlds the spiritual and the real world. The real world holds me back. It's hard to get these two parts together. I feel responsible to help people get it together; but, no body listens to me. I feel a lot of anger. I do not know what actions to take to resolve this conflict.
MIND	00/09:25	9	In my daily situation, there isn't anybody who really cares about me. I have a sense of isolation, loneliness, abandoned. I am by myself dealing with life's issues.
MIND	00/09:28	9	How do I put the two worlds together? It's as though I live in two world one world is mostly intellectual, things I read, things on the spiritual path, intuition, feelings, thoughts, impressions. Then there is a real world, a physical world, working the mundane out, taking care of daily things. I don't seem to be making much sense here.
MIND	00/09:32	9	I am unable to think or do what I want, or say something and be acknowledged. That would feel good. However, sometimes, when I actually am acknowledged, it's so unusual, it feels unreal.
MIND	00/09:33	9	There is some interplay between the real and the unreal. I am drifting off I feel like going to sleep.
MIND	00/22:30	9	Slight disconnection - peaceful.
MIND	01/22:30	9	Peaceful sensations flowing through me.
MIND	02/07:04	9	The real and unreal. Deciding to go to get my haircut and a massage. I do some house work, reading and exercise. The unreal is sitting outside and meditating, seeing what comes to me. Connecting with ideas that simply come to me. Those pieces, whatever ideas come seem to have nothing to do with the rest of the day. What ever information comes via the other realms, I don't seem to be able to use the energies I receive to make the real more palatable.
MIND	02/07:31	9	It's as though the two worlds are disconnected. I know on some level they are supposed to be connected, but, I know they are unconnected. I expect the real world, hmmm, I expect the real, what do I expect? I guess at some level I would like the spiritual energy to exist fully in the real world. I don't seem to connect in my own experience.
MIND	02/07:40	9	Too idealist, this is a part of the burden, trying to yoke the two forces, it's exhausting, it's like too much resistance. It's exhausting. It doesn't seem to happen. If I allow myself into the unreality or spiritual I further disconnect from other people, I am outside of the circle in which other people exist, I do no fit.
MIND	02/11:00	9	Disconnection the energy wants to be expressed, to be used to control the real world, but it doesn't seem to work, it's like building something, but the hammer or the saw hasn't worked, nothing happens, like hammering on air, it's unable to build the structure necessary. Creating something. The energy doesn't create anything it's just there; it comes up against the physical, which is so hard, the energy is unable to accomplish anything or do anything. For me to use the energy is just exhausting.
MIND	02/22:24	9	Stronger sense of disconnection; Peaceful.
MIND	03/23:20	9	The sensation is still one of disconnection - but a sense of needing to connect.
MIND	04/22:47	9	Slight sense of disconnection - associated with anxiety and restlessness.

MIND	05/23:17	9	Feels as if there is a burden being carried against my will. Angry, resentful, and frustrated. A big sack of dirt or soil. Almost like being buried alive. The gravity of the burden pulls you down.
MIND	05/23:20	9	It is like being a sorcerer's apprentice, not knowing how to use the energy, too much here, not enough there, because the energy is either too powerful or not knowing how to use the energy appropriately. An ice skater makes everything look so effortless, but you must know that there are hours and hours, days, months, years, behind the performance.
MIND	05/23:30	9	Feeling as if the burden is getting lighter.
MIND	05/23:35	9	I am at the end, but feeling as though I am at the beginning. I have tried to do a variety of things, but to no avail. I have a sense of having giving up.
MIND	07/20:00	9	I come up against some obstacle. It is either myself, or the door, or a threshold, I don't have enough power or whatever to wield the energy necessary to get beyond the obstacles. I can see the energy, the energy is like a fuel, but I do not have the power to ignite the fuel.
MIND	07/20:11	9	I connect with a group for a while and then people go off on their own and do their own thing. It is not sustainable energy. A feeling of being powerless. Going through the daily motions.
MIND	07/20:20	9	The energy necessary is that which can make things happen; like a magician or wizard, who wields unseen forces, to move the energy is exhausting. When the energy is gone or done there is nothing accomplished. No sense of having accomplished anything in the real world. You use the energy to get things done.
MIND	07/20:27	9	The energy is draining, exhausting, pulls me down, takes away. The feeling of being pulled down is powerless, failing, having no satisfaction, not having accomplished anything.
MIND	07/23:45	9	Feeling as if there is someone putting little obstacles in my way.
MIND	08/22:00	9	I am fading. Waiting for something to happen, nothing has changed, it is the same. No way to change this. It will be that way that it is now.
MIND	08/22:03	9	Not being able to accomplish anything without a tremendous loss on all levels.
MIND	08/22:05	9	It is really difficult for me to try anything because I am convinced that nothing will work anyway.
MIND	08/22:07	9	Is my thyroid function a reflection of my old age? Maybe it's more about balancing what is going on with my life.
MIND	08/22:09	9	Everything in my body feels messed up and confused and makes the thyroid work too hard. Rather than just taking a medication, I would like to explore integration and balance.
MIND	08/22:37	9	Fatigue. Burden with great fatigue. Exhausted.
MIND	09/21:41	9	Happy, satisfied, creative free, acknowledged, accepted. A feeling of belonging. A sense of belonging. As though I belong somewhere.
MIND	09/21:44	9	Just being free, total freedom, so powerful, accomplishing something is radiating out power, being in charge, in control of the forces.
MIND	09/21:45	9	More relaxed, felt more in control of things.
MIND	10/22:12	9	Things seem to be settling down.
MIND	10/22:20	9	... If I could understand the darkness, maybe I could move upward toward the light...
MIND	10/22:20	9	Descends. Going down. Into the depths, into the darkness, trying to understand the inner most, it's almost like the real doesn't acknowledge the darkness. If I could understand the darkness, maybe I could move upward toward the light. The darkness is not necessarily evil. What is the darkness? Perhaps I need to descend into the darkness to truly understand it.
MIND	10/22:25	9	I have to embrace the darkness. To fully understand it, to feel comfortable. Not to feel like it is evil. Darkness is not about evil. That is not to say that evil doesn't exist in the world. That is not what darkness is about.
MIND	10/22:27	9	A lighter bluish-gray color is emanating from my forehead.
MIND	10/22:29	9	I am thinking of my supervisor's forehead now and I see red and yellow. The power of healing. Red is power, yellow is healing. The yellow is coming in on his right side. Red is on the middle and off to the left.
MIND	11/07:40	9	This wall is like a red brick wall, the grout is white, it is always in a large green field, I can never get over the wall or around the wall. I am forced to remain behind the wall.
MIND	11/07:44	9	This wall imagery, has transformed with this substance, the wall seems to be smaller, and is not edged by white bricks, a detail I have never before seen in my minds eye.

MIND	11/07:50	9	There is a large green field, I feel this rhythm, I feel it in my solar plexus, and sacral chakras. I associate this rhythm with drumming and dancing, moving, rhythm in my body. It hurts my heart. This rhythm makes me feel tired, I feel burdened, I want to sigh.
MIND	11/07:55	9	The large green field is nice and soft and life giving and pleasant, comfortable. It's nice to be there when you can get beyond this wall. It would be nice to stay in the field's spiritual realm experience, not requiring so much effort.
MIND	11/07:56	9	I realized that I've never accepted the fact that I am here in a physical body. It's almost like I made a mistake incarnating here and I am trying to find my way back home.
MIND	11/07:59	9	I am not talking in terms of dying, this is not a longing for death, I just have not had a good experience here this time around. At least that is my perception.
MIND	11/08:00	9	The wall stands between the field and the forest beyond.
MIND	11/08:03	9	There is a little extension that goes around the left end of the wall. I am not ready to follow that path. Before this the wall was an unnavigable force.
MIND	11/08:08	9	The path in this particular situation I am the only one who can take this path, I am certain there have been others that have had similar paths. The path is an extension of the green field. The path means going on one's soul journey or going through the process of evolving one's self in service to others. Making progress on a spiritual level. Like some sort of journey or pilgrimage. But you must get through this wall.
MIND	11/08:11	9	This is a real wall, the field, the forest beyond it's all real.
MIND	11/08:17	9	I went for a massage with a woman who does energy work; I found that the massage was very difficult. I have a lot stuck inside, holding on so tightly to the energies, all clogged up with negative energies and they attract further negative energies. It's like there's so much it's like being constipated, it is just hard to get rid of it. It is like being at the end of something and needing to simply let go. It feels all consuming. I have to fight to keep it from consuming me. I suppose in a sense, this is interesting. This is probably the only thing that is interesting in my life, that is challenging, rather than just flowing along day-to-day. It is almost like something to do. Something that I can do something about. I suppose to work to transform it; if I transform it, I don't want it to be nice, that nice that is just like flat, no energy, "nice person", I want it to be active. I don't want it to be just a nice person. I want to be active, alive, dynamic, a force. I want to have some teeth I guess.
MIND	11/08:20	9	What to do? How to be? People don't want to deal with the unpleasant. Things have to be dealt with now. There is a sort of finality, a coming to the end of something and realizing your inherent power.
MIND	11/08:25	9	What would happen if I took another dose of the remedy?
MIND	56/00:00	9	Powerlessness and burdens. I feel disappointed and angry. I'd like not to feel. Vascillate between not feeling negative and acknowledging
MIND	56/00:00	9	I live in two worlds, spiritual and real worlds; how to put these two together
MIND	56/00:00	9	interplay between real and unreal.
MIND	56/00:00	9	peaceful sensations
MIND	56/00:00	9	disconnection assoc. with anxiety and restlessness
MIND	56/00:00	9	Like being buried alive, gravity of burden pulls you down
MIND	56/00:00	9	Like ice skater making things look effortless, but days months behind performance
MIND	56/00:00	9	Someone is putting obstacles in my way; exhausted
MIND	56/00:00	9	lighter bluish gray color. Supervisors head is red and yellow healing. Red on right side.
MIND	56/00:00	9	Mistake incarnating here.
MIND	56/00:00	9	Took 7 doses of the remedy, didn't tell supervisor
MIND	00/XX:XX	10	Have been wearing a piece of jewelry I have never worn before -- an antique Chinese coin on a silver chain. It is often the only piece that feels right to wear. It is round with a square hole and has a green patina.
MIND	00/XX:XX	10	I notice that I am feeling softer and more patient, that I am listening more. And there have been more people than usual who want me to be the listener.
MIND	00/XX:XX	10	My cat now has eaten through the chain of the Chinese coin necklace and the coin is lost.
MIND	00/XX:XX	10	I am saying more with less.

MIND	01/01:00	10	Came home and found a note I had written to myself in a class a year ago in the mail. Dated 3-16-10: Unfolding, disclosing, opening to you. I long to be that spring flower / fully blooming in your sun / and yet whole in myself / my beauty and mystery / contained. / There is nothing new I now know / nothing this seed does not contain / only a certain continuous unwinding / ever and forever / finding myself again and again / remembering to claim / the courage to trust / what I know to be true for we.
MIND	01/01:00	10	In the same note -- a symbols test. My attention was on the triangle (goals and dreams), my strengths were the cross (relationships) my true process was the circle (wholeness), my motivation was the spiral (the journey) and my old business was the square (stability).
MIND	01/06:05	10	What seems significant are the poems I am writing. I write a fair amount anyway, but I am writing a LOT! Last week since the meeting been writing about pain. Not b/c I've been feeling it but it's a theme that my polish friend is talking about~ the suffering of the world. Paradox that all is perfect and we are still called to serve. A HUGE theme, that and transcendence. We are who we are b/c of what we've gone through; holding no part of my life as imperfect. Things I have gone through I would not wish others to go through if there is some way to prevent it; also saying nobody is damaged. How do I become less separate? Wanting to master it: mastering is when you stop seeing anything as separate.
MIND	01/10:15	10	Feeling very soft and peaceful
MIND	01/10:25	10	Also this week, I had been obsessed with wearing a Chinese coin from Singapore, wanted to wear it all the time. Left on my dresser one night this week and am guessing the cat chewed through the cord (a silver chain) and now the coin is gone. I was holding the coin when at the meeting someone said "circle." The circle to me represents boundaries. * I'm so thrilled to be taking the remedy today. My heart feels soft, how I've been feeling the last few weeks. There are times I've gone through experiences and can tell things have shifted another point vibrationally. This month, I have more patience, more softness. The remedy feels feminine to me. The main thing I notice right now is that I don't really feel like talking. My heart feels more settled in my chest, like a cat that has finally settled down to sleep. * I'm wondering about all the things that went on in this (historic) building, machinery that operated etc. * I got a note today in the mail that I wrote to myself from a workshop I took last year with Angelese Arrien. It said "You have everything within and it's all unfolding." I was working on the circle process. These shapes have consistent meaning cross-culturally. The circle is about wholeness, differentiation, boundaries, what is in and out of bounds, clarity about who you are and who you are not, what you'll take and what you won't. When I work with my clients in this process, people working on the circle are those who can't
MIND	01/12:30	10	I am very tired, but seems important to find another Chinese coin, so I stop on the way home but don't have any luck.
MIND	01/17:50	10	Bothered me that the Chinese coin has totally disappeared from my house; how does that happen? Trying to find another one today and I couldn't. Places I thought would have it don't. Feeling a little thwarted.
MIND	01/17:50	10	I keep thinking about pink. I thought about getting a pink rose quartz but couldn't find it. Bought laboradite instead. It's an amazing bluegreen stone, iridescent and layered and deep, like one of your paintings. Supposed to be powerful for raising consciousness.
MIND	01/18:05	10	Was with my friend that is coming to your workshop and told her about how you BOTH felt so connected to the same Chinese landscape painting at the MIA.
MIND	02/21:30	10	still feeling pretty peaceful, centered, and having a lot of connection with people (normal)
MIND	03/03:40	10	My phone started beeping in the middle of the night from low battery; it has NEVER done that before.
MIND	03/16:30	10	Had an Akashic records reading from a friend I will send to you. A lot about my poetry and a real affirmation about using it more in my work. Also about my love interest that it's a huge potential and it's his decision to make. I'm going to let him know that. Ok, almost home, now I have to be a mom and fix dinner and pay attention to my son!
MIND	03/XX:XX	10	Current themes in my poetry -- transcending and learning from pain and suffering, holding the paradox that all is well and yet we are called to serve, oneness
MIND	04/23:30	10	Wrote a long note to the man I am in love with (it has been platonic) asking him to step in to the relationship.
MIND	05/08:30	10	Received an answer from the man I am in love with that his heart was melted by my note, asking me to stay and trust.
MIND	05/13:28	10	Just passed a giant truck on the highway that was stopped, like a giant block getting unstuck.
MIND	05/13:28	10	A couple of things canceled today, and it was great! So happy to be home writing poetry.

MIND	05/13:28	10	Weird shaky stuff going on: last night at 10:40 pm got an email from the caretakers at our place in Costa Rica that they don't want to do it any more. Was a bit of a "F-you" and quite a sudden shock, felt abandoned. But I put it out to my community and already have three or four people that are saying "pick me for the job!" A friend said you're cleaning out your life, e/t that doesn't work. It would be great to get someone with lighter energy.
MIND	05/13:28	10	Had a date scheduled last night but didn't really want to go. He ended up being stuck up north anyway. That happens all the time when I don't want things they shift away from me.
MIND	05/13:28	10	The big thing is about the Akashic records reading, focused on my relationship with the man in Europe. The reading said he was standing strong, not totally letting me in. He could be a "sign of land" or he could be The One. I wrote him a REALLY long letter saying I can't just be friends with you. I've NEVER said that to a man before. I'm the girl, I expect them to chase me! But I was ready to be sad if he said no. He sent me a beautiful response - that my note melted his heart. Said he wants to hold me. He said trust me that I won't hurt you and please stay with this. It was good for me to be undefended, to say "I want you." Now we just have to find time in the same time zone.
MIND	05/XX:XX	10	Lisitening to a lot of Leonard Cohen lately
MIND	06/10:00	10	Have a few possibilities for new managers (could be much better actually) already this morning after emailing last night. I know this is synergistic for someone (and us).
MIND	06/16:25	10	Having a really challenging time connecting with my friend in Europe. I stayed up until one am but it was great. He has work in Chicago. There was a question if it was booked for sure, now it's happening! So I will see him. I'm very happy about that.
MIND	06/16:25	10	I talked to European man for first time in a week and heard about the tantra workshop he was in. He didn't sleep with anyone, wasn't turned on by it. He found another way of connecting with the energy. Said it "just didn't have that impact" on him. I thought that was fascinating. Asked him what he thought about my email. He said he sees two pink tulips against a blue background.
MIND	06/16:31	10	Went out with a friend and we talked about the construction of heirarchies; that is a theme for me, a personal passion. How do you find community of resonant souls that speak the same language when you don't have to explain yourself? I'm debating about going to Istanbul in June for coaching work.
MIND	06/XX:XX	10	Have had overwhelming response all day about the caretaker position in Costa Rica. Phone calls, emails. Already have a very very strong contender that so far seems perfect.
MIND	06/XX:XX	10	Have been having trouble connecting by phone with the guy I am in love with (who lives in Poland). Schedules keep conflicting. Have not spoken to him since email exchange noted above.
MIND	06/XX:XX	10	Poetry theme tonight -- happiness from inside. Love interest asked me what makes me happy, and I realized that nothing external "makes" me happy.
MIND	07/01:10	10	Spoke finally to friend. Found out that he is definitely coming to Chicago in two weeks (I will drive down to see him). We have not seen each other since we met in late February. We were talking about our conenction and he said oh, I just saw two flowers (he was in Amsterdam). Two pink tulips against a sea of blue flowers. He had been at a very out there tantra workshop for the week but told me he didn't feel like exploring things sexually with anyone, just writing and connecting with nature. The sex wasn't very interesting or exciting to him.
MIND	07/18:26	10	Was totally hammered/ slammed at the end of the workshop after all that creativity! We all had such a good time today. I never painted before so it was wonderful.
MIND	07/18:36	10	I think this remedy is partly about how being thwarted is ok. It's ok when things don't go the way you wanted; in fact maybe even better. I got some rings with Labradorite b/c I couldn't find a stone with a hole in the middle to replace that pendent, but what I got was s/t better. To me that's the remedy. It's about I'm supposed to have this other thing. Like there IS no disappointment. I was talking to a friend about dating: whatever people tell me, I believe them b/c I don't want to be that person that doesn't believe. In dating, my experience is that a lot of people come into my field b/c they feel the warmth but they can't stand in the full light. They need to find a way out and they leave pretty quickly. Which is good. I have come to see my vibration is pretty fine. There is a harmonic resonance between this man I'm in love with and me. His vibration not only fits with my field but takes it somewhere that is beautiful. I don't want anything less than that in my life.

