

| Day/Time | Section | Prover | Symptom Description |
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| 01/13:37 | ABDOMEN | 6 | I feel like I'm pregnant but I'm not. Like I'm at end of pregnancy, let's just get this shit over with... when will I be normal again... I feel like I'm having contractions, and I need to push this baby out |
| 25/00:00 | ABDOMEN | 8 | This feeling occurred in my body, a barrier, barricade, a block, like anger, a lower feeling, but not just anger, not anger for no reason in my solar plexus area, a lower functioning instinctual sensation. |
| 11/22:00 | ABDOMEN | 12 | Severe bloating with sharp pains and gas. So much air feels stuck, has me walking almost crunched over with cramping and pain. |
| 11/24:30 | ABDOMEN | 12 | Releasing expressions of gas. What's felt stuck is releasing in quantity. Cramping is decreasing. |
| 12/21:15 | ABDOMEN | 12 | Feels like there is a balloon expanding in my abdomen and stomach. Feel huge and about to pop. Imagine this might be what it is like to feel pregnant. Except for the part that all of insides feel pressed against with bubbles or one giant bubble, ready to pop. |
| 16/22:00 | ABDOMEN | 12 | Bloated, bubbly gas. Expulsions of air abundant. Stinks of rotten eggs. |
| 19/15:00 | ABDOMEN | 12 | Seriously intense borborygmos! My body feels alien today with sounds and movements, bloated, swollen, pressing against all my organs. |
| 16/16:15 | ABDOMEN | 20 | Felt good in Yoga – even though had not done since June. Bikrim (heated) yoga. Felt strong and able to do the whole series – did not push self and stopped to rest if I fell out of posture. When I was done I was struck by the fact that I was less bothered by the heat this time – or perhaps the room was cooler than usual. However when I was done I went outside to cool off and wait for my partner – I sat on a rock out side the building in this corner garden and started feeling very weak and sick as if I would throw up or wanted to – everything felt to hot and I was so grateful for the cold air - even though I had only shorts and a t- shirt on and was all wet from sweat – it couldn't have been cold enough at that point – seems like the cold was just able to take the edge off the heat or at least help me have a sensation that was not so disturbing. I wanted to lay down on the ground but didn't – wanted to throw up but didn't knew I could not drive – my partner came out and was worried she went to get the car and then I had three drive heaves – I felt like my bowels were moving to and could have had diarrhea but the sensation left – I started feeling better – I was able to walk to the car only a few steps away at that point and put seat back and opened window – with in three or four minutes I was feeling better other than I felt as if I had to go to the bathroom – which also subsided by the time we got home – 10 minutes later. I was fine all evening – able to eat a full dinner and relax – this has never happened in yoga with me before – felt like it was a clearing and purification perhaps even though I did not throw up – something moved. Also struck that when ever I throw up I also cry – usually just as the first spasm starts – but this time I did not |
| 20/20:00 | ABDOMEN | 20 | Feel weird after dinner – like I did after yoga last week only less intense – somewhat nauseous sensation in my tissues head and gut – feel bowels want to move but don't – as if I it is all moving to throw up – feel many hot flashes this evening and long for cold air. Extremely exhausted after dinner. I don't think my body liked fasting today or again it is detoxing. Only want to sleep but have trouble until early am. |
| 25/06:30 | ABDOMEN | 20 | Liver aches and hurts to pound on right rib cage –do anyway because it seems to stimulate it - feels swollen and achy and nauseous – just the liver not me. This is not new but new since I took this remedy – water helps , eating helps – I am better by 11. |
| 25/19:00 | ABDOMEN | 20 | Liver somewhat achy again and nauseous under sternum - also pressure – carbonated beverage helps burping helped, fluids helped. Less than half hour long. Discomfort began after I ate. |
| 22/00:00 | ABDOMEN | 21 | I am feeling grief in my abdomen. |
| 22/00:00 | ABDOMEN | 21 | The grief feels warm actually, and wide. |
| 09/11:35 | ABDOMEN | 22 | Sharp, medium-intensity stab of pain in the right side of my lower abdomen. Once & then came back less intensely & more briefly a moment later & again another moment later |
| 35/12:07 | ABDOMEN | 113 | Last night I realize that I felt a lot of bloating and discomfort and some lower abdomen pain around the time I was getting ready for bed. |
| 27/00:00 | ABDOMEN | 121 | My gall bladder has been gurgling all day. I can feel it bubbling, from inferior to superior. It started about an hour after breakfast and didn't really stop. |
| 29/00:00 | ABDOMEN | 121 | Bubbling in gall bladder all day. Most active around noon. |
| 30/00:00 | ABDOMEN | 122 | sudden sharp pains in sternum, left hip |
| 30/00:00 | ABDOMEN | 122 | bloating, throbbing pain, sharp gas pains, lower abdomen; soft stool especially 11a.m. - noon. |
| 07/22:00 | BACK | 1 | I also have painful eruptions at the base of my spine. Somehow they are connected by my spinal fluid. |
| 19/19:50 | BACK | 1 | I have a spasm in my left back wrapping around to my left ribcage during my dance class; that has not happened before. |
| 24/21:00 | BACK | 1 | My upper left back was spamming like crazy for the last 15 minutes. I asked my partner to massage it; it was like a ton of knots; the spasm started for no apparent reason. |
| 15/15:00 | BACK | 20 | SI joint is smarting, sore and achy from sitting at the computer all day – too it could be from walking long distances for days then followed by the computer sitting. Back bends typically relieve and they do now but for not long – any movement forward or bending forward brings the soreness in to sharpened clarity. Back bend relieves - it worsens into he evening – I want to talk arnica or ibuprofen – I don't but am bothered. I stretch my quads and this helps too but doesn't last. |

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| 16/00:00 | BACK | 20 | SI joint wakes me and when turn to left side worse and smarting – I get up and do back bends and stretch quads and makes better but still sensitive. I want ibuprofen. I am sleeping so well tonight that it is less bothersome in my mind than it would be usually. This SI joint is not new – it comes here and there – often when I have sat too much or uneven unsupported seating. I feel it along the iliac crest too – as if muscles and ligaments are fore - shortened and pulling and tender. I had just been noticing this past month that in general my SI joint has been feeling more solid and stable and less need for back bends to relieve. |
| 16/22:00 | BACK | 20 | SI joint bothersome still – sore ache – smart – both right and left side and also along the iliac crest is sensitive. Back bends and stretching quads help – need to do all day. SI joint feels best during yoga – also when in bed I lay on my back with a cutting board underneath – seemed to stabilize it. Less bothersome when I slept but still there.. I researched SI joint – mostly to refresh my memory of what the whole Sacro Iliac, lumbar and pelvic area look like underneath everything - my take was correct and makes even more sense with confirmation with the visual. My pelvis and SI joint feel best during yoga - no bothering sensations. Better in the evening once I lay on the cutting board and before I fall asleep. |
| 17/00:00 | BACK | 20 | SI joint less painful – need less back bends, don't need quad stretches, less noticeable all day |
| 18/10:00 | BACK | 20 | My SI joint is 95 % better - not noticing the pain and feel less cautious with my movements |
| 26/00:00 | BACK | 121 | So much pain and tension in my upper neck. Like C1/C2 is stuck. The muscles up there are tight and tender, and when I try to stretch my neck gives a loud crack, but does not relieve as it normally would. |
| 04/00:00 | BLADDER | 18 | no desire to go the bathroom and urinate...don't remember if I even urinated today |
| 04/11:00 | CHEST | 1 | My chest has several acne eruptions (once again this is unusual for me). |
| 15/06:23 | CHEST | 1 | It is as though I am wearing a weighted vest. |
| 15/06:24 | CHEST | 1 | The center of my chest has that heavy or weighted feeling; it's almost as though it's hard to breathe; but it's really not. Almost like pneumonia or bronchitis or a memory of the asthma I used to experience. |
| 15/20:00 | CHEST | 1 | As I take a deep inspiration, I feel a sharp piercing pain in my left upper lung. The weighty heaviness on my chest remains. |
| 15/20:00 | MIND | 1 | I have an awareness of the sensation of distance between myself and others while I am awake in opposition to the sensation of merging with the celestial being during my dreamtime. |
| 19/20:00 | CHEST | 1 | I feel pain on inhalation in my left lung; I have that pneumonia or bronchitis or asthmatic feeling without a cough or wheezing. Just a pain in the upper left rear lung. |
| 38/06:05 | CHEST | 1 | Acne appears on my chest, thick yellow pus released with slightest pressure (very unusual). |
| 03/08:00 | CHEST | 5 | Notice that my chest feels heavy, like someone is pushing down on it; firmly. Fleeting, now gone |
| 09/12:00 | CHEST | 6 | Chest felt heavy. Something is coming I know. |
| 09/12:03 | CHEST | 6 | Chest was on fire. Burnt so bad. It hurt to cough or do anything. Not much of a cough. Very dry. Then chest became full of mucus. Lost my voice |
| 00/00:00 | CHEST | 17 | Felt anxiety in my upper chest. Like a vibration. |
| 01/19:00 | CHEST | 17 | Aware of my heart beating in my chest |
| 01/19:45 | CHEST | 17 | I can definitely feel something with my heart. Beating faster. Elevated heart beat. Pounding. |
| 01/23:00 | CHEST | 17 | Could feel my heart beating loudly in my chest. |
| 09/14:00 | CHEST | 17 | Sitting at my computer when suddenly my heart started to pound hard in my chest. It only lasted for a few seconds, just long enough to get my attention and notice it. |
| 10/00:00 | CHEST | 17 | Today I remembered how my breathing seemed shallow and I could not get a breath. It was hard to talk and walk at the same time as I was out of breath. Feel very uncomfortable, scared that something might be wrong with me. This is something unusual for me, yet not sure if it happened before or after I took remedy. The sensation did continue for about 3 to 5 days then disappeared. |
| 17/12:15 | CHEST | 17 | "This morning at 10am I had an awareness of my heart beating and normally I don't notice it beating. Comes with anxiety about that happening, but I can turn the anxiety around quickly. Only lasts a few seconds. |
| 30/12:00 | CHEST | 17 | 17: felt heart pounding 5 nights ago at 10pm. Lasted a few seconds, brought my awareness to my chest. Definitely a new symptom on this remedy. Felt that it was okay, it would pass. Really no fear or anxiety about it. |
| 01/23:00 | CHEST | 18 | burning pain around chest, like heat |
| 04/00:00 | CHEST | 18 | out of breath at the slightest exertion |
| 04/00:00 | CHEST | 18 | raw burning sensation in chest and esophagus |
| 02/00:00 | CHEST | 20 | Last night three times – sometimes after midnight – I had been sleeping a long time. I awake with chest pains. Left side deep under breast and ribs. Pain lasts less than a minute it goes across my chest. Achy feeling somewhat sharp duller. I worry if something is wrong with my heart if this is a warning. I wonder if it is digestive but seems in the wrong place for this – is connected to when my gall bladder was removed – which is on the other side. I have had this before but not felt it in a few months. I fall asleep as soon as pain subsides |

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| 06/00:00 | CHEST | 20 | Upon waking from the above dream I feel an ascending sensation from my chest up – a tension and rising stiffness in my skin it lasts a few minutes after the ascending feeling. I wonder if we are proving fish like walleve or lake trout or northern. |
| 18/07:30 | CHEST | 20 | This morning upon waking and before I got out of bed to meditate I felt a familiar feeling in my chest it didn't hurt but a certain kind of tension and stiffness in the energy – an acute pressure – sustained but momentary - it was in the center and through out my chest – certainly substernal but radiated or included my entire chest cavity – felt as the origin was to the left even though the main pressure was in a circle around and including sub sternal area - and I thought oh if you magnified this to intolerable this is what could happen with a heart attack. On goes the familiar debate in my mind – is this digestive is this heart. How to respond? |
| 26/05:00 | CHEST | 20 | Substernal pressure wakes me often early morning – more intense than usual – I think of getting up of having water I go through my usual is is my heart is it digestion and fall back to sleep – changing positions helps – it feels resolved by light time. I have new resolve to attend to my diet – and to get a check up |
| 03/07:45 | CHEST | 22 | Sharp, very brief, very low intensity pain in my sternum – just once |
| 06/11:45 | CHEST | 22 | I have a feeling like a chest cold might be coming on. It feels like a slight rawness in my trachea. |
| 23/04:31 | CHEST | 113 | allergies affecting my breathing, gradually getting worse to the point that in the last few days I've never had allergies this bad in my life. I'm wheezing, at times gasping for breath. My throat and bronchioles ? feel inflamed, and I'm on the verge of getting an inhaler from my MD. I thought I could manage this on my own with nettles tea, supplements, eating onions, the usual things, but it's getting pretty over the top. Head pain at the moment is like a hat that is too tight and in the sinuses front to back. |
| 28/12:52 | CHEST | 113 | My asthma has increased in intensity. I figure I may have a head cold. Headache, R shoulder pain, sinus pain, lungs inflamed, clear mucus, all at the same time. |
| 30/00:00 | CHEST | 122 | allergies, sore throats, sneezing, coughing, asthma, rawness in lower chest w allergies, |
| 30/00:00 | CHEST | 122 | 2 adults w whooping cough |
| 03/02:25 | COUGH | 1 | Dry cough, aggravated by wind coming in through the window |
| 08/02:00 | COUGH | 1 | I wake up coughing with a dry cough. |
| 25/00:00 | COUGH | 8 | I needed a cough drop to just sleep. |
| 08/00:00 | COUGH | 17 | Drainage and itch at back of throat continues and makes me feel like coughing in order to get rid of itch. |
| 23/07:30 | COUGH | 20 | Woke up coughing, feels draining - either from stomach or nasal – though I suspect it is reflux. Stays in or gets caught in my esophagus and so inhaling exacerbates. Doesn't clear or more comes – clearing throat or coughing for a good 10 minutes – so get up and meditate – eventually calms down. This is not new but new that it woke me up and that it went on for so long has not happened in years now. Though prior to proving reflux cough and clearing throat was happening more over last 6 months. |
| 23/04:28 | COUGH | 113 | I haven't been writing this down but I've had a cough that stems from allergies and now asthma. Much worse lying down, worse at night, worse with feeling stressed. It's a wheezing kind of cough. Getting pretty intense the past few days. |
| 37/08:47 | COUGH | 113 | I thought the cough I had at night was related to having asthma, but recently ran into two adults that had what sounded like whooping cough. Seems unusual for adults. |
| 02/06:18 | DREAMS | 1 | I am looking at a photograph of two people; as I touch the photograph (which has a warning clearly stating: do not touch, beta testing in progress, written on the bottom of the photograph in small white letters); time and space twist; I become one of the two men in the photograph. I enter his life fully without any choice on my part; my own life is vague, fading, I am enjoying a day with my companion, this other man (who seems to know that I am not myself, that I am someone else, and some other level, he just knows). We both know that I am not who we think that I am. But, we don't know exactly who it is that I am, and every now and then I have a vague memory of my other life. After a relatively peaceful and enjoyable day together doing many things as lovers would do on a holiday, someone asks would you like us to take your picture and something clicks in my mind. He is Asian, perhaps Japanese, his companion is from India. I asked the man if he is from our current time stream. He gives me a big broad smile just as the man who I am now was smiling in the photograph that I touched as I acknowledged the warning label on the bottom of the photograph. Something in me prompts me to ask him to see the other photographs that he had taken that day. He didn't respond to my question, he shows me the other photographs and sure enough there I am, my other Self. I ask him may I touch the photo in which I appear. The Indian man makes a verbal note on his iPhone. I touch the photograph and things bend and I am back in my life. I feel like I was experiencing a grand adventure. I also feel like I was being studied or examined and somehow I passed! A person that I was before. This was an awesome experience. |

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| 04/07:04 | DREAMS | 1 | A man is casting a spell. When he's finished a woman and a man bring me to him; along with several gold coins and a chicken. He examines me carefully. I think that they are my aunt and uncle. They were supposed to care for me after my father died, my mother died when I was really little, I am about five years old; I am being examined. I have a feeling that the magician is going to make me work for him. I know that I am going to learn magic and once I do, I will escape from him... I feel as though I am observing the scene and experiencing it at the same time. I feel relief to be leaving my aunt and uncle's house; they didn't care for me and I don't care for them. I miss my father and I am somehow not afraid of the magician, its more like I am curious about him and see a way out of a difficult situation. Their house was a small prison to me. Imprisonment. Freedom. Escaping from being held captive, that's the feeling in this dream, I must escape from my aunt and uncle; they were destroying my essence. |
| 05/06:40 | DREAMS | 1 | Full of conflict. I am confronting someone a teacher for sarcasm toward a young child. I am in a Victorian classroom sitting in a large circle with other adult students. We are waiting for our lessons to begin. There is an adjoining room with children who are around the ages of two to four years old. A child makes a mistake and the teacher scolds him. Not one of the adults speaks up; everyone sits there observing this sarcasm. I am outraged internally but externally I ask the teacher to step back away from the child and reconsider how she interacts with him from then on So, I speak up, which causes a quarrel in the adult classroom (as I am writing this I realize this was the lesson; to see who would respond first and in what manner). The usual responses occur: he deserved it, the teacher can discipline any way she sees fit, the child needs to learn a lesson, the teacher is always right. I state clearly, "One must do that which is right, even of the majority disagree. As Epictetus says, 'First say who you are, then do what you must do.'" |
| 06/04:00 | DREAMS | 1 | I dreamed of sweets: cakes, cookies, and pies (foods that I don't usually crave). Rich and decadent. My first thought was "These are the temptations of the Underworld! Do not eat of the foods of the Underworld!" I woke up with an intense feeling of fear and urgency, as though I was on the edge of a very high cliff (I have a fear of heights in my dream and in other reality of waking). As though I must make a decision from a place other than hunger. |
| 06/05:30 | DREAMS | 1 | I see my feet as I walk, there are pulses of energy radiating out like an aura of electricity that forms a perfect polygonal shape. This reminds me of the telling of the future Buddha's birth, upon birth the infant began to walk, like a fawn, and wherever he stepped a lotus bloomed. There was a very powerful feeling in this dream, as though I were walking on extremely solid ground, like I was walking on granite. I wondered was the power emanating from within me or from within the stone or the planet? This feeling of power brought up a tremendous sense of peace and radiating light |
| 12/06:32 | DREAMS | 1 | A photograph of Queen Victoria and Princess Diana (they are both the same age). I was sent this photograph from a relative of the Princess. Please keep this photograph in a safety box and hidden from the press. On the back there is Victorian script stating: This photograph was made possible by time travel. (Queen Victoria lived in the late 19th Century and Princess Diana lived in the late 20th Century.) |
| 13/02:18 | DREAMS | 1 | Dream I am merging with a Celestial being that is in a photograph before me. I see 10,000 hands with eyes on them. I keep hearing the sound: Om (repeating over and over and over). |
| 17/04:07 | DREAMS | 1 | I am observing the building of a modern tower or apartment and the tearing down of an old ramshackled housing complex. I see that the people in the former houses have been displaced. I think of the Chinese occupation and systematic assimilation of Tibet. I awake. |
| 03/04:00 | DREAMS | 5 | I didn't get up and write about it.:(Will get a pen and paper there promptly! The dream was busy, not chaotic, with open box-like structures moving around, elevators going up and down. I'm in an elevator going down; I'm more of a spectator. I get on the main floor. A little baby has to make an announcement; he begins, but starts pooping in his pants, which overflow, and has to run to the bathroom. The microphone is handed to me, and I finish the remaining minute of the announcement. Oddly, I'm behind a wall; only see a few of the people in the crowd. I wake up Pleasant |
| 10/20:00 | DREAMS | 5 | Had a dream last night, but only remember a fraction of it. I needed to use the toilet and found it filthy. Disgusting. Had to clean it; was disgusted, but needed to use it. Things were in the toilet. I had to remove them. Can't remember what it was, but it was disgusting. I was doing a job I don't want to do but in order to carry on in life have to do it. Have had this dream before, but not often. Don't know the significance. When I woke up I realized I had the dream. No feeling. |
| 12/08:30 | DREAMS | 5 | Dreamed about a snake last night. It was released from a bag and moved quickly all around. It was long, dark, with an electrifying underbelly, kind of reddish, but changing colors too. It moved quickly, not like a regular snake, but in almost triangular shapes. I'm afraid of snakes normally. In the dream I was cautious and nervous when it wasn't around, but curious too as the snake was pretty; there were good vibes about it. |

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| 16/07:00 | DREAMS | 5 | Taking photos of kids and dogs in cars and on rocks; being annoyed that other people weren't taking a good photo. Walking along a road and suddenly seeing a man and a young boy almost lugging very fast in a narrow stream good past me. They were on their backs like a sled going down the stream smiling. Continue to walk for a while and suddenly see the same man and son going by again in the water. Kind of reminded me of the snake. The speed, the charm. How did they do that? Make a complete cycle around me and didn't know where this stream had come from. It was weird. I was familiar with the neighborhood, but also not so familiar. The feeling is the dream was wonder and surprise. It was amazing. Not a typical dream for me. |
| 20/07:30 | DREAMS | 5 | I went to the cupboard to get a mug. There was a mouse laying on my mug as if dead. It got up and ran away. There were mice in other places too, but didn't do the fast movements of a mouse. Still fast. Can't explain this dream at all. No sense to it. I'm usually extremely afraid of mice, but had a much less fear or concern in the dream. |
| 29/08:30 | DREAMS | 5 | O.K. this is weird. Dreamed that about 6 people pooped in my dream. It was like 6 different vignettes of people using the bathroom and successfully pooping. It all seemed normal. I had no emotion or anything. Just something that happened. In real life, I tend toward constipation, but have no problems if I watch what I eat. |
| 03/08:12 | DREAMS | 6 | My husband's father, murdered his wife in dream. Then later in dream it wasn't my husband it was ex-boyfriend. Had to do with snorting cocaine. My ex boyfriend cheating with girlfriend with me. Feeling jealous that I couldn't be at funeral. I couldn't get there on time. Being with ex boyfriend, should have felt really sad, someone dies, instead it was exciting feeling, reconnection of someone from past, trying to win him over from current person. |
| 00/00:00 | DREAMS | 8 | Accidentally stabbed son in eye with long railroad pin. On a train or bike, try to get somewhere, reached back and pushed it into his eye. Pulled it out right away but Feeling-oh no, that's not good. Disgusted I could do that. Body mangled. Feeling OMG, what did I do? Gross feel I did something that is a big deal a big, gross thing. |
| 02/08:00 | DREAMS | 8 | Dream on a bike, going really fast, I was supposed to be in school taking a case, client showed up and I went to Dairy Queen on my bike-this will take an hour or more and the person is waiting for me! Oh no, this isn't right, I could get in trouble. Went to old hotel-Hotel Spain, there were all these boys there in young 20s and I was having affairs with most of them. Different layers of me doing things I wasn't supposed to be doing & I was going to get in trouble. I had to call the school and make a lie about why I couldn't take the case. Embarrassed about it but I figured my friend wouldn't judge me. Feeling I did something wrong but I felt bad because they were so nice & understanding, felt bad like taking advantage. Doing something mean to someone who didn't deserve it. I wanted to be free to enjoy the bicycle but I had all these duties. |
| 05/07:30 | DREAMS | 8 | Pure love, light streaming into me from her, connected to whole energy source. Still her. Like there was something streaming out of her right into me as I was pressed into to her. Transferred to me, messages of strength. Powerful, loving woman's presence that was hers but different than she was while she was alive. Her only in her true, grand presence. Feel like I can access that feeling whenever and can bring that forth to people I am around. Not elusive, can tap into it whenever. Felt very true, like that was reality. More real than this life actually is. My life here is an illusion that my soul has to learn life lessons. Real, but a game/experiment. |
| 05/7:30 | DREAMS | 8 | Out of nowhere, like someone who can't be reasoned with. I have to do all of this because of your problem, mistake, I have to go way out of my way to make you understand. So WRONG to me. For once I'm not lying. I could fix this, something I should be able to fix, but I can't. Someone yelling at you, if you could just get in there and fix the one little thing but all of a sudden lost your chance to fix it. Shocking. |
| 10/00:00 | DREAMS | 8 | Dream I had done something wrong, something stupid. Spilled some water on my phone, like 6 months ago when I spilled a whole thermos of water on my computer and had to buy a new one |
| 00/00:00 | DREAMS | 12 | pre-proving dream: I went to get fuel for my car and realized the price was \$4.75 instead of the previous day's \$3.75. I decided I could not drive long distances at this cost and that my next day's events would all need to be altered. I was really bothered and disappointed that I had not filled my tank the previous day. I then realized I was weighing out the pros and cons of my options. I woke before making a final decision. When I woke, it seemed nonsensical to alter important plans for an expense that would be less than \$15.00. |
| 02/04:30 | DREAMS | 12 | Dreamt I got home and all the bathrooms that had no showers had been redone, had showers and shower curtains, and were ready for use. The main floor bathroom's toilet seat had been replaced with a clear plastic toilet seat with no lid to put down. I was glad for the showers but annoyed by the toilet seat exchange that had no cover. It felt like a joke or very bad idea. The feeling: gratitude for the practicality of the showers on one side and the other side, frustrated annoyance with the impracticality of the stupid toilet seat. |