MIND	07/18:50	10	Fell asleep during one of the visualizations today. My spirit guide was an otter: smart, playful, irreverent. The otter was playing with all these bright golden balls. It was very relaxing.
MIND	07/XX:XX	10	Spent the day in a workshop on painting your inner goddess. I created a painting with a pink and white background and nine circles that look like planets.
MIND	07/XX:XX	10	When I came home from the workshop today, my son had changed my wallpaper from a black and white of stones and water to a beautiful picture of two clown fish emerging from an anenome. The anenome looks like a series of light green bubbles or balls.
MIND	08/22:00	10	Just got off the phone with someone I originally called because he was interested in the manager position for Costa Rica. Not sure that is a good fit, but we ended up talking for two hours about life and work and enlightenment. He is a retired CEO and venture capitalist. I (boldly) asked him if he could figure out how to fund bringing leadership training and coaching to the dusty roads of the world, and he got very interested.
MIND	09/01:00	10	I just booked a trip to Istanbul to meet three women I am coaching in a leadership program. (And hopefully do some other work and have some fun.) I wouldn't say that dashing off to Istanbul is a particularly normal thing for me. Although things like this are becoming more normal.
MIND	09/17:26	10	Can't get anything off my to do list. Normally very responsible. I don't get done with anything. Not sure what that is. I know it will be fine, but it makes me feel a little more on edge than I like to feel. Distracted. Still taking an hour to write in the morning and it feels great.
MIND	09/17:30	10	Totally LOVING looking at my painting! Not like it says anything in particular but I REALLY like looking at it. I'll bring it to the closing meeting.
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MIND	09/17:30	10	Beautiful conversation with the man I'm in love with. Starting to become more intimate and romantic which is really nice. Really sweet.
MIND	10/XX:XX	10	BIZARRE day energy-wise. I had student calls set up as well as coaching clients. First call was fifteen minutes late. Second call I had the wrong time down myself so almost missed it. Third call no show, no communication. Fourth went as planned, but fifth call he mixed up the time completely and we ended up having it four hours later. Sixth call went as planned. All calls were wonderful, transformative, and deeply connected once I talked to them.
MIND	10/XX:XX	10	The past three nights I have spent hours on the phone personally connecting with people. Because I spend so much time on the phone professionally, I tend to avoid chatting, but these past three days I have been talking to friends and family for literally hours. And I particularly DON'T have any extra time right now. Yet it seems important. More important than doing my taxes :-)
MIND	10/XX:XX	10	I teach a coaching certification class. My current group started January 12th. They are really wonderful people, good coaches and very engaged. And unlike any previous class, they are struggling with the particles -- staying on top of what they need to do for the program. I never have had so much difficulty with people dropping the ball and needing to chase them down. And when I do, they are great, appreciative and apologetic and they take care of it. Very odd.
MIND	15/XX:XX	10	Have been very preoccupied and resistant to doing my taxes (not that this is unusual). Got everything done last night and met with my tax guy today. Found out it looks like I way overpaid and will get a refund. :-) Also found out that my master's program tuition will probably come off next year's taxes as a tax credit.
MIND	15/XX:XX	10	Have also been putting off getting my investments organized or even really looking at them. Found out I have about 15K more than I thought.
MIND	16/16:30	10	Had a drink with a friend I have not seen in over ten years, and have not really talked to in literally 30. We have multiple mutual connections, and keep connecting on FB, but we have not sat down to talk since we were students together at Hamline in the early 80s.

MIND	16/XX:XX	10	Various odd misc. things. I found the Chinese coin which I was SURE was in the house, in my car when I had it cleaned today. Also, realized today that in the past week I have bought three articles of military-esque clothing: motorcycle boots, cargo pants and an orange sort of army jacket. The orange jacket is also odd. I saw one in a shop window and decided I HAD to have it. I mean, I kept thinking about it. Orange has NEVER been a color I wear, but all of a sudden I HAD to have an orange jacket. The one in the shop didn't fit (I went back the next day because the shop was closed). So I looked on the internet for the designer for a different size and also for other orange jackets. Found one today at Eddie Bauer. It makes me happy to wear it.
MIND	16/XX:XX	10	Today was the first day of my numerology class. I have wanted to study with this teacher for years, and this was the first time the dates worked for me. Got completely lost on the way there. Unusual for me to get lost, and I have been there before.
MIND	18/XX:XX	10	Conversation with love interest, he tells me he is feeling torn. This is hard to sit with, but I do.
MIND	18/XX:XX	10	Email from friend saying: Good news, I am not torn, that was the wrong word.
MIND	19/XX:XX	10	Email from tax guy saying that I won't be getting a refund but owe money instead.
MIND	19/XX:XX	10	Drove to Chicago to meet man for the weekend. Immediate powerful connection, both electric and peaceful.
MIND	20/XX:XX	10	Wonderful day with man, a feeling of deep connection and possibility for both of us. Conversation at the end of the day though about where he is where he said his heart was "confused." This was a little hard to be with.
MIND	21/XX:XX	10	Another amazing day with companion. Too many synchronistic things and magical moments to record. Drove back to Minneapolis. He said he needed to see where his heart was once we are apart.
MIND	22/XX:XX	10	Text from man (was with last weekend) saying that he is still in love with his on-again, off-again girlfriend. Am awash in sadness and my heart literally hurts. If this is the remedy I hate it. At least it's good for my burgeoning poetry career.
MIND	22/XX:XX	10	Text from man (was with last weekend) saying that he is still in love with his on-again, off-again girlfriend. Am awash in sadness and my heart literally hurts. If this is the remedy I hate it. At least it's good for my burgeoning poetry career.
MIND	22/XX:XX	10	Surrounded by loving support. All my friends were checking in on my weekend, calling and texting and emailing support for my bruised heart. One friend who is very sensitive and psychic texted to check in because she felt that my heart was hurting.
MIND	22/XX:XX	10	Male friend says (via chat) that he does not want to say good-bye, why should we if we care about each other. We can have a different relationship. I knew he would say this, and I am saying I just can't, it's too hard. Not sure why I feel so all or nothing. It's not what I generally feel. I usually believe and act from that love is all that matters and the form can change. I don't feel that way here. I want him on every level or I feel I have to say good-bye.
MIND	22/XX:XX	10	Again, a stuckness. He is unavailable to talk due to very hectic work schedule for next three days. If I am the only one experiencing stuckness with the damn remedy I am going to shoot myself.
MIND	22/XX:XX	10	I feel like the whole remedy is just a big cosmic joke. Something wonderful starts and then stops. Something is lost and found. Money comes in (yay) and goes out (boo). Up and down. Maybe it is kangaroo. Best thing is that my poetry is getting better and better, and people are telling me this.
MIND	22/XX:XX	10	Most of the day today had sadness and grief washing over me. Tears and sadness.
MIND	23/XX:XX	10	Spent yesterday with waves of sadness washing over me, lots of crying
MIND	24/XX:XX	10	Wrote a poem about being a horse made of fire. Realized afterwards that I am coaching a group of women who are part of a group called the Fire Horses. Went to work with a client and was waiting in the school library when I saw a book on the shelf called Fire Horse.
MIND	25/XX:XX	10	Email from male friend (broke up with) saying he is very sad. Remembered that one of my clients had come in yesterday wearing a t-shirt with a crying tiger on it. Friend's totem is the tiger.
MIND	27/XX:XX	10	Keep having things start and stop with work. Appointments getting set and rescheduled. A new opportunity comes up but then nothing happens.
MIND	31/XX:XX	10	Have been taking a numerology class for the past three weeks. No matter how early I leave or how I try to get there, I am always either lost or late, mostly both. I am not the sort of person who is generally late or lost, but this class confounds me.

MIND	33/XX:XX	10	No word from male friend for days, for the first time since we met it feels like communication has stopped. No response to a couple of emails I sent three days ago.
MIND	33/XX:XX	10	Two birds flew into my windows this morning (or maybe the same bird) -- robins. Not hurt, but a big thump.
MIND	56/00:00	10	Irritated about having to talk to supervisor, she had to chase me down
MIND	56/00:00	10	Became more patient
MIND	56/00:00	10	My relationship with 14 yr old son improved; amazing deep talks about meaning/philosophy
MIND	56/00:00	10	Start and stop: Something cool would happen, then not go anywhere, not totally end but not go where I expected.
MIND	56/00:00	10	Poetry was coming through, unstoppable. Very inspirational, hearing it should be published. It became the most important thing. I did it first instead of practical. No writers block. Felt like important message.
MIND	99/XX:XX	10	There was a movie I saw during the proving that I was really affected by--As it is in Heaven. It is a Swedish film about a famous conductor who becomes ill and has to quit conducting. He returns to the small village of his youth and directs a church choir there. Amazing things happen to him and all the people in the choir-- lots of healing.
MIND	01/18:40	11	Impatient, quick to react. I wasn't as patient as I always am with my husband. A little aggressive.
MIND	02/00:30	11	Grumpy, aggressive with my kids when they asked for food after we just came back from party.
MIND	02/01:50	11	I am angry, not as happy as I was yesterday or the day before. I was excited about the arriving of Spring & our new year, But now I'm not as excited.
MIND	02/11:15	11	Mad at my husband, I don't know why
MIND	02/12:15	11	The anger is gone but I want to cry
MIND	02/14:00	11	Feeling better emotionally after talking to my supervisor (I'm not sure if it's because of telling my feeling to my supervisor or not)
MIND	56/00:00	11	I was angry, irritated, mad with no reason. Mostly at husband. Usually enjoy what my family does, but didn't. And didn't care.
MIND	56/00:00	11	Didn't go to the gym during the proving
MIND	01/16:00	12	Confusion, can't remember words my mind is searching for. Easy words, usually. difficulty with ordering a tea, or remembering the word glacier
MIND	03/19:00	12	Feeling quiet, yet calm. Introspective, pensive, but not sad. Just keep to myself mostly. Wife is talking about stressful times, and I'm just not interested in getting too animated about it. I usually feel upset about her terrible working conditions, but I assertively just mention "I don't want to talk about it."
MIND	03/22:00	12	My wife's anxiety is palpable. I call her out on it. She immediately feels better. I'm just not that interested in feeling upset about her work situation.
MIND	12/XX:XX	12	Really reluctant to record my proving symptoms. Overall, I just don't feel like there's much to record. I think about doing it, but just don't want to. I just don't feel like there's much to record.
MIND	14/XX:XX	12	Have been feeling very impatient for the last few days. Need to move quick and am easily irritated with others on the road, or just in general.
MIND	17/XX:XX	12	Word find is really difficult. Can't think of words that should normally be easy to say to finish sentences or complete my thought, but just can't retrieve the words I need.
MIND	23/XX:XX	12	Feeling really irritable and impatient lately. People just aren't moving fast enough for me. They're in my way and moving too slowly. Feeling easily irritable in everyday matters. But especially with driving, or at the grocery store. People are just in my way!
MIND	24/XX:XX	12	Still feeling very forgetful of common words I should be able to use. Easily forget words. I've been really forgetful lately. I'll intend on doing something then just move straight past it or completely skip to another topic or task. I'll think to go recycle this piece of paper, then just forget about it the next second. Then I'll have to retrace my steps and wonder what the hell just happened.
MIND	36/XX:XX	12	Throughout the proving, I've been revealing deep secrets of myself to my wife. It's as if my shadow self no longer had any need to be around anymore. Any thoughts, feelings, or past behaviors that interrupted my closeness to my wife needed to be admitted in order to fully move on in a fully present way. This proving has felt sort of like a "truth serum" remedy.

MIND	36/XX:XX	12	I've noticed I've been very reluctant to record much of anything throughout this proving. Very averse to it.
MIND	56/00:00	12	I really felt the proving effects early on. I felt in-tuned to it and perceptive to its desires to speak through me. I was aware and awake for it's presence. Yet, shortly thereafter, about a week or two, I decided I didn't want to write much more about it. I didn't feel much more happening from it and I actually felt quite averse to documenting anything. It became more of a nuisance for me. I just wanted to go about my daily life and not be too concerned with it's effects anymore.
MIND	56/00:00	12	I've noticed I've wanted to wear black a lot more. This isn't tremendously unusual, but noticed my aversion to bright colors, or even colors, for that matter. Grays, blacks, and not much else.
MIND	56/00:00	12	I put this in my journal as well, but something very profound happened during the course of taking this remedy. I felt like I became more of me. I became more real, and authentic. There were many "skeletons in the closet" about my past that was affecting me in my relationship to my wife. I revealed to her my deepest, darkest secrets in the hope of renewing myself with her. I felt like I was holding myself back in many ways and especially with my sexual health. I wasn't always honest with her and felt it was time I "spilled the beans" so I could move on, once and for all, in my life with her. It's been a very positive and welcoming experience and I feel very good about it.
MIND	01/11:30	13	Thinking about conversation with former love interest who called just before taking the first dose. My mind/thoughts are stuck in our conversation and the meaning/motive around why he called.
MIND	01/11:30	13	Delusion that her eyes were connected directly to her heart via a strong, muscular chord, the heart is powering the eyes through this strong, twisted chord.
MIND	01/11:45	13	Thinking of this boyfriend I had, he was able to tune into my radio station, read my thoughts, it was like he knew what I was thinking. It was comforting and scary at the same time, I tried to censor my thoughts.
MIND	01/19:00	13	Friend was one hour late getting to my house for kirtan tonight. Normally I'd be upset but for some reason I just let it roll off my back. I think she ran an errand making her late however she told a white lie to cover it up. But I still let it go....weird I never do that?
MIND	02/17:00	13	A friend of mine was running late and I didn't get stressed out or wrapped up, totally detached from the situation, not concerned, not wrapped up.
MIND	02/19:00	13	Went to kirtan and sufi dance event. Lots of music....felt the energy in the room. Goosebumps during a couple of the chants including a sufi chant I've never done before very powerful...the group was very connected through our voices we blended so well my ears were happy. I didn't get the kirtan "high" but my friends did so I was observing it and wondering why I didn't feel the same. I think its because although I liked the vibe of the evening I only really liked one of the chants the band picked. Ran into a women I haven't seen in awhile.
MIND	02/22:00	13	Feeling tired from the weekend and not getting to sleep on time. I haven't been using valerian the last several days but I'm going to take some tonight.
MIND	03/18:00	13	Got really frustrated today when I arrived to my apt at the time I was suppose to be there and figured out I got the times mixed up. I had to take a few breaths in the car to simmer down and re-work my plan for the evening. Proving supervisor was also 30 minutes late to our call so today just was not my day for appointments.
MIND	03/20:00	13	Went to kirtan tonight with one of my most favorite bands. Had a very nice time, was totally relaxed. Stayed out too late on a work night but it was worth it.
MIND	03/XX:XX	13	Will consult proving supervisor in our call tonight before taking another dose. I'm trying to air on the cautious side just in case. Hopefully this does not have a negative impact?
MIND	05/18:00	13	Went out with my friend for the first time since she moved back from WI a couple weeks ago. Told her about how she's been appearing my dreams. She was particularly interested in the purse from the dream with her grandma. Turns out she has a purse that was her grandma's, was handed down to her mom and then to her that closely matches my description. She was just unpacking it a few days ago and was thinking of me because inside the purse is some antique jewelry (which she knows I collect). She is insisting I come see this purse and I'm kind of weirded out but also excited at the same time.
MIND	05/xx:xx	13	I was talking with a friend who collect antiques/jewelry, I dreamt about a purse, I was describing it to her, it's the exact purse she has, wild coincidence! It feels validating in a way, far out, no logic, random.

MIND	06/18:00	13	My thoughts are consumed with my upcoming weekend away (Fri-Mon) for a cancer benefit for an old college friend. Trying to get everything packed, printed and ready.
MIND	06/xx:xx	13	Feels like there is a heavy veil or wrapper, a rock on my heart or something sitting on my chest. I feel sad and empty, the feeling of a heavy heart.
MIND	06/xx:xx	13	I had some healing touch, she felt it too, like a river rock, heavy but thin and light, you can't move it. Like a veil, wrapper, hover, veil thin and more temporary than stuck. It's moveable, you could manipulate your own temperature, it's heavy but eventually lifts, like burning off fog, go to places where altitude is higher. It's a heavy fog, can't see, you know it's a veil covering then the sun burns it off, it lifts away. Like burning karma from past lives.
MIND	07/08:00	13	I have the day off so I tried to sleep in but I just couldn't. Had leisurely morning finishing packing but was running a little late when my friend came to pick me up for the airport. I've packed my good old Dramamine for the flight but I'm not going to take it unless I need it (which is not normal). I'm hoping the flight is so short that it won't be necessary since the effects seems to stick with me for at least a day. I don't want my head in the clouds!
MIND	07/20:00	13	Busy night of drinking and partying with friends. For some reason I'm feeling old, maybe its because there are so many "kids" out and about on spring break.
MIND	07/xx:xx	13	At a cancer benefit for a friend: I was noticing health, super focused on what others were eating and was very concerned. Then I thought wait a second I'm not responsible for theirs – so I was able to stay detached, I could see the whole situation and it was peaceful, content, because I've come so far in my own life. I'm on solid footing and have a better vantage point.
MIND	07/xx:xx	13	I am moving/changing/evolving – looking at something static and you being the dynamic evolving part, it's like I'm reflecting off, like light bounces off... refracting, the exchange happens quickly. This other person is static, constant, has not evolved much. Mine is more rapid, I throw out a message and it would get stuck, but now I see my growth and her non-growth. I am throwing out and they bounce back right away. Throw out a question and get the answer right away – throw out a hypothesis and comes back a clear answer. Throw it out into the unknown and it comes back (the answer). Static vs dynamic... it's like playing tennis with a wall.... I am dynamic and can move/strategize, the wall just is there, not moving.
MIND	08/XX:XX	13	Busy day and night out with friends (drinking, out late, eating "bad" food). I'm finding myself very aware of negative talk and energy. I'm not used to spending so much time with these particular friends including girl who likes having the TV. on (its bothering me). I'm also feeling like my no meat dietary restriction seems to be coming up a lot and my friends seem to be paying attention to my eating choices which is making me aware of theirs. There's a lot of meat eating going on around me that seems so unhealthy! My thoughts seem to be consumed with the theme of "healthy". I'm sure the weekend being focused on friend's cancer helps perpetuate this. I'm also finding my self analyzing my other friend whom I've known now for 10+ years.....I'm acutely aware of how dynamic I am and how static she is or has been the last several years. I'm feeling grateful for the progress and forward movement on my path that I've made in my life and I'm so happy with the choices I've made. I used to get very annoyed by her poor choices but for some reason I'm able to sit back and remain detached from her right now.....maybe I'm developing more compassion/empathy??? I'm not sure but I'm glad her drama and negativity are not penetrating my bubble. I'm reminded that I'm not responsible for other people's happiness. For some reason I'm also very
MIND	09/XX:XX	13	Today I'm again very aware of my friends negative vibes. I feel like they are annoyed with my vegetarian diet even though I have not been an inconvenient at all. Health is still top of mind and I'm continuing to observe the bad habits of my friends (eating poorly, not drinking enough water etc..). After not drinking coffee for weeks I give in and have a cup....I'm feeling behind on sleep and need an extra boost.
MIND	10/12:00	13	Had a lazy day packing up and getting ready to go home. We went and got our nails done at the mall and did a little shopping. I was so excited to see a little fruit/veggie stand in the mall atrium that I just had to get a few things to balance out the last few days of drink and cheese. Again flew on the airplane without Dramamine, it feels so good not to have to take it.
MIND	10/20:00	13	Chatted with my proving supervisor tonight after a couple days off. He seemed particularly interested in my awareness of negativity and bad energy around me this weekend and asked that I think about that.
MIND	11/13:00	13	Annoyed with people, at the Macy's Day Floral Show, way too many people and lines and usually I'm ok, this time I was annoyed, claustrophobic, I couldn't enjoy it I was so annoyed I had to leave.