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| 07/04:45 | DREAMS | 12 | A busy street, traffic, pedestrians, and some places to eat, indoor and outdoor cafes, a kind of "eat street" feel to it. It was evening, and I was sitting at one of these tables with my back to the traffic, facing one of the outdoor eating options. I had some books and papers on the table that I was partially attending to while I was also noticing people, listening to the noise of the traffic and people in motion all around me. Out of nowhere came two men in their early 20's. They sat on the table where I was sitting. I responded with a friendly "hello," but I felt uneasy. First, I said "good evening," and asked them how they were doing. Then I asked them lightly what they were doing, if they noticed they were sitting on my things. It suddenly became night, it was darker out, dusky, and they both pulled out a gun. The one nearer to me put the gun against my face. I tried to speak but they gave me a serious look and quietly and firmly told me to shut up, to stop talking. I kept talking and the gun pressed into my face. I took the end of the gun and moved it slightly away from me and said, "I get it, you want me to zip it! What are you doing?!" They told me to gather my things and come with them or they'd shoot me. I was terrified but still able to think. I gathered my things while considering who to secretly call. I called my best choice, though second consideration, the police. I knew I could not talk on the phone without the men noticing, but I could communicate information while I followed with minimal resistance. As they directed me to a darker sidewalk/alley, I became very afraid and woke up. |
| 02/06:30 | DREAMS | 13 | Had dreams of being chased while swimming through ocean. Saw old friends in the water. Moved into a new place to live. Someone broke into my house and moved all of my belongings. |
| 06/08:00 | DREAMS | 13 | Right before I woke up, I was having a dream where I was full of anxiety regarding a party, the clothes I was wearing and a confrontation with my husband. |
| 00/00:00 | DREAMS | 17 | there were three moose and I was so amazed to see them along the side of the road. They are in the water. |
| 08/00:00 | DREAMS | 17 | I have a lot of dreams. I know that but can't seem to remember any that are outstanding. Maybe I just have so much to process it is a bit jumbled right now. |
| 09/12:00 | DREAMS | 17 | Can't grab a hold of her dreams. It takes time in the morning to wake up and clear my head. Dreams deep but can't pull a memory out. |
| 10/04:00 | DREAMS | 17 | I was in a field of grain on the top of a hill. The feeling was one of pleasant understanding and when I awoke I thought about all the people who resonate with plants must be focused on the environment. They are helpless, stuck in one place and impacted by what is happening around them. Maybe this proving is a plant. |
| 16/04:00 | DREAMS | 17 | I was a seed being planted in a freshly plowed field of rich black dirt. There were other people around me that were also being planted. The feeling of togetherness. |
| 17/12:15 | DREAMS | 17 | "Dreaming is different. I'm dreaming a lot and can't remember the dreams. Only remembered 2 since the proving started. The dirt dream was about the experience of being in that rich soil. |
| 27/12:00 | DREAMS | 17 | Intense dream last night. Had seen Avengers movie and don't do well, cover eyes, can't take stimulation. Essence of dream was that my husband got killed and I was just beside myself on how to handle this loss. (Incidentally, loss is pretty much in the forefront of my relationships with everyone, feel not cared about enough, not important or loved enough. Hard to have relationships change because I get into a mindset of what it means to be cared for and then when something changes the relationship I view it as being not cared for.) I was upset and sobbing in the dream, saying "I don't know what I'll do". Felt that it was about how I deal with loss |
| 00/00:00 | DREAMS | 18 | Red haired woman dressed elegantly in sky blue gown, successful and beautiful, and I looked just like her. I was cleaning and organizing. I was surprised at how successful and beautiful I was, I had not recognized my own beauty and began to appreciate it. |
| 00/00:00 | DREAMS | 18 | Riding in an airplane that starts to fall from the sky, spinning out of control and I'm praying like mad to live through it to be there for my children. The pilot finally got ahold of the plane and landed safely. Felt a sense of faith like a rock that all would be OK as long as I believed. there was chaos inside the plane, we were going to crash, there was nothing I could do but pray. It was out of my control and spinning felt like going down the drain, falling into possible death. Part of me was frightened, and the other part of me was confident |
| 01/00:00 | DREAMS | 18 | Dreams full of confusion--I couldn't find one of my kids |
| 01/00:00 | DREAMS | 18 | Many vivid dreams throughout the night. Dream of walking through corn fields and other crops, going to a large gathering of people. Another one I was nursing a baby and had lots of milk (had this dream before), another one I had to crawl through a very small hole and didn't know how I would do it, but remembered my grandmother who was large got through it so I went through it and we were crawling through an attic to get to a large gathering of people |
| 02/00:00 | DREAMS | 18 | why am I thinking about lemons in my sleep? I woke up both mornings thinking about lemons or lemonade. My stomach was upset after drinking lemon water the first day. The acid from the lemons burned my nose under the covers. |
| 03/00:00 | DREAMS | 18 | more dreams of confusion, can't find, chaos. The sensation was confusion. |
| 05/00:00 | DREAMS | 18 | another dream about caring for a baby, this baby was mine. I was not nursing the baby in this dream. |

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| 05/00:00 | DREAMS | 18 | Dreams of houses (I'm remembering even the past couple nights as well now). Trying to find my way through the house. Had to cleanse the house, it wasn't my house. |
| 06/00:00 | DREAMS | 18 | A war between darkness and lightness. Storming the beach of Normandy, the boat landed and it was time to run out. Each morning when I wake up I'm very involved in the dream, and I'm struggling to remember the dream, and I feel like I'm awake taking notes |
| 02/15:08 | DREAMS | 19 | Doing laundry in an unfamiliar place; clothes were nothing special, routine; just kind of faded out at end. The feeling upon waking was what a boring thing to dream about, pretty mundane, so ordinary. Occasionally used to dream about work once in awhile - just mundane dreams, ordinary things, like actually being at work. Nothing out of the ordinary, like being awake...nothing dream-like. What's most typical for me is to not remember my dreams. |
| 03/16:54 | DREAMS | 19 | Purchasing a new car from someone who turned out to be mean (yelling at and berating an underling) and so I decided not to buy and stick with my old car (silver Audi, not the car I have now). The feeling in the dream was strong feeling of dread. Had feeling of excitement about a new car, but when saw this person tearing into his employee, I was sick to my stomach...felt like I don't want to have anything to do with this car, don't want to drive this car, this is awful. Sense of wanting to get away from it as soon as possible. Like I need to remove myself from this situation. More disappointment - thinking I had a good thing going. Like a lounge/bar, remember coming up to this alcove and the guy buying and guy getting yelled at didn't see me...I witnessed this scene in secret. So felt disappointed, don't want anything to do with this person being so mean. This silver Audi was really fast, like a magnet, hugged the road - bought cheap, always proud of it. My old Audi was like a sanctuary for me - big, safe and awesome. Upon waking thought that was peculiar, what a weird thing to dream about. |
| 05/11:53 | DREAMS | 19 | In some kind of dilemma where I am asked to wax the stair steps of a building so that we can escape the building in a gigantic, "Viking" style ship by pushing the ship down the steps and out into the open water. No idea what the dilemma was that we were trying to avoid. The stair steps were red shag carpeting and covered with brown fallen leaves, which I first swept and then started waxing with floor polish. Once we all got on the ship and were sailing out to sea, we came upon a huge bridge that we had to sail under. But the boat didn't fit and I was on the top level of the ship so I essentially had to step over cars on the bridge - - it turned out to be the Brooklyn Bridge and I looked up and saw the iconic bridge structure so that's how I knew it was the Brooklyn Bridge. I remember feeling a lot of anxiety about stepping over the cars -- the almost fear of heights feeling and also the sense that I was going to get knocked off the ship altogether and not be able to be on the ship anymore. |
| 08/18:00 | DREAMS | 19 | My husband appeared in front of me and he was wearing a beige suit; the color washed him out and made him look sick; he said, "I've just come from lunch meeting with my parents and the lender and they turned us down" meaning the loan we're hoping to get for our new small biz was rejected. He looked beat up, and even had traces of blood on his face like he'd been in a fight. I woke with a start and felt sad and depressed. (Feelings brings up?) A jolt when I woke up. Almost...violent isn't the right word; seemed very harsh. He looked so...we are in the middle of waiting to hear back from our vendor. Seemed significant when I woke up...the suit he was wearing because not a suit he has. A single breasted, button-down, bone color, made him look sick and pallid. The look on his face. The look on his face - more than not getting the loan, was the look on his face that he looked so beat up. I felt some concern...is he going to be okay. Odd that his parents were there. Not only hard on him, but his parents had to see him fall apart and that seems especially harsh. Pretty vivid dream. Very vivid. headache when I woke up with a blistering bad headache after the dream. I have them about once a month. This morning, something a little bit different, I usually stretch back and forward neck. This morning, went to kitchen took deep breaths. Immediately helped the throbbing. Was wondering if I was holding my breath. Did yoga stretches...felt so good to take in some really deep breaths. |
| 09/10:15 | DREAMS | 19 | Very strange and long, involved dream; some of the details are fuzzy, but the clearest thing was that I put on a very elaborate blue dress that Sara Jessica Parker wore in the episode of Sex and the City when she moved to Paris. The color blue of the dress was very, very specific in the dream. It was pewter blue. I wore a black, hooded cape over it. My hair was very strange...short and dreaded, and almost like a hat. It didn't fit my head correctly. I was wandering around the streets of NYC, looking for something (I don't know what)...then suddenly I was in a room with SJ Parker and we were talking about the dress and the cape. There was also something about a newscast, though that part is very fuzzy. Like the newscast was about this fantastic dress. I awoke thinking whoa. What the heck was that about? It was disorienting in so many ways, yet the color of the dress, this pewter blue, and all of the fabric, and the way the fabric fell in yards and yards, seemed very clear and important. Woke up thinking that the color almost seemed symbolic because the color was so distinctive, not a primary blue. |

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| 10/17:45 | DREAMS | 19 | Another weirdly vibrant and confusing dream. This one involved searching around Denver for a Mexican restaurant. I was wandering these street-light, dimly lit streets and the telephone poles seemed very tall. They were all made out of wood. The Mexican restaurant was white with red letters on it. I don't recall the name, but I remember feeling like it was very important to find it. The streets were hilly and I was walking up and down; occasionally I'd come to a little courtyard like area where people were sitting outside eating and listening to music, the atmosphere was very festive, and I would ask for directions. People were friendly, but I had the feeling like I wasn't going to find this place. It was concerning. The most vibrant part of the dream was the way the street lights were like halos of light - yellow light. It was obviously dark, because it was night time, but the street lights were very orb-like. I tossed and turned a lot last night, felt like I had difficulty sleeping at all, so when I woke up I was just more annoyed than anything. Like, "I've got to fix this bed and pillow because I need to get a decent night's sleep." I often have dreams with maze or searching for an exit or place, trying to find something...like chasing the end of the rainbow...always just out of reach. That's how this dream felt, but this time I did find it, though no sense of relief. Would think I would have this sense of resolution, not a feeling of accomplishment. More, just a feeling of trying, trying to get...keep trying and trying, some sense of urgency, like I have to keep trying. |
| 10/17:51 | DREAMS | 19 | I normally don't remember my dreams like this; I may dream, but I certainly don't recall the level of detail that I am now. Especially the colors -- almost every morning, it's the colors in my dreams that leave me feeling the most perplexed, curious and wondering. Also interesting that I was in the two cities I've dreamed about recently. |
| 11/19:20 | DREAMS | 19 | I was on a cruise ship, but we weren't in the water. We were cruising on a very steep hill (like a San Francisco street) up. I looked out and down and saw that we were cruising up this street. The ship was enormous, several stories high. I explored each deck (don't really recall what I saw), and then I came to the top of the ship and to get into this area I had to lay down on my stomach and shimmy under a stainless steel bar. I could see people through the portholes on the other side sitting on deck chairs, but I immediately felt a deep sense of claustrophobia and decided not to go through. Then I was walking down a huge flight of stairs on the ship. Really enormous and carpeted. Then I was sitting on the lawn outside waiting for a concert to start - like some kind of summer concert series. Katie Couric was sitting next to me and we were talking about her starting to date again. I had someone in mind for her that I thought she would like. I woke up and felt like what a weird dream! The feeling of trying to get under that low bar on the top of the ship was still strong, too. It made my chest feel tight (from anxiety of closed spaces). |
| 12/00:00 | DREAMS | 19 | Dreams Driving car in Hawaii with a friend, driving to a hotel that I recommended; he and his partner stay at this hotel. We were driving down a hill. I was having anxiety worrying about whether or not he would like the hotel since I had recommended it. |
| 12/00:00 | DREAMS | 19 | My friend's partner was walking with a cane (that's not reality, but what I thought in the dream). |
| 12/00:00 | DREAMS | 19 | He commented on the number of steps. Then the scene changed we, my husband and I were methodically going around and using the hotel property, towels, making the bed, the color of the sheets were a dark pewter blue. A really distinctive pewter blue color. |
| 12/08:04 | DREAMS | 19 | I am in Hawaii in a car with a friend of mine driving to the Kona Sheraton Hotel. It is a familiar drive for me. We are going around several winding curves to get to the hotel, which I hope he likes because I recommended it to him and his partner for a vacation. We get to the hotel and he checks in. I wait. We walk around a bit and he says, "Wow, lots of steps." and I say, "Yes, there's a lot of different levels to the hotel." I remember thinking that is too bad, because his partner is walking with a cane. (Which in reality he's not; but my friend just got a cast off his right arm.) Then I'm with my husband and we're in their hotel room. Our friends aren't in the room. They're at the pool. My husband and I are using all of their stuff in the room -- the towels, sleeping in both beds, messing thing up (not intentionally, but we are making a mess by just being in there). And then I'm kind of hurriedly going around trying to put things back how I found them before our friends get back to the room. The bed sheets are that dark pewter blue -- like the SJ Parker dress in my dream from a few nights ago. And there are black leather bolsters on both beds (like the bolsters at this hotel in NYC we stayed at last month). I awoke and honestly just felt like, "wow. writing down all of these dreams is a pain in the ass." I think I'm tired and cranky from sleeping so poorly. |
| 22/08:30 | DREAMS | 19 | Was in a 1950s style kitchen with white appliances and red/white enamel pots and pans. There was a red enamel bread box. Shiny, metallic, almost reminded me a 50s diner kind of atmosphere. Can't recall what happened while I was there. |
| 23/14:15 | DREAMS | 19 | I had a dream last night but by the time I got going today, I couldn't remember any of it |

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| 30/08:08 | DREAMS | <p>19 Frank Sinatra was standing on top of something, maybe a sofa, and singing "Begin the Beuigine" while holding a hard-cover book that had one of those satin ribbons inside of it to help you keep your place. He was leaping around and dancing, doing flips and pirouettes while singing. I awoke with the song in my head. Then I fell back asleep and was in Denver. I was at one of my favorite st Paul restaurants, heartland, though it was now located in Denver. The decor was very modern and done in white with pink and blue accents. There were metal alligator cutouts on the walls for artwork. The tables and chairs were white molded plastic and I remember thinking that this decor doesn't go with their tone and intention at all. Each table was in like a separate "apartment" type set up. They had bookcases and lamps, throw pillows. The whole thing was kind of like the way Ikea is laid out. Then I was waiting for my husband and I had been waiting quite a long time. Then a door opened down the hallway and I could see him in side around a very large table with about 5 other people. He wanted me to come over there and I didn't want to. I was really mad at him. I said, "I used to be enough for you. What's happened? I don't even know who you are anymore." I stayed where I was in a separate area of the restaurant and opened the bench-like seat that I was sitting on and inside it were these robin-egg blue plastic glasses that looked beautiful with the pants I was wearing which were a light tan/camel capri style linen, very fitted. I remember thinking what a great color combination it was. Then I was looking at the name of the restaurant above the entry door and it was spelled Heartland in metal and alligators, cactus and stuff kind of like Arizona or something; it didn't fit. Then I was standing under an overpass on a freeway and someone was telling me that Flatiron Crossing closed (that was this shopping center outside of Denver) and that is where</p> |
| 02/00:00 | DREAMS | <p>20 I am unsure of the time but certainly sometime after midnight – I had been sleeping for sometime. In my dream there is going to be a presentation. I am going to sit with my peers in the stadium seating one way. There is a joyful anticipation in everyone and me I think. Another set of stadium seating ascends from the floor facing another direction right beside us. There is a sense of gladness getting bigger when I realize the faculty from my college, including my teacher/advisor will be there. There is going to be speeches and recognitions and I am looking forward to inspiration. I am hungry for it. The scene changes to my peers and some of the faculty sitting in a circle sharing - almost like an AL anon meeting but not. At first I am disappointed because my teacher is not there but she does come. I notice a number of times a friend who also had my teacher as an advisor – there is smiling and recognition and I keep touching her shoulder. I over hear about a qualitative research study my teacher completed with her best friend years ago. The name of the study seems very important auspicious but I cannot remember the name. The study had to do with the mind/ emotions and a stream of water. I see the stream in my mind, I make connections inside my mind and body – a recognition, integration and am relieved and gladdened. I see my teacher – she is older as we all are. I wonder if she will recognize me and am ok if she does not. I am so happy to be there. The anticipation of what is coming is so fulfilling - the chance to listen and to receive – to be there. When I awake I am so happy this was the dream and want to remember it thinking perhaps I should get up and write it down. But I don't I fall back to sleep and dream again. When I wake from that dream I remember that I dreamed before but cannot remember and feel disappointed like I have lost something important. Later I get a glimmer and then it leaves. Then I remember my teacher and the dream comes back to me – I am so relieved and happy. I miss my teacher. Long for the connection. Also in the dream I remember the study of the stream of water being important – the connections, recognitions from a stream of water.</p> |

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| 02/00:00 | DREAMS | 20 Second dream of the night - I am working with a family in a home visit. I like them very much and it seems an easy happy work. There is a father or uncle/brother; three young boys and a mother. The dream gets more confusing and complicated as it progresses around whom the father is, my mistakes and trying to amend it. At one point I call the father the boys daddy and another uncle. The parents are upset but limited in talking to me because the boys are there. Apparently they had let me know that one of maybe all of the boys are not this mans that he is actually the uncle. But the children don't know this. I am pulling out a document from one of there top shelves in a closet and think the boys cannot read but before the father can stop me one of the boys is reading the document that says this man is his uncle or brother. There is going to be a family meeting to talk about all this and for me to try and rectify my mistake. The mom is sitting on a chair across from the three boys who are lined up on stools. There is a single bed in the corner of room opposite and kitty corner from the mom that the Dad is laying on. I go to sit on the bed and realize I probably should not sit there. I remember that I had a good and trusting relationship with both of them prior to my mistake but now worry that the trust may be unraveling. Still the mood is one of happiness and familiarity even though there is this emerging tension over my calling the dad uncle and getting the document. The dream ends when I am aware that I am leaning on the wall on the bed and my legs up and stretched out the length of the bed. I am aware of the dad lying down beside me and thinking no this is not good. When I awake I have a lingering memory of a row of white houses in a winter scene – all plain and small houses and I wonder if it is the beginning of this dream – when I am going to the family's home. In the dream I feel this sense of something happening that I don't mean to happen – something good and easy becoming complicated and confused, I am confused by they're secret and unhappy about my spilling the beans. But the over all mood is goodness and ease. With this underlying tension. When I wake up I am scrambling to remember and disappointed that I don't remember my first dream |
| 03/00:00 | DREAMS | 20 I dream but cannot recall the dream when I wake – I remember this sense of disappointment in the dream – like it goes on and on and is not finished and I want a different dream, and I hope for a change in the dream, a transformation but it does not happen. I awake feeling disappointed and also frustrated to not remember as if this lack of resolution will carry out through the day and I cant even see what about. Just like the sense I had in the dream |
| 04/00:00 | DREAMS | 20 I don't dream except for perhaps this – I am in waking life anticipating waking early to walk. Worried that I may be tired and not want to get up, and not wanting to miss it. I had been sleeping intermittingly all night long and at one point think I hear my friend and see her face below the bed looking for me to wake me. I say her name but no one is there – the dream was my friends face looking for me. It is a dreamy feeling a waking up feeling , a is it time feeling. Then I go back to sleep. |
| 05/00:00 | MIND | 20 (In regards to dream about boils – in prover's journal) Boils hurt, not fun, painful, very infectious. Have to get to the core to heal. Pain is gone, infection is gone. Relief and relief in solution. Release and ease. Had boils as a child. There was despair and dread. This has to happen and I don't want it to. No choice. The cutting was a relief. Easv solution. |
| 05/00:00 | DREAMS | 20 I think that I don't dream or don't remember but then on my walk this morning I remember a scene or a thought about boils that I or someone said “ I have to cut them” There is a sense of relief and intrigue both – relief that there is a solution that the core comes out but also this sense of squeamishness about cutting the skin. Gladness too about relief solution. There is an image of looking at a body in water up to their waist and me looking too up to my waist. I can't tell if the person I am looking at is me I think not I think it is a man with his shirt off – but as he says I have to cut them somehow it becomes me too. And I am watching. |
| 06/00:00 | DREAMS | 20 (about old client having multiple babies – in Prover's journal) Oh my God – babies are coming. You can't just hold it by it's leg! When it was dropped, thought “what the hell?! Be careful, this is a baby!” Bit of disgust, disappointment that mom is smoking. Also disappointment that not experiencing birth. Quick feelings. This. then that. Ouick and clear. I'm acting quickly. |

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| 06/00:00 | DREAMS | 20 I am in a room of a house might be mine . An old client of mine who I worked with as a teenager is there with her husband/boyfriend. It is her but not her. There are others in the house and all of a sudden a proclamation is made that she is having the babies – there is going to be multiple – I'm both excited and glad and startled and surprised – I also know these are not my babies and I must leave them alone. The husband boyfriend comes out of the bedroom holding a small ten inch baby by the foot and leg. It is dangling - he seems non pulsed. I realize that it is a preemie and needs attention but also note with curiosity how alert and mature the babies eyes are. I say something of urgency to the boyfriend and go into the bathroom to get something to wrap the baby in. There are fresh thin blanket/towels folded neatly on the back of the toilet and I grab one and reach for the baby – to my horror he has dropped him in the wastebasket – I worry he is dead but quickly retrieve the baby – happy that he is alive but worried if he hit his head. I wrap him securely and give him back to his father – wanting to hold the baby longer and also wondering what is happening in the bedroom with possible more babies and wondering the care they would receive. I go to the bedroom and see my old client squatting and smoking a cigarette. There is a sense of another baby had been born but cannot see and anticipation of more – I am a bit overwhelmed with everything and wondering why the mother and the father are so non nonchalant. There is a feeling of rushedness, urgency, trying to find out and stay on top of what's happening even though it is not my job and these are not my children. I am most struck by the vision of the small baby dangling from his fathers hand as if he were not important – surprised at the calmness and look of the baby but also the realization that this baby needs attention. When I awake I fall easily back to sleep but am happy of the dream. I think I go straight into second dream |
| 06/00:00 | DREAMS | 20 I am with a group of people some familiar some not but in the dream they seem as if they all are familiar – we are in a field like perhaps an athletic field and ahead of us or slightly to the right of us I see a great huge pile of equipment – like large sponge mats, trampolines etc. I run to it remembering when I was dating a woman in my thirties and on Easter we were at the U track field running and playing on all there equipment – because it was Easter no one was using it and it was quite fun. I want everyone to come with me but they do not. As I approach the equipment I see that it is many sizes of trampolines and a hill of various “things” to walk on – it is meant to improve your balance – you can jump from thing to thing or trampoline to trampoline also to walk on the hill. As I begin these soldiers from the army come out on the field and the sergeant who looks like he is 18 or younger begins to yell at me to get off that it is the armies equipment and then says “ now the army will take your picture if you are hot but if you are soft.... Then he sees me and says oh my God you are soft. His voice is non stop like a drill sergeant and I yell back “ shut the fuck up” He begins to continue to put me down and I am yelling just as loud you like to use big words and a large voice just like a small man.” I am angry at him and his taunting and enraged and want to and do yell back - there is also that forlorn sense of arguing with a bully – someone whose only intent is to make you feel bad and wont back down. I walk off the field and by him as I say that last line. I wake up happy to have had two dreams. I feel immediately this sensation of ascending stiffness and tension from my chest up – including my arms and hands. I think of fish – I think oh are we proving walleye or northern or lake trout. Also feel pain in my right fingers - digit 3 and 4 . I go get water and write down my dreams |
| 07/00:00 | DREAMS | 20 Have dream where I am pale yellow, pretty and soft, but shouldn't be yellow. Must have to do with my liver again. |
| 07/00:00 | DREAMS | 20 Three tiny dogs, each in 3 tiny harnesses, but connected. Other dogs on single leashes. Shouldn't we take the harnesses off? They are so tiny. |
| 07/00:00 | DREAMS | 20 I have a dream at the end of another dream – like the third chapter. In the dream I am looking behind a shed and fence and walking away – I see behind the shed all these hams and slices of hams on the grass – thinking they must be rotten now. Then I notice two dogs walking through with their leashes on and following the two is a trio of three tiny dogs with a harness on all three dogs are connected in this harness – the harness is so wide in the straps – almost too wide for the tiny dogs – the harness is red - I marvel that they can move – they are so small – but seem happy in spite of my worry about the harness and staying connected – following are so many more dogs in all sizes with their leashes on. I realize that they have formed a pack –but a friendly one and together they are surviving and free – unlike the wild dogs that my sister tells me of in Denver – that form packs and can be dangerous – these dogs seem no interested in humans at all and trot on by. I ask my teacher – shouldn't we take their harnesses off and she says no. It seems like it will be ok of them to stay on. I awake happy at the dream and all the variety |