MIND	12/18:00	13	Went to yoga class tonight and I decided to dedicate my practice to friend. I then began to feel myself get emotional, like teary eyed thinking about him. A thought came up to find out when his transplant procedure is so I can hold space for him. I'm having feelings of overwhelming gratitude for all the amazing people in my life and beautiful new friends that have come in the last year. When I got home friend called and we chatted about my weekend away. I found myself getting choked up when talking about my sick friend and I was surprised by my physical reaction. After the call I made sure to send friend a "I'm thinking of you and thank you" an e-mail. I need to figure out how I want to create space for him on the day of the surgery.
MIND	14/19:00	13	Ran into a women a few weeks ago that I don't know very well. We exchanged e-mail addresses and she seems very interested in hanging out. We went out to eat and to an event tonight. For some reason she seems to be very interested in being my friend and wanting to hang out. Almost coming on too strong. She seems nice enough but for some reason I'm annoyed and am finding my self judging her instead of just letting her "be". It seems uncharacteristic of me since I'm usually open to new friends and the more the merrier. Her intensity I think is just overwhelming right now.
MIND	15/13:00	13	Went to Macy's flower show downtown with my mom. For some reason the massive crowds were really making me uncomfortable. I was getting irritated by people very easily. After a while I just had to leave and wait outside for my mom to finishing looking around. It seemed a little out of character for me since I knew in advance it would be crowded but for some reason just did not have the patience today.
MIND	16/20:00	13	We to a traditional Hindu puja ceremony honoring a goddess celebration. One of the featured goddesses is one that I've been working with lately and hearing everyone chant to her made me a little emotional.
MIND	16/22:00	13	I had trouble going to sleep. All I could think about was my friend with cancer and it was like the sad thoughts about him and his awful situation were on a tape that just kept playing over and over again which ended up making me cry.
MIND	20/xx:xx	13	I feel like a weight on my heart, a tug, lump in my throat and weight, heavy stuff, like wearing a wet wool blanket, it envelopes you, totally saturated, it's bigger and heavier than you.
MIND	56/00:00	13	Weird wall thing. Feeling detached from this friend, new set of eyes. Let her be on her path, and I'm on mine. I'm dynamic and she is static. Like a wall that I am playing tennis against it. Felt at peace with her. Don't worry about it.
MIND	56/00:00	13	Death theme. Balling for friend who has cancer, his end of life, so much he hasn't done yet.
MIND	01/02:00	14	Packing a few things for the bus ride to the play. I contemplate snack food, deciding for an apple rather than crunchy chips. I feel good about making a healthy choice.
MIND	01/02:20	14	Getting on the bus I feel lively and chipper, greeting people and joking around. Asked the "stewardess" on the bus (who is our pastor) for a martini, as she came down the aisle of the bus.
MIND	01/04:30	14	Found out to my delight that my husband and I had a booth to ourselves at the dinner theater. Plenty of room to move around.
MIND	01/05:00	14	Ordered a vegetarian option for dinner at the theater. Wanted to digest my food well.
MIND	01/08:00	14	Smiling.
MIND	01/08:03	14	Realizing the comforts of the sounds of my home, the sump pump, the cracks from the heaters, the water going through the heaters, the sound of my husband opening his dresser, the sound of the refrigerator, the sound of the stove, laughter, the washing machine in the basement...
MIND	01/08:03	14	They are familiar and comforting in a way. At other people's houses the sounds are disturbing, this is familiar it is what I hear everyday.
MIND	01/08:10	14	When my daughter came home from college, the sounds of the house and the quietness of our house, startled her, she was afraid to be in her own room. She had to sleep in my room with me. She couldn't articulate this much.
MIND	01/08:10	14	Having her here, I allowed her to take me over; by the end of her Spring break, I was ready to have her gone, I have to do my life.
MIND	01/08:11	14	I like having my children launched. The realization is how much energy went into them. I am feeling very emotional. (Crying silently.)

MIND	01/08:13	14	I often wondered how mothers did it who worked full time and parented; I don't think I could have done it; I put my focus on the thing that I am doing; like my daughter, she was home, everything else was put in the back; raising my kids was my focus. Maybe that is why I felt guilt for going to school; I put an intense focus on homeopathy, and myself, and away from my kids, when homeopathy school started.
MIND	01/08:15	14	Intense focus on my house over the last several months. Ripping things out. Remodeling. It feels that my homeopathy is sitting back here and the house is up front in focus.
MIND	01/08:15	14	I am like this when I make a quilt; doing this hand gesture (triangular shape) focus, this hand gesture is focus.
MIND	01/08:17	14	It was hard on my daughter when I went to homeopathy school. I am so focused on one thing, I want to keep it moving so it can be done, it is hard on my husband. I want it to be done (the remodeling) to sit and be in it.
MIND	01/08:18	14	When I do something, make a quilt, clean out a closet, rearrange a room, and its looking finished, or weed out a garden, I keep coming back to look at it and take it in. I want to share it with someone else, I showed my good friend my closet. How many times do people do this? I want someone else to take it in and appreciate it. I want to enjoy it myself, too.
MIND	01/08:18	14	That is one of the hard things about raising children, you clean up a room and within five minutes it is destroyed.
MIND	01/08:19	14	When my children come home, I can take the incompleteness, the unfinished, for about a week. I have more of a need for order now. I could let it go when I needed to let it go, but now I clean off my table and want to sit down and work on cases.
MIND	01/08:21	14	Scattered, need for order, wanting to bring order to the shelves in the kitchen. Pair down, get rid of plastic.
MIND	01/08:25	14	Having this concept of bringing my garden into the house. Having the house feel as though you are in a garden; not necessarily a garden of flowers, but living plants. Thinking of the four elements, earth is the plants, bamboo, the wood floors, soil; and then water, the walls of my bedroom remind me of the ocean. There is a sense of water in the bathrooms. Wanting to bring art in that represents the water element.
MIND	01/08:27	14	Blue walls, white bed.
MIND	01/08:28	14	Satin nickel, a clean feeling of the metal. A clean look of it. It is appealing to me. The need for light.
MIND	01/08:29	14	The element of air. How is that represented? Focused on the four elements. Art by my mother, my sisters, people that I know. There is an organic feel to it, just developing.
MIND	01/08:30	14	Saw Jesus Christ Superstar. Was fascinated with the character of Judas, who betrayed Jesus. He was so conflicted within himself. Enjoyed the play but was not as moved by it as some of the people we went with. I thought it ended very abruptly.
MIND	01/08:32	14	I am enjoying sitting here with the Sun on my face. I am having thoughts of when I die, I want to be finished. Like it is written in the Bible, "It is finished." Was that God or Jesus, "It is finished and it is good."
MIND	01/08:32	14	That brings up a lot, at the end of my life, can I say, "It has been a good life and I did all that I could?"
MIND	01/08:32	14	Like the end of life, order.
MIND	01/08:32	14	Something about the end, at the end. Finishing, a good finish. "It is finished and it is good."
MIND	01/08:32	14	If not, could I come back and finish what I left unfinished. Reincarnation.
MIND	01/08:32	14	There is a therapist who hypnotized his patients and came to see that there was some kind of structure that took place after people died, of reincarnation.
MIND	01/08:35	14	There are many levels of spiritual development, and many beings who have supported you behind the scenes, forces, helpers...
MIND	01/08:35	14	There is a sense behind my eyes, colors, deep pink, light blue, green, coming in rings, it comes in rings, it is like what happens inwhen I do healing touch, a brilliant Sun force, almost like someone has taken paint and put it on a canvas and it goes out...
MIND	01/08:40	14	It keeps shifting it has a shimmering quality to it. Little pieces of black in it, flecks, small pieces. This whole image keeps morphing in front of me, like...
MIND	01/08:40	14	Hand gest waves, like a rainbow.
MIND	01/08:41	14	This man would hypnotize people, they would go back in time, they would see many lives, their spirit would go to this place, different place, many spirit beings at every different level, once they died they would be at certain level...

MIND	01/08:41	14	They would do this spiritual work together and then return to Earth. They would go to this big room like an amphitheatre, they would be shown on a screen different scenarios or lives or tasks, giving them a choice, they would make this choice and be reincarnated.
MIND	01/08:41	14	They could make an agreement, before returning to Earth, they had not conscious memory of their time in the spiritual realm, but they would have an agreement, between themselves and others, giving a signal, not that they would know consciously, but something that would make them know they had somehow known that person before. that's how I feel about a good friend that I met in homeopathy school.
MIND	01/08:41	14	It is as though I have known this person before and there is a familiarity, a comfort. A resonance.
MIND	01/08:41	14	The Sun has left my face, the undulating has stopped.
MIND	01/08:42	14	You come back reincarnate and live a life, with all it's ups and down, hopefully making more progress spiritually. When you die you are probably going to a different level.
MIND	01/08:43	14	It is like an ethereal space station, a structure that is not a structure, that has different ports in it. You know where you need to go, you are directed.
MIND	01/08:47	14	The undulating has begun again. Blues, grayish green.
MIND	01/08:50	14	This process of returning to the Earth reoccurs again and again, until you become a very wise spiritual being and then I don't know what happens.
MIND	01/08:50	14	This feels like when I am working with healing touch. Usually if I am talking this energy, this force stops, but this continues as I speak.
MIND	01/08:50	14	The surface was like an aged slate, grays, it is completely astounding, pink, gray, blues, amazing blues are the back drop. It reminds me of a liquid kaleidoscope, except I don't have to turn anything to see the image.
MIND	01/08:51	14	What is reality, is it real? It is right here, just three feet outside of my body.
MIND	01/08:52	14	I once had a healing touch session for myself wherein I went to another dimension. I feel very connected. But, in this state, I feel as though I am away from myself, over here somewhere, at a distance. It is hard to say it doesn't feel like a defined place. It also doesn't feel far, far away, I am in this room, and another part of my mind is questioning the reality of this...
MIND	01/08:55	14	It is a self-contained thing...
MIND	01/08:55	14	Hand gesture, spherical, it is incredible energy. (Crying silently.) Deep breathing. I started to cry, movement stopped, there is a little hole opening in it. It feels like energy, like you can hold it somehow.
MIND	01/08:58	14	Now it is starting to undulate again.
MIND	01/09:00	14	A kaleidoscope, a liquid kaleidoscope, colors undulating, like a retina, an eye, moving in waves, up and down, like my hand gesture, before my face. Up and down. Astounding color variations. Now it is quiet.
MIND	01/09:01	14	This little hole opens up... ..part of me has the curiosity of what if you can go through it? What is there? If I open my eyes slightly it becomes bright blue down here. Around my throat. Would anyone experience this behind their eyes, is this just me?
MIND	01/09:02	14	Now there is a purple and green background.
MIND	01/09:04	14	I thought it would go away if I moved my head, but it is all around me, like maybe a big ball, a big ball of energy. It is not something I can grab onto, I should be able to grab onto it, but I cannot.
MIND	01/09:04	14	How does the image remain as I am blabbing away?
MIND	01/09:06	14	It is like mitochondria. Images I have seen of mitochondria, something on a cellular level, undulating cells, plasma walls, moving, in liquid.
MIND	01/09:08	14	Out of body sensation. I've gone as deep as I can with that. It would be an interesting space to live in. It feels sort of empty. Like there is nothing in it...
MIND	01/09:09	14	The kaleidoscope colors resume again. Why is that? It feels a little more expansive, as though the energy ball has expanded, the room is expanding the space of it...
MIND	01/09:11	14	It is as though if I could turn my head all the way around it would still be there. It is coming in on me, as if there is an energy plane, or force, that it coming toward my face, as though the colors are coming toward my face.
MIND	01/09:14	14	I feel I could go into, I am going to try that, I am going to move my face toward the color, it moves with me. As I move toward it, the colors change. When I turn to the left, is the Sun on me again, my eyes are closed, it changed to the same brilliance as when the Sun was on my face.

MIND	01/09:15	14	A desert, whose sands are on the reddish order. The undulations are like heat rising up off the ground and sands.
MIND	01/09:16	14	Turning forward, I see distinct blues and greens, turning to the right, deep purple. More to the right, deepness, depth.
MIND	01/09:16	14	I feel as though my eyes were open. I am seeing, but not the physical world.
MIND	01/09:17	14	As I move around, it is going from Sunrise, green, greenish-yellow, turning right, coming toward dusk, sunset, dark, as though I am going through the cycle of the day.
MIND	01/09:18	14	As though I myself were the Earth, turning on its axis.. This makes no sense at all.
MIND	01/09:28	14	Straightening that which is crooked, bringing things into order, organizing. A desire to clean things up to this degree this is unusual.
MIND	01/09:30	14	I think this is an Imponderable!
MIND	01/10:36	14	Chose a song to play for my visiting supervisor, who was resting--Slumber My Darling. And some healing music.
MIND	01/11:00	14	Cleaning cupboards out in the kitchen. Husband clearly communicates he is not on the same page as I am about doing this today. I feel gracious and ask him to just help me finish putting back two high shelves. I feel like doing this all day but I have tickets for to see "Jesus Christ Superstar" at a dinner theater tonight.
MIND	02/06:30	14	On my walk I notice that everything is in sharp focus. I see very sharp edges in the snow where it has melted, really noticing the outline of the bare branches of the tree against the sky.
MIND	02/07:10	14	Washed an apron a friend gave me as a gift. Very upset to see that the colors ran. Decide to rewash it and remove it right away.
MIND	02/08:15	14	Feel like everything must be in order before I leave for the cities to see clients.
MIND	02/08:40	14	Impulsively decide to call a friend who I am buying a painting from to see if I might pick it up today. I have been wanting to buy this painting for over two years and finally decided to buy it this weekend. I am excited to get it. It is an oil painting of an ocean swell.
MIND	02/11:35	14	Going to pick up the painting I realize I may be close to the neighborhood where my grandparents lived. Curious to see if I can find the house.
MIND	02/11:45	14	When I find the building where I am to get the painting I sense something familiar about it. I recall a story my mother told me about a man throwing scraps of cloth out of the window to her as a little girl, which she would catch and bring home to make doll clothes. I call my mother and confirm it is the place and get my grandmother's address from her. I find the house and am flooded with memories of times spent there.
MIND	02/15:15	14	Went shopping again! The week before I took the remedy (when others had started the proving) I was spending quite a lot of money on things for the house and working a lot--compelled to work, to put things in order, clean things out, rearrange and organize. Bought some more things for the house in addition to the painting.
MIND	02/16:30	14	When I got home went right to work on the cupboards again, cleaning things out, throwing things out, reorganizing.
MIND	02/17:45	14	Realized I had run out of shelf liner. Drove back to the neighboring town, was compelled to do so. Normally would have waited until the next day.
MIND	02/18:25	14	Went back to work on the kitchen. Worked until 9:50.
MIND	02/21:55	14	Asked husband to help me hang the picture. It's an ocean swell. It is so well done it looks wet. I hang it at the head of my bed. I will sleep under the ocean tonight.
MIND	03/06:40	14	During morning walk I had a brief sensation of being in that bubble of energy as I had when I first took the remedy.
MIND	03/07:45	14	I got an email from our church organist asking if I would be available to sing on two occasions during Holy Week. Felt like she was trying to control me. I felt irritated.
MIND	03/08:05	14	Really taking notice of my plants and the new growth on them. Talking to them, encouraging them to grow, focusing in on the outer layer of the bud on my amyrrillis plant which is about to open.
MIND	03/11:30	14	Very industrious in the kitchen all morning, cleaning the cupboards, reorganizing. It almost feels like an obsession to get things emptied, clean and organized.
MIND	03/12:30	14	I drove to the town where my office is. I feel an urgency to get my errands done and get to the office. I can't just be present in my car and drive. Looking ahead, anticipating.
MIND	03/12:50	14	I go into a store to make a return. Walking at a fast pace, liked something is urgent, have to get it done.

MIND	03/13:25	14	Working steadily to get some writing done for a board I am on. Realize when almost done that I have been using the wrong notes. I go back and start over. Normally I would feel very perturbed about something like this but I am just focused on getting this done. I want to complete this and send it off before my client comes.
MIND	03/14:15	14	Again I have put off eating much. Too busy to eat is what it seems like.
MIND	03/18:15	14	Feel very tired after this day of working at home and seeing clients. Too tired to feel urgency now.
MIND	03/21:39	14	Feel an urgency to get my notes typed in my proving journal. Irritated that I have to do it. I just want to go to bed.
MIND	04/09:00	14	Dove into clearing out more cupboards today.
MIND	04/09:15	14	Thinking about the health fair in our town today. I did not want to participate so I didn't sign up. Feeling a bit guilty about that today. But I felt I had other things I wanted to do instead.
MIND	04/16:30	14	Went to church for soup supper and Lenten service. Pastor asked me if I would attend a meeting tomorrow night to help plan for the African delegation who will be visiting our synod in May. Felt interested and ambivalent at the same time, wondering about the time commitment.
MIND	04/21:35	14	Realized I had not put aside time for reading since the start of the proving. I have a long book to read for book club this month. Need to read some tonight.
MIND	05/06:10	14	Looking at the new painting I have of an ocean swell. It looks so different at varying times of day with changes in the light. Right now as I look at it, it looks so real, like if I were to touch it I would feel the wetness of the water.
MIND	05/06:25	14	As I walk outside I find myself carefully examining the snow to see how much has disappeared. I am longing for spring.
MIND	05/06:45	14	During my walk I thought about going to the African delegation visit meeting. Decided this is something I want to do. Muddled over some ideas to present for the visit. Ways to involve the children, some music, maybe a small group of people to sing Prayer of the Children, a challenging a capella piece. Do we have time to get something like that ready? My mind is going on this now.
MIND	05/06:47	14	The birds sound different today. More of them are singing. The air feels more mild.
MIND	05/08:41	14	Called our county public health office today to learn about how vaccines are being combined now. Need to get potentized vaccine remedies as I am wanting to try the CEASE therapy with an autistic child I work with. Feeling rather bold and assertive as I do this. Had a good conversation with the director who has referred me to the nurse who administers the program. I know these people and I think that helps.
MIND	05/08:44	14	Sitting here thinking I should eat breakfast, but have cases to work on before seeing clients today. Also distracted by seeing things out of place.
MIND	05/11:10	14	Hard to settle in to do my work. I work for a few minutes and then I get distracted by something else, so up and down. The scattered feeling. Even as I write this I see disorder on my table and attempt to straighten it.
MIND	05/11:11	14	I go to check on the status of some new growth on one of my plants. Hard to focus on one thing.
MIND	05/11:14	14	Then distracted to pick up some scraps on the table and go to the bathroom.
MIND	05/11:50	14	My sister called to get my daughter's address to send her an invitation to her graduation from Chinese Medicine and Acupuncture school. I feel very excited and happy for her. It brings back memories of my graduation from homeopathy school. It felt like such a milestone in my life.
MIND	05/11:55	14	Meditated on my ocean painting in preparation for saying prayers for the contaminated water around Japan.
MIND	05/12:00	14	Said prayers for the water in Japan. Felt very emotional. Cried. Then I felt very peaceful. Played Robert Coxon Haig's healing music during this time.
MIND	05/20:15	14	Attended a meeting at church regarding African delegation, coming to the US. Felt a lot of tension between one couple there who were married. Watched this almost in a detached observing way.