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| 08/00:00 | DREAMS | 20 I feel as if I am not remembering my dreams tonight or that I don't dream then in the middle of the day I remember this dream or this part of a dream. I am with family and there is an announcement that my niece is pregnant again – her first child is in the custody of paternal grandparents. My sister announces – we are all there but it is unclear if my niece knows. There is commotion going towards order as my older sister starts explaining and organizing – however I am struck that my niece may be having a hard time. She is usually so stand offish and does not engage easily – it is often easier to not talk with her at all – however she is right by me and I turn to her and say something. I see that she has tears in her eyes. I feel compassion for her and hug her – she lets me hold her which would never happen in waking life and is able to tell me something – it seems important but I cannot remember or hear it. There is an intersection in the dream where a scene happens – almost with same group of people but different – an event is happening and in the middle of it a large box with a dog bed is let down and my sister or someone I know well is sitting in their with all these dogs. As soon as it is let down so people can see all of the dogs come out from under the covers and my sister smiles – there are so many of them. They come out as if on cue to greet us and then the box is lifted up and recedes again. There is this feeling of camaraderie and community and happiness as the box came down – like oh good and then a happy surprise with all the dogs. A bit too of where did they go and how odd. I don't remember how I felt upon waking because I don't remember dreaming upon waking – the memory came later in the day |
| 10/00:00 | DREAMS | 20 I know I dreamt much however between waking up and the next falling asleep I forgot them all – I remembered one snippet of a dream. My advisor from college and another woman who I admire or like and know (cant remember who) are standing before me like down a long shadowed corridor – there is a sense that it is a school hallway but it is wider and more open like a shadowed street with shops instead. I am so happy to see them – they are talking by themselves and notice me and stop – as if they are waiting for me and this makes me even happier. As I approach I see the somber expression on their faces and I realize T (another favorite teacher) has died. I say did T die and they say yes. There is this sense that it is a big deal and a somber moment – there is conversation and remembering that I cant recall in the dream it seems to go fast and then I realize T died years ago and there is a bit of confusion as to where I am when he dies and what is happening – I cant see my advisor anymore and either the dream morphs into something else or I wake up. In the dream I have a feeling of happiness and recognition at seeing my advisor and this other person also a sense of being welcomed and belonging to something special. There is also a feeling of meaning or importance or solemnity or the passing of a significance – the death of T. Later when I remember that T died many years ago and the images of the dreams change there is a feeling of confusion or trying to get my bearings - also a loss and disappointment that I do not see my advisor any more and that feeling of belonging isn't quite fulfilled. |
| 11/00:00 | DREAMS | 20 Had dream of old college advisor and some other person. I'm walking and see them before me. Dusk and shadowy. We see each other. I am happy for the recognition. Then think to self "Oh Tom died" (this teacher/advisor that I loved so much). Two thoughts – so happy to see them, be with them AND, oh, Tom died. Then another dream, removed from this one – "Oh Tom did a long time ago". Like I went into another dimension in time Confusing – where is my advisor and this other person? That part from other dream did not get resolved |
| 13/00:00 | DREAMS | 20 (Regarding dream in prover's journal about going over bridge with water) – Afraid I would be swept away – something dangerous. Doing it anyway, my best shot. Like I am not going to be able to sustain my good will about this. |
| 13/00:00 | DREAMS | 20 In a room/house – something happening. Have this sense of talking to partner. Progress happening on project, but also disagreement. Sense that it is also my family. Something is supposed to be happening, but not worried about. Tall beds. I am under covers. Sense of covers molding over me, constriction. Fall asleep in dream, but very conscious. This thing starts happening. A presence. Scared. Down comforter constricting Start whimpering. Calling out, "I can't move". Can sort of move, but no volition, except mouth. But I am losing this too. Starting to make connections – vague sense of intuitive connections. But also feeling afraid. Woke self up. Distressed, crying for assurance. |

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| 13/00:00 | DREAMS | 20 A dream that has a part I don't remember except I wrote down that " wanting space back" and that I was with two of my friends and a third person. Or before that scene there is a vision of a bridge with water going over it and still I am able to cross by going to one side where the water is not deep. Then there is the scene with my friends. After I am back at the bridge only this time the water is going over the bridge faster and is deeper at the end of the bridge the water is curving and going back down the bank of the river I suppose but at the end of the bridge is also the continuance of the road - it is a country dirt or gravel road. I need to get across the bridge but this time I am afraid of the water current and the depth - that I might fall or be swept in the current and be killed or hurt or in something I cannot get out of - drowning I suppose - mostly I feel the fear of being swept away and having no control. I decide to do as I had done on the way which is to cut across to one side where the water seems less deep - the widest part of the curve over the bridge and from there it is only a short way out of the water because of the road. As I start I get off the bridge but because water has been going over the dirt it is mud. I realize that the road is full of mud I will get stuck in - and sure enough as soon as I step in it I am stuck - I think if I push off with my hands - so sort of on all fours then I can help get my feet out - I must go slow but I will get there - but instead my hands get stuck too and my energy starts to drain - like the dreams when you are in slow motion and no matter how hard you try you cant get anywhere. I get afraid that I will collapse there that instead of moving at all my energy will keep draining. It seems not just slow but impossible to move my feet and hands as if I do not have the strength at all. It feels familiar - I remember the feeling also that I saw this happening as soon as I got off the bridge but I had already made the step. |
| 13/00:00 | DREAMS | 20 Next dream - I am at a meeting in a big room - regarding art I think or an art project or a project that is about art - a man who I do not know seems to be in charge and takes charge and seems as if everyone in the room feels as if he is the one with the power. There is man - an artist I think - his name is Some' - I have never seen him before but in my dream I feel as if I have known him - that he is special - than maybe even I have known him in my dreams before - he is at the meeting reluctantly - as if he is a special guest from a foreign country - working on something. Some' presents in image and feel to me as a black man like from tribal Africa - though journeyed to this place And also as a woman, again black as if a dancer or a Greek orator or part of the Greek chorus in a white gown and flowing veils or trains. With both images I like Some' drawn to him |
| 13/00:00 | DREAMS | 20 The man in charge drones on with do's and don'ts and feels controlling - I walk around I notice a pack of mail. It seems as if this man in charge has control or is trying to get control of everything - no one likes him I don't like him - I don't like how he is talking to us and the rules and the restrictions he gives us as if everything belongs to him and we can do nothing. Some leaves the meeting and goes into his room. There is this sense that he is not supposed to do this nor is anyone - it is deviant in a way and I am so pleased that he does. Eventually I see that this pack of mail has been somewhat opened - and there is a piece of paper folded length wise to about a quarter of an inch - it is a note and important one I know for Some'. I realize that the man in charge has seen the mail too and wants it ,thinks it is his - that he will try to get it - instead I take it - as if you are not going to have this - this is not yours and I have every intention of giving it to Some'. I try to keep it private - I know he may still get it steal it take it however I am determined and matter of fact - I leave the room too and go to Some room with the mail. The meeting is not quite finished which means the man has not stopped but is wrapping up - I leave anyway. |
| 13/00:00 | DREAMS | 20 In someone's room the door is open but the room is dark - I see a body upside down in the bed covered in a white blanket or covering. I am a bit disoriented in my sight at first before I make out that it is Some' and where his head is. I place the mail on the dresser by the door and contemplate reading the note - knowing it is for Some' and afraid that the " controlling man will steal his mail and Some' will not get to read the note, and if I read it first and then it is stolen at least I can pass the message on to Some'. The note seems important - that Some' must get the message. I don't read it somehow feeling or deciding to let things unfold. Some' is whimpering in his sleep "its abusion, its abusion" I am disturbed by this as if he is in distress working something out and I lay down with him spooning him from the back with my arm over his shoulder - I feel protective and want to just be there with him while he goes through what ever he is. The controlling man comes in - he is foreboding in presence in the way that you dread what you don't want to happen may happen - that he may steal the mail - that Some wont wake in time to read his note - too the contents of the mail beyond that seem important - like works of art or works about art - almost like poetry might feel if it were special. I'm afraid of it getting lost. I'm afraid that what is supposed to happen because of the mail will not get to happen. I wake up upset agitated as if something did not unfold. It is mixed up I think of it being cold and somewhat dark and the memory of getting up in the dark to go to work or school which I have never liked. I dread getting out of bed - I remember my dreams and am pleased to have dreamt - remembering also the feel of the controlling man who would take what is not his and feel entitled and manipulate in the process. I don't like him or that reality at all. |

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| 13/00:00 | DREAMS | 20 Next dream - I am at a meeting in a big room – regarding art I think or an art project or a project that is about art – a man who I do not know seems to be in charge and takes charge and seems as if everyone in the room feels as if he is the one with the power. There is man - an artist I think - his name is Some’ – I have never seen him before but in my dream I feel as if I have known him - that he is special – than maybe even I have known him in my dreams before - he is at the meeting reluctantly – as if he is a special guest from a foreign country - working on something. Some’ presents in image and feel to me as a black man like from tribal Africa – though journeyed to this place And also as a woman, again black as if a dancer or a Greek orator or part of the Greek chorus in a white gown and flowing veils or trains. With both images I like <i>Some’ drawn to him</i> |
| 16/00:00 | DREAMS | 20 (Part 1 of 2) I am to give a presentation a talk that I know and know well but cannot remember and I am late – the talk is sudden – I am getting ready and there is a red suitcase in a back closet that I am trying to find my socks which I think I do but realize that I am dressed inappropriately and also that I need my socks. I am going all around this house - not mine but staying there – there are others too like maybe even my mother – and all are getting ready – I keep trying to ask for the time – get a sense of the time – how much time left – time of the talk and there is difficulty in getting an answer from anyone. I am frustrated and nervous and scared of being late , not finding my socks , not having a sense of where I am in time for getting ready and being there and scared because I am having a hard time remembering my talk. At some point I think my mother tells me it is 7:40 and in my mind I see 7:20 or 20 to seven. And in this I think I have time to find my socks and get dressed but by then am also trying to remember the talk. I then am filled with dread because I realize and see that there were two talks – that the show had been sold out and one was earlier and one later and I had already missed the early one. I feel shame and dread – like it was not something to miss – there is a brief scene in which I show up the audience is waiting , it is in the middle of something – I apologize and then am waiting and the dream changes or ends . |
| 16/00:00 | DREAMS | 20 (Part 2 of 2) In the middle of the dream there is a huge feeling of exasperation what to do and frustrated efforts of actually seeing where my socks are, remembering my talk, making sense of what is happening in time and trying to gather some information from others (like the time) or information about my talk (trying to remember about what I said, where I wrote it down, where I may have put it) and trying to get dressed – in particular finding my socks. When I have the brief appearance in front of the audience I see expectation on their face – inside I feel disappointment and also the need to tell the truth I apologize and there is a switching of speakers but I never give the talk the dream ends before that – I have no memory of what I am to say. I awake feeling relieved and also residual feelings of unsuccessful efforts - like powerless no matter what I do I could not find or remember or get a clear sense of what I was to do when and be there on time – like it was a surprise that I had to speak and in the recesses of my mind I remembered that I had to speak and some shame that I had not kept track even though it seemed out of the blue at the time. So some confusion too about what was real about speaking. |
| 17/00:00 | DREAMS | 20 I dreamed all night I think when I was sleeping – seems like they were long process trying to resolve something dreams. I do not remember them. I do remember this snippet of a dream. I am sitting on a hill by a platform or wooden ramp that goes up a hill. There is all sorts of things happening and a mother is sitting above me on a deck and two of her boys and a girl baby toddle down the ramp below me and then go backup again. I see the mothers face of consternation and worry and see that the baby girl is toddling back down again by herself – I reach out to get the baby and as soon as I near to touch her she falls backwards and down but I catch her by the seat of her diaper and her shoulder – it is awkward because the catch happens behind me and I am afraid that I will drop her or her weight and force of her fall will pull her out of my grip – all the way through I say to the mom “ I got her, I got her I got her”. Finally I am able to pull her over my head to there front of me – knowing that she is safe now and and that my grip is secure and hand her up to her mother – there is a great warm feeling of relief. |
| 18/00:00 | DREAMS | 20 I know I dream but feel defiant in taking time to write them down – or stay focused when I awake – every time I awake the energy moves fast and agitated in me - there is a great sense of dissatisfaction - loosing of interest or willingness to try – cannot concentrate of make connections – it feels unconnected inside with fast moving energy – also dissonant or staccato but not a repeated rhythm no order – it is un-nerving and un restful – makes me crabby – sleeping gives relief there is a welcome sense of falling asleep – relief from the agitation the fastness the unsatisfactory feelings of disconnection, no resolution. Want to fall asleep and do. |

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| 19/00:00 | DREAMS | 20 (Part 1) I dream that I am going to speak or do business in like maybe Chicago – my partner makes travel arrangements for me which will involve my friend picking me up. I arrive and must be done with my work and am sitting on a large wide cement like hill – it is like a picnic area almost except no picnic places – like overlooking something – it is the same area that my dream was the other night when I caught the baby from falling. My friend joins me and begins to tell me of her life – she keeps looking younger like she is 18 or something. Then we decide to get something to eat and there is a white car that is either hers or the rental cars – we drive up a big hill – it is the same city hill I am seeing often in my dreams – we go up to her neighborhood and we are in a house that seems like the same location as my maternal grandmother and grandfathers only it is my friends. I begin to worry about time – and getting back to the airport and when my flight is – time is weird – I haven’t taken responsibility for it – leaving arrangements to others. I worry about getting the car back to the rental and catching my flight – earlier I assumed my friend was driving me. She parks the car and I realize we will eat at her house and get to see her partner – I cant remember when the next scene happens but we are out of the house that looks like my grandmothers and I cannot find my friend and then see her waving across the street and realize she is in front of her house her new house with her partner and I say something about it - I am happy and we go in. It is a bit confusing and happy when I go in - loving the openness of the house and the smallness – her partner greets me but it is late she goes in to a corner in the living room and reads and does not engage me – my friend leaves too – It is odd because I haven’t seen them for a long time but they stop engaging in their house – I am waiting taking in all the peculiarities of the house – like in the kitchen one wall is filled with slots of blenders filled with fruit and other things – some of it seems real and I think oh they were planning on having smoothies but my being there interrupted there routine – then it seems like it is decoration and then back again. |
| 19/00:00 | DREAMS | 20 (Cont Part 2) I do ask my friend about the time and she is able to tell by her watch that there is a flight at 10 but it seems already 10 – I remember many dreams of this same flight place and remember planes leave all the time but they do not wait for you. I keep worrying about being on time and also happy to be with my friends. Finally I go looking for them and go into the living room entry to talk with her partner calling her name - she is now moaning on the floor naked and sweating and I realize she is having a hot flash. I look down the hall and so is my friend having a hot flash naked and sweating. I realize this is part of their private lives and I remove my self. Then my friend is dressed and it is time to take me to the airport and I am saying something about I will just take a cab. – in part I don’t want to disturb there late night anymore – I am also hungry and realize we did not eat – and I also want to take a cab because I am not sure I can find my way back – I see that familiar street again with the hill and don’t know where the air port is in perspective to it. It seems that my friend is glad for me to take a cab but still is trying to get to the car – which is white – it is not clear if this is her car or my rental car. I see her feeling that she had planned on bringing me back to the air port but is pleased I will take a cab. I remember feeling mostly confused as to what is going to happen, worrying about time, planes and finding my way, wondering why we are not doing what we said we would – eating – and why they disappeared. Also happy looking at the open space of the house and the happiness realizing it was there new house. In the dream there is an insert dream or one before or after I cannot remember the context of the scene but the words said are so clear and said or understood many times - “she knows what she wants and what she doesn’t want” |
| 23/00:00 | DREAMS | 20 (Part 1) I am with a group of people it is like a ship but not in the water – maybe above the water – the group is small – something is happening we are there to see but maybe do too – like research for example – we are lowered into the sea it is not sunny like overcast and evening light – I am so excited – I see so many different things like fish –perhaps shrimp jumping in unison – there is something about fish and maybe fishing but there are no rods or nets – it is more like we are to watch and observe. I am on a big exercise ball but only see the first half of the dome of it the rest is in the water or perhaps it is flat on the bottom – I am surprised how stable I feel as I float on the water – like I should have trouble balancing or easily fall off but I don’t - it is like the pad meets me – the pad or material of the ball as if the ball comes up to meet me to keep contact and there is a secure feeling in this and I do not have to worry. In some ways I feel that I am sitting on it cross legged – there is not a sense of my legs hanging down – as if instead I am sitting at least in a half lotus. The ball moves through this area of the see and the water is mostly flat and calm – there is perhaps a rock cropping or small station to the right of me and beyond it there is the fish jumping on occasion. There is a sense there are others but I don’t see them and I keep talking to them – seems as if as time goes by it is only my ball in the water – the rock cropping to the right of me and a sense of a ship that used to be but you cant always see anymore to the left of me. My ball goes on its own but I also feel that the sea moves it – somewhat that I will its movement but mostly that the sea is in charge or the body of water. |

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| 23/00:00 | DREAMS | 20 (Cont, Part 2) I move in front of the rock cropping and when I get around the edge of it a big wave comes – I am so glad so excited – as if the sea is now doing something just for us. Also because of the exhilarating feeling of rocking on the water. Water splashes on me and I ride the swell – so happy then my ball moves more into the open center of the body of water and I feel wind and wave come up - the sea is no longer calm but getting choppy and full swells – I get even more happy - I don't feel afraid of falling off – instead I feel exhilaration and joyful anticipation – along for the ride so grateful and I begin to recognize what is happening and begin to yell to someone who I feel may be there too though I see no one. Hold on hold on. I hear my partner beside me say what are you saying and I begin to wake up but still sleeping and saying over and over hold on – I emerge and say it very loudly hold on hold on – this time I hear myself and realize I have woken from a dream – I am disappointed at waking and also pragmatic like the scene has switched and something else is required – I say I was dreaming and roll over an fall back to sleep willing my self to remember the dream – which I loved. Once I got up I have been thinking how stable the ball was and how I was yelling hold on to someone else but for me there was nothing to hold on to and yet I felt so stable so secure and so happy. |
| 24/00:00 | DREAMS | 20 Two dreams that are either two scenes of same dream or one dream then the next back to back – there is a similar feel to both and seems connected - I can't remember the whole thing or all the details : In the first dream something is going on with my aunt – there is a sense that previous knowledge and activities is being aroused in my memory – there is a scene of trying to find what my aunt needs – others are there we are working on getting a film going – there are many projectors – three at least – one is part way threaded – another is very old another looks promising but cannot figure it out and am stumped – I feel the loss of not knowing how – the frustration of feeling so close to knowing something but not having access to it in my knowledge bank and know how and memory – there is a sense that no one else does either. It is a service to my aunt – a helping her out – a support because an unfairness occurred or something not right .. I go into the garage of her house to look for something certain that some important piece will be there and when I get in there are all these detective men in 1930's black suits and hats – as if they have been on surveillance. It is unclear whether they are there to help or hinder – it may be they have information that we don't and the plot seems to be bigger than we know. There is a feeling of caution, of action of moving forward deliberately with a bit of distrust. Wanting to protect my aunt from any injustice . There is a sense that something unfair has happened and is being used without consent and my aunt will suffer as a result. It seems in the dream there is a way to prove innocence or rather explanation of the truth – and yet cannot gather the evidence needed. |
| 24/00:00 | DREAMS | 20 (Part 1) The next dream seems to have run into the top dream – again an unfairness or untruth has happened – there is an auditorium, some projects perhaps, maybe something with a proposal and gay marriages or some law like this or project and it seems information has been stolen or misinterpreted and a woman or a group of women are in danger of being misunderstood and ostracized. In fact it is happening quickly and I am working to alleviate the suffering to uncover the truth to set it straight – however the efforts feel unsuccessful but lots of sustained energy is happening to keep responding in spite of the overwhelming sense in the auditorium - from the audience – that we are losing. There are many interactions responses to this unfairness this injustice but I still don't know what it is about except intuitively and so respond – people are talking the wrong way - they are not communicating maturely or clearly or rather fairly or truthfully – their attitudes are getting in the way – there preconceived ideas and judgments – it seems as if this is how I am able to respond to them - through communication that is clear and truthful – but I have a sense of dissatisfaction at not being able to get to the heart of it and there for cannot really change their thinking or responses. |
| 24/00:00 | DREAMS | 20 (Cont, Part 2) There is a scene after all the auditorium scenes in which it is over and I am in an upstairs apartment reflecting on what has happened – others are there too – processing and I look out the window to the back yard and see a large group of women forming a formation and doing a dance cheer chant - I am so happy to see them and so heartened by there cheer – it seems to change the energy – even though the miss construed ideas have not been alleviated and the injustice has occurred there is still a sense that there is clear positive true energy behind us and to not despair – like the chant the cheer is right and true – plus creative in a way that the injustice cannot be and there for better more vital more believable. I feel all these feelings I have stated in the dream while dreaming but also a sense of unremitting ideas and occurrences to keep track of , make sense of, make connections with – somewhat overwhelming but I seem to meet it. Even though I long for resolution. When I awake I am mentally a bit tired and just want to fall back to sleep – almost bored or tired by the complications of remembering it and identifying the details, there is a sense on my minds energy faltering wanting to fall slip back in to unconsciousness – which I do a few times and sleep late. |

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| 26/00:00 | DREAMS | 20 | I dreamt something that felt quick but significant – like a transformation was occurring and I woke my self up with the words being said to me repeatedly – “ you are going to be lifted from the ground” or removed from the ground – I can't quite remember. The words were clear – I was excited and anticipatory in a moved way prior and during the words. As I was waking up I had a short fear a consideration – does this mean I am going to die? and had a thought about my heart |
| 01/08:00 | DREAMS | 21 | Man was in an accident; somehow paralyzed but went into rehab and able to walk again and go into modified home; Feeling: concerned for him; wanted to do everything I could to get him better |
| 02/09:00 | DREAMS | 21 | Out in a boat; a develop disabled person on board; a gang trying to make us captive; the Disabled person fought back; he was able to free all of us. Main Feeling; Relief that we were freed. |
| 03/10:00 | DREAMS | 21 | Can't remember whole dream but was on a boat and something in water; everyone around me was going crazy with fright; I kept my calm and disposed of whatever was in water; Main Feeling: Just able to focus and kept cool and did what I had to do; kind of irritated that everyone else got so upset. |
| 03/10:00 | DREAMS | 21 | Jealous. They were put off by-I wasn't showing off, I should be more upset somehow, should be more excited about whole situation, it warranted more feeling than what I thought. It just didn't bother me they were irritated. Same feeling of the solidness. Okay unto itself. I was okay with what I was doing, knew right thing to do. They could scream all they wanted. Didn't make difference to me. |
| 21/00:00 | DREAMS | 21 | CAN'T REMEMBER CONTENT BUT KNOW FELT DISCOURAGED |
| 21/00:00 | DREAMS | 21 | Doing a space walk. Feeling irritated because I thought someone was making me. |
| 21/00:00 | DREAMS | 21 | WORKING WITH SANKARAN; LAURIE SAID I'M NOT AT HIS LEVEL; FELT DISCOURAGED ABOUT THAT |
| 22/00:00 | DREAMS | 21 | Had some shame when holding down syndrome baby in arms but when baby smiled I had some connection. |
| 23/00:00 | DREAMS | 21 | Baby polar bear in house; realized it was going to get big fast and needed to her her out sooner than later; had no fear of her but realized letting her take over was not a good idea. |
| 24/00:00 | DREAMS | 21 | all alone trying to find way along this back road; Main Feeling; kind of despairing. As if won't find way and added to that all alone, isolated. |
| 02/08:00 | DREAMS | 22 | Spending time with a large encampment of Bohemian types who were doing various clean-up/building projects in the woods. The leader called off the projects & impending celebration at 20:45 because he said he had a vision of the group getting beaten by the cops who were slowly driving around the area. I felt unconcerned & that if something did happen, I could be a calming presence. I rode in a van with them for a very short distance to the campground area where people were serenely cooking, swimming, etc. It was a colorful place where I felt quite peaceful even though I didn't feel that these were “my people.” |
| 02/08:00 | DREAMS | 22 | I kept trying to visit a studio of artists who had posted hours but they were never there. It didn't bother me to keep checking back every so often but they never showed up. One time when I went there was a little kiosk store open selling a very austere array of artful boxes & other bric-a-brac. |
| 04/09:00 | DREAMS | 22 | I was at a lesbian strip club though I hadn't planned to go there. I was meeting friends. I felt bemused at the cultural experience. |
| 04/09:00 | DREAMS | 22 | (Part 1 of 2) I was on my parents' farm at some sort of multi-generational gathering (family reunion?). Many of us were sitting in the yard at picnic & card tables talking & looking up at the night sky. I felt happy to be connecting more with people I had been acquainted with for a long time. Various things were catching my attention in the sky. The one I remember was a train. It looked like a short, green steam train. I felt a little frightened of it as I'd never seen anything like it. It didn't make any sense for a train to floating in the sky. I asked others at the table if they had been seeing them around. They said no. Just then it gracefully changed direction just overhead & landed on the lawn. “It's right behind you,” I said to the person across the table from me. Definitely feeling scared now but mostly curious. I saw an elder man at the helm & laughed. How could an old man learn how to drive this space age thing? |
| 04/09:00 | DREAMS | 22 | (Part 2 of 2)Two men got out & started walking calmly towards us. Both were dark brown & fit – twins actually. One had on a kooky looking red suit like a union suit. It had colorful patches & random decorations all over it. The other guy was wearing a traditional type of military outfit – not American. I wondered if anyone would say anything to these apparent aliens but they seemed frozen with fear. My curiosity getting the better of me, I decided to be the brave one & asked, “Who are you guys?” The one in uniform stopped, turned & said “Hello, [my first name].” “Why are you here?” I asked. “It's a spiritual matter for you,” he replied. Without pausing, I said, “No.” There was no particular passion behind my refusal – more of a knowing that it was how I felt. As soon as I said it, they turned around & started walking back to the train. I changed my mind right away realizing that it seemed important to hear their message for me. After all, how often do apparent aliens arrive in a strange train from the sky with a spiritual message just for you? “OK,” I said. A woman from their group sat down across from me as everyone looked on in disbelief. She was telling me allegory after allegory. The only one I remember went something like this: “The sailor doesn't jump into the sea & dive to the bottom just because his captain tells him to.” |

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| 07/08:00 | DREAMS | 22 | I was with my current boyfriend but in the dream he wasn't my boyfriend. I had another relationship. We were having some intensely satisfying sex & I was thinking about how he was the only one with whom I would cheat on all of my boyfriends over time. |
| 09/08:00 | DREAMS | 22 | My boyfriend was trying to persuade me to compete in something silly like yard games or cleaning. I wasn't interested. |
| 14/07:00 | DREAMS | 22 | I was looking down over a man who was hunched over doing something. He looked up at me & I knew I was dreaming. I was startled that his features were so clear: thinning greasy blond hair that he pushed back with his hands (never combed), light skin, scruffy 4-day beard. If I saw him again, would recognize him. I knew that he had done some bad things in the past but I was pretty sure he was going to be nice to me. Still, I wanted to be warv around him. |
| 20/08:00 | DREAMS | 22 | I told my boyfriend that I was going to visit T, a high school classmate that I had a crush on. I felt a mix of concern & excitement at the idea that he might jealous about the visit but he didn't appear to be. So I went with my friend S to T's friend's house where they were hanging out in the basement listening to music & shooting the breeze. I hadn't met the friend before but he seemed very familiar & comfortable to me. He took my hand & held it as he invited me over to the record player where T was standing. I put my arm around T in greeting. Then, T was hugging me in a way that placed his head on my chest – snuggling in. At first, I found it sweet but it went on for a while. I started joking that we should get a baby carrier for him to which he smiled in agreement & went back to nestling. This dream made me remember having seen him recently after perhaps 10 years. Partly, I had felt a little of the old spark but mostly, I was glad that we hadn't ended up together. He still lives in our hometown & with his mom. His jobs have been in used car sales, insurance sales & he owned a bar – nothing at all like the path that I am on & a vast difference from |
| 07/02:30 | DREAMS | 105 | (Terrible resistance to writing this down. It took a long time before I got to writing it down, and I know I lost a lot.) We are camped outside this ranch house. There are different routes to the ranch house. I have already been to the house via one route -- then I am going this other way with a co-worker. It's a rounded driveway. It is dark and there are ghosts / spirits looming about. One kind of comes at us. It is pretty undefined, but is black and white. My coworker tells me to just ignore it and keep going. He takes my hand, or I take his -- even as I think of how this co-worker picks his scabs and has a reputation for not washing his hands after using the restroom [this is true in waking life]. I am floating or flying in a horizontal position alongside him. We make it to the house OK. There is much more, but this is all I remember. The feeling in the dream is a little bit scared, but more almost a sense of intrigue, even adventure. A feeling of needing to be alert. On waking, it was just trying to go over the dream to remember it and fighting with myself about getting up to write it down |
| 19/05:00 | DREAMS | 105 | The only image I can remember is someone smashing / pressing a parrot into someone's face. The parrot was very brightly colored - blues and reds stand out - and this person, I think a man, was pushing the bird into someone's face. Literally smashing it into the face. Very violent. Punitive. I don't remember having any particular feeling in the dream. |
| 00/00:00 | DREAMS | 113 | Dreamt about painting canvases and using colors. First time in a long time that's happened. |
| 03/11:58 | drEAMS | 113 | Woke thinking my rising sign is Libra, it brings balance to people that go to extremes, and these are the types that come to me. |
| 04/08:23 | dreaMS | 113 | Woke at 4:15 am and wondered if I have lead in my body from the painted radiator next to my bed. Woke at 6 and was describing in a dream that "I like it dark, steamy, and quiet so I can hear the birds." It was a hot tub outside. |
| 06/09:12 | DREAMS | 113 | A friend was selling art zines & I tried to steal one but she noticed I'd taken one. She saw me from some strange contraption she was in where part of her body was behind the wall. She thought I'd just gone to get money to pay for it. So I ended up paying and that was all the money I'd made on my trip. Then another friend & my sister were getting me to the airport and I asked if we could eat on the way. We were climbing a strange outdoor staircase that was Escher-like. And it was raining some slippery liquid that made climbing stairs impossible. In the dream I was noticing the disparity between the people w money & those that were barely getting by. I didn't feel sad but knew if have to use a new strategy. |
| 06/09:12 | DREAMS | 113 | Metal, gossip, stealing, behind the scenes, money, travel. |
| 06/09:12 | DREAMS | 113 | There was a war going on & I was trying to buy supplies and they were hard to find. Someone had gotten there before me each time I found a new place. I was traveling to see patients and they wanted to pay me in cheap silverware & plastic. It was a realization I couldn't afford to travel and rely on paying clients anymore. |
| 10/08:30 | DREAMS | 113 | Dream: telling someone to think about how much it would suck to be a fish swimming inside a glass box. |
| 17/08:39 | DREAMS | 113 | Dreamt I was talking to someone about how life isn't all black and white and how much work it is to really understand people. I think I may have dreamt something similar the night before. I think I saw black and white images or designs...and I was in a wheelchair. In real life a close friend is in a wheelchair after she broke her back in a gym accident. |
| 17/13:49 | DREAMS | 113 | A man was telling me he couldn't do something... then was swimming away from a shark and it bit him. |

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| 19/01:06 | DREAMS | 113 | woke yesterday morning dreaming of tall metallic boots with buckles and had a sense of deja vu |
| 25/16:23 | DREAMS | 113 | I'd been reading about Venus and Serena Williams and looking at their photos - in my dream one of them was talking to me. |
| 29/09:34 | DREAMS | 113 | Teaching and learning about identifying where in the body our beliefs are held. Not the first time I've dreamt of this idea during this proving. |
| 33/11:38 | DREAMS | 113 | I put someone in charge of taking care of my car. It was much nicer than my real 20-year-old car and seemed "vintage." The woman left the keys inside the car and I was very uncomfortable with that. It was parked someplace like a movie star's mansion; and on the grounds there were water features that were both free-flowing and frozen, as if the two weather seasons were co-existing. |
| 41/18:15 | DREAMS | 113 | First part of dream I was moving to a new room in a Victorian home I lived in with my large extended family after having had a serious head injury. I walked out into the hallway and looked into the mirror, trying to see something in my eyes. It was like a painting and I was looking for symbols to give me a clue. I had flashbacks to having had an injury involving water. I had been hysterical after the accident and they put a straight jacket on me so they could inject me with a tranquilizer. They'd needed to do surgery on me. I had a feeling of it being a long time ago and I was trying to piece together what happened in between the accident and now. My room had two windows looking out over two streets with trees and it was like I was 4 stories up. It must have been a huge mansion of some kind. It felt quite old and the light was not bright. I felt dreamy within the dream, confused. Later I remembered I was supposed to teach a drawing class and began preparing for it. I went to the school office (?) and asked if they had lined paper with specific dimensions. I had a transparent film of my own to overlay a series of lines that would make up a Xeroxed pattern for the students; a graph they would use to begin their drawings. Then I was on a bike ride to get a gift or give one.... and took a long winding steep route down a hill, aware I was in some danger I turned around to head back up and it was too steep to walk up never mind bike. I somehow grabbed a branch of an overhanging tree in someone's yard and it gently lifted me up a level to the next block over. I saw someone I knew and an old gift I had given them. It was ginger colored. I woke hearing the word "ginger." |
| 00/00:00 | DREAMS | 118 | pre-proving dream- had a nightmare that my daughter was going to be taken by a cult....they had planned on swimming at a local lake and then putting everyone in a van and taking off with the girls her age (12) I somehow knew what was going to happen so I pretended to drop her off and then as soon as something looked shady I was going to run to the beach and grab her....they had decided they were going to look for a particular blister on everyone and then if it was there they were telling the parents they had to quarantine them. I took my daughter and saved her-- the feeling in the dream was of a threat and a need to keep calm in order to stay safe/ A need to devise a plan and execute it with precision. |
| 01/21:00 | DREAMS | 118 | horrible dream of geckos-- a supposed food source for my son's single gecko turned into a gecko that morphed into many....they were climbing the walls and getting out of the cage...the feeling was of fear-- something that I couldn't control or handle...something spreading and taking over...yuck, they were slimy and gross |
| 10/20:00 | DREAMS | 118 | dreamt that I had a homeopathic child client who developed thyroid cancer, I had kept telling the mother that everything would be fine as his symptoms were improving and then I got a call that he had terminal cancer...I felt awful like I had dropped the ball and not been aware of the severity of his condition. I had my homeopathic instructor show up and approach me with concern for my non concern. The instructor lectured me on staying on top of things and to watch for subtle signs so that you keep your client vital. The feeling was of guilt of not being a better healer for this child and of sorrow for the grief that the mom and family was going thru. I felt like a failure |
| 15/20:00 | DREAMS | 118 | saw my dog who passed away about a year ago in my dream...it was like short snips of her life where she was helping -- nudging a little boy so he didn't fall down the stairs...protecting the kids in the neighborhood when a stranger walked by using her loud bark....the feeling was of happiness and a sense of being grateful for having her in my life, so proud of her...also sadness that she is no longer in my life |
| 18/00:00 | DREAMS | 118 | in my dream my sisters came over in a panic and my oldest sister told me that she lost her newborn baby...she was putting groceries away and the baby was lost? the feeling was of confusion and anger--how do you lose a newborn baby? In the dream I decided to make a trek across the country with them looking for this baby |

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| 00/00:00 | DREAMS | 119 | Dreamt about a house that was falling apart while others around it were being improved and quickly. Felt like redevelopment taking over this old house. Lots of cats in the house, including kittens just born that I found in a plastic bag behind the refrigerator -- keeping warm -- and yet, my sense was that their mother was no longer around and they were doomed to die if left in the plastic bag. I took them out, moved the refrigerator back against the wall, and held them all -- they were sweet, soft and cuddly -- and started bringing a little life into the house, which seemed abandoned for some unknown reason. Something happened later in the dream...oh yes, the house flooded and I knew they were all gone and that it was just a matter of time before the whole house -- which looked ramshackle compared to the others around it, but was quaint and livable -- would also be gone. The feeling in the dream was one of losing a piece of the past because of "progress" without thought. |
| 00/00:00 | DREAMS | 119 | (3 days after taking my constitutional rx; not yet supervising a prover) Looking at houses for sale with a group of friends. One house is a really good deal; needs lots of updates but construction/reconstruction is already underway. I'm not interested in the house, but recommend it to others, suggesting other ideas for updates. Instead, I go home to my house, which I love. It's similar to one I've seen before in my dreams with a piano (creativity) and a space just outside with a fountain that suggests a social/communal space. Beautiful, contemporary, simple, expansive, peaceful home overlooking water. This time, however, it also includes an office and conference room off the front entry and separated from the rest of the house, where I will be practicing homeopathy. |
| 00/00:00 | DREAMS | 120 | Pre-proving Dream: Very anxious dreaming. Dreams of anger at my 7 y/o son. Feeling really tense inside. Hard to endure his intense nature. Can't refrain from slapping his face because of this unbearable inner tension. Feel terrible. I react so quickly, but then like in slow motion, I want to stop it as it is happening, but too late. He is driven back in a van from an outing with friends. It is time to go home, but he is goofing around and will not get out of the back of van. He is lying down in van, naked, goofing around. He is smoking a cigarette (playing around), and has two other lit cigarettes under his cheek. I am irritated with him, but also terribly worried that he will burn himself. I quickly pull them away. He won't listen to me!! When I wake, I feel a familiar inner tension and anxiety that I have been feeling recently. |
| 11/00:00 | DREAMS | 120 | (Spooky dream that keeps pulling me in, against my will. Keep trying to wake, pull myself out of it -- but this heavy, pulling, drug-like sensation pulls me back into it.) I am with some friend (not aware of who) in bed, going to sleep. Have a knowing that another friend is coming over to my bedside -- can just feel it. Mixed feelings around intuiting how she will approach me. Will it be with kindness/vulnerability, or with cold-hearted anger -- cutting our friendship off completely. She comes to my bedside. I feel a bit reticent, but mostly detached and non-reactive. As she goes into victimhood about her depression, starting meds, etc. -- I tell her, without care-taking, that she has not been available to receive my love/care. Some anger arises through the detachment as she takes no ownership regarding her actions. I tell her how she can be so absolutely present and caring AND also so very mean -- which is what I am feeling now. She walks away, again cold-hearted, stating that we are done being friends. I have some anger/sadness, but mostly detached. Starts as neutral detached, then complete cut-off. |
| 11/00:00 | DREAMS | 120 | (Nightmarish dream again -- pulls me in again. Trance-like.) Dogs -- part human, were-wolfish, but not quite like that. Like I am watching a movie come about. Watching scenes. Dogs/humans staring at me/the viewer. Wildness, intensity in their eyes. Scene changes. Something to do with death/extinction/threat. Also has to do with my mother -- viewing this with my mother. Am in some strange house. Dark/twilight. Can't escape being swept/pulled into these scenes. Flips from these dog images into bird images. Same concept. In the end one single raptor is left. Images rapidly change -- varying angles -- from feather's patterns to image of head to image of wings -- starts flapping as if will fly away. So incredibly wise, contemplating its existence. Again, feeling of death/extinction. I am trying to discern -- is it an eagle, an owl, a hawk? It flies away and I am feeling sad/empty that it has left -- intangible. I am in car with my mom driving. I ask her what kind of bird? She tells me with a definite answer -- it is not a familiar name, but I think I have heard it before. I wake really trying to remember. At one point in the dream, I am in the kitchen -- see a light/fire reflecting in surrounding windows. Feel imminent danger -- cannot detect where the light/fire/flickering is coming from. Feel some panic. |

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| 11/00:00 | DREAMS | 120 | Dream of trying to get somewhere – think I am with my son. Trying to get in like, or past a certain spot. Am hindered by coming across a very sick large dog. This dog is begging/frantic for my care/nurturing. I can't get him off of me. He is very sick and has lost all control off bowel movements and urine. Excrements all over me, in addition to cat vomit. Disgusting! I am loving this dog, and feeling so bad for him – but not wanting to take him. He has a desperate, frantic neediness for me. This alternates with him going limp, almost dead – exhaustion, dehydration, etc. I am holding him – feeling this alternation between frantic desperation and limp lifelessness. Is he still breathing? He is so thirsty – as attempts to drink out of large bowl, his head goes limp in bowl – afraid he will drown. At one point he is devouring huge meatballs. Attempts to sustain his life. I feel frantic, confused, out of control, and disgusted. Along with all of this is also the detachment I keep feeling. Detachment with anxiety. |
| 15/00:00 | DREAMS | 120 | Nightmare of the end of the world coming – at any minute. Imminent doom/threat. Felt severe anxiety, speeding up of the threat. All pervasive. No one else around. Standing in front of a wall? Mapping out the threat? Can barely remember any details, only the feeling. Something to do with global war, attack, extinction of all. Was absolutely going to happen, almost at any minute. Could feel it coming. Again in heavy weighted sleep, difficulty transitioning into real life when I wake. The feeling of this, surreal feeling, heaviness – remains all day. Like I never was able to transition out of the dream into reality. Feeling that this dream some how tied into the despairing feeling I had the day before, while reading about the devastation of mass murdering of the Lakota Indians. Their isolated existence on their reservation. A loneliness, sadness, despair. Cut off from life. The massacre at Wounded Knee. |
| 23/00:00 | DREAMS | 120 | Near the ocean. Longing to go in. Saddened that it is cut off from the rest of the vast ocean – small part blocked off for tourists, and this is the only part I can get to. It is soooo crowded. I find a small space near the shore line where I can sit in the water. People all around me. Can barely move. Longing for the vastness with no one else around. |
| 23/00:00 | DREAMS | 120 | Am on small wooden platform with no sides or rails, serving as a chairlift going up hill or mountain. I am riding with ex-husband and ex-mother-in-law. The corner I am standing on is falling apart – loose boards. I can barely hang on. Frantically struggling to keep from falling. Continues to break as I hang on for dear life! |
| 25/00:00 | DREAMS | 120 | My 7 y/o son is being dipped into water from over a rail, as we are waiting in line for some attraction. I am afraid he will go under and drown. I reach for him. Then I fall in, and go down FAST with weight of clothing. Heaviness. No possible way of going back up. Full speed downward motion to the bottom. |
| 03/00:00 | DREAMS | 121 | Dream at Hoffman again. Not getting much out of it. People not organized, disconnected. Teachers not doing what supposed to. Frustrated, upset, want things more organized. A guy coerces me into giving him a hand job, but I am also masturbating some other cock as well. Didn't want to be doing it. Also in dream was remodeling, giving massages. I walk out naked/in robe, people can see. Will be judged. Give excuses, feel caught. did something wrong. |
| 03/00:00 | DREAMS | 121 | Dream dating a guy, I got irritated with him, snappy, broke up. Went and walked around by myself |
| 05/00:00 | DREAMS | 121 | Dream in classes-kept missing them or showing up late. |
| 06/00:00 | DREAMS | 121 | Was selling tickets at an event? Running business, feel busy, made it all worse. |
| 07/00:00 | DREAMS | 121 | Dream of Hoffman Institute. I returned to do a ceremony of integration, but people were not connecting with each other. I was let down. There was a canteen store being run there but it was a struggle for them. Disappointment I couldn't return to feeling of connection. Sad for others not having a light in their eyes. Boys were hanging out with boys, and girls milled around talking. I wanted to break that pattern, but it is not my responsibility. We went to a church with a preacher who talked about his plan as he gave us a tour. His business inside was failing. Sense of hopelessness. |
| 08/00:00 | DREAMS | 121 | Dream out at some sort of school. My job is to interview people for some play role. Walking through nature, slid down a cliff. Have to take really dangerous and rickety stairs back up. |
| 08/00:00 | DREAMS | 121 | Dream working on a client and was unfocused. There was a lot of loud music. He was talking about his girlfriend. I stopped everything and started the session over with soft music and focus, he asks me to kiss him. I don't want to. He keeps uncovering himself. He gets off the massage table and lays down on the floor and asks me questions. My parents come home and I tell him I can be prohibited from practicing massage. He seems to understand and starts cooking breakfast, but keeps mentioning the rejection. Soaks up bacon grease with a letter written to me that expresses his feelings and says he was going to give it to me and how stupid that would have been. I feel sad, apologetic, yet frustrated because I can love him as a person without dating him, but he doesn't get that. |

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| 10/00:00 | DREAMS | 121 | Dream I got to be a chair of an event, but people were unorganized. People thought we were ready, but I knew there were a few things we hadn't done, I had to run to liquor store for wine but kept finding undone things and taking care of them myself. People started arriving for the evening, and it was only me doing. Frustrated panic because we were not ready. I was trying to serve people food and get drinks and take money and no one was around. Had to go talk to the other organizers who were mostly kicking back and relaxing. I very sternly told them I couldn't do it all, listed everything that wasn't being done, almost started crying but held it back. Felt angry, but like I had shown them it is their fault if stuff doesn't work. |
| 20/00:00 | DREAMS | 121 | Realistic dreams again last night. It feels as if my brain is sorting through a lot of issues when I sleep. |
| 23/00:00 | DREAMS | 121 | In a stadium, trying to watch a show. Swimming, doing laps with some people. Had to stop an tell person behind me to stop grabbing my feet because it was making me feel like I was going drown. My first reaction was to want to just push her underwater. Anger, but people around. Must control myself. |
| 23/00:00 | DREAMS | 121 | Nightmare. Just remember blackness coming over my vision from left to right, image of face of spirit. Screamed as waking and sat up straight out of sleep, heart pounding. Took me a minute to realize where I was. My scream woke everyone in the cabin. |
| 26/00:00 | DREAMS | 121 | Hosting party like a purse party. People start coming, I had forgotten I was doing it. Rush to get stuff ready. We plan another for a couple weeks out. We sign along, community. |
| 27/00:00 | DREAMS | 121 | Dream I was at a leadership retreat, but we weren't told what was going on. We went to class after class and then would go eat. Confusion because there was no cohesion, no sense that we were supposed to be working together. Two of my friends were chefs there. I kept wanting cold drinks, but everything was warm, and I was disappointed. I finally had to convince them to give me some cold lemonade, and I shared it with another girl to try to make a friend. Sense of disappointment in the dream that all was not what I had hoped it would be |
| 30/00:00 | DREAMS | 121 | Dream living in a commune type of thing. People helpful, friendly. Something happening around sex-walked into a guy's house to find him masturbating. He laughs about it. Woke to stomach gurgling like crazy. |
| 31/00:00 | DREAMS | 121 | Dream of the event I am planning going wrong. |
| 32/00:00 | DREAMS | 121 | Dream I was with women, out driving in the woods, nature. Following GPS to get back, but it is wrong. We figure out the way. |
| 38/00:00 | DREAMS | 121 | Dream travelling by train. One of my friends got off and decided she will stay there. I wonder how she will survive. |
| 41/00:00 | DREAMS | 121 | Dream in Frontenac out hiking in woods, by river, beauty, peace, tranquil. Go to retreat center there. I am organizer of a spiritual event. They are not quite ready for mine. Waiting for them to prep a spiritual ceremony. Want to make sure all my group is taken care of, but intrigued, reverent to watch. Explaining to a few guys were to explore in woods, by river, how amazing it is. They re excited, new experience for them. Awed b beauty and mystery, peaceful, connected, calm. Yet again I am separate from them somehow. It is nice to return to a spiritual place |
| 01/09:30 | EAR | 5 | Felt a flat or deadening of my hearing. Sound wasn't as vibrant as normal. Kind of a void in variety of sounds. Could hear clearly though. |
| 01/09:35 | EAR | 5 | The deadening or dulling of my senses -- it's mostly my hearing. It just feels flat. |
| 11/12:00 | EAR | 5 | Just realized that I changed my cell phone ring sound last week. It's called "ring a ring." It's very annoying, and I don't know why I chose it. It's loud and every time the phone rings, I get startled. The sound grates on me. I think I'll change it today. |
| 02/16:00 | EAR | 17 | Itchy deep inside and seemed to sweat during long extended hot flash. |
| 10/00:00 | EAR | 17 | Off and on, I find myself itching the inside of my ear. |
| 24/13:26 | EXPECTORATION | 1 | I have been hawking up thick chunks of yellow-brown mucous. I think the odor of my breath may be from this sore throat sickness or the gum bleeding or it's all the same energetic detox? |
| 09/00:00 | EXTREMITIES | 20 | Feel stiff. |
| 01/18:05 | EXTREMITIES | 1 | A boil or eruption on my left inner thigh appeared, it's the size of a cherry and it's a hard painful lump (this hasn't occurred for over twenty years). |
| 01/20:00 | EXTREMITIES | 1 | The boil erupted with little touch or provocation. Dark yellow pus and deep red blood. |
| 02/06:08 | EXTREMITIES | 1 | The boil on my inner left thigh erupted again with a light touch. Dark yellow pus and deep red blood. |
| 03/04:15 | EXTREMITIES | 1 | The boil along my inner thigh bleeds a thick pus-filled blood, it is the size of a cherry and it is very hard. |
| 04/11:00 | EXTREMITIES | 1 | The boil on my left inner thigh has shrunk to the size of a pea. It is still very hard, but no longer painful, as it was initially. |
| 08/11:33 | EXTREMITIES | 1 | I have had progressive weakness of my upper arms and shoulders. |