MIND	05/20:15	14	I was not familiar with much of what was being discussed at this meeting, so I listened and asked a few questions. I inserted my thoughts about having healing service and I could see that they had things pretty well worked out in their minds already. I felt okay with this but wondered if my pastor would have wanted me to be more assertive, so I had doubts about my level of participation.
MIND	05/20:30	14	My mother called. She had fallen and wanted to know what to do with remedies. I was perturbed and tired. She has a homeopath. Why is she calling me? Just wanted to get things organized for tomorrow so I can read and go to bed.
MIND	05/21:30	14	Want to get things picked up and organized early so I can read a bit tonight.
MIND	06/06:01	14	I know I had a dream but I can't hang on to it. Have to go early to office. Keep moving.
MIND	06/07:30	14	Wanted everything picked up and neat before leaving for work.
MIND	06/12:00	14	Taking new case today, felt I was talking too much. Questioning my ability to do homeopathy.
MIND	06/13:15	14	Eating lunch coworker came and visited. I had work to do but I kept listening and talking. Motivation low to get back to work.
MIND	06/17:50	14	Very concerned about my husband when he came home from work. He looked so tired and old. Concerned about the demands being placed on him at work for the past two weeks. Working lots of overtime and on weekends. I worry about his health.
MIND	06/19:15	14	Really enjoyed Zumba tonight. It felt easier to keep in step for much of the class and my energy felt good.
MIND	06/20:30	14	Realized we had not done the FAFSA for our kids in college this winter. Felt a slight panic. Decided to do it tonight. Wanted to stay positive about it even though it is something I really dislike doing.
MIND	06/20:50	14	Problems with some of the FAFSA questions. Called the help line. Felt so frustrated because I had a hard time understanding the phone helper, such a strong accent.
MIND	06/21:05	14	Feeling very impatient with the online FAFSA process. The links they gave for our tax info didn't work. Was wasting so much time.
MIND	06/21:25	14	Feeling good to be so close to being done with FAFSA's and on the final page it says our student may not qualify for aid because she is an international student. I wanted to holler and I did!
MIND	07/07:35	14	Colleague calls to work on cases earlier than expected. I feel unprepared but go ahead.
MIND	07/08:10	14	Colleague I am working on cases with on the phone has to hang up for something and is planning to call back. I start cleaning the bathrooms as we are having company for lunch. Colleague calls back while I am cleaning. I want to get things done so I talk while cleaning.
MIND	07/09:30	14	After working on cases I go back to cleaning the house and preparing for lunch. Again I have not eaten breakfast and decide I don't need to eat until lunch.
MIND	07/12:10	14	Sister in law comes for lunch. Overwhelmed with gratitude toward her. She has gifted us in many ways and is offering us more. Sometimes I feel guilty and other times very grateful. Hard to accept her gifts at times.
MIND	07/12:30	14	Sister in law wants to see the work we have done on our house. It feels good to show her and hear her exclamations of enjoyment. I like sharing it with someone.
MIND	07/16:00	14	I offer to drive to go pick up our son and his girlfriend as I know my husband is very tired. I can see that he is thankful for this and I am glad I volunteered.
MIND	07/17:30	14	We took our son and his girlfriend out to eat. I feel comfortable and relaxed. At other times I have not felt this way with her.
MIND	07/22:15	14	I am so tired I can hardly stay awake. I want to read but I can't.
MIND	08/09:30	14	Son, his girlfriend and my husband are in the kitchen eating breakfast. I am in the bathroom and want to hurry so I can be a part of the conversation.
MIND	08/09:40	14	Joined my son, his girlfriend and my husband in the kitchen. Feel more at ease with the girlfriend than I have in the past.
MIND	08/10:10	14	Trying to get caught up with typing my proving journal on the computer. So many other things I would rather do.
MIND	08/10:30	14	Son's girlfriend sits down across from me and starts talking. This is the first time she has initiated conversation. We have a good talk. She is asking how we fit in in this small town. She thinks we are quite different than most of the people here.
MIND	08/11:45	14	Comfortable conversation in the car as we go to a birthday party with our son and his girlfriend.

MIND	08/13:00	14	We arrive at the pool party for one yr old son of our niece. Lots of people and kids. I brought my bathing suit but was not sure if I wanted to go in the pool.
MIND	08/13:20	14	My son and his girlfriend are going to the pool. I decide to get into the hot tub. Then I saw them having fun on the water slide so I decided to try it. It was fun! I went down many times. I felt young!
MIND	08/15:00	14	Ate too much food at the birthday party. They had snacks, pizza, cake, candy and pop, things I don't usually eat much of.
MIND	08/15:45	14	The noise of all the kids and people at the party is tiring. Ready for some quiet.
MIND	08/15:46	14	I find myself starting to clear things off the table and straighten things up at the party.
MIND	08/16:50	14	Really noticing the outlines of the trunks and branches of the trees.
MIND	08/18:15	14	Read a book most of the way home.
MIND	08/19:10	14	As soon as I arrived home wanted to change into comfortable clothes and get things ready for the day tomorrow--packed my brief case, organized my cases, packed my lunch, so I would be able to leave early tomorrow for work.
MIND	09/07:30	14	Left home a little later than I had intended so called my client to let her know I was going to be a little late. I feel a sense of urgency even though I know I have plenty of time to get there.
MIND	09/12:45	14	As I meet with clients today I feel more drawn in and affected by their stories than I usually do. Feel overwhelmed as if I am taking on their problems.
MIND	09/12:50	14	Client came early so I only ate a little of my lunch.
MIND	09/15:00	14	Finally able to eat the rest of my lunch.
MIND	09/15:10	14	Feeling rather depressed after listening to my last client. Affected by her sadness and lack of meaning in life.
MIND	09/16:30	14	Felt a need to connect with a family member on my way home from work. Unable to leave a message. Felt sad.
MIND	09/18:00	14	Had some leftover food for supper. No motivation to fix something good.
MIND	09/18:30	14	No motivation to do anything. I make myself type my proving journal notes. Just want to get it caught up.
MIND	09/21:00	14	Very tired. Thinking about going to bed.
MIND	10/10:00	14	Got a call from the person putting in our new shower door. It has arrived and he wants to put it in this afternoon. I am paranoid about it because one of the doors broke when he tried to put it in a few weeks ago. He got cut when it broke and it was quite a mess. It chipped up our new tiles a bit.
MIND	10/15:30	14	Returned home from work and could hear the sound of sweeping coming from upstairs. I call upstairs and the guy tells me the door has broken again. I run up and he has most of the glass cleaned up. I am concerned about him and also about the safety of these doors. He did not get cut this time. I feel quite discouraged and wonder what we should do.
MIND	10/15:45	14	I go online and research about these frameless glass shower doors. I am concerned about what I find. This does not seem like a safe option for us. Feel discouraged and indecisive. Concerned about how the company will react. Will they think we did something wrong?
MIND	10/16:15	14	I have one more client to see and I don't feel up to it. Feel rather down about our situation in the house.
MIND	10/20:10	14	I talk with my husband about our shower door. I want him to be decisive so I don't have to be, but he is not. This makes me feel more discouraged.
MIND	11/06:15	14	I wonder if I should walk today. My energy is a little down and head feels fuzzy. Decide to go ahead. Maybe it will make me feel a little better.
MIND	11/09:30	14	I call the office to let them know I am running a little late. I felt I needed to get the house in order before I left. That obsessive feeling to clean things up.
MIND	11/11:45	14	In between clients I go to the place that is handling our shower door. The woman who I have been working with tells me she has talked to the company and they are willing to make a custom door with a metal frame that will look similar to the frameless one we had ordered that broke two times and they will also give us a credit. This sounds like an acceptable idea to me. I tell her I want to talk to my husband first.
MIND	11/11:50	14	I tell the woman at the store I would like to look at rugs. I find one I like. She says I can have the rug at no cost because of all the problems there have been and our patience in dealing with it. I am surprised. I thank her and accept the rug.
MIND	11/16:30	14	I have hard time concentrating on my last client, an 11 yr old girl. I want to go home and see how the rug looks in the house.

MIND	11/19:30	14	I put the rug on the floor and cut a pad for it and get it all arranged. I sit and look at it. That's all I want to do. No energy for anything else.
MIND	11/19:50	14	I see there is a phone message and listen to it. It is our son who live far away. I am too tired to even answer that. I don't want to talk to anyone.
MIND	11/21:00	14	I go to bed early and read awhile before trying to sleep.
MIND	12/06:14	14	Decide to walk as that made me feel a little better yesterday.
MIND	12/06:45	14	Shorten walk a little due to energy being a little low.
MIND	12/08:05	14	Feeling I need to have things very much in order before I leave for work. This makes me leave a little later than I want.
MIND	12/13:00	14	Feel quite tired and not motivated. Want to take a nap, but too much to do.
MIND	12/19:10	14	Son calls during supper. I am surprised that he wants our advice about something.
MIND	12/19:30	14	During phone conversation with son I am getting impatient. He is making airline reservations on the computer while talking on the phone. We are flying he and his wife home in June and I just want him to make the reservations on his own. I am tired and want to get the dinner cleared away and get my proving journal caught up. He told us they will be staying with us for the whole week. I am surprised, as last week he said they were staying with us for two days. That upset me a bit, as we were flying them out here so we could spend some time with them. I am happy about this change in plans. I find out his wife told him they were coming to spend time with us. Nice that she talked with him about this and I didn't have to day anything.
MIND	12/21:22	14	I am worried about how this illness is going to go. I talked to my supervisor who said I shouldn't take anything for it.
MIND	12/23:20	14	Creeped out by the book I was reading, called ROOM. It's about a five yr old boy and his mother who are kept in a room by the man who kidnapped her when she was 19. I presume the boy is his child. I have a 19 yr old daughter. Kept thinking about her as I was reading. Hard time getting to sleep.
MIND	13/06:25	14	Energy feels very low. Don't feel like doing my walk, something I do almost every day and enjoy. Wondering how I will face a day of clients. Thankful I have only the morning scheduled.
MIND	13/09:00	14	Left for work at the last minute. Trying to get things all picked up before I leave.
MIND	13/11:00	14	My client was late. I started to feel annoyed and then suddenly wondered if she had an accident, if she was okay. I called her home and she was there. She had forgotten her appointment. I felt relieved that she was okay.
MIND	13/16:00	14	Much more productive at work today. Getting things done.
MIND	13/18:30	14	Went to Zumba class and no one was there. When we got back home found a phone message that it had been cancelled tonight. My husband's elderly cousin was in our driveway and asked us to come over and see all the paraphernalia in their basement. Sump pump quit working an it flooded. Ended up talking with his wife who is very distraught about what is happening in the Lutheran church. I was goading her on a bit and she was getting so worked up. She said St Olaf College was having a celebration for gays and lesbians and that it was outrageous and also during commencement. Later my husband said he saw the flier for the event she was talking about, and it was a "Gala." I find her to be entertaining and my husband thinks it is not nice that I goad her on.
MIND	13/21:30	14	The guy who was working on our new doors came late today and finished his work on those and a few other jobs he was doing. I was so happy to see that he was there. That was all done when we came home so I went upstairs and started cleaning and putting our linen closet back together. Felt frustrated that I could not finish as the new trim was wider than the old, so we have to cut some of the shelves down so they will fit. Energy good tonight.
MIND	13/23:20	14	Stayed up late reading "Room." Very disturbing story.
MIND	14/13:00	14	Finally getting to my paperwork but have to leave at 2:15 to go to the cities.
MIND	14/14:05	14	Got the paperwork done before I had to leave.
MIND	14/16:00	14	My husband and I had dinner with a friend. I felt like I was shoveling the food in, like I had to eat in a hurry. The other two had finished before me.
MIND	14/18:00	14	Went to homeopathy graduation celebration. Good to see the students and their emotions. Reminded me of how I felt when I graduated. Thinking back on how difficult school was and realizing how much more challenging it is to actually be practicing.

MIND	14/22:45	14	Hearing thunder and rain. I always get a bit excited when it storms.
MIND	15/07:35	14	When I sit I start thinking about things I could get done in the house today, making a mental list. Also think about things my husband could do. I think I have been a bit demanding.
MIND	15/07:36	14	I look outside and notice that the grass looks greener and fresher after the rain last night. I go around the room and check all my plants, talk to them. Feels like spring.
MIND	15/07:45	14	Went for my morning walk. It was beautiful. When I approached the small lake in town the ducks flew off. I later saw them perched in trees on the shore of the lake. I don't think I have ever seen ducks in trees before. Looked odd.
MIND	15/09:30	14	Attended adult class at church this morning. Felt very comfortable expressing my point of view, which I know some in our church would find radical.
MIND	15/10:15	14	Visited intently with two different people during the coffee hour at church. Both shared at a deeper level than usually happens at this time. One woman started crying and left to get some privacy. Her mother died in January and she is grieving in ways unexpected to her. Another was a man whose grandson is in Iraq. He talked about his feeling about him being there. I felt a good connection with these people today.
MIND	15/11:30	14	Husband was complaining about having to do church choir. I was pretty direct in saying he has a choice. He does not have to go. We had a good discussion about what drives him to go.
MIND	15/12:00	14	I have several things I want to get done in the house today and a something I want my husband to do that I can't. I talked with him about it. Am anxious to get going and do these things.
MIND	15/15:30	14	Getting the things done that I have on my list. Waiting for my husband to get home from picking things up at the store so he can get his job done. Then I can finish up with the rest of my jobs.
MIND	16/19:00	14	Saw a bird I had never seen before at our feeder. Even though I have to get ready for work I go to my bird book to look it up. It looks like it's a Red-Bellied Woodpecker. Quite a striking bird. Red "cap", black and white striped back like a zebra, and cream colored belly. Puzzled about the name as the belly is definitely not red! Fun to be able to identify it.
MIND	00/XX:XX	15	Also got a call from a mother with a bedwetting son. Asking if he could come for half price and one hour. First thoughts were resentment. "I'm sure they have the latest greatest Wii, computer games, traveling hockey etc.... but I'm supposed to take the hit. I was a little surprised at this reaction in myself.
MIND	00/XX:XX	15	I have realized that since the tsunami, I've been in such a funk. Also being aware of the proving coming up. I have been sitting at my desk this morning. Can't seem to engage my mind. I'm distracted by the tumultuous events in the world. I have a really light week, which I can not afford to have. The tsunami, middle east, the looming problems in our country are where my mind is going to. All of these events seem to feel like ending, doomsday, why even try to do my job when it's so looming out there.
MIND	00/XX:XX	15	We are in the way of the Minnesota river flooding out of it's banks. It is getting a little scary. We are clearing out our basement and beginning to clear out our first floor. Our 'stuff' is scattered at different locations. I can't begin to relay what a mess it is. I'm spread out all over the place. The water has scattered us to the four winds. Un-certainty, scattered and spread out. Some how, in the back of my heart, I wonder if it is a part of this proving.
MIND	01/20:00	15	Not thirsty AT ALL. Crave chocolate. Skin is a bit itchy. I am out of shape. Warned my family that I am starting a proving. Our area is due to flood. Everyone is on edge. HG Nervous jittery apprehension. I have watched tsunami videos. Water is so powerful I feel scattered. Our stuff is scattered so we can keep it dry. We emptied out the basement. We now have water in the basement. We may have to move everything out of the first floor. Nervous--apprehension, scattered feeling (HG) We may have to leave here. Go to some where. Our first floor will flood. Our family will be scattered-- each going to a different place. Separated. From our clothes, socks, undies. What do we do with the dog? the cat? What is the consequence of scattered? No home for a long time. WE are trying to be productive about this-- good to sort thru what we don't need to store.
MIND	01/20:00	15	Laughter. A lightness. I am excited. A brand new baby remedy being born...
MIND	01/20:00	15	I lean back, then I have to set up again. I can't get the air in. ok. Quiet weeping about the flood coming. short of air again. Observation: very introspective right now. I just don't have enough air!

MIND	01/20:00	15	I wish we had more guys in homeopathy. We need more male energy.
MIND	03/02:24	15	I am feeling a little more courageous in conflict with spouse. My spouse was angry because I forgot my cell phone at home forgetting that I needed it this morning. He was upset, taking it way to a level it didn't need to go. Anyway, today, I had the gumption to really say, hey now, relax. Saying and he apologized
MIND	03/12:07	15	"They" say I am crabby. Even trying to bribe me off by going to McDonalds. NOT in the mood. Would rather send them to the moon. I should clarify, the 'they' is actually a 'him', the spouse. Far away for a good amount of time. I'd rather bring my children near. And send him far. Away..... Frustrated by the plight of the homeopath. The sacrificial effort to come up with healing strategies to an ungrateful, impatient, lemmings called patients.
MIND	08/13:15	15	Spouse is gone, kids are scattered all over, I'm home alone. And so relieved to be alone with the kitten. They pull me into a thousand pieces. I don't have enough glue to keep me together. As if they pulverize me, like pulverizing a rock. Tiny tiny shards of me all over the place. I sort of wish they would stay away for a few days. It might give me time to reconsolidate myself. Re-glue.
MIND	10/10:07	15	In general I feel my brain is more tired than normal. A tired, weary worn. Blankness. A vapor like expanse. Like I just can't find my way through the blankness. All my thoughts scatter through this blankness. I feel as if my critical thinking is greatly compromised. This has lead to a small crisis in my confidence in evaluating my clients. I am not clear, because I'm not clear. Thoughts go all over the place.
MIND	14/08:00	15	Went for walk this morning. My energy feels good.
MIND	14/10:30	15	I have some paper work I need to get done but I am doing other jobs around the house to avoid doing it. So, I have gotten laundry done, cleaned up the kitchen and some other jobs around the house.
MIND	99/XX:X X	15	I don't feel any more physical symptoms. On the mental emotional level, if there is anything that is lingering is my practice continues to be flat. My mind feels flat. I feel like when trying to decide on a remedy my mind flies in a thousand directions, not knowing which direction is the best direction. My mind feels so expansive that I/m having a hard time reigning it in to make a decision.
MIND	00/XX:X X	16	Increased sense of homesickness, wanting to be home to handle problems that come up for my children, I want to provide for them, take care of them. Related to what is going in the world in Japan, etc. I want to be home so they are OK, dad to the rescue.
MIND	00/XX:X X	16	Space cadet last night at work, repeating things, doing things over, not my usual.
MIND	00/XX:X X	16	Decided to change my diet last night – reading book "Gut and Psychology". Have been putting on weight.
MIND	01/07:00	16	Prior to taking remedy. Was at work. I was a space cadet at work. Had to repeat a number of tests and procedures do to errors. While I may be forgetful, I am not usually making errors to need to redo the work. Amazingly homesick. The part of homesick that I am responding to is the need to be home to take care of the family and make sure nothing happens. It is sort of like Dad to the rescue. While there are issues of living going on for my children, there isn't anything in particular that I need to solve or fix for them. Also decided last night to officially start a better diet regimen using the principles from "Gut and Psychology Syndrome". Note: I have had this book for two years.
MIND	01/09:00	16	Slept from 9am to 11 pm. Not particularly unusual for me. However when I got I cleaned the house and washed the dishes both of which have been building for weeks without attention. Went out at one am and felt the best I had mentally and emotionally in weeks maybe months. What I noticed was that I wasn't feeling the oppressive emotion that I add been feeling. Also my head was really clear. Usually, I think to much. This was a state without that locked in my head feeling.
MIND	01/23:45	16	Woke up after long sleep (not unusual) and cleaned apartment; awareness of if anyone came over it can't be a mess. Sense of there is work to be done, so do it, stop making excuses. Cleaning is not the norm for me, putting this off for weeks.
MIND	01/XX:X X	16	Didn't tell you before but on Day one of the proving, I gave a prostitute a ride home and she propositioned me. This was so odd to me, things like this don't happen, I am so rule conscious. But in the space of the proving, two events happened – some maybe some criminal element to the remedy.
MIND	02/01:00	16	Went out, sense of feeling good, my head was clear; better than I have felt in months. Great sense of well being.

MIND	03/20:00	16	Perhaps feeling of well-being. Situation came up where old thoughts of being stupid went away pretty quickly in comparison to responses in the past – thought lasted for 20 minutes instead of hours and days. <u>In general, not dwelling on negative thoughts as much.</u>
MIND	03/XX:XX	16	Problems at work with machines working – couldn't get slide-stainer to work for hours. Goes along with the issues we have been having with machines not working.
MIND	04/04:00	16	Doing continuing education at work. Had to retake the quiz a number of times. Started to feel stupid and incompetent. However this is a symptom that I have experienced most of my adult life. In talking with the Supervisor, I did not that this event was a much shorter event than usual This lasted about a half hour. Generally I can play the tape about being stupid over and over in my head for hours or even days.
MIND	04/13:00	16	Creditor from school called – nasty on the phone. Felt pissed at them and me, lividly pissed. Felt like a childish tantrum. I have been making payments and they called me. I felt “don't you have bigger fish to fry”, felt like I was just a number to them, no attempt on school's part to be personal with me, just a <u>number to them. Sense of injustice.</u>
MIND	04/13:00	16	Anger, received a call from a bill collector, that I have been making payments to and thought I was being a stand-up guy being responsible. The tone in my voice was clearly that of a spoiled child. I was really <u>pissed off really fast.</u>
MIND	04/13:14	16	Void: sadness, wanting to cry, feel it in my abdomen, centered in my body; feels like unrequited love, something missing so deep and so personal, if I could get to point of knowing what is missing it would be <u>heaven.</u>
MIND	04/13:15	16	After talking on phone and feeling pissed, overcome with wanting to eat sugar. Jumped in car and bought box of cookies and pop and ate whole box of cookies in five minutes. I was mad, feeling like I needed to <u>fill up the void.</u>
MIND	04/13:15	16	Void – response to feeling void and something missing, fill it up with sugar and food, drugs of choice. Night before proving – impulse to get out of gloom and lethargy by changing my diet, stop eating sugar. Disconnected from self – sleep, TV, eat; since day before proving, need to move into action. Core issue – my center is void and empty and I need to be fulfilled or fill it up. Maybe this remedy had to do with my moving into action. I have a great level of emptiness that desires to be full and complete – everything I have tried nothing has filled it up.
MIND	04/15:30	16	Texted friend: I am ready to come home. This isn't the “taking care of family feeling”, this is I just want to come home, to place of refuge, to comfort zone, to being with friend – sewing with her, cozy, sharing <u>space.</u>
MIND	04/15:30	16	Text message to a friend that I was ready to come home. It wasn't quite like the father feeling of wanting to take care of the family. The feeling is needed is wanted to go some place secure. Deep down I feel that I have sold out when I dropped out of school. Want to go home to spend time reconnecting..
MIND	04/22:00	16	Extremely fogging mental state upon awakening. Was like my brain was in slow motion. Mind cluttered until about 3am. Interesting note is that the equipment at work was acting poorly until right about this <u>time also.</u>
MIND	05/03:15	16	Another machine at work not working, suddenly started working when I stopped dwelling on all the stuff <u>going on with me.</u>
MIND	05/04:00	16	Back to mind moving in slow motion.
MIND	05/07:00	16	Emotional after talking with the proving supervisor. Felt sort of like crying but not physically like crying. The emotion was about be present to the level of un-fulfillment and emptiness. After this part the emotion lifted by 0800. It lifted so completely that it is actually had to access. See supervisor's notes.
MIND	05/07:45	16	After talking about symptoms – sad, stewing, bitterness.
MIND	05/07:46	16	Note – video on skype not working again for our session.
MIND	05/08:00	16	Emotion lifts
MIND	05/08:00	16	After getting off phone from supervisor, prover was in state of deep reflection, some sadness, feeling of <u>could have cried but didn't. Lasted 30 minutes, then lifted.</u>
MIND	05/09:00	16	On TV was a show about Buddhism and some retreat center in California. They were baking bread with <u>intention. I would love to run off and join a commune and bake bread.</u>
MIND	05/09:00	16	Watched TV show on Buddhism, sweet program, about baking bread. Felt I wanted to go off and join a <u>commune, I could bake bread every day.</u>
MIND	05/15:00	16	After talking with a friend, I was ready to move home. Like it was a done deal.

MIND	05/15:30	16	Talked to friends and decided to move home – sense of WOHO! Felt calm and went to sleep.
MIND	05/20:15	16	Woke up in a very peaceful place.
MIND	05/21:15	16	Woke up in a really sweet place, peaceful.
MIND	06/03:00	16	Realizing that to move or not to move is my choice. Signing songs from Chicago with the words to the effects you can live the life you like and like the life you live. Made me happy.
MIND	06/03:00	16	Realized that this is the life of my choice – I get to move if I want to but I don't have to. Generally when I flip back and forth with these ideas and plans I get depressed with self-contempt and self-condemnation – call myself a loser, feel unstable. Didn't happen this time – I felt calm, I could choose the life I want. Really nice place. Whatever was there before (sense of Void) was now gone, it was the getting of it out in talking yesterday. It was gone because not needed anymore. The release allowed me to feel this way a day later. Maybe the symptom was cured – maybe this remedy is curative. I am OK with my life however it unfolds – happy and content in this single, instantaneous moment of now.
MIND	06/07:30	16	Plans to do something creative today – maybe sew. Feel motivated. Since remedy feel sense of action. Just engage in activity for the sake of doing something I like to do. Noticing I like to be free and not tied down to a job.
MIND	06/08:10	16	In a good place. Content enough. Would like to accomplish something creative today.
MIND	06/21:54	16	Woke up late for work. Very foggy and groggy. Felt like I was still asleep though awake.
MIND	07/03:00	16	Checking the earthquake map of the world.
MIND	07/03:00	16	Reading about earthquakes all around the world
MIND	07/04:00	16	Desires to move to Los Angeles and go to fashion school. Like done deal, just going.
MIND	07/04:00	16	Decided to reapply to fashion school in Los Angeles. Snap decision, I had inquired about it 1.5 months ago then threw out the information because I was mad at the world. Admissions lady sent me email yesterday asking me how I am – decided to go to school there. I think it is related to remedy. I think the remedy is “earthquake”, specifically “San Andreas fault” – maybe I need an earthquake, so go to LA.
MIND	07/11:00	16	Spontaneously willing to go get the reading classes that I have needed or a while. Was able to get a walk in appointment. The funny thing was the name of the style of frames I picked out; “Shockwave”. It made me laugh.
MIND	07/11:00	16	Joyous feelings all day. Bought new glasses, turned out brand name is “shockwave” seems related to my thoughts that remedy is earthquake. Partied 12 to 18 with people I just met at bar.
MIND	08/02:00	16	Clumsy, dropping everything. Throughout the evening.
MIND	08/12:00	16	Joyous mood through midnight.
MIND	08/17:30	16	Activity, started making a shirt for myself. Caftan still. But experimenting since I have a bigger belly I want the fabric to give a more slimming illusion. I worked on this until 430 am. The fabric is not doing exactly what I want it to as hangs wrong on the right at the center line/
MIND	08/18:00	16	Started my sewing project – hadn't sewed in months and now I designed and made a shirt. Looks like it is from the 60's. Fitting with my sense of the conventional side of me is breaking off from the alternative side –this is what going to LA represents.
MIND	10/06:45	16	Since Friday have been a bit moodier, more like the past but not as deeply gloomy just reflective. Aware that my life is changing once again. I think that this message is in part of the dreams that I have been having. Finished the shirt that I started making this weekend. I like it for the most part. It is a bit 1960 ish, It is ok I am a bit alternative any ways trying to fit into a conservative conventional world.
MIND	10/07:30	16	Still planning on moving to LA. Apprehension, need to figure out money aspect. Feeling I come across as conservative but feel out of place and time. I want to be alternative rather than conventional, going to LA represents that. Hope to be more truly who I am.
MIND	10/11:30	16	Fears of rejection, asked father to co-sign loan for school. This is the first time I have asked for assistance in twenty years. Don't expect a yes, but need but wanted to be clear about asking.
MIND	10/11:40	16	Emailed my father about co-signing a loan so I can go to school. Typically I wouldn't venture to ask. Difference now, it feels important to me, I don't want to be flaky about going to LA. Feeling a sense of freedom. Willing to explore all options, his answer doesn't matter to me.

MIND	10/13:00	16	ameliorated by activity; Packed most of my apartment even though I won't move for a month.
MIND	10/14:00	16	Communications: tried to call and/or text a number of people and could not reach anyone.
MIND	10/22:00	16	Started to pack for LA. Being proactive and organized. This is not my usual self. Feeling joyous and content.
MIND	11/00:00	16	People at work commenting that the spark seems to be back. Feeling I am on the adventure.
MIND	11/01:00	16	Feeling exuberant at work. Need outlet to be unconventional. 90% committed to leave for LA in May.
MIND	11/05:00	16	Clumsy and un-coordinated. Knocking over multiple specimens at work. Like my hands were always in the way..
MIND	11/07:30	16	Noticing that as of last week I feel I woke up out of a coma that I've been in for three months. Made the decision to go to LA was the moment of waking up out of the coma.
MIND	11/22:00	16	Mood down a bit having doubts about moving. Great desire to be stable financially which means staying here. This was in part after paying bills today, and actually having money left over.
MIND	12/05:30	16	Mood starts to pick up after being a bit blue and moping around. In part do to encouraging words from co-workers.
MIND	12/11:00	16	Finances, applied for financial aid, also found out what was needed to work as a Medical technologist in California. After all of this, the conclusion is that any move will be more risky than the benefits received.
MIND	12/13:00	16	Grief, brief tears of sadness at the loss of possibility. With this acknowledgement my mood changed. All is ok.
MIND	12/13:00	16	Decision to not go to LA, whole school thing has taken it's course and I am not going. Realized I can be financially stable staying put. Feel peace about it. Cried a little.
MIND	13/06:55	16	A friend from back home asks me to help/teach him to do a sewing project.
MIND	13/06:55	16	Mood good and peaceful.
MIND	13/07:15	16	Feeling good about my decision to stay, put. Down cycle that usually accompanies these things wasn't as long as usual.
MIND	13/07:16	16	Feel like the proving is over.
MIND	14/05:00	16	Extremely clumsy. Spilling specimens. In the background I am thinking about trying to be an insurance agent. Since I don't have anything else to do.
MIND	14/13:24	16	(Crying) Hi Dad, I had to sit with this to respond. There has always been a great emptiness deep inside me. I have done many things over the course of my life to fill it up. Nothing ever does. So I spend my life trying to be useful. Hoping and praying that it will be enough. My experience is that I am always the catapillar who can never quite make the transformation to be the butterfly. It is always that elusive. Do I know that this will aid me in feeling whole and complete. No. What I do know is that somehow I come alive when I talk about it, and others around me come alive also. The best I can do to explain what happened with the school in Vegas is that it didn't support being alive. I was merely a number to them. Once I felt that, I was done. So I crawled back into bed and become comatose again. Recently, I had the experience of waking up. This desire for school is a result of that waking up process. When I think about all the reasons not to go, such as cost, experience, and fear of it not aiding in the transformation; I shut down again. In a sense I concede defeat, so I crawl back into a hole waiting to die. Yet inside, I want to live. It isn't rational. It is not particularly smart or brilliant. Nor is it responsible. I can't even say that I really am the butterfly that I long to be. So then what? Dad, this is much more than just money. I want to be alive and I don't know how.

MIND	14/13:25	16	<p>Hi Gene:</p> <p>I've spent a fair amount of time thinking about the question you proposed in your recent message. All I come up with are more questions.</p> <p>Some are not up to us to answer, but are required in order to guess the likely result of your pursuing this dream - in this way.</p> <p>It comes down to how much are you talking about? What transpired at your current school and how likely is the proposed school to cause the same result? In the end - what will you have gained that is of value.</p> <p>Will you be able to have success or even a job in this new highly competitive field or just end up being a hack or at worst out of work?</p> <p>You know some dreams are just that - dreams. A persons capabilities might not allow them to reach success despite having some talent. If there are more capabilities to reach success in a field than one possesses, then one may be doomed to failure regardless of the other talents one has or how strongly he desires. Such activities might then be best relegated to hobby or sideline status. Nothing wrong with having a hobby that fulfills your needs for creativity while doing another type of job to pay the bills. It a matter of finding a way of achieving self satisfaction that is consistent with All your other needs. There are people, to be admired, that pursue menial jobs while having very creative ventures or activities of the</p>
MIND	14/13:26	16	<p>Hi Dad,</p> <p>Well after a bit of research all I can say is it is good to look before leaping. Living in LA is very expensive \$500 or more to rent a couch to sleep on. Then there is the cost of getting licensed as a Med Tech in California. We haven't even started to talk about the cost of education. So all in all a risky venture.</p> <p>Yesterday, after paying bills I was beginning to discover how risky this was. Earning what I earn here is the first time in my adult life to have more coming in then going out. There are still things to be paid off, but I have to say, being responsible might just bring more freedom the going off to another place.</p> <p>Thank you to you and mom for your love and support.</p> <p>g, sending the following emails back and forth to my father. This is the depth of who I am. It is very clear to me that I did start to wake up during this proving.. The states where it looks like the proving is done matches exactly when I retreat back into the hole. I hope including this email will make the state clear.</p>
MIND	17/07:30	16	<p>Anxiety regarding the police. Was hanging out with someone I just met. When the police arrested him on a outstanding warrant for drug charges. I was briefly hand-cuffed. This is totally not who I am, as I have never been in trouble with the law. The experience saw shocking, I was just there in silence. However it affected me deeply . I wonder if there is a criminal aspect to the remedy. On day one, I ended up giving a ride to a prostitute which I didn't mention at the time do to it being embarassing. All was on the up and up but still embarassing.</p>
MIND	17/10:00	16	<p>Hanging out with guys from the bar, got handcuffed by police because one of the guys had outstanding drug warrant. I was an observer to all of this. Shocking, distraught, so out of my experience, I am always on the upand up, very conscious of rules. I am social, the nice guy this doesn't happen to me. I didn't have sense of shame or wrongdoing, just crime happening, it is weird.</p>
MIND	18/07:15	16	<p>Relationship with father closer after the email exchange I had with him about school. I felt a healing in that relationship, like we have a bit of a common bond now. Recognized that he and I are more similar than I originally thought. Seems like the themes of "father", "parenting", "responsibility", "right vs. wrong" are a part of this remedy state.</p>
MIND	18/07:15	16	<p>Feeling less responsible for other people's problems than I usually do,</p>
MIND	18/07:15	16	<p>Clumsy, breaking things at work, still occurring. Physically clumsy whereas usually I feel mentally clumsy.</p>
MIND	21/16:00	16	<p>Bought a dress form to start working on projects.</p>
MIND	23/09:00	16	<p>Gambling, spent 30 hours in the casino over the week-end. In the last 6 months since moving to Las Vegas, I had been to the casinos two times, now I have gone two week-ends in a row and last week-end spent the entire day there. Felt compelled to be there, like an addiction, felt desperate. Like under a spell, like gambling sickness, kept losing money. Very uncommon for me, I don't gamble! Theme here seems to go along with the picking up the prostitute, getting handcuffed with the guy who was using drugs and now gambling. Out of his normal experience.</p>

MIND	24/13:00	16	Understanding that my core issue is the distinction between being responsible and being irresponsible. Part or what I notice is the conflicts. An example is yesterday is spending too much at a casino. Not feeling guilty, but understanding that it was my own choices. Really just wonder what I am running from deep inside. To put gambling sickness in perspective: In the last 20 yrs I have been in a casino three times and have played bingo with my mother three times In the last week I have play 6 rounds of bingo and spent close to 30 hours at a casino in the last week.
MIND	25/15:00	16	Criminal delusions: was asked by a co-worker to repair a garment. Turns out the garment is a Nazi SS jacket. Unfortunately, I left it at work and it caused quite a bit of upset and it isn't even mine.
MIND	35/07:00	16	Back to baseline. Irresponsible behavior stopped, generally feel positive, making informed decisions, energy improved, contented state of being. Have my sense of boundaries back, not gambling like I was during proving. Realize now this was not my similitum – not a good remedy for me. Seemed like there was a polarity in the remedy father/protector/parent/responsible vs criminal/irresponsible/manic.
MIND	56/00:00	16	What I noticed most was this split between fathering and responsibility. I would go back and forth between being responsible and being irresponsible. The responsibility was related to father. I had multiple dreams of being the father, sometimes of an unwanted child. In addition, a significant portion of the proving for me was the conflict that got stirred up between my own father and I. The irresponsibility showed up in some events that were not particularly safe for me personally. And had some context of breaking laws.
MIND	56/00:00	16 I played a fathering role to both of my pseudo-sons These are young men my children's age that have little or no father images in their lives and I have known for fifteen years or more. I was in the right place at the right time to be able to listen to their individual concerns and fears both of them are soldiers who are being shipped overseas soon.
MIND	56/00:00	16	As we ended the proving a little early since the supervisor and I were both going out of town. However this father energy still continued past the proving end date for me. A week ago my son's car broke down They actually called me two time zones away to arrange the tow in the end I was suppose to go to this conference that I had set up right at the start of the proving I cancelled that. Instead I bought a plane ticket to fly home early Friday morning of mother's day weekend I was flying home essentially to buy a car for my son. I was able to spend a fair amount of time with each of my children. I played a fathering role to both of my pseudo-sons These are young men my children's age that have little or no father images in their lives and I have known for fifteen years or more. I was in the right place at the right time to be able to listen to their individual concerns and fears both of them are soldiers who are being shipped overseas soon.
MIND	56/00:00	16	Usually leary of too exciting things--but went down waterslide at least 20 times. Didn't care about my hair, like I usually do.
MIND	56/00:00	16	Felt more drawn into my clients stories, felt despairing
MIND	04/21:50	101	An artist friend of mine who lives in a beautiful place in nature writes a weekly blog - I just received the one for this week - it is about Red Squirrels; I wonder if the substance of the Proving is from a Red Squirrel?
MIND	05/07:45	101	I notice that she is yawning a lot this morning and ask her if that has been continuing since taking the substance. She says she only notices this when she is talking to me (and I notice) - she says she will ask the people she is with today to watch and see if I yawn a lot.
MIND	11/07:40	101	She forgets to call in - I call her.
MIND	14/10:25	101	I get an email from her - she has found the remedy substance. She is going to a class in San Diego - she will take the remedy (second dose) Sunday night and call me Monday.
MIND	29/07:50	101	She forgets to call in - I call her.
MIND	29/XX:X X	101	I remind her that she still has never sent her proving journal to either proving coordinator or myself - she is getting irritated (jokingly?) about it now - "yeah, yeah - I know" she says.
MIND	33/07:45	101	She forgets to call in - I call her.
MIND	33/XX:X X	101	I remind her that she still has never sent her proving journal to either Lori or myself - she says yes, she knows - she will have it in by tonight.
MIND	36/07:30	101	She calls in early.
MIND	00/XX:X X	102	Very tired, unwilling to work more than I have to.