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| 10/19:40 | EXTREMITIES | 1 | I keep forgetting to write about the pain I am experiencing in my left upper calve. It's a sharp, cutting pain. This has been occurring for three or four days. |
| 28/20:30 | EXTREMITIES | 1 | At Yin Yoga my hamstrings were tight, I realize in retrospect that they have been more relaxed, less tight over the last month. |
| 01/10:23 | EXTREMITIES | 5 | As I'm sitting with my eyes closed I feel slight tingling in hands, lower legs and feet. Tingling as if the hands have fallen asleep, less in the legs/feet. Arms feel heavy as does the head. Almost like a force pulling me down, or an inability to hold them up, or desire to hold them up. |
| 03/20:30 | EXTREMITIES | 5 | Restlessness in arms and legs. Tingling. |
| 08/16:10 | EXTREMITIES | 5 | Just finished talking to supervisor. Noticed that my left arm is feeling tingly and heavy. It feels much heavier than the left arm. The tingliness is mostly in the hand, though up the arm too, as if it's asleep or buzzing. I feel it in the fingers and palm, and running up to the elbow. The heaviness is considerable. I have the sensation that I couldn't lift the arm; that it's of an extreme weight and thicker than normal; and that I couldn't do fine motor activities. This is untrue since I'm typing this symptom. There's also the sensation of pulsation, or the hand/arm getting slight larger then smaller with the heart beat. |
| 11/19:30 | EXTREMITIES | 5 | Fair amount of tingling in arms and lower legs. Heavy. Just sitting on the couch. Laying on my bed, I feel a slight tingling now. I have to be really paying attention. There is a tingle, a buzz in hands, arms, feet, lower legs. |
| 28/20:00 | EXTREMITIES | 5 | Weird, but I'm having strange things happen with e-mail the last week or two. I'll be reading an e-mail then my little finger of the right hand hits a key, and the e-mail disappears only to be found later in the trash. Now I didn't put it there, but somehow that's where it went. I'm blaming my little pinky, but didn't give it a command. Sometimes, I get signed out of my e-mail account, and I didn't sign out. It's almost as if another entity is present. Like something else is ruling over my finger. Who's doing this. I'm surprised when this happens as I didn't consciously do anything |
| 30/19:50 | EXTREMITIES | 5 | I used to get athletes foot every 3-5 weeks, but haven't had it for 3 months since a new remedy. So, this is different. I went for a walk this evening and my toes began to bother me. When I got home and looked at them, it was really quite something They were so sensitive and red and burning. It was an intense burning feeling almost like something crawling under the skin. The two little toes on each foot are burning this evening. I looked at them expecting defoliated skin and a crack (which is what they used to do), but have neither. Instead the skin between those toes feels like it's paper thin and wrinkly. The skin felt so thin that I could push the skin right off. It made me want to stop touching, as I was afraid I would remove the skin. The sensation is intense burning. Better in roomy slippers where can wiggle toes and toes have more room to spread |
| 30/19:50 | EXTREMITIES | 5 | I used to get athletes foot every 3-5 weeks, but haven't had it for 3 months since a new remedy. So, this is different. The two little toes on each foot are burning this evening. I looked at them expecting defoliated skin and a crack, but have neither. Instead the skin between those toes feels like it's paper thin and wrinkly. The sensation is intense burning. |
| 09/12:12 | EXTREMITIES | 6 | Now joint pain is left in my wrists and fingers. All I want to do is take ibuprofen. |
| 15/13:33 | EXTREMITIES | 6 | Now ankle is hurting, may be from being so productive. |
| 15/13:34 | EXTREMITIES | 6 | Left ankle hurts more. |
| 00/00:00 | EXTREMITIES | 12 | Left hip and joint, gluteus: out of whack, joint, nerve, muscle? Feels off, strained, cold inside. Better with gentle motion, slow walking. |
| 00/00:00 | EXTREMITIES | 12 | Left small toe phalanges and flexor: sharp pains with pressure, feels worse from walking on it. |
| 16/04:45 | EXTREMITIES | 12 | Shoulders and arms aching. Feel tight and cramped. |
| 02/21:00 | EXTREMITIES | 17 | Out walking and got an intense cramp on my Right lower calf. Went away after 5 minutes. |
| 03/08:00 | EXTREMITIES | 17 | Left foot gets intense and painful cramp and limits my ability to walk. This does happen off and on to me, but intensity is greater now. |
| 04/22:00 | EXTREMITIES | 17 | Left foot has intense and painful cramp. Difficult to walk so need to limp. |
| 13/14:00 | EXTREMITIES | 17 | My leg, foot cramp has come back. I cannot walk. I have had this before, but this time it came on suddenly and is very intense. I try stretching it but nothing helps. |
| 14/09:00 | EXTREMITIES | 17 | Leg cramp is gone but now I have very sharp cramp in left calf. This is new. Goes away in about 15 min. |
| 15/13:00 | EXTREMITIES | 17 | Leg cramp in right calf, same as above. This is new. Goes away in about 15 min. |
| 16/22:00 | EXTREMITIES | 17 | Same foot cramp making it difficult to step on foot started to show up again right before bed. |

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| 17/00:00 | EXTREMITIES | 17 | Tip of my index finger will get a blood blister under the tip of the nail. It is very painful and I can't straighten my finger. This makes it very difficult to use fingers and incapacitates me. It limits what I can do and there is constant pain and discomfort. It is distracting and goes on and on. My hope is that I will not have this one day. I talk with my hands and it makes me self-conscious. |
| 17/00:00 | EXTREMITIES | 17 | Severe pain in left foot just below ankle on outside of foot. Terrible pain requiring me to limp. Cannot put weight on it. It comes on periodically, but on this proving the frequency has increased. Generally comes on late during the day but I can almost predict it happening. |
| 26/18:00 | EXTREMITIES | 17 | Suddenly get intense deep pain in back of my left shoulder. It goes deep into my chest like someone stabbing me. Lasts for about 30 minutes and is better when husband massages area. This is a common spot where I hold and feel tightness and tension. |
| 27/11:00 | EXTREMITIES | 17 | Tips of index fingers on both hands are very sore. If I accidentally bump them on something it is like slamming your finger in a car door. Very intense. I bandage my right index finger as the pressure helps and it also protects it from further injury. |
| 27/11:00 | EXTREMITIES | 17 | The tops of my thighs as so cold at night I can't get to sleep without putting a down pillow on top of them. This is return of an old symptom. |
| 30/12:00 | EXTREMITIES | 17 | 17: Have a spot, mid point shoulder blade, spot is always tender and sore. Better with pressure. Happened day 26. |
| 03/19:00 | EXTREMITIES | 19 | Noticed my right elbow on inside divot, noticed a little sharp pain - like someone sticking a sharp needle in it. Had it occasionally a few times before. Like this little nerve - someone putting a pin in that nerve. Noticed it a couple of times since the proving started. |
| 01/10:00 | EXTREMITIES | 20 | Feel this also in long bones. |
| 06/00:00 | EXTREMITIES | 20 | After waking from above dream - I notice along with the ascending sensation that my right digits number 3 and 4 are sore and in pain - stiff and achy even with out movement but certainly with movement - this is totally knew |
| 09/22:00 | EXTREMITIES | 20 | Stiff and weak unsure of my muscles especially in all joints - after walking all day - but happy tired - glad to have moved |
| 10/07:30 | EXTREMITIES | 20 | Not sore and stiff anymore so excited to walk again - move with ease after resting the night |
| 10/12:30 | EXTREMITIES | 20 | Stiff and tense - not new from walking - this usually happens but doesn't stop me. Especially in the joints and my sacro iliac joint - back bends help release. My feet get stiff. |
| 12/20:00 | EXTREMITIES | 20 | New - as I am stilling my right hip hurts all around the joint and on the iliac crest - sore ache and tense - realize it is coming from my sits bone - feel it slightly in my left. Don't want to sit anymore - gets worse as I keep sitting - somewhat better from movement as soon as I am stationary it hurts immediately. Stops when I go to bed |
| 18/16:10 | EXTREMITIES | 20 | My SI joint does not hurt walking - does not get as stiff - neither does my feet. However once I finished walking and sat now my feet are somewhat stiff. During my walk towards the end - like mile 5 or so my left knee felt its tension - but stretching after and during it went away. |
| 01/20:40 | EXTREMITIES | 21 | Feels like a heavy remedy for me so far. Heaviness in lower extremities. My knees-like there is a weight on them. Grounded, goes into my feet which are still tingling. |
| 13/12:00 | EXTREMITIES | 22 | Leg pain shooting from hip area to mid thigh. Just once briefly. Low intensity. |
| 00/00:00 | EXTREMITIES | 105 | Left hip began aching probably sometime between August 10 and 15 -- and it has been aching to one degree or another ever since. I first only noticed it when laying on my left side, then more consistently at any time. Hasn't really stopped me from doing anything -- except sleeping on the left side. As of Day 29 it is still there. Definitely worse when tired, at end of day. Also when standing up after sitting for awhile. It is just a dull ache. Not always present. |
| 10/09:38 | EXTREMITIES | 113 | Two friends I visited on the west coast have broken/ fractured their ankle/ foot within a two-week period. One lives in Seattle, the other San Fran. They are both very athletic and graceful women. |
| 35/16:33 | EXTREMITIES | 113 | Hands and feet have been chilled - impossible to stay warm for past several days. I look at the weather online and it's 77 but feels like 55 inside my apartment. |
| 21/10:50 | EYE | 1 | My left upper eyelid has been twitching violently today. |
| 24/17:18 | EYE | 1 | My left upper eyelid continues to twitch, third day. I think it may be related to not sleeping well |
| 01/13:00 | EYE | 6 | Eye lids closing on themselves. Can't keep them open. Feel like possum all over again. In twilight zone. A watcher as everything is going on around me. |
| 01/13:00 | EYE | 6 | My eyelids weigh 700 pounds. I'm not physically exhausted, but eyelids won't stay open. Not pulling. They don't have force to stay open by themselves. Being outside helps. |
| 01/10:10 | EYE | 12 | eyes watering, feel heavy and tired suddenly. |
| 15/14:30 | EYE | 12 | Eyes feel hot and burning. Hot tears streaming down periodically. |
| 20/21:00 | EYE | 12 | Right eye streaming suddenly with hot tears. Feels hot in my eye and hot on my skin |
| 04/22:00 | EYE | 17 | Eyes are suddenly very red and very itchy. |

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| 03/09:00 | EYE | 20 | When I sit to meditate there is rapid eye movement intense and uncontrollable especially in the left eye but both eyes are clearly moving. In my left it is also on top lid feeling like that eye quick quiver spasm (tic) that can happen on occasion but is so subtle to see but I can feel clearly – only now I feel it through out the entire upper lid of my left eye. I meditate only ten minutes and the movement stops before I am finished gradually lessening. I think in part it may be my anxiety of getting up so late and wanting to be on the road at nine but instead I feel rushed to do self care. |
| 06/09:30 | EYE | 20 | My eye lids especially right hurt – just started happening. Like and ache – a tension ache – new haven't felt before – subsides – lasts less than half an hour |
| 06/14:00 | EYE | 20 | My right eye burns as if dry. Later my left eye too. Eyes feel dry and somewhat burning (it's a benign burn not quite accurate but best I can come up with. Even now in the evening I feel it. I don't wear contacts today so it is weird – as if I wore contacts and they had dried. |
| 12/20:00 | EYE | 20 | My right eye is itchy dry – I keep rubbing it – want my contacts out – when I get home at 9:30 my right eye is bloodshot and dry my left is a bit blood shot but I had not been rubbing that one. Dry Dry. |
| 13/13:00 | EYE | 20 | Eyes are dry and burning a bit again – more burning because dry notice it most in my right eye but is in both. I feel this for a few hours this afternoon |
| 13/22:30 | EYE | 20 | My eyes started the dryness burning feeling again this evening about 7 it has dissipated but still there. |
| 13/23:00 | EYE | 20 | My eyes are bothered watching the Voice – I am noticing a visual pressure that the stimulation is too much I want to push the computer away from me – there is no comfortable place for my eyes – I realize it is as if I am having rapid eye movement with my eyes open – like I did that first day or so of the remedy when I shut my eyes for meditation and they were going so fast – too it is a tension feeling as if they have gone too fast and are all wound up – too a pressure like tension – makes me want to shut them and not let any thing visual in but I still feel the tension |
| 14/00:00 | EYE | 20 | Through out the day I notice the dryness in my eyes again dry and just this side of burning – as if they could be chaffed – but no watering |
| 15/00:00 | EYE | 20 | Dry again today off and on through out I notice and do not want to wear contacts |
| 18/10:00 | EYE | 20 | My eyes are not dry this morning. And last night either. |
| 19/20:00 | EYE | 20 | Eyes have intermittent dry sensation late in afternoon desire to not wear contacts – get most dry this evening – especially left which itches slightly too. |
| 22/20:00 | EYE | 20 | Eyes dry and weird again – mostly right eye and when I look in the mirror see it is noticeably bloodshot |
| 02/09:00 | EYE | 21 | Woke up with <i>less</i> dryness of eyes (normally have very dry eyes when I awake) |
| 19/00:00 | EYE | 121 | Lots of dryness in right eye this last weekend, felt like a hair or something was in it. The next day my left eye hurt a bit underneath, like the skin was stuck to my bone. |
| 01/10:00 | EYES | 20 | Lightening and broadening of visual field. |
| 01/14:55 | FACE | 1 | My sinuses are remarkably clear (my right sinus is usually blocked). |
| 01/14:56 | FACE | 1 | Upper lip is tingly. |
| 02/06:14 | FACE | 1 | Acne eruption on my face next to my left nostril. Very dark yellow pus. Also unusual for me. I cannot remember the last time I had acne; or a boil; perhaps in my late twenties? |
| 06/05:45 | FACE | 1 | Eruptions on my face, painful pus filled, around my neck like a necklace, and at the base of my spine. |
| 08/11:34 | FACE | 1 | I normally have a damp wet right sided sinus that is heavy and wet feeling; this has been absent since day one of the proving. |
| 08/11:34 | FACE | 1 | I still have a heavy, dull, aching forehead. |
| 17/04:53 | FACE | 1 | My usual right sinus complaint returned upon awakening this morning or during the night; it has been absent since the beginning of the proving. That is a heavy, wet feeling in the right sinus cavity. |
| 27/06:05 | FACE | 1 | My normal sinus symptoms have returned. I had pretty clear sinuses for nearly a month since the start of this proving. |
| 09/12:10 | FACE | 6 | Now (after chest to throat) all in my head and occiput. Like want to put a drill in the head to relieve the pressure. Pressure makes it feel better. If hold on back of head makes back of head feel better. Pressure, feels like it is exploding. Pressure needs to be released. |
| 09/12:17 | FACE | 6 | Mouth dry and lips dry. Thought maybe cold water would have made lips and mouth better but cold would have made burning in chest worse. |
| 01/10:00 | FACE | 12 | feel like my face is thickening, swelling or expanding. |
| 01/10:00 | FACE | 12 | Thickening face sensation: like the tissue just beneath my skin is so intensely swelling and expanding with fluid that my skin is having to stretch and pull away from my face, but still tightly connected in the layers. |
| 03/13:00 | FACE | 12 | Feel a bit of pressure or congestion in my face, like the beginning of a cold. Almost like the skin is being slightly stretched across my cheeks, mouth and nose. |
| 20/19:00 | FACE | 12 | Looks swollen and puffy, bags under my eyes. |
| 21/12:00 | FACE | 12 | Face feels heavy at my brow, still swollen, too. |
| 02/13:00 | FACE | 17 | Lower jaw was very itchy requiring scratching. Mainly left side, but did alternate. |

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| 03/19:00 | FACE | 19 | Jaw pain still gone since first day of the proving. About a week before the proving it was pretty regular for 3-4 days in a row. |
| 05/12:05 | FACE | 19 | Jaw feels tight again this morning. Similar to how it was earlier in the week. Awoke with this tightness. |
| 01/13:38 | FEMALE | 6 | Intense cramping, my uterus is actually contracting. |
| 01/13:39 | FEMALE | 6 | Like my body is trying to get rid of something. Even my ovaries hurt, my whole female reproductive system is confused. Even my muscles are sore around stomach. |
| 03/08:21 | FEMALE | 6 | Can pinpoint where right ovary is. I could feel right ovary bulging. Jus telling me it is there. Real awareness of ovary. Like I could see it thru my skin. Like I could touch it. |
| 03/08:23 | FEMALE | 6 | The right side of body working and left side wasn't. A midline feeling. Near uterus, like the right side alive and well and pumping, and I couldn't feel anything on left side. |
| 03/08:24 | FEMALE | 6 | I felt like I could feel the blood going through the veins, like my ovaries were pumping like a heart. They are just as strong as the heart. Like that is my heart, not my heart. That's what is running the show inside. It feel better, it feels better that's where it should be, because I'm a woman. Being a woman, being a mother, that's where hormones are for that motherly instinct. Instincts come form my uterus. And men don' have it. |
| 07/22:00 | FEMALE | 12 | Cramping, like I'm about to menstruate, but I just finished my cycle. Worse on left side. |
| 08/10:00 | FEMALE | 12 | Discharge: bloody, cloudy-white/pink in color with the consistency is thick, creamy fluid. Still cramping like I'm going to menstruate--which would be 20 days earlier than my cycle |
| 16/08:15 | FEMALE | 12 | Copious amounts of discharge, thick and white. |
| 16/08:15 | FEMALE | 12 | Extreme cramping, low back pain, and bloating as if about to menstruate or menstruating. Do not recall this kind of intensity since my first two years of menstruation twenty years ago. |
| 13/00:00 | FEMALE | 18 | 3 days of pumps. I found I was slightly irritable, less of that "cheerful easy going attitude" but it was slight. I usually have only 1 day of emotional/teariness for pumps. I was thinking the remedy must be wearing off, but then I got my period the next day. |
| 13/00:00 | FEMALE | 18 | I got my period on the remedy. I was swollen and bloated, but I can't tell if that's influenced by the awful restaurant food I was subjected to traveling. What was peculiar was the knife like stabbing pains in my lower gut and burning that was very intense and not usual for me. I also bled a lot the first day which is not usual for me. There were burning/stabbing pains in my opening as well. (I can't think of the word, which is another bad affect of this remedy!) how dumb I can't think of English anymore |
| 14/00:00 | FEMALE | 18 | I usually have a very high sex drive with lots of amorous thoughts during the day, but on this remedy, I've had no desire, no thoughts of it, which I really noticed the difference. I feel indifferent about it, not repulsed or anything. |
| 00/13:12 | FEMALE | 113 | endocervical polyp found on exam today; also diagnosed w BV with itching and occasional sharp twinges in labia |
| 30/00:00 | FEMALE | 122 | menses lighter than normal, no PMS |
| 01/14:56 | GENERALS | 1 | My whole upper body is vibrating. |
| 02/22:10 | GENERALS | 1 | I am very active and thirsty at bedtime. I drink Aloe vera juice. |
| 03/02:22 | GENERALS | 1 | I get out of bed, wanting to walk around, excess energy, thirsty. |
| 03/07:00 | GENERALS | 1 | I am moving slowly because of a lack of sleep. |
| 05/14:40 | GENERALS | 1 | It's like being pressurized. Compacted like a gem deep in the earth. |
| 06/06:50 | GENERALS | 1 | On my morning walk, I have a small insect land on my left forearm, near a mole of an equal or slightly larger size of itself, the insect bites me and my whole arm becomes inflamed. |
| 10/16:00 | GENERALS | 1 | I am physically feeling very dense, heaviness throughout my body |
| 15/06:23 | GENERALS | 1 | I am out for an eight mile walk. My body feels extremely heavy |
| 15/06:32 | GENERALS | 1 | It's 63• today, cooler, humid, it has been 73• most mornings the last week. I prefer the cooler weather. |
| 17/05:03 | GENERALS | 1 | I have an aversion to tomatoes. |
| 19/20:32 | GENERALS | 1 | My appetite is non-existent in this summer heat. |
| 21/07:00 | GENERALS | 1 | A weigh in at my personal trainers. I've lost 11 lbs. since the proving began? |
| 03/20:25 | GENERALS | 5 | I have been feeling jittery and tingly. I'm feeling it right now. Hyper -- like on caffeine. Adrenaline going. All that activity. My hands and body are shaking. There is tingling in my extremities. Speaking fast (supervisor did not experience her as talking fast), thoughts are coming fast. There is this giggly sense, excitability. Sense of fastness, speed in my body. I'm talking, thinking, speaking fast. It feels like I'm shaking inside. On edge. on caffeine. adrenaline. Now has all calmed down. |
| 07/20:00 | GENERALS | 5 | Am feeling very warm tonight even though we have the air-conditioner on. I've had to turn it down to 76 degrees, which seems rather cold, but I'm still quite uncomfortable. No sweating nor fever, just feeling an internal heat that can't be cooled. |
| 08/00:00 | GENERALS | 5 | I am tired. I don't feel like I'm sleeping much. I don't sleep all that well normally, but not like this; this is worse. I'm not as refreshed as I normally am. I'm working on cases and can't keep my eyes open. I'm not laying awake, but I don't feel like I'm sleeping much. I was so restless. I have a body pillow and I couldn't get comfortable with it. I feel like I'm sleeping lightly. Not insomnia. It's almost like a sensation of not getting sleep. It happens mostly earlier in the night and then again at 4:00 or 5:00. |

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| 08/14:00 | GENERALS | 5 | A little bit of the tingling, jittery feeling this afternoon. I didn't feel calm. I am so tired and feel like I've got to rest, but no, you can't rest, you've got to write in your journal. I feel is in my arms and heart and also just a general body jitteriness. |
| 08/14:30 | GENERALS | 5 | Desire fats (ice cream), sweets and salt. Am not hungry, but want to eat. |
| 21/10:00 | GENERALS | 5 | Just realized that I have been typing e-mails and such, and the finished product has letters missing in words. For instance, I write the word "concentration" but what appears is "concentration." I might type "they," but what appears is "thy." This has been going on for at least two weeks, but thought it was a problem of my keyboard or that I wasn't hitting the keys hard enough. Now, I think it's the proving as I don't have this problem normally. It's about every 20th word more or less, and I'm not having trouble with my hands. |
| 01/13:00 | GENERALS | 6 | I'm exhausted. |
| 01/13:36 | GENERALS | 6 | so slouchy, I can't even sit up straight. |
| 01/13:40 | GENERALS | 6 | Like the act of giving birth, it is doing it for reason, trying to expel something. |
| 01/13:41 | GENERALS | 6 | When you are 41 weeks pregnant, just go and get out of me... I almost have feeling of wanting to push to make it stop. |
| 03/08:22 | GENERALS | 6 | The right side of body working and left side wasn't. A midline feeling. Near uterus, like the right side alive and well and pumping, and I couldn't feel anything on left side. |
| 09/12:02 | GENERALS | 6 | Usually (before proving) when I get sick, it goes from nose to throat to chest and settles in my chest. This time (proving) it's exact opposite) |
| 09/12:04 | GENERALS | 6 | Warm, want everything warm, blankets and hot drinks (when sick) I was hot, but want hot. I was chilled even though inside of me was burning. If I drank cold, it mad the burn so much worse. |
| 09/12:06 | GENERALS | 6 | Running a fever when got the cold. Chills also. |
| 09/12:07 | GENERALS | 6 | Alternating between chills and internal heat radiating out from me. Feels like everything inside is hot, even my bones feel like they are hot. Like a thyroid storm, when they get really really hot. |
| 09/12:08 | GENERALS | 6 | Freezing cold one minute, then strip off clothes and super hot. No perspiration. |
| 09/12:11 | GENERALS | 6 | Joints are very sore, muscles are sore. My skin even hurt. It hurt to touch my skin. |
| 09/12:13 | GENERALS | 6 | Moving makes me feel better (while sick) |
| 09/12:14 | GENERALS | 6 | Pressure, like that stuck feeling. When started period, "ah" such a relief, now tons of mucus just sitting there. I want someone to pull the plug and let it all drain out. Now nothing is moving. |
| 09/12:15 | GENERALS | 6 | All I want to do is sleep and I can't sleep. Probably because I couldn't breathe out of nose. |
| 09/12:20 | GENERALS | 6 | Moving makes it better. But all I want to do is not move. All about flowing or releasing. |
| 00/00:00 | GENERALS | 8 | Having hot flashes for last couple weeks. Feels like impurities are being burned away in my being. Enjoy it, be grateful for it happening. The heat outside is so intense, like UV, but more powerfully hot-in a different energetic way of cleaning the earth, feels hot too, but not in sunburn hot way. More purifying light. |
| 03/02:00 | GENERALS | 8 | I couldn't sleep from pain, took aspirin. Too sore to be alive, to be perceiving in general is painful. Existing is feeling pain high-pitched noise to the feeling of pain, that was the energy of it. |
| 06/00:00 | GENERALS | 8 | Feel good every other day. Connected every other day and on track, the other none. Like a pendulum swinging wildly. Either very connected or very separated. |
| 10/00:00 | GENERALS | 8 | Went to chiropractor and got a massage yesterday felt like such a healing experience. Something happening with my breath, breathe in super deep, grabbed onto things and breathed them out. Cleansing. |
| 14/00:00 | GENERALS | 8 | Feel droopy. So tired, have to go meet a client. What will I do? So tired. If I get up and move, okay, but if sit down, sinking farther and farther into myself. If I get moving around, can be better, more energy. Sitting becomes almost paralyzing. Can't even do anything. Overwhelmed, tired. Able to keep going when up and moving. Sinking, dizzy but go lethargic. Can hardly talk when I sit, so I had to get up to talk to you. |
| 14/00:00 | GENERALS | 8 | Like a couple different levels. If I can walk around, operate on level keep going. Sucked into quicksand when sit, immobilizing. Sit to write in journal and could hardly write. But once started writing went & went & went. Get revved up and go, then stop and hard to get going again. Same sensation in biking dream. Up and over hills, had to keep going because if I stopped or slowed down it would be hard to get going again. |
| 21/00:00 | GENERALS | 8 | Feels really good, low energy phase. Few days tired, couple weeks good with high energy. How it is going whole process. |
| 25/00:00 | GENERALS | 8 | Acute symptoms for two weeks. This feels like it is on me and not in me. |
| 25/00:00 | GENERALS | 8 | Usually I don't eat grains or sugar, but I was craving pizza and bread and grains when this proving started. |
| 16/04:00 | GENERALS | 12 | Body, head, mind feels heavy. Pressed in. |
| 06/10:00 | GENERALS | 13 | Went for a run. Felt tired (not energized like normal) afterwards. Feel a bit depleted but can do daily activities. |
| 07/16:00 | GENERALS | 13 | Tons of energy. Worked in the garden for an hour. |
| 01/20:00 | GENERALS | 17 | "I feel kind of hyper & energetic. The substance seems to have revved it up". |
| 03/08:00 | GENERALS | 17 | Energy is back to normal. |

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| 08/00:00 | GENERALS | 17 | My craving for sweets seems to be greater. I want something sweet after every meal. I do not like this feeling of not being in control of my appetite. |
| 17/00:00 | GENERALS | 17 | Stiffness throughout body when I wake up during the night or morning. Have not had this for years. Feel physically exhausted, heavy, earth-bound. |
| 17/12:06 | GENERALS | 17 | "I almost don't like feeling my body, because I miss feeling more energy-based vs. solid and earthbound. |
| 20/16:39 | GENERALS | 17 | 17: J-A told me to take a pulsed dose of the proving remedy and my physical symptoms calmed down (foot pain and skin issues). Well it did and didn't. Symptoms are the same but not as much. Haven't had foot pain since I took the pulsed dose. Hot flashes didn't really change. Sleep went back to my "normal" poor sleep, where I can't get to sleep initially, but I woke up less and still woke up groggy. |
| 20/16:45 | GENERALS | 17 | 17: Energy is pretty good. I dealt with not having energy for so many years |
| 20/16:45 | GENERALS | 17 | 17: Sleep is what it is. Don't know what it would be like to have energy. I don't get done what I'd like to. |
| 25/00:00 | GENERALS | 17 | My craving for sweets seems to be greater. I want something sweet after every meal. I do not like this feeling of not being in control of my appetite. |
| 26/20:00 | GENERALS | 17 | Have 2 glasses of wine and it did not upset my stomach as it was before proving. |
| 26/20:00 | GENERALS | 17 | My allergy to dairy seems to be a bit less. I generally avoid, but if I have even a little cheese or milk, I used to get quite bloated and stomach would churn. Now while still there, the sensation is less intense. |
| 27/12:00 | GENERALS | 17 | 17: getting better |
| 02/13:25 | GENERALS | 18 | craving bread (yuk, I stay away from bread except specialty breads) |
| 04/00:00 | GENERALS | 18 | Tired and fatigued--feel like a train ran me over and takes 1-2 hours to get into day |
| 04/06:00 | GENERALS | 18 | Upon waking, I was thinking of sucking on a cigarette, (which I hate smoking) and thinking how good that would be to smoke, I could even taste it. I really wanted a cigarette. |
| 04/11:30 | GENERALS | 18 | desires bread and pasta--primal food I have the feeling I'm on empty and I need to eat it up I dug into the food very rudely. People were talking about gross topics and it affected my appetite. |
| 08/00:00 | GENERALS | 18 | have so much energy! I was happy to drive until 3am to the black hills straight through. Really enjoyed the late drive, everyone sleeping. It seems as if there was no time. There was a foreverness about it, like I could go on and on, there was no time, time did not matter. |
| 02/15:10 | GENERALS | 19 | Left shoulder very achy, deep ache not sharp; though this is quite common for me. Pain is not dissimilar from what it typically feels like. Used a bit of ice compress at 10am for about 15 minutes (anything different about this?) No. Had this many, many times; same place. |
| 02/19:30 | GENERALS | 19 | Last night about 8:30 pm was drinking water because sometimes get headaches from dehydration. HA in back of head, base of skull near neck, dull throb. This is a typical headache for me. Sort of a tension headache, start at base of skull. The kind of thing where I can't get comfortable. Tried laying down and supporting neck with pillow. No matter what I did, the muscles wouldn't release, really tight. Made me want to put my head back all the way and stretch it, then forward all the way. Didn't help. Took two Bayer aspirins. My neck is always giving me trouble so typically do neck stretches. Like a sharp pain - both the shoulder and headache pains were deep, aching pains - very similar - like a muscle you can't get deep enough to feel I was massaging it |
| 03/19:00 | GENERALS | 19 | Feel more hungry than usual. Hungrier earlier in the day. Usually don't eat much until 3 or 4 pm, then snack and snack until dinner. Today, had breakfast as usual, then wanted lunch (unusual) and then a snack. |
| 04/17:00 | GENERALS | 19 | Noticed that I feel hungrier than I typically do; this has been going on all week. Hungry earlier in the day than typical and also eating more in the evening after dinner. |
| 05/15:33 | GENERALS | 19 | Very sleepy; took a nap and actually fell asleep for a few minutes this afternoon (usually don't fall asleep when nap in the afternoon). |
| 08/19:30 | GENERALS | 19 | Husband mentioned I'm so tired. More fatigued than usual. Really dragging. Over the last few days, particularly tonight, more fatigued than usual. |
| 12/08:02 | GENERALS | 19 | I have not been sleeping well. Typically I go to bed and immediately fall asleep. That hasn't been the case for 5 days (since Monday). This has also coincided with being at the farm. I don't know what the deal is, but I haven't had a good night sleep in a while. |
| 12/09:15 | Generals | 19 | I wasn't sure of what to experience. The first few days I was on high alert. The first week I felt more fatigued than usual. The second week not sleeping well. |
| 22/08:35 | GENERALS | 19 | Not noticing any physical activities out of the ordinary. Have been sleeping much better since we returned from the farm to my own bed. Feel that the poor sleep over the past few days was due to a bad bed and pillows. |
| 11/13:30 | GENERALS | 20 | I want coffee - I've wanted it since the proving began - I wanted it before the proving began but now even more - some of it is the coolness - I wish to be a writer writing a Pulitzer prize winning novel - sitting in absorbed attention and creativity; drinking hot, creamy somewhat sweet but not too much coffee - as much as I want with no side effects, including interrupting my remedies or ruining my gut or being an addict or looking for love in all the wrong places - I just want the pleasure of drinking coffee with no DEEPER meaning |

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| 12/22:00 | GENERALS | 20 | Cold cant wait to get in bed – want extra covers – notice that the last couple of nights I get cold and want to curl up – of course the window are all open which I love the best |
| 16/16:15 | GENERALS | 20 | Felt good in Yoga – even though had not done since June. Bikrim (heated) yoga. Felt strong and able to do the whole series – did not push self and stopped to rest if I fell out of posture. When I was done I was struck by the fact that I was less bothered by the heat this time – or perhaps the room was cooler than usual. However when I was done I went outside to cool off and wait for my partner – I sat on a rock out side the building in this corner garden and started feeling very weak and sick as if I would throw up or wanted to – everything felt to hot and I was so grateful for the cold air - even though I had only shorts and a t- shirt on and was all wet from sweat – it couldn't have been cold enough at that point – seems like the cold was just able to take the edge off the heat or at least help me have a sensation that was not so disturbing. I wanted to lay down on the ground but didn't – wanted to throw up but didn't knew I could not drive – my partner came out and was worried she went to get the car and then I had three drive heaves – I felt like my bowels were moving to and could have had diarrhea but the sensation left – I started feeling better – I was able to walk to the car only a few steps away at that point and put seat back and opened window – with in three or four minutes I was feeling better other than I felt as if I had to go to the bathroom – which also subsided by the time we got home – 10 minutes later. I was fine all evening – able to eat a full dinner and relax – this has never happened in yoga with me before – felt like it was a clearing and purification perhaps even though I did not throw up – something moved. Also struck that when ever I throw up I also cry – usually just as the first spasm starts – but this time I did not |
| 19/00:00 | GENERALS | 20 | Good day working and walking , relationship and holiday. |
| 21/07:14 | GENERALS | 20 | I have had more and more hot flashes with this substance. All of a sudden it's far too warm and I want cold. They are not long lasting, this one dissipates in about 30-seconds. |
| 21/16:30 | GENERALS | 20 | I forgot to put this in on day 21. So tired after work attempt to sleep late afternoon and feel sick again as if nauseous and dizzy again like happened in yoga last week. I wonder if eating might help – almost don't want to go anywhere - am unable to sleep. Discomfort is gradual and lasts until I have dinner which is early 5:30. Eating helped and no further difficulty |
| 22/00:00 | GENERALS | 20 | I have noticed a very pronounced sedated sleepiness in afternoons these past days usually somewhere starts around 2 and worsens until after dinner or gets better and then comes back with a vengeance – as if I must lay down and sleep. Some times I lay down for a bit of a nap or to bed early and as tired as I feel I cannot sleep. Too I keep worrying about my heart. Is is digestive is it heart – pressure. |
| 23/10:00 | GENERALS | 20 | Feeling tired and as if I am getting sick – is lasting all morning - as if I am not waking up it is not 12:45 and I still feel it - in my head a pinched pressure and aching down my spine – a desire to sleep and even though I have my new bicycle – which I am so happy about - I feel too tired to ride – it is beautiful out - it is Saturday and I feel weak and tired |
| 23/16:00 | GENERALS | 20 | Energy improves after my bike ride starts – Ride for about 2 and a half hours – serene – gentle consistent motion – sense of adventure – energy good all evening and into evening – no sleepiness this afternoon and evening |
| 28/00:00 | GENERALS | 20 | So glad day 28 though only a week or so since redoes – none the less no more journal for now – I am pleased and tired and glad to be done recording - though I like paying attention I don't like the pressure of accountability to someone other than myself. I will write no more – I am tired - which is my own fault for saying awake too long last night. The remedy is quiet not obvious unless I am asked questions and let my self go then the natural flow of my life comes out more clearly which perhaps if I attended the same way would come out anyway – proving or not |
| 04/11:30 | GENERALS | 21 | Quite thirsty indeed for cold drinks; am drinking Kombucha which is like a sour apple cider and enjoying it |
| 05/13:30 | GENERALS | 21 | HAVE CRAVING FOR SALTY FOODS MORE THAN USUAL; E.G; CHIPS BUT NEED TO BE SPICY |
| 05/13:30 | GENERALS | 21 | OK; QUITE WEIRD; MY VIRUS PROTECTOR ON COMPUTER WENT OFF; HAVE TO REINSTALL FOR NO REASON; THEN MY CELL PHONE SAYS 'DOWNLOADING' WHATEVER THE HECK THAT MEANS; NO IDEA; NEVER HAD HAPPENED BEFORE; SO CAN NOT USE AT THIS TIME |
| 06/15:30 | GENERALS | 21 | FEEL CONTINUED GOOD ENERGY; GOT UP 6:00 AM AND STILL FEEL GOOD; DON'T FEEL NEED FOR A NAP |
| 06/15:30 | GENERALS | 21 | DON'T FEEL THAT HUNGRY; BOO HOO; GOING TO THE FAIR AND NOT THAT HUNGRY. |
| 22/00:00 | GENERALS | 21 | I still feel this in my abdomen, this light and warmth, and my chest, and forehead. |
| 23/00:00 | GENERALS | 21 | CONTINUE TO BE THIRSTY; WANT COLD DRINKS, WATER, BEER |
| 02/09:54 | GENERALS | 22 | Ended up clothed entirely in pink – down to my underwear. |
| 02/20:30 | GENERALS | 22 | Felt motivated to plan new entrepreneurial ventures. Had fun doing it. |
| 03/12:30 | GENERALS | 22 | Excited to eat green beans cooked in homemade masala for lunch. Currently enjoying nettle tea. |
| 00/10:37 | GENERALS | 113 | Made largest canvas I've ever painted on yesterday: 5'x4' - encouraged by partner. In midst of fear about my health. |

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| 00/10:42 | GENERALS | 113 | Making arrangements to meet with my prover, she tells me the apartment number and details about the apartment building, but not the street name; still waiting to hear back from her. |
| 00/12:44 | GENERALS | 113 | Notice I'm cleaning out nooks and crannies, finding things I'd not unpacked since moving a year ago. |
| 01/15:18 | GENERALS | 113 | (Monday Aug 20 = day 1) Prover's husband calls just before she's about to take the remedy to tell her he's taken a fall out of a tree house he built for his nephews and he's ok; dislocated jaw, fell on his tailbone etc. |
| 01/17:52 | GENERALS | 113 | After meeting with prover 13, I drove towards home feeling spacey and craving to spend money. Decided to stop at the co-op for coconut ice cream and ran into 4 friends. Unprecedented! And everyone wanted to chat with me. I felt magnetic. There, I said it. |
| 01/17:52 | GENERALS | 113 | After giving the remedy I found it hard to stay focused on prover 13's symptoms. Granted they were not many, but even her parents wanted to chat with me when they stopped by. Then while at the co-op I wanted to study everything in the medicinal aisle. |
| 02/08:00 | GENERALS | 113 | There is a heaviness I wasn't focused on until this proving. Yesterday several conversations about mortality with friends about other friend's tragedies. |
| 09/21:37 | GENERALS | 113 | Trying to get back into momentum with making art. Looking at many other artists I like, but when I sit down to work it's tough. I feel like I can't see clearly how to proceed. It's appearing very amorphous. Textured and dark and unclear what the content is. |
| 10/09:05 | GENERALS | 113 | Two of the rocks I collected at Lake Superior have multiple mini cavities with quartz crystals. Never seen anything like it before. Thinking about how old those rocks are, from the time of glaciers, 14,000 years old. |
| 11/18:23 | GENERALS | 113 | I have received quite a few gifts in the past few weeks. While traveling a hostess gave me a ceramic mug I admired; the owner of my favorite tea shop gave me a jar of her finest tea (worth \$125!) and said while she'd like a Buddha painting, that I shouldn't feel obligated; my main hostess loaned me her car for 3 days; my bf gave me a necklace everyone has admired. Everyone I stayed with on the west coast paid for meals out. Locally, one friend gave me a bike that had belonged to her sister, and another friend gave me a sewing machine that had been her mother's. I feel so gifted, more than ever in the past. Is this a new realization of something that's been ongoing, or is it new? |
| 12/11:48 | GENERALS | 113 | I notice that not only am I being gifted but I am gifting others quite a bit lately. My bf asked two of his students that are design majors to help me do my art website in exchange for some of my art. |
| 12/15:31 | GENERALS | 113 | Another friend just called and told me she was hit by a car on Monday while riding her bike, the same day my bf was hit riding his bike. In both cases the drivers were yelling and enraged by the people on bikes. |
| 14/07:47 | GENERALS | 113 | Watched movie last night w a friend, "Untamed Heart" about an orphan who has a congenital heart condition. He doesn't talk to anyone; no speech. After he gets the woman he's in love with to fall in love with him (after saving her from getting raped) they date for a while (he resumes talking.) Then one day they go to a hockey game together and he dies in the car on the way home. Marisa Tomei was the girl. |
| 14/16:36 | GENERALS | 113 | Just rode 30 miles today; longest bike ride I can remember doing in many years. Somehow managed to get lost while returning to the trails after going around each of the lakes and went around two of the lakes twice, unintentionally. Super tired now. |
| 15/23:43 | GENERALS | 113 | I notice I've eaten shrimp more in the last few weeks than I have this entire year - restaurants, bought and cooked, and was cooked for me |
| 16/18:17 | GENERALS | 113 | I have the sense that every time I supervise a proving that I will experience substantial grief; so far 2 for 2. |
| 19/13:00 | GENERALS | 113 | Stayed up until 3am painting. So excited with new body of work. Staying focused on creating a consistent aesthetic in a way I never have before. Lots of components such as technique, materials, bringing the figure into it's relationship with a particular environment or influencing substance. |
| 24/04:53 | GENERALS | 113 | I can't remember a time in more than a year when I've been so productive and focused with my painting. I'm working on 10 new pieces at the same time. Wabi sabi principles have transformational qualities, "moving away from or towards non-existence." |
| 25/16:28 | GENERALS | 113 | 2nd prover decided not to participate but then a 3rd showed up immediately, so she'll start this weekend as I finish with the 1st prover. |
| 29/09:35 | GENERALS | 113 | Clients are not calling back about making appointments. One of the slowest times I've had all year. Weirdly following one of the busiest times of the year. |
| 30/22:02 | GENERALS | 113 | Went to hear master story teller Martin Shaw at Waldorf school last night. He told a tale with gypsies, goats, goblins, twin princesses (pretty/light and ugly/dark,) queen and king, castles, etc. His performance and the stories were electrifying, mesmerizing. |
| 33/11:52 | GENERALS | 113 | I've got wabi sabi on the brain; Japanese aesthetics and Zen Buddhist philosophy |
| 33/20:07 | GENERALS | 113 | Went to get new facial jewelry, a piercing through my right eyebrow. It's the autumnal equinox, and I realized this after it was finished. Last year I consciously chose to get a nose piercing at the spring equinox. |
| 33/21:44 | GENERALS | 113 | Just saw new Lexus commercial "a reason to look twice" that has images of things splitting in two and becoming double or in reverse. |

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| 35/16:35 | GENERALS | 113 | Making incredible progress with painting. Getting lots of positive feedback when I post things on FB. |
| 37/08:53 | GENERALS | 113 | A friend decided to finally come see me for treatment of Lyme's disease. She's had it for 12 years and hasn't really been open to accepting help until now. |
| 49/12:25 | GENERALS | 113 | I have noticed the songs in my head are love songs. This has been going on whether I've been dating someone or not. Generally upbeat and romantic. |
| 49/12:26 | GENERALS | 113 | Both my prover and two friends were at beer and brat festivals yesterday. I guess not surprising given it's October and everyone celebrates meat and alcohol when the weather turns cold. |
| 20/00:00 | GENERALS | 121 | Aversion to alcohol. Feels like I don't really want to drink again, but not in the way where it is a struggle, just a gentle realization that it doesn't really serve me to drink. |
| 27/00:00 | GENERALS | 121 | I have been super sensitive to alcohol lately. I don't want to drink it, but when I do at an event, I feel hung-over very easily. |
| 30/00:00 | GENERALS | 122 | hyper-focused vs. attention wandering |
| 03/04:02 | HEAD | 1 | I realize that I've had a slight headache, like a band across my forehead. |
| 05/14:15 | HEAD | 1 | I still have that dull, heavy forehead headache. |
| 07/22:00 | HEAD | 1 | I have painful eruptions at the back of my head, in the hairline. |
| 08/11:35 | HEAD | 1 | I still have a single large eruption at the base of my head, in the hairline, between occipital lobes. |
| 01/10:16 | HEAD | 5 | Slight pressure in the temples, pushing in. I only notice it because am trying to be aware. |
| 03/08:00 | HEAD | 5 | Very slight headache on right side, above eye and into the frontal and parietal areas. Pressure, pushing downward and inward. Mild, slight vertigo and nausea, which I notice only because I'm sitting and experiencing the moment. |
| 07/20:10 | HEAD | 5 | Feels like I have a frontal headache and slight temporal on both sides. There's pressure on the forehead pushing backward. Almost feels like I have a band around my head at the forehead level. It's not painful, just a force pushing. I'm very tired and want to lie down in the dark. Closing the eyes is helpful too. |
| 17/15:00 | HEAD | 5 | I have a headache. I didn't sleep much last night. I've been awake since 5 this morning. It's in my forehead, also back of head. It feels like a band but doesn't hurt at temples. It's pushing in. Almost a burning pain in back, makes me want to close eyes and keep closed. I'm very tired. |
| 09/12:09 | HEAD | 6 | Most of heat was in my head. Really bad in my head and face. Like my face was right up against a fire. |
| 02/08:00 | HEAD | 8 | Had headache for 2-3 days before starting the proving, it's gone now. |
| 14/06:00 | HEAD | 12 | Migraine: the nature of this migraine is different from migraines I've had in the past. Instead of coming on fast and hard and being mostly left sided, this migraine has lasted for four days, has been mostly right sided, and I've still been able to function in the day. The pain has not been as intense. I've not been quite myself, not quite as expressive or enthusiastic about my experiences, but I've still been able to partake. Similar to my regular migraines, I am nauseous and easily exhausted -- relief with sleeping and going to bed early. |
| 15/06:00 | HEAD | 12 | Still migraining, day five. Not to the point of not functioning but in a place that has me feeling cautious. Moving slow and taking it easy, staying out of the heat and sun as much as I can as I am worse with heat and worse with light, especially sunlight. |
| 16/17:00 | HEAD | 12 | Migraine better from sleeping, in bed by 17:00. Just need to sleep. |
| 17/21:15 | HEAD | 12 | Migraine finally stopped after seven days. Still feel sensitive to light and heat, but the headache has greatly diminished. |
| 19/02:30 | HEAD | 12 | Wake feeling a headache coming on again. Feels more like a sinus headache. Concentrated more on the right side, though pressure is across both eyes and forehead. |
| 21/04:30 | HEAD | 12 | Woken by a headache that felt cold in my head and crunchy. Worse over my eyes and on my right side. |
| 21/17:00 | HEAD | 12 | Still feeling a mild edge of migraine, not as bad as those many days but enough to feel a bit slow and cautious in my movements. |
| 23/21:30 | HEAD | 12 | Getting another HA this eve- I've missed parts of every work day and not feeling to attend tomorrow. |
| 25/16:00 | HEAD | 12 | A certain heat in my head and eyes has replaced the migraines/headaches. Overall better feeling from napping and getting my alone time. |
| 28/10:30 | HEAD | 12 | No headache, no edges of migraine, no shadow of pain creeping in. My head feels free of ache, pain, or heat for the first time in days. |
| 01/16:30 | HEAD | 13 | Slight headache. Feeling very tired and wanting to sleep. |
| 04/09:00 | HEAD | 13 | Feel slight headache and spaced out. |
| 05/00:00 | HEAD | 13 | Slight headache. |
| 06/16:23 | HEAD | 13 | Slight headache. |
| 09/12:00 | HEAD | 17 | 17 woke last night with an optical headache. They are jagged circles of sparkling light. She gets them periodically. |