MIND	00/XX:XX	102	Speaking and coming up with the right words is difficult lately.
MIND	01/XX:XX	102	Usually doing work gives me a sense of accomplishment but these last few days I have not desire to do extra. I am glad for quiet and alone time. I want to connect with friends, but in an energy way. In other words, I think of them often and desire to connect but have no desire to talk to them over the phone. I want to talk to them either face-to-face or in dreams.
MIND	01/XX:XX	102	Very irritable after getting to work. I felt good all morning about the position of my business and got there and thought-there is no way my business can ever be that. I was sad yet angry at everyone for not just being good and being everything that I need them to be. Want to yell at everything that happens.
MIND	02/XX:XX	102	Washer breaks at work. Truck breaks down and I get stranded. Calm and unstressed about it even though it inconveniences everyone.
MIND	02/XX:XX	102	Nervous going to bed. Feel something watching me, following me upstairs. I don't like it. Have the urge to run up the stairs like I did when I was a kid coming up from the basement. I say out loud "stop it" just in case that helps.
MIND	03/XX:XX	102	Making many mistakes typing, writing. Have to really check myself. Have a hard time coming up with the proper words when speaking.
MIND	07/XX:XX	102	I find while talking to my proverbs that I feel that I have heard it all before and don't really need to ask any further. It used to annoy me a bit that one thought she wasn't having sex and I would bombard her with questions to find out every little thing. That seems too much work, and so now I just let her tell me nothing is happening and take notes on that. I cannot believe we are only ten days in. It feels like we should be done already.
MIND	08/09:30	102	Time was moving very slow today. I was running late but somehow made it from my meeting to my house to fold laundry and gather supplies to my office to drop off stuff and have a conversation then back up to the school in only fifteen minutes. This would normally take me twice that. I kept being surprised I made it to the school with time to spare. Maybe the clocks in the different places are off?
MIND	08/XX:XX	102	I have had a strong need for coffee in the last week. Not because I am tired, but because I hope it will motivate me to be able to do more. No luck though. it feels nice to do nothing. However I am reading a book for my book club that bores me. I feel like I should force myself through it but I really don't care if I finish or not.
MIND	08/XX:XX	102	When looking at my business profit and loss reports I get torn. Sometimes I feel like I should be working harder and doing more and we should be farther along in our efforts to grow. During this time I get upset that I have been so lazy and put things off so much. Other times I just want to go with the flow and trust that things will grow. It seems there is time to make changes later.
MIND	09/XX:XX	102	I met a man at a business meeting a few days ago. We have met to discuss how to work together a couple times. I find we are flirting a lot and there is an excitement about it. Even though I am married I want him to like me. I am thinking about him too much and it makes me nervous that I am interacting with him in this way, even though I have no interest in him beyond a business associate. Part of it feels like a nice distraction from the day in general.
MIND	01/10:12	106	I feel spacey. Like I'm not in my body. I'm not in my head. My eyes won't focus. It's a numb feeling. Bliss? Things that usually bug me don't bug me so much right now. (There's a lot of noise in the office...but not disturbing me.) It's an empty/blank feeling, especially behind my eyes. Colors seem different. It's like being in a fog, but I'm okay with it. I feel calm inside. I feel drunk. I feel high. Things seem slowed down. No matter. No time. It just is. Dream. Is this a dream? It has that same foggy uncertainty about it- feel dazed. Sunlight- I'm really attracted to it. My body feels relaxed, not alert. My eyes can't focus. If I move my head fast, I can't focus my eyes. I can't handle more than one thing at a time- usually I'm a great multi-tasker. Did I just say that, or did he? ("fortune 500!") Everything seems very funny. I'm laughing a lot. Very giddy feeling. Everything is a joke. Dullness of my senses.
MIND	01/10:12	106	He killed a fly on the window with his palm. It really repulsed me. I wanted him to wash his hand right away. My skin was crawling. I'm nervous- he's standing behind me- I'm nervous that he will touch me with his hands.

MIND	01/10:12	106	I read an e-mail from a friend. I couldn't understand it. I was so confused. I told them I don't f-ing know. Seemed harder to read than usual- like I just don't care also. It just doesn't matter. I really have to focus right now. I can't even find the button to save this document. But, I also don't really care. My limbs, specifically my arms feel heavy. Like they are lead. I'm having a really, really hard time understanding things right now. I can't hear correctly. I have delayed reactions to stimulus.
MIND	06/XX:XX	106	I was walking to the post office at about 4:45 today when I all of the sudden felt "yup, my prover is done proving." It came over me- I just felt like she was done.
MIND	01/11:30	107	Prover 07 took the dose at 11:30am. I, the supervisor, was present in the room. I continued to pack the office so as to get ready for new carpet installation. I noticed wanting to be productive, get the job done and bring things back to looking neat and tidy.
MIND	02/15:00	107	I took dose of my constitutional remedy. Last dose I had taken was February 3, 2011. Felt like I had to do something. Remember waking up with a worried feeling about filing corporate taxes. Then the thought what if I get audited. Will I be able to withstand pressure? Negative thoughts about future and anxiety about future.
MIND	02/19:00	107	.. She feels light, open, and chirpy. Laughing more. More confident than when I met her first time at my office for taking the dose...
MIND	02/19:00	107	I am talking to prover over the phone. She feels light, open, and chirpy. Laughing more. More confident than when I met her first time at my office for taking the dose. She is talking about setting things up for her upcoming wedding in Hawaii.
MIND	02/21:00	107	Whole day feeling off balance. Cannot seem to feel grounded. Neck and shoulders tight. CONSTRICTED FEELING. ANXIOUS FEELING. Fibromyalgia symptoms seem to be set off. I am not sure that is because of the deep massage I had yesterday (normally day after massage I feel way worse so this is not unusual).
MIND	03/XX:XX	107	Productive day. The constricted feeling lifted almost immediately after constitutional dose. THANK GOD for that. Cold resolved. Some right ear blocked sensation remains. Fibro symptoms are calming down too. So I can say Fibro symptoms set off could be from deep massage and took the normal course like always, worse day of, day 2. Symptoms start resolving day three of massage. No dreams.
MIND	00/00:00	108	Feel need to organize, clean. See little areas of clutter that were invisible to me before. Am putting the items in these little areas into more appropriate places.
MIND	00/00:00	108	Just saw a movie about a man who takes a pill, and his IQ jumps to four digits. The first thing he does is clean and declutter his apartment. Hah! I have been doing that the last few days. Did I just take a smart pill? Now I think I can write Apps for my new Android phone, but I haven't done any Java coding for over 8 years.
MIND	00/00:00	108	Feel like I can do anything I put my mind to. Feel very smart, clever.
MIND	00/00:00	108	Feel energized, excited, optimistic. Feel like I can make my career anything that I want it to be.
MIND	00/12:30	110	Unable to sleep due to constant irritating spots along throat when lying down. Just realized I will be arriving in Seattle just after the Japanese radiation does.
MIND	00/17:00	110	Conversation w master prover re new paintings I'm working on inspired by a large beautiful Chinese landscape ptg from the MIA. I tell him I felt that painting "WAS me." He tells me I am going to be prosperous (ref previous conversation.)
MIND	00/XX:XX	110	On the way home from initial mtg, my new lover spent an hour repeating his current ex-wife drama; when I didn't respond at all he asked me why I was silent. I proceeded to lovingly but directly tell him I felt he may not be ready to be fully with me, that he was still holding on to resentment, that his focus was not on creating s/t new w/me but rehashing old stories that had n/t to do w/us. He'd told me the same story w/new details 3x in a short period of time. He emphasized that he just wanted a "fair fight," and that he'd given her everything, yet she was still combative and asking for an annulment. I said I'm done helping divorced men get over their past marriage, that I'd been there and done that in my last relationship. I have a pattern of attracting men that don't really appreciate what/who is in front of them. I was upset to have to tell him, and I apologized about being so intensely honest. I felt a huge potential between us on many levels, but I'm ready to fly with someone my speed. I emphasize to him it's an opportunity to move forward energetically in his life via homeopathy or a medicine ceremony, that talking and thinking about it has brought him so far and the rest will require asking for help. After he dropped me off I felt very clear and unemotional. Even on waking the next day I felt I was drawing a line in the sand and either he

MIND	00/XX:X X	110	Watched a movie called Seraphina, about a peasant woman in the early 1900's working as servant in France. She paints in her (rare) spare time, making paint colors from unusual ingredients: from blood to wax she steals from the church altar to plants she harvests. Discovered by an art critic/collector whose room she's been cleaning, he finds her after the war to support her painting. He promises her a show in Paris, but the stock market crashes and she must wait. With the money he's given her she has a silk wedding dress made, believing "something big" is coming. Ignoring the economic reality, she interprets the need to wait for a Paris show as meaning her patron doesn't like her art any more. A psychotic episode ensues with her wandering the streets in her wedding gown muttering about angels. She's brought back to an asylum and dies without painting again. Her work is exhibited in Paris years later as Seraphine of Senlis. The movie was filmed with a lot of dark indoor scenes lit only by candlelight, giving the viewer a sense of the history and the world before artificial light - when painting was done all by natural light or candlelight.
MIND	00/XX:X X	110	Recently got offered to show my paintings at a yoga studio and sent out this invitation: Dreamscapes are places that feel familiar yet mysterious, timeless and soluble. Like a shamanic portal they are not found on a map, but somewhere between psyche and soul. In Chinese calligraphy, the symbol for mountain has stood for "a place sacred to worship" since the Shang dynasty. The newest paintings embody the subtle shifts that lead us to a place of worship in ourselves.
MIND	00/XX:X X	110	The name Seraphine is derived from the Hebrew sēraphīm (burning ones), a name used in the Bible for the heavenly winged angels surrounding the throne of God. Also a name for serpent.
MIND	00/XX:X X	110	I don't think this is part of the proving, but once again I've given someone in my life WAY too much -- and regret it now that she is moving out. I feel like I had a teenager living with me: never cleaned up, left the heat turned up, never did any shoveling, needed me to take care of crises immediately but was NEVER available to talk and let her phone fill up so you couldn't even leave a message. She is mad at me for calling her on her shit and not appreciating that she furnished the apartment. I gave her so much room to avoid being in conflict. I even left the apartment to stay with friends when her bf came to town and then cleaned up THEIR DISHES after they were still in the sink weeks later. Even her bf emailed me to ask me to cooperate with her. Good freaking luck with that relationship and good RIDDANCE!!!
MIND	03/05:15	110	Waking and worried about money; can't sleep obsessing about how I'll make my bills this month.
MIND	03/10:30	110	Took a tire in that has gone flat twice in the last three weeks and it was a faulty valve. Everyone at the shop was SUPER friendly, nice, helpful, attentive. I felt so taken care of.
MIND	03/20:19	110	my studio office is on the top floor of my building and I'm sitting watching a line of water drip down the back half middle of the floor. I just had the repair guy in today describing the problem. It has intensified tonight. My car roof also leaks and has been an ongoing problem. On top of that, we had an ice damn this winter in my apartment and they are just getting around to fixing it tomorrow.
MIND	03/20:19	110	Watching a 1989 video of a teacher I studied with who leads empowerment workshops. He is preaching about forgiveness and he is on fire. He is so full of love and passion. I never tire of listening to his voice.
MIND	04/11:04	110	Crabby about today's snowfall which left me stuck in my driveway. I made it through the whole winter until now without getting stuck. A friend pushed me out but then I was stuck in the ally. I had to abort plans for an early birthday art supply buying trip.
MIND	04/23:11	110	did not talk to prover today; noticing that it's not that easy to connect.
MIND	05/15:50	110	Celebrated my birthday by sketching a Chinese scroll painting at the MIA, then bought some cards that are Japanese, Chinese, and Victorian-style imagery. Came back to my studio to find a birthday card from the man I'm dating that was a Hiroshige print of a lotus and white Heron. His message implied our relationship and it's path of growth for this year; the card said the image was for "serenity, love, and balance."
MIND	05/15:50	110	Came to a sudden stop while pulling onto the highway, and within a few minutes realized I barely missed a 4-car pile-up, in which one car looked pretty totaled. I think this actually also happened one other time since the original proving meeting, but at the time didn't think it was significant. Also have been stuck in snow five times in the last two days. First time all winter I was so stuck I stayed home.

MIND	06/07:45	110	Waking after my birthday and feeling "my cup runneth over" with birthday love. I had 11 friends gathered with me last night and the location felt so perfect (one of my favorite restaurant/bars.) Several of the friends from last night are artists or writers whose work I greatly admire. Two of the artists create work that is 100% about expressing Spirit. Another two do work that is dark, gritty and kind of twisted.
MIND	06/07:48	110	A contractor finished repairing the integrity of our dining room wall yesterday. There was a gaping hole and water damage from an ice dam that formed after one of the 60 snow storms this winter. In a similar vein, my ex-boyfriend who lives close by has been bailing out his "Man Kave" for the past three days. It's flooded so badly he will have to throw away the carpet.
MIND	06/14:00	110	Extremely irritated to find my left rear tire is nearly flat again. Already had it patched from a nail, now has another nail in it. Two days ago it was my right rear tire needing a new valve.
MIND	06/15:00	110	Noticing that I'm painting with purple- never until now- and noticing purple colors.
MIND	07/07:45	110	Disappointment from last night's turn of events. The man I've been seeing is clearly and obviously not paying attention in the right ways, and assumed I was going home with him last night. So much for building relationship. Ugh, what a turn off.
MIND	07/17:30	110	My prover (who was in the painting workshop I taught today) made an image of 9 planets from cut photos and stated she was the purple one.
MIND	08/17:30	110	Have been planning the logistics of an art show I'm hanging today for weeks. I needed to coordinate with multiple people and ended up overlooking something important. I was distraught about overlooking it, but in the end it worked out just fine and I got plenty of help. It was easy, in fact.
MIND	09/12:45	110	Was so obsessed with getting my old show taken down and the new one up, forgot to contact my prover yesterday.
MIND	09/20:18	110	Checking my bank account with angst about how I'm going to meet all my expenses this month, I notice the Feds sent me a direct deposit return that is about \$900 more than I was supposed to get. I feel taunted by the IRS~
MIND	09/21:37	110	Wrote an email to the man I've been seeing telling him it's not working out for me. The connection level is very imbalanced. He is clueless about how self-absorbed he is. I kept the email simple and gentle.
MIND	10/11:58	110	Preparing for a two-week trip and feeling much more anxious about preparations and logistics than I normally would. Made arrangements for a ride to the airport and then made backup plans.
MIND	10/12:00	110	Discovered an article on gem remedies and began to think about the relationship of gems and mountains, which I've been drawing and looking at.
MIND	10/13:33	110	Stunned and annoyed to receive a call from the supervisor at the yoga studio where I hung my show Sunday. The exec director found my grouping of figures "too female-centric," removed one entirely, and rearranged the show to distribute the figurative work. I'm about to get on a plane and super annoyed she did all of that without even calling me. third yoga studio I've exhibited at; first one CENSORED!
MIND	56/00:00	110	The number 2, 22 and 11. Two sides of the magnet coming together.
MIND	56/00:00	110	friend's son fell to death from roof. Then told JA I want out of this proving.
MIND	56/00:00	110	Felt like a hole in my heart. Like I lost a family member.
MIND	56/00:00	110	a three year old child that had cancer, died
MIND	56/00:00	110	remedy might treat people for radiation poisoning
MIND	99/XX:X X	113	I will confess I went into the proving experience this time around with two things going on: #1 was i knew i had a lot coming up, so i made a decision to remain "distant" from the proving myself, meaning i did not consciously open up a channel or part of myself to receive proving energy as i did not want as intimate an experience this time around. and #2 was lots of enthusiasm, I was happy to take on two provers, and then things like graduation, final exam, painting commission etc came into play and my energy really dropped. i did experience with both provers (which was very distressing to myself) that i would completely space on our follow-up call times and miss them... something i can honestly say i NEVER do in real life because i hate that feeling that i have set something up with someone and then let them down. also i have been dragging my feet on completing these journals, something i hate to do in real life as well and honestly i spaced that as well.... they weren't even resting on my consciousness i would completely forget about them and then when your emails came it's a reaction like OMG i can't believe i haven't done it yet.... :(

MIND	24/XX:XX	115	this has been a very funky proving. I generally get very few proving sx, and get into the supervision with gusto. This proving, I couldn't care less. I feel like a bystander, vaguely aware that there is a proving going on. I am not bothered by this, (I generally like to be in the know, in the midst of things).
MIND	24/XX:XX	115	They have been long lasting or very short, or repative, like malarial miasm.
MIND	24/XX:XX	115	My practice was SLOW in the begginning of April. Hasn't been that slow for years. Caught up a bit toward the end of the month.
MIND	24/XX:XX	115	Emotionally-- was able to start and continue a fasting program for spiritual growth that I have been thinking about for several months and just haven't done. Also started doing some pharmacy changes that have been 'on the list' for 6 months.
MIND	24/XX:XX	115	This is very subtle, but I don't really want to be an important part of a group. For example, I have wanted a close group of friends to process life together. I am ok that this isn't there, and confident that it will come.
MIND	24/XX:XX	115	It is like slime, goo, wind dancing the leaves that don't care around, to work with people who want to get well, help others get well, but are caught in the ebb and flow of ease and dis-ease.
MIND	00/08:59	116	I completely forgot that I had to call prover this morning and "happened" to check my emails and saw that prover had logged onto Skype and then I remembered I was to call him in one minute. Very uncharacteristic of me, I had been aware I needed to call prover all week, then just forgot this morning.
MIND	00/XX:XX	116	I had been to a lunch appointment with my son and husband, son told me he was HIV+. Felt shocked, sad, spacy. Arrived late to the proving meeting and was locked out of building. Felt isolated, maybe I didn't belong there.
MIND	03/07:00	116	Communication – computer problems: Skype is not working (very unusual) – PROVER'S picture won't come through and my picture is upside down.
MIND	04/11:00	116	I lost track of time this morning after talking with my prover and ended up being very late to work. This is completely out of character for me and is the second time this has happened in less than a week. Loss of sense of time, not on track, not paying attention to time.
MIND	00/XX:XX	301	During proving talk in March and was deeply affected by the Japan earthquake/tsunami disasters
MIND	18/22:00	301	My stress was building as I saw on my computer screen all the work I had to do; my husband came over to take a look, and as he came into my space and cut me off from my computer, I felt like everything in my world (maybe my space, the space around me, three foot diameter) was pulling in quickly and tightly into my chest into a tight ball; it was pulling in and building up pressure; then I "blew up," all of that tight ball exploding out around me on the person in my space (husband), and I yelled at him angrily and got up to get out of the space, which felt too small; I told him that if he must get in there and see my work and all the crap I have to do, go for it, but I don't have time to sit back and let him play around; I felt so bad for yelling at him afterward because I knew it wasn't his fault but my own stress and wondering how I'd ever finish on time
MOUTH	22/22:00	1	Thirsty today, do not crave or drink water, dry mouth
MOUTH	25/23:00	1	Gums bleed when brushing teeth, gums feel sore on right side, lower
MOUTH	25/23:00	1	Jaw sore like infection, right side above the lymph node that has been sore in the past
MOUTH	01/09:20	2	No swelling, but there was a slight sensation of swelling and it was almost the way you feel if the dentist gets you a bit of anesthesia. It was almost like it was a bit numb. Another way to look at it was that it was like a puckering feeling that you get after you have eaten something sour (there was no sour taste – just that kind of feeling). It was a puckery feeling, like you have just finished bubble gum or had cotton in the mouth. It did not impact the tongue, but started on the sides and inside of lower cheeks, particularly around the lower jaw and spread to around the inside of the mouth. Experience was more inside of cheeks and jaw. Not tingling, but like something had happened-after eating something. Like I ate something and there was an after-effect from bitter, sour or unusual. It feels like a squirrel, pockets in the mouth, like storing something there.
MOUTH	01/11:45	2	Symptoms which started at 9:20 subsided