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| 01/14:05 | HEAD | 18 | odd sensation in forehead...woozy feeling, vertigo symptoms, off kilter, my head feels loose like I could fall over. I am top heavy in my energy field. There is a band sensation around the head- just awareness of it but no pain. There is a tingling in the back of the head where the skull hits the neck. The back of the skull opened up like immediate Reiki. The energy goes from the head down to the back of the neck into my shoulder area. The sensation is above the eyebrow and above the ears and back of the neck and shoulders. My head feels like it is going to crash and break open. I am afraid to stand up. (things are not centered or in place. I could go one way or the other, like a feeling I could tilt either way. I felt off kilter: even though I was standing up straight, I felt vulnerable and tippy like a top that could go either way, even though I know I won't fall. (like the airplane dream I knew I could pray and we wouldn't crash and the other part of me felt vulnerable and exposed to danger, also similar to the sensation of hesitating to taste the substance-part of me wanted to immerse into the substance and the other had trepidation.) |
| 01/17:25 | HEAD | 18 | Heaviness around eyes, on front of face by the eyes |
| 01/22:00 | HEAD | 18 | Heaviness around top of head, mostly in the front of the head, feeling of falling forward, or side to side. Slight vertigo feeling, like a weight on top of my head. Feeling like I'm raising my eyebrows (flexing those muscles) but I'm not. Weight also on the back of the head where the neck meets the skull. This weight seems to balance out the head and keep it steady, from falling forward. |
| 01/23:00 | HEAD | 18 | head feels like a balloon going to float, like it's empty upon laying down. Put heavy corn bag on the head to help the sensation. This sensation feels like a lightness, expansion, with a fear I may drift off, what if my head lifts off? I know this will not happen logically, but there is a small anxiety about it. |
| 02/09:30 | HEAD | 18 | still have fullness in top of head feeling, especially in forehead, the heaviness and only a little vertigo and sensation of falling side to side or forward. (not backward). |
| 03/11:00 | HEAD | 18 | there is a heavy weight on my forehead...my goddess is my bike and I feel like I will tip over, head first on my bike. I normally ride daily for 1 hour and I know feel more winded riding than usual |
| 04/00:00 | HEAD | 18 | Top heavy feeling |
| 04/10:30 | HEAD | 18 | I'm in class, and feel light headed again, like dizzy just sitting here, like I'm swaying from side to side, that top heavy feeling is still there. |
| 06/11:00 | HEAD | 18 | head felt like a balloon, curious, my head could float away like a balloon, Heaviness, have to keep the balance with my heavy head. |
| 06/11:00 | HEAD | 18 | top heaving feeling on my head, instantly the back of my skull started tingling like an opening of the chakra, the crown chakra opened more like in the front...it was a unbalanced kind of feeling |
| 08/19:30 | HEAD | 19 | I woke up with a blistering bad headache after the dream. I have them about once a month. This morning, something a little bit different, I usually stretch my neck back and forward. This morning, I went to kitchen and took deep breaths. Immediately helped the throbbing. Was wondering if I was holding my breath. Did yoga stretches...felt so good to take in some really deep breaths. |
| 01/10:00 | HEAD | 20 | Pressure in head dissipated then changed to a pressing sometimes pinching through out the morning. And all day. Pressure is in the cap of head, extending down into soft palate and sometimes down neck into spine between my shoulders. Under and around the bone. It dissipates then changes quality from aching to pinch to pressure to pressing. I notice it all day. Sometimes there is a nauseous quality to it. |
| 01/10:00 | HEAD | 20 | Pressure is less in my head. Can feel the pulsing of blood (subtle) in my head, behind ears. |
| 01/10:00 | HEAD | 20 | Feel this soft, calm, subtle expansion and shift in my head. Back and forth from pain into this – calmness, softening. |
| 01/10:00 | HEAD | 20 | Excited that pressure in head has subsided. |
| 01/10:00 | HEAD | 20 | More pressure happening in my head – like a bubble between the pressing – behind head. |
| 01/10:00 | HEAD | 20 | Head sensation has turned into a pinching aching feeling. |
| 04/00:00 | HEAD | 20 | Head felt heavy, like needed to go to the left – part of the weightiness. |
| 05/10:45 | HEAD | 20 | Pain and tension – a pinching sensation more intense and sudden – in occiput and extending down sides of neck – relieved once I started talking with supervisor. |
| 23/10:00 | HEAD | 20 | In my head a pinched pressure and aching down my spine – a desire to sleep and even though I have my new bicycle – |
| 03/10:00 | HEAD | 21 | Some congestion; stuffed up nose; no drainage; fit of sneezing. |
| 04/00:00 | HEAD | 21 | Nasal congestion, head cold kind of thing. Going down throat a bit, but not productive, just all in nasal area but no pain. Sense of fullness in head, gone down since yesterday after sneezing fit. |
| 06/15:30 | HEAD | 21 | HAVE SINUS HEADACHE; PRESSURE/PAIN TEMPLES; HARDLY EVER GET THAT; NOTICED WORSE WHEN RUNNING |
| 10/00:00 | HEAD | 21 | Headaches in right temple 2 days ago, today behind left eye, radiated to L temple. Only lasted about 20 minutes. Sharp pain. Exercise seemed to make it worse. Was also tired, so think sleep made it better. Tiredness made it worse for sure. |
| 11/14:00 | HEAD | 21 | Sharp pain R temple; worse exercise |
| 20/08:00 | HEAD | 21 | woke up with headache this a.m. R side dull pain; some congestion, no drainage, led to sneezing fit |
| 02/16:00 | HEAD | 113 | Pain like a band wrapped around my head or a hat that is too small. Slowly coming on in the last hour. |

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| 02/20:56 | HEAD | 113 | Just waking from 2-hr nap. Trying to sleep off migraine w nausea. Untouched by food, Epsom salt bath, and rest. |
| 03/11:57 | HEAD | 113 | Migraine still active. Last night up vomiting 5x. Not helped by massage, warming socks, hot tea. |
| 03/19:07 | HEAD | 113 | Head pain, migraine-style, continues. It has been 29 hours. Now 3-4/10; last night was 9/10. Feeling most pressure at the temples right now. |
| 28/12:52 | HEAD | 113 | My asthma has increased in intensity. I figure I may have a head cold. Headache, R shoulder pain, sinus pain, lungs inflamed, clear mucus, all at the same time. |
| 30/22:04 | HEAD | 113 | New client today was born with a pituitary tumor; by the time they realized it the pituitary gland had been "eaten" by the tumor. She used the expression "eating me" during the interview. |
| 19/22:00 | HEAD | 118 | congestion in my head above my nose-- in the third eye region |
| 30/00:00 | HEAD | 122 | headaches and migraines: right sided, left sided, wearing a tight hat, band around the |
| 30/00:00 | HEAD | 122 | head, behind the eye, etc. |
| 12/00:00 | MALE | 21 | Libido up. |
| 01/06:00 | MIND | 1 | I immediately opened my iPhone clicked on the YouTube app and type in the word "belonging" |
| 01/06:05 | MIND | 1 | This brings up a lot of feelings in me as I'm wondering where do I fit in the larger scheme of things? |
| 01/06:08 | MIND | 1 | The video that I chose is a parody about Hitler failing an English examination. I didn't notice at the time that I chose the video. There's a sense of ridicule or fear of being ridiculed in the parody. It's excruciatingly painful to think of Hitler as having been tortured or fearing ridicule, I know that we are supposed to be compassionate toward all beings but there's of sensory experience of revulsion in me. |
| 01/06:12 | MIND | 1 | I am thinking about what is being said and if the English subtitles and how so often I wonder if what people are saying is really what they mean; I know this is only a video of video parody, but I wonder if the German words are matching what I'm reading or feeling? |
| 01/06:20 | MIND | 1 | Excruciating, means to be tortured on a cross. This is what much of my early childhood was like. I sense that I didn't the line. I haven't felt like this for many many years. But I know that it's deep deep inside of me. It has been worked through and over in my homeotherapy and psychoanalysis for many years. |
| 01/06:23 | MIND | 1 | What does belonging mean to me today? Where do I belong? Who am I in relationship to my community? These questions bring up intense feelings, thoughts about inclusion and exclusion. |
| 01/06:27 | MIND | 1 | Belonging also brings up the thought of vulnerability and compassion for those who are excluded. Feelings of vulnerability, there's something about having to appear a certain way in order to not be persecuted; it's like a hyper awareness of what one needs to do in order to belong. |
| 01/06:27 | MIND | 1 | However, there is an awareness also that in trying to belong, trying to be a part of the group to which you do not belong, that you're pushing another part of yourself deeper into this luminous space. The space that is neither here nor there. |
| 01/06:32 | MIND | 1 | In this way, even though you appear to speak the language and dress like the people surrounding you and behave in the manners of the time in which you exist, the truer or deeper part of who you are must remain hidden away. In that sense it isn't allowed to grow or mature. |
| 01/06:35 | MIND | 1 | It remains childlike and distant, while the exterior becomes extremely sophisticated. It reminds me something of it reminds me of about something like vaults. Or a fortress, something that is meant to keep that which is inside, that which is sacred, safe but also becomes a prison for its contents. |
| 01/06:41 | MIND | 1 | I never knew what to study for examinations as I was growing up and going to school. It always felt like trickery. I didn't trust the adults around me to tell me the truth. I couldn't trust that they would keep me safe. |
| 01/06:44 | MIND | 1 | I just saw a red fox running before me with a baby rabbit in its mouth. |
| 01/06:45 | MIND | 1 | It is as though there are all of these terms and conditions that one must follow in order to remain safe within the fortress. There is also the sense that you have to get out of the fortress. However, you don't know how to do so. You have no plan and aren't certain exactly how to make that plan. |
| 01/06:45 | MIND | 1 | I just realized that an hour has passed since I took the first of the remedy, but it feels as though no time is past I feel perfectly still and peaceful in this timeless space. In this spaciousness. |
| 01/06:47 | MIND | 1 | This reminds me about alchemy and the transmutation glad to go. This must be a process that the Self goes through in order to belong. What is the truest sense of the word belonging? |
| 01/06:50 | MIND | 1 | Belonging. Ridicule. Value. Excruciating. This is not about a playful expression or trying to fit in, this is about survival, you're very safety or your life. Or the possibility that your life could be extinguished. This is intense!? |
| 01/06:54 | MIND | 1 | My mind is clearer after my bowel movement. Something deep within my interior, has exteriorized. I think on multiple level of experience. |
| 01/08:33 | MIND | 1 | Belonging feeling as though you are a part of a group; regarded as a part of the group; not held up as special. It can be a group of two or ten, a place of belonging. Community. Where you can be yourself. |
| 01/08:33 | MIND | 1 | It is a challenge to belong when one feels so small and inadequate. Like a tiny little bird or rabbit innocently playing in the yard, only to be captured by the mother fox to feed her young. I feel very small and young, like a small child trying to find his way, but I must find my way alone. It's easier to stay inside and play within this fortress. |

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| 01/08:46 | MIND | 1 | A sensation of being high up, above looming above, looking down. I'm standing in my house but I feel I can see through the house. From a little bird's eye view. Atmospheric. Like a high fortress, or a imprisoning tower cell... |
| 01/09:54 | MIND | 1 | Belonging being accepted, being regarded, being loved. Knowing that I have support. |
| 01/14:55 | MIND | 1 | Still thinking about where I belong. |
| 01/14:58 | MIND | 1 | I feel as though I am watching myself from above, from a high vantage point, like an observer. I feel smaller than usual. |
| 02/07:19 | MIND | 1 | So long as your mind and heart are free you cannot be trapped and controlled by appearances. Of course if the interior has been illuminated the exterior must follow; you cannot hide your truest being. |
| 02/07:40 | MIND | 1 | Belonging means becoming the meaning of the words you study and the prayers you are saying. Praying for those things that you cannot do yet and eventually, the darkness, like striking a match, is illuminated. Belonging is meaningful contact or connections. |
| 02/07:45 | MIND | 1 | I decided spontaneously to go see a movie, this is unusual as I tend to plan things out. I am going to see Snow White & the Huntsman. |
| 02/18:23 | MIND | 1 | I was having feelings of fright, and nearly fainted during a scene in the Dark Forest, the delusions or fears you experience therein are drawn on your weaknesses. I also felt faint at the sight of blood, as though I, myself was bleeding. |
| 02/19:45 | MIND | 1 | I received some disappointing news and immediately lost my appetite. |
| 03/07:00 | MIND | 1 | I am placing a remedy order and I keep making mistakes in speaking, dyscalculia, reversing numbers in addresses and zip codes. I am irritated by this. |
| 03/17:16 | MIND | 1 | I received some feedback that brought up familiar feelings of inadequacy in me; what is markedly different is that I know that I am not taking this personally. It is a matter that has a clear resolution. There is a sense that I ought to know things that I cannot possibly know. It's as though I have been examined and found to be lacking. I also would normally retreat into my own world, but I am not doing that. Instead I proactively suggested three alternatives to the person who provided me with that feedback. It is a good lesson in self-analysis and not to take things personally. It is like being in that fortress, all by yourself as a small child, looking out of the tower window and planning your escape. You must get out. However, it may take a lifetime to figure that out. I also feel that time is almost absent or moving too, too slowly! |
| 04/08:50 | MIND | 1 | My aura like the Aurora Borealis, it is extending in an oval shape, about 10' to the sides and 5' in front and back of me. There are waving sheets shimmering with colors like deep blue and green, there is a deep pink Sunrise. I am like an unearthly pine tree, with deep, deep roots, a spire so tall, I am exuding all these healing energies from my limbs and branches. I feel like I'm floating above the earth, my aura is like the Aurora Borealis, my friend sees it from afar. I feel a heightened awareness. I feel as though my true nature is no longer bound by the confines of my body. I feel exuberant. I am light filled. I am no longer a tiny, little, insignificant being, I am now boundless! I am feeling completely free of my normal day-to-day concerns. I am existing in at least two realities. Imprisonment and infinity. |
| 04/09:30 | MIND | 1 | I see a woman with an enormous aura as I am out shopping at the co-op. I tell her this, she replies, "Thank you I am often told that!" Then she says, "Bless you, bless you, you beautiful man!" She has tears in her eyes. |
| 04/09:45 | MIND | 1 | I am thinking about Snow White & the Huntsman, whomever was around Snow White was relieved of their pains and suffering. She even tames a troll. |
| 04/13:00 | MIND | 1 | I am visiting the Church of Saint Thomas of Villanova, for my aunt's 50th Jubilee as a Sister of the Living Word. My aura is bright. I am asked to be a Candle Bearer for the Mass. The room is filled with Sisters. The candles keep blowing out. An older Sister keeps joking with me about being a trickster. |
| 04/14:44 | MIND | 1 | My voice is especially resonant during the Mass. I feel that my aura is extremely wide, like the Aurora Borealis image that I mentioned from my morning walk (I walked eight miles this morning) |
| 04/15:05 | MIND | 1 | Two Sisters and an aunt talked to me spontaneously about reincarnation. That's curious at a Catholic Mass and celebration where Sisters renewed their vows of Poverty, Chastity, and Obedience. |
| 04/17:00 | MIND | 1 | Fifteen Sisters asked my marital status and age; each independently, each saying that I'd make an excellent priest. |
| 05/06:44 | MIND | 1 | I feel strongly that I must defend those who cannot defend themselves. I feel courageous and clear. I feel I have a strong voice; however, the dream clearly shows that I expect for there to be opposition to the stance that I take. There is an internal outrage that is stronger than my protest and others in the dream room respond to that. |
| 05/06:46 | MIND | 1 | Self-censoring. I must learn to cease self-reproach, in order to be further free of my suffering. I must become clear about what I find to be outrageous behavior. |
| 05/14:00 | MIND | 1 | I am feeling inadequate and have been feeling this all day. It's a challenging feeling. I feel small and inadequate. |
| 05/14:02 | MIND | 1 | I feel especially sensitive to contradiction and teasing. I feel teased more often than not. |

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| 05/14:30 | MIND | 1 | I went on an architectural tour by boat of down town Chicago. The only thing that interested me (unusually so) was that the word Chicago means Wild Onion. I heard that and began thinking of belonging again. I feel an internal pressure building up in me. I used to feel this much more strongly in my early adolescence. |
| 05/14:45 | MIND | 1 | I'm on this tour; I've turned on my iPhone and decided to listen to a lecture on Refuge & Karma |
| 05/16:30 | MIND | 1 | My partner says that I'm "acting like contemptuous teenager". I just listen. I feel that pressure deep inside of me. |
| 05/16:32 | MIND | 1 | I decide that I want to go see Abraham Lincoln Vampire Hunter (I haven't watched horror movies since high school. I saw the preview when watching the Snow White & the Huntsman (I just realized that in the movie there are themes of magic and uses of power, and Dwarves who mine gems from deep within the alternate reality earth of Snow White). |
| 06/06:53 | MIND | 1 | I am just watching this with curiosity. |
| 07/16:00 | MIND | 1 | I just finished working for today; I had an amazing session with a client. My clairvoyance is heightened. I had amazing imagery of her life flowing through her into me, that we discussed and was verified by her experience. 16:15 I am totally in a flow of timelessness. I feel completely open and have no sense of vulnerability. That is unusual for me. |
| 07/17:15 | MIND | 1 | Walking through the woods of Northwestern Wisconsin thinking of Snow White & the Huntsman, feeling fear of snakes and bears as I walk along the edge of the woods. |
| 07/17:50 | MIND | 1 | I hear crunching steps, slowly walking toward me along the woods. It brings up a lot of fear in me (unusually intense) it turns out to be a pair of Sandhill Cranes. We are 10' from each other. I make a greeting of Namaste. The male lifts up its wings and arches his long neck back. Then we just stand there. They slowly walk away. As I am further down the road I see another Sandhill Crane. We are again close to each other maybe 15' away. |
| 07/18:07 | MIND | 1 | I see an Eastern Hognose Snake on the road. It raises it's head like a Cobra. I wonder how fast they move? I keep moving on. |
| 08/09:30 | MIND | 1 | On my morning walk I came across the scene of a porcupine encounter or confrontation with another animal in the night; quills are everywhere. |
| 08/10:03 | MIND | 1 | I encounter a deer, only 5' away from me on my walk just now. Somehow, my field is blending into nature more than usual. I am able to get really close to the wildness. As though I belong in Nature herself. |
| 08/11:36 | MIND | 1 | I am walking eight miles a day with relative ease. |
| 08/11:37 | MIND | 1 | As I walk I practice expanding my Field to discourage the Horseflies from biting me. This is more difficult as the heat is higher (91°, hot humid weather) and as I am tired. |
| 08/19:09 | MIND | 1 | As I am out walking I see a Red Fox. |
| 10/02:00 | MIND | 1 | I realized that during the day I am irritated or bothered by something and I am acting as if it is not phasing me; I normally attempt to deal with things that's they arise. I am not during this proving. I am holding it very tightly within and waking at 2:00 am to release the anger. |
| 10/03:00 | MIND | 1 | A terrible thunderstorm occurs; I can feel the crescendo of the storm building up inside of me. |
| 10/08:00 | MIND | 1 | I explode in a rage, I am in an extremely foul mood. I am ranting. Throwing a temper tantrum. I realize that I feel very good during this release. |
| 10/08:21 | MIND | 1 | I have a sudden awareness that I have not been feeling like I belong to my family. |
| 10/08:22 | MIND | 1 | I feel intensely focused. My friend tells me that I am over sensitive lately. I asked her, "How long have you noticed this over- sensitiveness?" (We walk together regularly.) She says, "About two weeks, since the Summer solstice." That's when the proving began. |
| 10/09:30 | MIND | 1 | I cannot shake this terrible and sad feeling of not belonging. I ask my partner how he has experienced me, he says, "You've been extremely sensitive." |
| 10/12:00 | MIND | 1 | I realize that I've been feeling like I did as a child: over sensitive, over stimulated, and powerless. Powerless, small, and isolated. That fortress feeling again. Locked away. Locked inside... |
| 10/19:22 | MIND | 1 | Something has shifted in me completely. I feel like the intensity and sadness has shifted. I am not concerned about belonging right now; I feel that I belong, at least for now. I know that will change. |
| 10/20:00 | MIND | 1 | I'm reentering that inner place, I'm disconnecting. My partner tells me, "You've got a distant look in your eyes; where are you?" |
| 12/06:44 | MIND | 1 | I feel extreme curiosity upon awakening. Time traveling and photography, what next!? |
| 12/10:00 | MIND | 1 | I am apprehensive about the festivities of the 4th of July. It's extremely hot and I feel as though I am separate from others. Some kind of barrier separates me from others. I cannot respond with wit or in my typical mercurial way. |
| 12/11:00 | MIND | 1 | I am in my own little world. I enjoy it, but must remain small to live in it.. |
| 12/11:45 | MIND | 1 | I am asked to wear Lady Liberty's Crown. I think to myself, "There are 350 steps up to the Crown." I wonder if that's true? I've never been to Ellis Island. (A quick Google search reveals there are 200 steps up to the Crown. So 400 steps altogether..., I've never been there.) I am wearing black swim suit trunks and a green T-shirt. which I take off and tuck into my trunks like a toga. |
| 13/06:00 | MIND | 1 | Yet another dream involving a photograph! |
| 14/20:30 | MIND | 1 | One of my patients asked if I ever cry. Crying is rare for me. I had a premonition that someone is going to die or has died, to be more specific, someone that I know. |