MOUTH	02/12:45	2	Pressing lips together often while talking to supervisor. Try to get rid of feeling there. Dry, not moist, puckering the same way after I ate blueberries. Felt like a goldfish with my mouth. Sense comes around mouth and it wants to move. Cheeks are dry. I think about how rabbits hold things in mouth. But more like a goldfish.
MOUTH	02/12:55	2	It feels like the bottom lip is coming out, extending from jaw, bitter. My lip and chin were extended more-just the tissue-cheeks. My jaw usually recedes, but this feels like the tissue is coming up and forward.
MOUTH	03/XX:X X	2	Still getting sensations around the mouth. This time they were not as much in the tissues in the lower jaw area, but rather the mouth itself. It was like they surrounded the mouth in an area about as far as from the nose, all the way around the mouth. The lips themselves seemed as if they had been "plumped" or had artificial injections or treatment. They were not physically swollen, however. I did place my hand up to my lips and they were physically warmer than the rest of my body. I believe if you could have taken their temperature, they would have been warmer as well. Sense plump, bigger, and I still press my lips together.
MOUTH	05:/19:50	3	left side of roof of my mouth feels completely dry and numb, like novocaine was applied.
MOUTH	07/07:07	3	little sores on the tongue
MOUTH	01/22:00	4	Feel something stuck in mouth on Left side (working mouth, biting cheek on left side.) As though something is alive moving in there (holds hands up again), pressing down, evening out (hg fingers) like when chew gum and flatten it out in one piece and do little bites to flatten it out evenly. Little lumps inside layers but easy to flatten out. Like a lot of cheek walls, inner walls of mouth. Like I could do this all day, something I do. Getting fold of cheek and I can bite it, even it out, flatten it out, get another area, like layers. Like doing myofascial release-1 area releases and go to another layer. Interesting, passes time, satisfying to even it all out.
MOUTH	01/22:00	4	My right side feels different. Not as many folds, thicker, fuller, swollen, hard to get grab with teeth on a fold. Now whole mouth-front of mouth, can do that (pressing lips between teeth) like what a cow does with masticating. Yet it's not food, not eating, but a part of me. Chew 100 times to get soft, liquid, can move on in the process, yet not foreign like food. Maybe it is but I'm too dull or unthinking to know it.
MOUTH	02/XX;X X	4	Biting cheek with teeth is like suction, sucking in and yet when it sucks in something else-like eyes bug out. There is an in suction and at same time creates stretching. Maybe from wherever boundaries are. Gets taut-image of old cartoon where someone is smashed down and they go out hte sides. Compress one direction, spread out in another dimension. This evokes space/time and other dimension, wrinkle in time associations. Llike waiting on outside of containder for a chance to pop in. They know we don't know about them yet.
MOUTH	05/09:20	4	Aware of the inside of my mouth as a smoothness, enjoying touching and exploring it with my tongue. Almost as if I were in there. You can nestle in. Eating is a very interesting tactile experience, not of the food itself but the movements of the interior mouth and teeth. My tongue searches out any bit still stuck in my teeth. It's a satisfying way tot pas the time - and might as well make the most of what nourishment I've got.
MOUTH	01/15:50	5	The roof of my mouth and tongue have gone numb for about five minutes after smelling someone's perfume at a café.
MOUTH	01/19:32	5	A funky taste in my mouth (with the belching).
MOUTH	07/21:15	5	Sensation as if swollen with tingling and numbness throughout my mouth, especially my tongue and roof of my mouth. Had me thinking that maybe I couldn't breathe as well but my breathing was only mildly impacted.
MOUTH	08/XX:X X	7	I had some small sore spots. I did not think to mention. A few days ago I had a small sore spot right side of tongue. It went away after a day then another small sore spot just higher on the right side tip of the tongue. No sore apparent just sore, localized as a taste bud. Could feel as I ran tongue through my teeth.
MOUTH	12/05:00	7	I have another sore spot on my tongue, upper right side. Feels as if taste bud. Very small can feel when teeth run over tongue.
MOUTH	01/15:00	12	Dryness. Water doesn't seem to quench
MOUTH	02/09:45	12	Very dry mouth still. Water doesn't help.
MOUTH	01/11:30	13	Dry mouth.
MOUTH	01/11:45	13	Dry, parched, like cotton mouth

MOUTH	08/XX:X X	16	Woke up with metallic taste in mouth, slight sore throat, stitching, right side.
MOUTH	04/XX:X X	102	Notice throughout the day my lips are getting drier and drier. Nothing I can do about it. Lips crack in the evening.
NECK	01/19:23	1	I have a little tightening or something right on these glands (she tips her head back - pinches the area on the external throat right under the jaw)
NECK	01/19:51	1	A little stiffness in the neck.
NECK	06/07:30	1	This morning my neck is a little stiff in the back - when I first got up it was more to the left side but now it has moved to the center of the back of the neck.
NECK	06/07:45	1	Soreness in neck, left side in back; like I slept on it funny
NECK	06/08:30	1	Soreness in neck, center back on vertebrae
NECK	56/00:00	1	swolloen glands, never got a cold
NECK	03/12:00	4	buttoned my shirt (rarely wear shirts) up higher than usual around my neck, with the collar standing up "a la Diane Keaton."
NECK	03/13:00	4	After lying on contraption to align the spine my neck feels taller, my head a bit wobbly.
NECK	22/18:20	5	While washing my hair, standing in hot water, my neck went out--tightening of muscles, strained.
NECK	22/20:00	5	Neck pain relieved with hot pack directly against neck for twenty minutes. Still mildly strained but significantly better.
NECK	02/09:30	7	My neck was tight and stiff on the right side. Wanted to stretch it out.
NECK	04/10:00	7	I noticed I am stiff on my right side as well as a little on my left. More prominent on right yet mild. Feels tight. This is not really unusual for me.
NECK	10/08:30	7	I am stiff in my neck. It a bit different for me. It is a mild to medium pain, It feels much localized to an area of injury. I can feel the bone, pain. Kind of arthritic.
NECK	03/23:15	9	Soreness in neck and shoulders.
NECK	04/22:45	9	Soreness in neck.
NECK	56/00:00	9	burden is in left neck and shoulder
NOSE	26/01:30	1	right nostril feels like it is a cracked and dry around the outside, on further examination I can see a pimple inside the left nostril that is very painful. I have had these before but not as painful and not as deep inside the nose
NOSE	26/XX:X X	1	I had this funny sore inside my right nostril - I do get sores in my nostril sometimes but usually ther are more in the upper part of the nose but this one is down near the opening and in the front. It feels raw and cracked but when I look in the mirror it doesn't look sore.
NOSE	00/XX:X X	4	A friend sent me a pair of socks I got in the mail this eve, the day before starting the proving, that I really noticed the odor of, probably from the bag they were in from the store?
NOSE	01/23:00	4	My lover's house smells funny, slightly of perspiration. My sense of smell is definitely more acute than normal. I can really smell it, and I kind of like it. Noticing his smell more than usual as well. Partly just noticing, and partly nestling into it.
NOSE	04/10:00	4	Sense of smell continues to be more acute, although I just notice it from time to time. Really smelling farts today, mine and other peoples'. I normally don't notice, and have never had a very good sense of smell in general. Also smelling cat litter coming up thru heating vents from the basement, even tho I cleaned it quite recently.
NOSE	04/23:30	4	Last night my left nostril was blocked in a way that made me kinda snore. I kept wanting to just snort in or out more strongly and clear it, but didn't want to bother my bed-partner, so I would labor my breathing and try to keep it unobtrusive. Eventually went into the other room to clear my nostrils, helped somewhat. Like a little webbing of mucus that the air was trying to brush past to get in and out. Keeps happening on and off for a few days, especially in bed.
NOSE	05/09:10	4	Nose is a little runny today, using Kleenex, blowing the nose, no big deal, then a few minutes later a clear mucus starts to run out again. Happens more in the morning then stops more or less during the daytime. Comes back a bit again in the evening, not much.
NOSE	07/09:00	4	nose just a bit sniffly, esp. left nostril. Not much comes out when I blow (infrequent), and seems to be clear, thin.
NOSE	07/23:00	4	Still noticing odors more than usual. One will just come upon me, all of a sudden. A whiff of unexpected evidence of some one, some thing.
NOSE	10/18:00	4	Nose also seems to need a few good blows in the morning, yellow/green, almost sticky now, then not much all day, the occasional blow or sniffle. Today have had desires to sneeze but it doesn't come. Happened several times.

NOSE	12/13:00	4	actually blowing my nose more frequently, as it turns out, and sneezing more. But it's all pretty thin, watery, clear. I sniffle. It's not a problem.
NOSE	36/XX:XX	4	Very sensitive to smells. Perfume made me sneeze.
NOSE	56/00:00	4	Acute smells
NOSE	03/16:24	5	Bloody, crusty and dry mucous particles of debris tickling my nose.
NOSE	01/12:00	7	Have had small cold. Nose is stuffy. I feel pressure in the root of nose. Pressure seemed to move to behind the eyes for a bit. Then the pressure seemed to release.
NOSE	06/09:00	7	My nose is not as runny today. Nose only runs when up and working. Sitting or driving no symptoms.
NOSE	06/09:00	7	I forgot to mention my nose was running yesterday. Medium mucus had to blow every hour. Could be cold?
NOSE	10/17:00	7	I have not had any cold symptoms. Today again my nose ran only when I was up moving around and working. Feels more like a bit of an allergy. Just a bit of mild itchiness.
NOSE	19/XX:XX	7	I forgot to mention I am way over my cold, yet today my nose did run a bit, again only as I was working.
NOSE	10/22:15	10	My smaller cat has been sneezing all day. She has never done that before.
NOSE	01/11:30	11	I was in the shower, cleaning my nose & there was a lot of clean red blood in my nose discharge
NOSE	04/07:00	12	Wake up with runny nose. Is congested, but runny too. Sneezing a lot.
NOSE	10/18:30	14	I have some drainage going down the back of my throat. I wonder how I will sleep tonight.
NOSE	12/15:30	14	Nose is running. Clear discharge, more on the thick side. A little stuffy at times.
NOSE	01/20:00	15	Making me sit up! I have been carrying this remedy in my purse since the Sunday meeting (a week ago). I just wanted to step into it. MY NOSE is running. It had quit!! Now I am yawning and sighing so much right now. More water coming out my eyes.
NOSE	02/17:30	107	Cold starting. Left eye watering. Runny nose starting. Still productive.
NOSE	00/15:00	110	during initial mtg I kept smelling a faint odor of polyurethane for ~ one 1/2 hours
PERSPIRATION	23/11:30	5	Feeling so hot, sweating all over.
PERSPIRATION	23/16:38	5	Sweating. Hot--especially in my legs, groin, back, shoulders, armpits, abdomen.
RECTUM	26/XX:XX	1	I've had an old symptom come back but this might just be because my own remedy is out - when I need a remedy this Sx comes back: I get this sore between my vagina and anus - it feels like there is a sore there but it doesn't LOOK like there is - I usually put something like Calendula on it - I haven't had this for quite a long time.
RECTUM	12/07:30	14	Troubled with constipation.
RECTUM	10/12:00	110	Very unpleasant foul gas for the past several days, even though my diet has been typical.
RESPIRATION	03/10:00	1	Walking along beach on daily one hour walk; notice minor difficulty in taking a full breath in; did not stop me from continuing my walk
RESPIRATION	06/08:30	1	Yawning only when talking to my supervisor for the past few days
RESPIRATION	56/00:00	1	inhale breathing problems, harder to breathe in
RESPIRATION	01/19:12	5	Difficulty breathing, a heaviness, almost as if the air itself is thick, not so much that I cannot breathe.
RESPIRATION	01/19:14	5	The strongest thing is the heavy air and my breathing.
RESPIRATION	07/07:02	5	Breathing feels a bit restricted this morning. The air in my lungs feels heavy and slow to move.
RESPIRATION	56/00:00	10	really strong respiratory had started in January; coughing fits to vomiting
RESPIRATION	01/20:00	15	I can't get my lungs inflated. I have to breathe deep. I lean back, then I have to set up again. I can't get the air in. ok. Quiet weeping about the flood coming. short of air again. Feet still pulsing. I just don't have enough air!
RESPIRATION	02/07:45	15	We might have some cured symptoms here! My lungs feel much stronger today. Matter of fact, darn near normal! It is now 9:30 and I have not coughed once. Not once.
SKIN	04/22:30	1	I used a different suntan lotion today than usual and my skin burned so I put Calendula on it. I'm usually so careful about my skin - even my face got a little pink.

SKIN	04/XX:X X	1	Used different suntan lotion today and got sunburn, usually I'm careful to not let that happen when I am in Florida, used Calendula on the burn; very tan
SKIN	07/07:10	1	I do not get blemishes but I have a little pimple - one on my nose and one on my upper lip. Normally I can just pick at them and they go away but the one on my lip has been there a few days and then one showed up on my nose yesterday. Sometimes I get them from sun tan lotion.
SKIN	20/23:30	1	Small pimples, one inside nose-very painful and one upper lip
SKIN	23/XX:X X	1	My skin just seems so dry - it looks SCALY to me - lotion doesn't seem to do anything to make it better the way it usually would.
SKIN	26/XX:X X	1	I had a weird, scary thing on my right side - at my waist - like a gel - it all came off and left no mark or anything - did I just spill some food there and it got like that or what WAS that!?
SKIN	26/XX:X X	1	I have had little spider veins on the insides of my ankles ever since I was pregnant with my daughter (and she is now 25) - and they're ALMOST GONE! I've even had acupuncture for them and that didn't help. 25 years I've had them!
SKIN	56/00:00	1	square birthmark- like mark, darkened tan line in a square corner on knee
SKIN	24/XX:X X	4	Itching seems more specific and intense. The back of my neck has felt like it needs scratching often these last several days, as if something is crawling, barely, just under the skin. Also I often find myself scratching my scalp, and my forelegs.
SKIN	31/05:30	5	Woke today with small, flat, red spots in patches along the left side and back of my neck. Like hives. Mildly itchy to very itchy throughout the day. better from itching/rubbing patches gently.
SKIN	09/10:00	7	Feeling a bit itchy. Just random parts of skin. Noticed a bump on my back and a few in my hair, top of head. Small raised but itchy. Just some random feeling of the want to itch.
SKIN	13/02:00	7	I have noticed a small bump, may be small skin tag that has been under my right eye for years has disappeared. Very small yet raised, has always bothered me. I have had it for at these four years.
SKIN	14/15:00	7	Noticed a skin like tag that had been under my right breast is going away. It is half size smaller and flesh colored. Not a dark mole. It was raised and is still slightly. Had for about four years.
SKIN	01/07:30	16	Picking at skin tags on chest until bleeding (this was before having the dream about the skin tags on wife's scalp).
SKIN	01/09:00	16	Picking at two skin tags under my left breast. Made them bleed. Not necessarily unusual, except in relation to the next dream.
SKIN	04/08:45	110	New upcropping of athlete's foot on my left foot between the last two toes, then starting on the right foot also.
SLEEP	01/22:30	1	I couldn't get to sleep right away - this is typical for me with a full moon. I decided to put on a movie - usually I will fall asleep while watching it but I watched the whole thing (unusual).
SLEEP	03/07:15	1	Slept really well - right through to the alarm. I can't remember any dreams.
SLEEP	06/07:45	1	Woke having slept soundly, no remembered dreams
SLEEP	06/07:45	1	Sleep was great as usual.
SLEEP	06/23:30	1	I had coffee today so I had trouble getting to sleep.
SLEEP	07/07:05	1	My alarm went off and it was really hard to get up - I had trouble falling asleep last night - I'm tired this morning.
SLEEP	08/07:30	1	Slept soundly as usual - I was so tired yesterday that I went to bed early last night (unusual) - didn't even wake to go to the bathroom (Unusual).
SLEEP	23/XX:X X	1	I'm very tired this morning - I couldn't sleep last night. No - the storm didn't bother me - it was more like I'd had caffeine but I HADN'T!
SLEEP	25/23:30	1	sleepless, stay up later than usual for past weeks
SLEEP	32/XX:X X	1	It seems like since I was in California, day 16, I have had less sleep-going to bed later and not being exhausted throughout the day
SLEEP	56/00:00	1	normally heavy sleeper, rarely remember dreams, but remembered many
SLEEP	56/00:00	1	wake up from dream, like having a thought. Irritated that I had to wake myself up and write dream down
SLEEP	56/00:00	1	wet the bed on this proving during dreaming. Woke up soaked.

SLEEP	10/16:30	2	Fell asleep in the afternoon. Just really tired from all the extra workload. The fatigue just gradually came on. I woke up at 18:30 feeling refreshed and ready to go again. Things are pretty smooth.
SLEEP	10/16:30	2	I was exhausted, but it was a good tired like I had worked hard, both physically and mentally.
SLEEP	15/07:30	3	First time I have slept through the night - dreams but can't remember them this morning
SLEEP	56/00:00	3	Slept really well, and usually don't. Dreamt a lot and remembered dreams easily.
SLEEP	03/06:30	4	very hard to get out of bed this morning, wanted to nestle in much longer.
SLEEP	08/09:45	4	Went back to sleep this morning, not really still tired but wanted to just lay still in the cozy covers. My male cat seems to be more affectionate these days, he will sleep right with me, in my arms, rather than nearby but keeping some distance. He seems more loyal, he seems to want a more personalized connection, and to want the physicality of closer contact.
SLEEP	12/10:00	4	Sleeping a good 9 hours most nights. Usually I wake after about 8 hours, altho now i am dozing and going back to sleep more often. And not setting the alarm, not making myself wake earlier to get more done, as I usually do.
SLEEP	14/XX:X X	4	Sleeping longer than usual in general. Usually I get goin in the morning but I sleep extra partly because no worry about doing and partly because the experience of sleep is satisfying.
SLEEP	18/XX:X X	4	This is a little thing but I think sleep wise; I have been thinking I am having good sleep. Sleeping a good nine hours; last night I had seven hours and I was sleepy exhausted. Maybe I have been sleeping ten hours at a time. That is a lot for me.
SLEEP	18/XX:X X	4	Desire to lay down and sleep for a long, long time, as though some important stage is over. Maybe I've broken out of the egg or experienced birth or something...
SLEEP	21/XX:X X	4	Sleeping hard, choosing to go to bed earlier. Not willing to give up my sleep. Feeling very sleepy also at times, like I REALLY have to take a nap.
SLEEP	02/09:30	7	I slept very well. A deep sleep. I did not wake up or dream.
SLEEP	04/09:30	7	I slept very well, but did sleep in. I did not want to get up. I wanted to just listen to the rain and wind and stay in bed.
SLEEP	01/13:40	10	Extremely tired, took 3-hour nap
SLEEP	03/10:00	10	Slept quite late today and now working from my bed.
SLEEP	04/10:30	10	Slept quite late again today. Up late last night.
SLEEP	06/12:22	10	Tired and feeling like taking a nap (although I can't because I have a meeting). I feel lethargic and slow and heavy.
SLEEP	10/12:30	10	Could not get to sleep, partially due to cough and also just not able to sink into it.
SLEEP	02/XX:XX	13	Sleep was normal....woke up with a sinus headache, a little groggy. Its raining outside so that doesn't help the slow start...
SLEEP	03/XX:XX	13	Sleep was good until I was awoken too early 5:53am before my alarm (I had to go to the bathroom and I had too many covers so I was too hot)....wrote down my dreams then while they were fresh. Didn't really go back to sleep then more resting until my alarm clock...bummer I needed that 1.5h of sleep!
SLEEP	04/xx:xx	13	Sleep last night was good, I work up five minutes before alarm which never happens. Love sleeping in this rainy weather!
SLEEP	06/08:00	13	Sleep was ok, got to bed late. No dreams that I can remember.
SLEEP	07/08:00	13	Sleep was pretty good. The wine at the dinner party last night I'm sure helped :)
SLEEP	08/09:00	13	Sleep was ok, got to bed late. No dreams that I can remember.
SLEEP	09/09:30	13	Aggg, I did not sleep well at all last night. I think all the icky food and drinking made my stomach totally bloated which prevented me from sleeping.
SLEEP	10/09:30	13	Went to bed at a reasonable time and sleep really well. It probably helped that there was no heavy drinking the night before. We literally crashed.
SLEEP	11/08:00	13	I slept pretty well, in my own bed which was nice!
SLEEP	01/10:30	14	Snoozed on the bus ride home. It went fast.
SLEEP	02/05:30	14	Slept for 6 hours and fifteen min straight without waking. I usually wake in 3-5 hours, unable to get back to sleep unless I go to the bathroom. So, I got up at 5:45 anticipating the events of the day.
SLEEP	03/06:20	14	I slept from 11:15 through to about 6:00 am. Did not have to get up to go to the bathroom. Unusual.
SLEEP	04/06:00	14	Had another 6 hour stretch of sleep. Long for me.

SLEEP	05/06:00	14	Slept six hours without waking again. Went to the bathroom.
SLEEP	06/06:00	14	Woke up after five hours of sleep, my usual pattern before the proving.
SLEEP	08/21:15	14	Went to bed at 9:15. Very tired and have to rise early tomorrow.
SLEEP	09/05:00	14	Slept again for 6 hours straight. Then woke at five and thought my alarm was supposed to go off but realized I set it for 5:15. Rested until 5:15.
SLEEP	09/21:30	14	Go to bed at 9:30. Exhausted.
SLEEP	10/06:00	14	Slept 6 hours straight before having to get up to go to the bathroom.
SLEEP	10/21:30	14	I go to bed early as I am not feeling well. Concerned about getting sleep tonight. I have clients tomorrow.
SLEEP	11/06:00	14	Had a rough night. Woke several times. Stuff going down my throat.
SLEEP	11/22:30	14	Have a hard time going to sleep due to my throat. Lots of mucous going down. Feeling a little tickle in there.
SLEEP	12/06:00	14	Difficult time sleeping. Woke many times due to throat and post nasal drip. Slept with the head of the bed raised a bit higher than usual.
SLEEP	13/06:05	14	It seems like a very long night. Hard to get to sleep. Mucous going down throat, coughing off and on. Kept looking at the clock.
SLEEP	15/07:20	14	Slept for 7 hours straight without waking.
SLEEP	16/17:45	14	Slept from 11:00 to 5:45 without having to get up and go to the bathroom.
SLEEP	20/06:00	14	I continue to sleep for a longer stretch at night without having to get up to go to the bathroom.
SLEEP	14/07:30	15	Felt good to sleep in today.
SLEEP	04/XX:XX	16	In a fog, not sleeping well, woke up tired and lethargic.
SLEEP	56/00:00	16	Sleep: usually wake after 3. Slept 6 to 7 hours without going to bathroom.
SMELL	01/08:00	8	Can't get rid of the onion smell. Smell onions on my hands all night.
STOMACH	01/XX:XX	2	More hunger and feel wasn't full.
STOMACH	03/07:30	2	Again, slight discomfort in the lower abdomen. I noticed it slightly on and off for several hours. This morning felt like reverse peristalsis. It felt like the wastes were going the wrong direction. They were going toward the mouth. Like I have to go to bathroom, going up instead of down. Pressure, need. The area covered was much greater than with earlier symptoms. It was radiating upward and was now above navel, going up under ribs. Like I want to get rid of something in there but can't. Almost like want to vomit but couldn't because still too deep. Want to try to get something out. Sense of escape. Lips are the last part of skin to get out of GI tube. Direction it's going is toward oral. Heat sense like try to get heat out of system.
STOMACH	03/12:00	3	feels heavy and hard
STOMACH	56/00:00	3	nausea with headache
STOMACH	11/11:15	4	Feeling a bit nauseated this morning along with the HA. Unusual for me. Again, was it eating meat late, not enough water? I just feel crappy, almost (but not quite) like I'd need to lay down, but the idea of that doesn't seem satisfying. I'm considering whimpering once or twice. A sigh. Systems laboring a bit, uncomfortable, not in their place.
STOMACH	26/XX:XX	4	Long day today of work and travel home, carb-loading like a craving, eating not from hunger at all, have to do it to keep going, going to do it to just relax into being home, satisfy my urges even if I know they're not good choices. So eating too much and an odd variety of foods, and just before bed I get a bad indigestion, burning, lots of belching, pretty strong, lasts a while, unusual for me.
STOMACH	01/19:14	5	A feeling of nausea extending outward toward my chest.
STOMACH	01/19:17	5	I could almost puke, it comes in little waves.
STOMACH	01/19:20	5	Wave of nausea, the throwing up kind twenty minutes after first dose that stops at the pit of my throat. It's very sensitive there.
STOMACH	01/19:32	5	Belching.

STOMACH	01/19:56	5	Pukey feeling in waves (not constant).
STOMACH	01/20:35	5	Feeling I need to puke again.
STOMACH	22/24:05	5	HUNGER! Ravenous! Need to get up to eat something. Crackers dipped in yogurt. So hungry, felt like an animal needing desperately to eat. Thirst: guzzled 16 oz of water.
STOMACH	56/00:00	5	heaviness feeling, nausea
STOMACH	06/08:30	7	I have a bit of a stomach ache this morning. It is mild but feels slightly nauseous.
STOMACH	01/15:00	8	I went to take some parmesan dressing at the salad bar and a powerful wave of nausea came over me. And I stopped suddenly and pulled my hand back like it was burned or bitten. Nope, no parmesan dressing for me. I feel sick. I took a little ranch and left the area, my stomach is unsettled.
STOMACH	02/06:50	8	Wave of nausea, like going to vomit, feeling anxiety in my stomach. Daughters arguing, feeling nauseous
STOMACH	02/07:30	8	Nausea with anxiety, worry. When I got up, kids were bickering, and I felt nauseous. Usually more angry and snap at them. Today, weak and nauseous. Can't handle this. Dizzy.
STOMACH	02/07:30	8	Nausea. Overcomes you. You feel nauseous, don't feel like going to throw up. Just wave of nausea. .
STOMACH	02/07:30	8	Got this nausea in clinic last weekend, the day after the kickoff meeting. Case was distorted personality. Realized something wrong with her. I thought I had to throw up I sat and listened to her, forgot about nausea. Then two hours later felt completely fine.
STOMACH	02/07:30	8	Nausea with anxiety, worry. This morning daughter in state yesterday, but last night was better. When I got up, kids were bickering, and felt nauseous. Usually more angry and snap at them. Today, weak and nauseous. Can't handle this. Dizzy.
STOMACH	56/00:00	8	made me nauseous
STOMACH	02/21:30	10	bloating is more intense than normal and more immediately after eating today
STOMACH	03/16:30	10	Bloating is immediate, even things I can usually get away with.
STOMACH	05/19:00	12	Feeling Nauseous. Exhausted.
STOMACH	01/09:07	14	Fleeting hunger momentarily.
STOMACH	01/09:22	14	Appetite diminished. I usually like to eat in the morning following a brisk walk and shower. I have not been hungry for one week.
STOMACH	01/09:25	14	I experienced extreme nausea one week ago. I ate a small amount of popcorn, after we arrived home, my husband was baking a pizza, and I became extremely nauseated by the smells of the baking pizza, I felt like I needed to burp, I couldn't relieve myself. My good friend called and recommended that I go lie down. However, there were so many things I wanted to accomplish.
STOMACH	01/09:26	14	I did go lie down, then I began to burp and pass gas, late in the evening I felt much better, by ten pm.
STOMACH	03/08:30	14	Putting off eating again. Don't really feel hunger.
STOMACH	04/12:15	14	Didn't eat anything until noon. Was getting hungry and agitated then. Feels like no time to eat.
STOMACH	05/09:30	14	Felt hungry so I ate breakfast. Felt better doing so.
STOMACH	12/16:15	14	Decide to make soup for supper. I had soup last night at church and that felt good.
STOMACH	12/16:40	14	Drank some hot tea. That goes better than cold liquid.
STOMACH	12/16:40	14	Feeling more thirsty than usual and drinking more. Prefer hot tea or room temperature water. (Usually I feel dry in the mouth but don't really have the desire to drink.)
STOMACH	14/12:30	14	Eating for the first time today. Feeling pretty hungry.

STOMACH	08/13 :10	15	Feel like I could easily throw up. I want to remain completely still. Move nothing. Cover eyes. Sleep. Since taking the remedy I have felt sleepy, tired in my head, my brain, tired thinking. Wanting to escape into a nap..
STOMACH	04/13:15	16	So pissed that I wanted sugar. Drove to the store for cookies and a pop. Will probably regret later but what the hell.
STOMACH	06/13:00	16	Feels ill at ease, blah feeling. Possibly I am a bit constipated. Ate a breakfast this morning which was delicious, right now the thought of food could turn my stomach.
STOMACH	06/13:00	16	Stomach – sense of being constipated, no desire to eat, food turns me off. Fell asleep again.
STOMACH	06/22:00	16	Bowel problems and the blah feeling are gone.
STOMACH	13/07:15	16	Diet essentially over, back to old habits of eating, meals are a disaster eating too much sugar and starches like I always do.
STOMACH	56/00:00	16	Nauseous the day of the proving. Napped, awoke. Burped and farted and then felt fine.
STOMACH	00/XX:X X	102	Very hungry lately. Nothing fills me. Never full no matter how much I eat or drink.
STOMACH	06/24:50	110	Pains in my gallbladder; normally some discomfort after wine and sugar, but now a throbbing sensation keeping me awake. Finally fell asleep by placing a castor oil pack over my liver.
STOOL	00/00:00	1	Today stool was unformed and sticky - not like diarrhea, but messy. I normally have well-formed stools and I like the way they are. Although I am on vacation I am eating pretty much the same way - oh - I did have bacon yesterday and I am a Vegetarian - maybe that's what did it.
STOOL	04/22:30	1	My stools are still sticky (since the day before the proving started). Sometimes they are formed enough to pop uout but mostly they are stick and hard to get out. I basically eat exactly the same as I always do because I weigh and measure my food so it is very regimented.
STOOL	04/XX:X X	1	Stools are still sticky, messy, hard to get out
STOOL	05/22:30	1	Stools still sticky.
STOOL	05/XX:X X	1	Still sticky, messy
STOOL	10/07:30	1	I am still having these long, sticky (hard to come out) stools.
STOOL	10/XX:X X	1	Usually I have frequent LITTLE stools - now I have BIG stools and they are long and sticky.
STOOL	22/22:00	1	stool large, long and sticky (normally small, round)
STOOL	26/XX:X X	1	My stools are about half and half now - 1/2 are my regular stools - little tiny, etc. The other half are these giant icky sticky things - hard to clean up - doesn't quite all come out.
STOOL	32/XX:X X	1	noticing my stools have returned to my normal-small, round, formed and somewhat hard to get out-constipated; while on remedy stools were large, sticky, easy to expell, hard/messy to wipe
STOOL	56/00:00	1	stools were sticky, hard to come out, hard to wipe and get clean
STOOL	12/07:30	14	Small stools, hard to expell. This has been for a couple of days.
STOOL	04/11:36	110	Smelled of horse dung. That's a first.
TEETH	28/XX:X X	4	My teeth seem excessively sensitive these last few days, they are "zinging" often when I eat/drink hot especially, but not exclusively. I feel it most at the fillings, which are still mostly Mercury-based.
THROAT	01/20:11	1	Here it comes again - it starts in the throat - then goes to the breastplate and the jaw - I need to yawn and catch my breath - there's just a little pressure on the chest (she pats high up on her chest). Says she can't take a really big "yoga" breath so then I need to yawn.
THROAT	01/20:14	1	Now it is gone again - I don't feel like ywaning but I do have a little pain between my eyes.
THROAT	02/01:00	1	Tightness in the throat and jaw with nausea again like goint to throw up - it wasn't that bad.
THROAT	02/09:00	1	Noticed that those glands in front of the throat right under the jaw are painful to touch and they feel enlarged.
THROAT	02/11:00	1	Glands, front of throat under jaw, left side seem slightly swollen, sore when pressed on
THROAT	03/07:30	1	Old symptom: I woke with a phlemy throat - I use to have this when I use to drink milk - I haven't had it for a long time.

THROAT	03/07:30	1	The glands are not quite as enlarged this morning and they are not painful.
THROAT	03/09:00	1	Went for an hour's walk as usual. This time I wasn't able to take in a deep breath WHILE walking - but it is in the pit of the throat where the breathing seemed restricted - not in the chest.
THROAT	03/13:00	1	I noticed that my throat was a little scratchy. The feeling is that I'm worried that I will get sick and not be able to treat myself. It is better now (04/07:30)
THROAT	03/14:00	1	notice my throat a little scratchy; worried I'll get sick and not be able to treat myself homeopathically for it
THROAT	04/07:30	1	I feel good this morning - throat, ears, etc. OK.
THROAT	04/22:30	1	Throughout the day my throat was scratchy - not constantly but would come and go all day. But nothing has progressed further (as far as a cold, etc.). The glands didn't feel all that swollen anymore and hurt only if I pressed hard on them. I didn't notice any of the chest pressure or constriction - I could take in a full yoga breath through my nose as usual with no trouble.
THROAT	04/XX:XX	1	Notice scratchy throat throughout the day, not constant, off and on
THROAT	05/07:15	1	When I woke up this morning I am still a little phlegmy in the throat but the throat is no longer scratchy - but I want to hack the phlegm out.
THROAT	05/07:30	1	I'm lactose sensitive and I realize now that I've been having cheese for lunch (I CAN have cheese and yogurt but I take that out as soon as I notice any cold-type symptoms and I will do that today.
THROAT	05/08:00	1	woke with phlegm in my throat, not scratchy but want to clear my throat
THROAT	05/22:30	1	I was a little phlgmy when I got into bed - that was the only other time all day.
THROAT	05/23:30	1	laying down in bed, throat feels phlegmy
THROAT	06/07:35	1	When I first got up I had no phlegm but now that I am talking it has come again some and I find I have to keep clearing my hthroat a little. I DID eliminate the cheese at lunch yesterday.
THROAT	06/07:45	1	No phlegm
THROAT	07/07:06	1	I am a little phlgemy this AM.
THROAT	21/08:00	1	A lot of phlegm in throat this morning
THROAT	29/07:50	1	The little lymph gland under the front of my chin - it is sore there (same little gland as right away after the proving started). Also - a little bleeding gums - does have that some times but this time didn't notice it until that little lymph gland was sore and then I wondered if there is an infection.
THROAT	01/21:40	4	Something here (hg upper chest area). Awareness of throat like it is longer and upper chest should be my throat. As if my high heart weren't a part of my torso, but is my throat. (HG clawing, grasping at upper chest by clavicles). I want to grip it, as if I could grip it with both my hands. My ribs shouldn't be this high.
THROAT	01/21:43	4	Haven't been aware of wanting to figure out the remedy but I am getting animal feelings/impressions. Somewhat bird like or prehistoric (whole time she is talking she is clawing at upper chest, poking her throat until she coughs.) Strange these animal things, like I'm not playing the game right, shouldn't imagine it. But I imagine scales, scaly, rough, bumpy. really want to pull at skin like it's looser and I could pull the folds of it. I have a tight neck-maybe that is why this will be a good remedy (laughs)
THROAT	01/21:46	4	Dryness, feel of dry, parched climate. Sandy. As if so used to little bits of sand in the throat wouldn't cough it out-part of the deal so minor irritants are not experienced as irritating because it's how it is. No resignation but just no possibility of making it different. It's how life is. It wouldn't occur to one to be irritated.
THROAT	01/22:06	4	Front of neck is constricting, back of neck bothering me. Back of neck is either tightening up (HG clawing and lifting) or tightening because something is grabbing me on either side and pulling me up.
THROAT	06/21:15	4	If I could get my fingers in the inside layer of skin I could peel it off. Feels like dried mud that is cracked and lifted. The membrane has come loose and has edges, they tickle and I need to cough. Calms me for a bit. At beginning it was more like a piece of ash stuck. Now it feels like a layer of skin, like snake losing the skin, thin and cracking.
THROAT	01/12:15	7	Sudden tickle in the back of my throat. Seemed more to the right side. I started to cough a bit. I went to get a cold drink of water. It seemed to get better. I have a small cold and have coughed up some loose sputum. The tickle I had has not been a part of my symptoms, since the cold.

THROAT	56/00:00	8	Energy in throat
THROAT	13/17:00	13	I went to my regular monthly energy healing session with my friend. She said I came in pretty energetically balanced but that my throat chakra was very blocked. She said it probably has to do with my thoughts and friend which I'm still thinking about and get choked up when I talk about.
THROAT	01/08:14	14	I feel a lump in my throat when I feel a lot of emotion. Globus hystericus.
THROAT	09/20:30	14	My throat is not feeling quite right.
THROAT	10/18:30	14	My throat feels scratchy, a bit inflamed and sore. It seems worse on the right.
THROAT	11/18:00	14	I go to the Wed night soup supper before church and the pastor asks me to help with the service. I say I can't sing so if it is singing I can't do it. It is a little skit so I agree to do that. My throat is getting worse. Feels like I need to keep swallowing.
THROAT	12/07:15	14	Throat sore. Feels acidic when I eat an orange or prunes.
THROAT	13/07:15	14	After my shower my throat feels better. Not completely normal but improved.
THROAT	15/18:30	14	My throat does not feel sore anymore but I still have lots of mucous going down and it is affecting my voice. Can't sing.
THROAT	14/08:50	15	I still have a lot of mucous in my throat. It's hard to get it up or down. It is clear and thick.
THROAT	00/XX:X X	16	Deep itch in middle of tonsils, ache in right Maxillary gland. Lasted ½ hour. Woke up with this after dream.
THROAT	08/00:10	16	A metallic taste that occasional comes up through out the night. Seems like it comes from the right tonsil. Then tonsil starts to hurt from the center of the tonsil. Pain is stitching but not severe.
THROAT	09/18:00	16	Cough is gone but throat still itches sort of deep inside rt tonsil. Upon examination throat is not red or inflamed. Also no junk building up in the tonsil crevices like usual.
THROAT	11/07:00	16	Update on throat: haven't really noticed it since yesterday afternoon.
THROAT	56/00:00	16	Had a scratchy throat for three days. Post-nasal drip for two weeks. Lost my singing voice.
THROAT	01/20:19	101	This time I'M feeling the nausea but I think it is just from listening to her talk about it.
THROAT	03/07:40	101	I noticed that she has been clearing her throat a lot throughout our morning check-in.
THROAT	01/09:52	110	raw, coughing mucus - light yellow - and raw sinus sensations with frontal sinus achiness
THROAT	06/24:49	110	Spasms in my throat, hysterical coughing, worst on waking and on lying down at night.
THROAT	01/20:00	115	supervisor sx: bit of a sore throat, beginning to yawn.
THROAT	24/XX:X X	115	R sided throat pain, sudden, a lump just under my tmj. Sharp, sharp pain. goes down the side of my throat, and feels like a cold starting.
URETHRA	03/XX:X X	102	Feels a bit like I could get a bladder infection-sense of pressure or discomfort at end of urethra.
VERTIGO	01/20:40	5	Dizziness sitting back, like I clicked into a seat, like the rollercoaster is going to begin. Snapped into it.
VERTIGO	01/20:41	5	Then the dizziness stops. This is a funny sensation.
VERTIGO	07/18:30	5	Buzzing, floating sensation like a tingling ball at the back of my head, draws my head back as if being pulled backwards along a line, better from leaning back against a solid surface.
VERTIGO	07/21:15	5	Dizziness in my head travels throughout my body. Floating sensation with nausea.
VERTIGO	17/19:09	5	Dizziness in my head as if spiraling in the front of head and into my shoulder blades, as if spiraling from the inside backwards and at the same time, pushing me forward from the outside into my shoulder blades.
VERTIGO	22/21:05	5	A spinning happening when laying down. Dizzy. A slow spinning that changes from circles to ovals to circles, this way and then that...
VERTIGO	02/06:50	8	Light-headed feeling in head.
VISION	19/XX:X X	4	Stepped on my eyeglasses in class, I had set them on the floor in such a way they should be fine, then unthinkingly stepped right on them. Was able to bend them back into shape good enough, anyway, they are just cheaters. No big deal.
VISION	02/21:42	5	Waves of blurry vision like exhaustion.
VISION	22/07:12	5	Vision clears amazingly bright. Everything is seen with such clarity even while my head remains in a great deal of pain.
VISION	23/12:32	5	Clarity of vision and clearness in eyes remain.
VISION	00/00:00	8	During the kickoff meeting: Vertigo sensation where everything grows narrow and far away. Everyone is moving further away. I was on a conveyer belt where I was moving further away. Visual or spatial distortion.

VISION	05/12:33	8	Visual distortion, vertigo.
VISION	05/12:34	8	The other night I was driving and I was experiencing a psychedelic experience; visual expressions, the green of the street sign, reflected on the road before me; it was as though I was driving into the sign itself; freaky!
VISION	01/09:21	14	Acute, things look sharply focused. However, I am not wearing my glasses.