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| 14/21:00 | MIND | 1 I am experiencing a heaviness on the center of my chest; like a weight pressing down, or a shield, I worry about my heart. It's like a deep grief. There is a distant sensation in it; it's as though the center of my chest is really open and heavy. |
| 14/21:00 | MIND | 1 I am really tired of my gums bleeding. |
| 15/05:36 | MIND | 1 I did not wake last night at 2:00 am. |
| 15/05:36 | MIND | 1 I re-experienced that sensation of merging with another being upon awakening. These mergings are empowering rather than disempowering. It brings to mind that saying, "Imitation is the best form of flattery." |
| 15/05:40 | MIND | 1 I opened my email and discovered that a friend of mine has died, I don't know how, but I suspect it was suicide. I worked with him for seven years. I am feeling observant. I had a premonition of this last night. My clairvoyance is heightened on this substance. No one is saying anything. That's why I think it is suicide. |
| 17/04:52 | MIND | 1 There's no merging sensation in me this morning. I want to have a lot of space from others. I wish I could have a week to myself. |
| 17/04:56 | MIND | 1 Feeling grief over the loss of my friend. Wondering who I could call to discuss this with and I am not wanting to open that door. |
| 17/04:57 | MIND | 1 I am not sure that I wrote about this in my notes or not; I am just typing daily without reviewing what I wrote previously, but the experience of feeling bodily distortions are gone. I have felt very large, large belly, etc. for weeks; even though I've actually lost 10 lbs. since the beginning of the proving. It'd be 18 days today since I took the substance. |
| 17/05:01 | MIND | 1 I have been told by my partner that I am overly sensitive the last two weeks; "It's as though we've had a full moon for two weeks!" I am usually sensitive to the full moon |
| 19/20:22 | MIND | 1 I felt very connected to the techno music in my dance class tonight. |
| 22/17:50 | MIND | 1 While watching NBC Nightly News there is a peace on the solar flares occurring this week; apparently they will impact the earth over the next few days allowing humans and other creatures to see the Aurora Borealis as far south as California and New Mexico! Three days into the proving I wrote that my aura was extending outward like the Aurora Borealis. This is weeks later. This is an example of clairvoyance that I mentioned earlier in my proving notes. |
| 24/13:28 | MIND | 1 I am watching a movie called the Shift. About a quantum shift that occurs just before a life change occurs. "You have to get to the place where you are no longer focused only on yourself." |
| 24/13:37 | MIND | 1 I have been very sensitive; wanting to be alone. Apart from others. I have been unusually close to tears much of the day today. "You are only a thought away from changing your life." |
| 27/05:54 | MIND | 1 Belonging. I had an awareness that babies and the elderly die from irrelevance. What establishes belonging? Is it love? Love and belonging? It's something about connection. |
| 27/06:02 | MIND | 1 We need interaction and a sense of belonging with others, but that doesn't establish our existence. We must establish our relevance in the sacred chambers of our hearts. |
| 30/11:22 | MIND | 1 Listening to Om Tara by Bhakta & Darpan overcome with joy and grief, tears streaming down my face experiencing ecstasy and absolute peace, I cried. This is a rare occurrence for me and I'm certain that it has something to do with the proving; long held in emotions are coming to the surface. |
| 31/07:00 | MIND | 1 I heard something about a book called Parenting from the Inside Out, Dr. Siegel which teaches that you are not raising children, when you have children, you're raising adults, not to depend on you, but to learn how to depend on themselves and find their own way in the world. This somehow is what happens when you have a clear sense of belonging. |
| 32/07:02 | MIND | 1 "Forgiveness is the fragrance that the violet sheds on the heel that has crushed it." - Mark Twain |
| 39/18:00 | MIND | 1 The ocean in general is stirred up and is stirring me up emotionally. I usually feel peaceful next to the ocean. I danced three hours today (at a retreat) I was looking forward to unwinding in the ocean. |
| 65/05:09 | MIND | 1 I realized that the proving symptoms are completely gone. I have the thought of three words: Belong, Become, and Bless. |
| 65/08:05 | MIND | 1 Looking over the journal, I can't remember most of these experiences. I also in retrospect, organized my photograph collection shortly after one of three dreams about time travel and photographs, I think it was the beta testing dream. Fascinating. Curiouser and curiouser. |
| 65/09:00 | MIND | 1 I do not feel as though I am in the fortress any longer. I have escaped! Finally. I feel that something in me has an increased sense of belonging or knowing my place in the world. I am reading Becoming Attached by Robert Karen. |

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| 00/00:00 | MIND | 5 Received the proving substance in the mail two days ago. Today my husband's cousin from several hours away stopped in. I find him to be a rude man. My daughter and I were working in the garden. I could barely give him the time of day. Said hi, but couldn't look at him. I spoke in monotone and one-word answers; and then didn't even talk to him. My daughter did all the talking. I felt his discomfort, but didn't care. Finally, I walked off to an unattached garage and hid. I couldn't make myself pleasant. I felt him to be unworthy of my time. I knew this was uncharacteristic and rude of me, but I couldn't make myself act differently. In the garage I felt stupid and wanted to leave, but didn't want to be seen by this man. I wanted to sneak out; crawl out, but couldn't. Why am I doing this? I felt a huge external pressure to hide from this guy even though I knew this was childish, rude, and normally unacceptable behavior on my part. |
| 00/00:00 | MIND | 5 My homeopath wanted me to repeat a new remedy, so I did. Will not know if symptoms from the next couple of weeks are from this remedy or the proving substance that is still in its vial. |
| 00/00:00 | MIND | 5 The day after substance arrived, I hid from husband's cousin. I couldn't help it. I didn't care. I don't like him. He's really rude. He's got this cockiness. I didn't want to see him. I didn't want him to see me. I didn't want any interaction with him at all. I thought, "You are so rude, so insulting. I've had enough of you. I don't want to have you in my area. Then shame. I ask myself, "Why are doing this, this rude thing." I felt like a child misbehaving. He was uncomfortable, which I felt good about. He brought a plant, which I ignored. It was embarrassing, but I really didn't care. I was shocked with myself and behavior. Also angry at daughter. She carried on the chatter. How dare she!?! But she was also taking the pressure off. I felt he was oppressive. I couldn't act naturally. It was a relief for me to get out of his sight. Free of that oppression. I didn't want to have interaction. I had to be free of that pressure. Oppression is forcing, holding down, not allowing somebody to do what don't want to do. The substance took away my normal compensation. He's criticizing and judgmental. How dare he insinuate things. I didn't want to feel judged, criticized. I just felt, "I'm not going to put up with this." |
| 01/09:00 | MIND | 5 Conversation just prior to taking substance: I'm frustrated: something gets done, then always something else to do -- need to make dog food, work on case, need to be left alone to work on case |
| 01/09:05 | MIND | 5 I'm done bending over backwards. I've got to be more practical. If client can fit into that, that's great. |
| 01/09:30 | MIND | 5 I feel like Specimen A. I'm on stage, which I hate. Someone will poke and prod me. See what I do. |
| 01/09:35 | MIND | 5 Is this rx flattening me? I am quite calm, but it's dulling me. Taking away some of my expression. I'm not excitable. I'm calmer. It feels like there's a void. Flat. I'm feeling flat. It's a deadening or dulling of senses. |
| 02/19:30 | MIND | 5 Busy cooking, am in a contented, happy mood, listening to oldies music, which is all normal. Husband says I'm different. He says I'm ebullient, giggly and wiggly. O.K. I'm dancing around; life was fun/good in the moment. |
| 03/18:30 | MIND | 5 In a big rush to get some things done; must e-mail someone now; must talk to my supervisor now; can't do it all right now. Got jittery, hands and feet tingling; felt high as on caffeine. Loquacious. Bubbly. |
| 03/20:15 | MIND | 5 I'm a wreck. Let's talk on the phone. (We had planned to Skype.) |
| 03/20:20 | MIND | 5 I'm feeling frustrated and flustered. I feel under the gun. I have to listen NOW (to a recording a session with client). I knew you were going to call. I feel like I got to get this done and I'm not going to get this done. Hurry, hurry, hurry. I'm trying to hurry, but do a good job. I don't normally feel flustered. I usually get down on myself more. This is not deep, heavy, or dark frustrating -- it's in a hurry, in a rush. All these things coming at me. They're not going to get done. |
| 03/20:35 | MIND | 5 I'm doing too many things today. I'm stopping one thing to go to another. I've got to work on this case. |
| 04/20:15 | MIND | 5 O.K. so I was feeling good. I don't know why, but I was doing some of the hand movements that the 3 Stooges did. My daughter thought I was weird! Maybe a bit silly, but not weird! She said I don't usually talk with my hands, and that's probably correct. I was animated, lively and was telling her that I was going to bed. |
| 05/00:00 | MIND | 5 Unknowingly switched grocery carts in the grocery store w someone. I would've thought I would've noticed those two [extra] items. I was surprised that I didn't notice, at my lack of awareness. Boy, was I unaware! |
| 05/18:00 | MIND | 5 Realized that my "liveliness" comes around 10-10:30 at night. |
| 05/20:00 | MIND | 5 Went to the grocery store. When I went to checkout I had someone else's bag of apples and a bag of cucumbers mixed in my cart. This hasn't happened in 20 years or more. I was surprised at my lack of awareness. I never buy green Granny Smith apples. Worse yet, I didn't realize that I didn't have the cherries and raspberries that I had come for. |
| 05/20:45 | MIND | 5 Has been having resistance to skyping. Skype was going to be work. I was too tired to deal with it. How do you like that? |
| 05/20:50 | MIND | 5 I'm laying on the bed to talk on the phone. I don't want to have to make an effort |

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| 08/00:00 | MIND | 5 My son is home. It's supposed to be joyful but is more ho-hum. I should be excited, but it's more like "you're kind of bothering me." They (husband and son) are gone for the day. I could have gone with them, but no, I want alone time. I'm alone. I like it. But it's strange that I don't want to do something with my son. I have some anxiety about school, but not caring that my son is here is weird for me. I don't really care about my other son either. It's not really aloofness, but more detachment. I'm not as interested. I need more time alone. I'm not getting stuff done, not checking things off my list. Bothered: having a check list but can't get done because something getting in the way, interfering with advancement on the path. I can't move on -- bothered, held back. Can't take that next step, something is in the way, not allowing me to go ahead. |
| 08/00:00 | MIND | 5 Everything is an effort. My motivational level is pretty low. I don't want to have to fuss -- make sure I'm wearing something OK and looking halfway reasonable to talk on Skype. I just wanted to lie down. I normally procrastinate, but I have less motivation. |
| 08/17:00 | MIND | 5 Husband says I'm snappy, at least twice I shut him down yesterday. I'm highly sensitive and lashed out he says. |
| 11/00:00 | MIND | 5 I changed my cell phone ring early in the proving. When it rings, I keep jumping. It's so foreign. I like a rhythmic beat. This was weird. I'd jerk every time I heard it. Day 11 I realized it bothered me every time it rang. I don't want it to go off in public. It took me that long to decide I didn't like it. It grates, is not pleasant, is abrasive. |
| 11/00:00 | MIND | 5 Snappy is husband's word. He did something I didn't like, appreciate. I cut him off and was blunt with him. I'm sensitive about certain things he's not sensitive to, and he didn't take my sensitivities into consideration. I felt he crossed the line of appropriate chit chat. It was too personal. I didn't like what you did, and I want you to stop. |
| 11/10:30 | MIND | 5 This morning I said to daughter that the person doing the intensive on Saturday was going to call me and want to change places with me. She didn't, but I got an e-mail from the school asking me if I would take the intensive this Saturday. Now, this could be wishful thinking because I've been hoping that someone would switch with me for the last several months. |
| 12/08:40 | MIND | 5 The snake dream made me realize that I've been "on the alert" for snakes on our property. I thought it was related to my seeing a huge snake in May, and then several small ones in July. My "alert" means that if I'm going around any kind of tall vegetation, more than 5 inches or so, I'm alert to any movements in the grass or look for a snake, or imagine one lurking. It's rather a feeling that's hanging over me. |
| 14/15:00 | MIND | 5 A friend told me today that she thinks since the proving, I'm less influenced by others' mood. She says that my happy mood continues even if others are pissy or negative toward me. I haven't really noticed that, although I've been pretty even-keeled. Which means, I've haven't had highs and lows, but mostly contended with life as it is. |
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| 15/07:00 | MIND | 5 Last night went to bed around 10 p.m. knowing that I would be taking the intensive case today. I was a bit nervous which is normal, but was able to calm down within a half hour and slept reasonably well, waking up and falling to asleep several times, but not overly worried about the case-taking. Normally, it would have been a bigger concern. Am not getting as worked up over stresses as usual. |
| 15/16:00 | MIND | 5 Watching my mother (Prover 5) these past two weeks, she seems much less influenced by others' negative energy, negative responses, negative thoughts; she just smiles and continues being happy and giddy; she let's their negativity go and goes on with her happiness; she seems much lighter to me than before the proving |
| 15/22:00 | MIND | 5 Today I did the intensive case taking. Woke up thinking that I have to do this; let's get it over with, and didn't stress out. Was slightly antsy, but able to control the anxiety. Felt comfortable taking the case, and didn't get paralyzed by the large group watching. Didn't feel like I was getting the case, but didn't berate myself. Felt that this is what I can do, and don't worry about it. One of the supervisors said she (client) was mad or annoyed. I didn't feel it. I didn't take it personally. I felt she was angry, but not at me. It didn't bother me at all. It felt good to nush her a little bit. |
| 15/22:00 | MIND | 5 Was singy this morning and happy despite my intensive case taking. Got a song in my head and marveled that it turned out to be a Beatles song. Hey Jude. Also, was singy after the case taking. Giddy, happy, relieved mood. Not worried that I didn't know what to do with the case. |

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| 19/19:30 | MIND | 5 Daughter driving us on a 5-hour trip home. There was road construction with the work cones along the passenger side of the road. Daughter says I'm more "jumpy" than normal. [I usually am a little jumpy. I drive my family crazy. I was planning to drive later, but I couldn't rest. I didn't want to wake up to a crash. where road was uneven, she'd hit the patch that would make a sound. It was driving me crazy. Irritated, nervous, vigilant, making sure she wasn't going to harm us. Not totally trusting her. Distrustful of her ability. I'm normally not like that A lot of it was that I was really tired. Made the jumpiness worse.] I'm feeling like she's too close to the cones and might hit them. Worried about the car's mirror. Want her to move more to her side of the road. She's also driving too fast and too close to the car in front of us. I'm jumpy, nervous, fear she'll hit something, worried about my survival; I'm tired, but not comfortable closing my eyes for fear she'll hit something |
| 21/10:00 | MIND | 5 Just realized that I have been typing e-mails and such, and the finished product has letters missing in words. For instance, I write the word "concentration" but what appears is "concentration." I might type "they," but what appears is "thy." This has been going on for at least two weeks, but thought it was a problem of my keyboard or that I wasn't hitting the keys hard enough. Now, I think it's the proving as I don't have this problem normally. It's about every 20th word more or less, and I'm not having trouble with my hands. |
| 23/20:00 | MIND | 5 I feel like I'm getting nothing accomplished. I have anxiety about the test. I feel like I should be doing this (studying for the test). I'm feeling the pressure of it coming fast. |
| 28/19:00 | MIND | 5 We live in the country with a fire pit. I usually will burn twigs, cardboard boxes, etc. at night because I don't want people seeing the smoke during the day and calling the fire department. A year ago our county decided that you couldn't have a fire pit fire unless you were cooking food over it!! So I burn at night so I won't get caught. Since the proving, I've been burning during the day. My husband says he's never seen me burn anything during the day, and I've done it on three different occasions during this proving. I rationalize that they're small fires and the smoke dissipates quickly, yet this is strange behavior. I'm much more relaxed and rather carefree about the whole situation; without worry. Carefree: doing what comes naturally without thought |
| 01/13:00 | MIND | 6 Eye lids closing on themselves. Can't keep them open. Feel like possum all over again. In twilight zone. A watcher as everything is going on around me. |
| 01/13:01 | MIND | 6 I want something to pull them up so stay open. Not strong enough. I need to do muscle exercises on eyelids. Eyelid yoga. Droopy. Weak. Needing support. |
| 01/13:02 | MIND | 6 Like a brand new plant that needs to grow, to get bigger and stronger. Like a baby tree and a wooden dowel is like the mother supporting it until it's bigger. It's vulnerable. To everything outside, to people, ...especially to the wind. |
| 01/13:03 | MIND | 6 Like something will come knock over and then it's done, like a force like the wind will wipe it out. Vulnerable and weak again. |
| 01/13:04 | MIND | 6 A tomato plant or something like that. Really skinny branches and a really skinny trunk. Not having the strength to protect itself. It's like a 1 out of 10. Compared to giant 100 year oak tree that's a 10, it's just a twig out of the ground. |
| 01/13:05 | MIND | 6 Even just an animal running by it very fast, the little plant is just so weak it just knocks over, it's roots aren't stable enough or roots aren't big enough to keep it in ground. |
| 01/13:06 | MIND | 6 unsteady. (HG) go with the flow, have to, no choice, sitting by and watching everyone else... in head and eyes, no wind out there, every movement of computer is making my head and eyes wave, it's not grounded and not sturdy. Like I'm on a boat. When open my eyes nothing is still ever. I'm moving or something around me is moving... |
| 01/13:07 | MIND | 6 Like I'm going to fall, unsteady fall over kind of feeling. A side to side sway, not spinning. |
| 01/13:08 | MIND | 6 Unsteady = not grounded, floppy, swaying... a person who is unstable, a loose canon, someone who can't filter the outside environment. I feel like the opposite, instead of absorbing things they are bouncing off of me. |
| 01/13:09 | MIND | 6 Some kind of barrier. Like inflatable jumpers, I'm wrapped in a bubble of that anything that comes bounces off. Completely disconnected and numb, I just don't care or feel. Everything just is what it is. Like my brain isn't even trying to analyzing anything right now. |
| 01/13:10 | MIND | 6 My eyes are seeing it but my brain isn't getting information. I'm watching the world go by, I have no opinions or feelings I'm just an object. |
| 01/13:11 | MIND | 6 Completely numbed out, feel very dull. Lacking, nothing there. Say empty, not like hollow empty feeling, but no activity happening. |
| 01/13:12 | MIND | 6 Not feeling apart of anything going on. I can sit on floor and play with kids but not a part of it - like a massive amount of anti-depressants and cut off all my feelings. My brain goes thru motions... I quit smoking 3 days ago, oh guess I'm going to quit smoking...usually I'm very irritable, now just completely numb. |
| 01/13:13 | MIND | 6 A line here (at neck) the connection between brain and heart there is no emotion, I'm like walking zombie. The walking dead, do dead have feelings? There is something that is not allowing anything to penetrate me. |
| 01/13:14 | MIND | 6 It's a beautiful day yet not feeling about it. This total flatness. |

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| 01/13:15 | MIND | 6 Nothing is coming at me, nothing trying to penetrate me... that would be my barrier. So flat. A force of energy that I am pushing off. My body is pushing all of my energy out, nothing can come in. |
| 01/13:16 | MIND | 6 A force, pushing energy out - like bathtub, you pull the drain, it's flowing out, forcefully out. It's flowing way out, like a super power hair dryer is sucking it out of me. |
| 01/13:17 | MIND | 6 massive the whole sky, over there, sucking the life out of me. Envisioning this slurping sound, like a sea monster, just slurping all my energy, like Ursula from Little Mermaid, like taking my soul. Like the Dementors in Harry Potter, alive but have no soul. |
| 01/13:18 | MIND | 6 A working body but nothing else going on, like in psyche ward for 50 years on massive amount of medication, physically there but nothing happening upstairs. |
| 01/13:19 | MIND | 6 This force, so bad nothing you can do, something huge that no one knows about... like up in the sky or something, it's picks it's victim and it sucks me dry, leaving organs still beating. |
| 01/13:20 | MIND | 6 Like how people explain God, something way up in sky, someone that can see everything, but this isn't a good person, this thing is SO powerful, millions of miles away and coming at me from all angles, just being drained from me. Something that makes me human is being drained. Removing me from society. Can't have a conversation with people, no opinions. |
| 01/13:21 | MIND | 6 Removed from society = an outsider, not like someone made me outsider, I'm on outside looking in, watching other people's lives going on ... I'm thinking kind of jealous...she's has a life... I feel disconnected from it all. |
| 01/13:22 | MIND | 6 I'm in the mix with it all, I'm in the middle of Times Square and someone hit this "fast forward" button and I'm still on "pause". Everyone is rushing by me and I can't keep up, and everyone's lives are going around me and I'm just stationary. |
| 01/13:23 | MIND | 6 I'm not even trying to keep up, I don't care, no feelings about it, everyone is going all these directions...I'm watching....if I would stand still in middle of Time Square I would usually look around, where as now just standing there, not putting any effort into it. |
| 01/13:24 | MIND | 6 Don't feel the need, I just don't feel it. I'm usually very competitive, I don't care, fine, I don't really care... |
| 01/13:25 | MIND | 6 The world is moving so fast, I don't care to try to keep up, I don't want to exert anymore energy, I'm okay with just sitting still. |
| 01/13:26 | MIND | 6 No internal drive in me, telling me to do something to better myself.... Like the person who doesn't go to school just sits around, the man living in mother's basement. |
| 01/13:27 | MIND | 6 no drive, no motivation, just accepting of anything... a person who doesn't try... they sit on couch for rest of lives, if things don't come my way I'm not going to go searching for them. They want life to be handed to them. Like a 50 year old man okay with living in parent's basement, they don't have to do anything. It's not someone who went out in the world and failed, it's someone who just never tried. |
| 01/13:28 | MIND | 6 They don't care that they are living in their mother's basement, they don't care that there is more potential with themselves... |
| 01/13:29 | MIND | 6 complete disconnected... no emotion there to hurt, but no emotion to feel good. This flatness. Can't make this person happy or hurt them. |
| 01/13:30 | MIND | 6 accepting everything that comes, being lazy... out in the world, communicating with people, nothing to do with money.... Connections with other humans... |
| 01/13:31 | MIND | 6 not a job with money...it's being social... having relations and feeling the ups and downs of life... money is not important, cause you can be really rich and still feel like this... still no social connection with people. |
| 01/13:32 | MIND | 6 connection with people = talking to people breaks that away...so you are normal and flowing... feeling emotionally connected to other people. Like actually caring about their life. Right now I can pretend I'm there with people, but emotionally I'm not feeling... not having a reaction to their emotions. It's like I'm completely non-reactive right now. |
| 01/13:33 | MIND | 6 Connection is like an imaginary string from their heart to yours. There should be a lot of strings and that's what keeps you grounded, without strings you can float away into space. |
| 01/13:34 | MIND | 6 "No!!" I'm floating away, trying to grasp at people (HG) to get stable and grounded again. I'm a helium balloon and grab on to someone's hands to get feet to touch ground. Like a little kid that loses their helium balloon, racing to try to grab the balloon, and then everyone just stands and watches it as it floats away out of sight. My floating isn't helium float, it's "yank" I don't have a choice, yanking me out |
| 01/13:35 | MIND | 6 Something has grabbed me by my feet and yanked me up... breaking all of the strings. Shoom! (HG) (big gesture grabbing) this movie, aliens but like humans, if you disobeyed them, at any moment you would be sucked into the air... and they erased anyone's memory of you. They could removed people, and memory erased, they don't know who I am, they never knew who I was.. |
| 01/13:36 | MIND | 6 Out of nowhere...the result is nothing, not even emptiness. To the soul thing, I could be yanked out, but not physically yanked out, I'm physically there, no one has any idea I was yanked out, like someone wipes my computer hard drive clean. I have to relearn everything, think how to feel again. |

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| 01/13:37 | MIND | 6 I feel like I'm pregnant but I'm not. Like I'm at end of pregnancy, let's just get this shit over with... when will I be normal again... I feel like I'm having contractions, and I need to push this baby out |
| 01/13:42 | MIND | 6 like the pre-labor stage, having contractions but not ready enough to push. Like baby isn't ready. All the work hasn't been done yet. |
| 01/13:43 | MIND | 6 It stuck in transition stage, I feel like... I'm not pregnant, I'm in pre-labor but not moving on into the next stage of labor. I'm not doing anything to make it better, my body isn't working like it needs to to expel what needs to expel. |
| 01/13:44 | MIND | 6 not even in transition stage, I need to transition but I'm not. I just can't. |
| 01/13:45 | MIND | 6 Like a change needs to happen, need to move to next stage, but don't know what to do. Even if did wouldn't do it. |
| 01/13:46 | MIND | 6 I'm in a place, not even stuck, nothing making me stay, it's me doing it. I would make myself move forward. |
| 01/13:47 | MIND | 6 to next stage = progresses and moves on... like a child or plant, the plant that moves on to next stage doesn't need wooden dowel anymore. It's graduated. It's part of life cycle, it's done it's part to keep moving. |
| 03/08:01 | MIND | 6 Just blah a bit... indifference towards people. I don't want to talk to you. |
| 03/08:02 | MIND | 6 I didn't want to talk about anything serious, nothing to do with feelings. |
| 03/08:02 | MIND | 6 I don't care, it's just not there. I don't want to. |
| 03/08:04 | MIND | 6 The whole numb. Like an opium numb, I can't feel anything right now. My brain is not working. The disconnect again. Between physical body and emotional body. |
| 03/08:05 | MIND | 6 This line right here (at neck), like a block. Not feel physically, disconnect from brain to rest of body. My brain is supposed to be telling me how to feel emotions, like heart strings. The emotional pieces completely shut off. |
| 03/08:06 | MIND | 6 Like a water like, the water is there it's just not flowing through where needs to go. The lines aren't open. Not broken, it's just not turned on. |
| 03/08:07 | MIND | 6 Transitions, not transitioning into next phase. Last night I spent 2 hours on computer trying to figure out what next step is going to be... that I'm not moving fast enough. Just sitting in the state waiting for next one to begin. |
| 03/08:08 | MIND | 6 A feeling of needing more. I need something else next to my name. I need a bachelor's degree next to my name. Needing an extra push. |
| 03/08:09 | MIND | 6 I'm thinking materialistic kind of things, the person always wanting more but never enough. It's the opposite of guy sitting on couch. Each time go to next stage it like it's should be enough, but you need to keep going. |
| 03/08:10 | MIND | 6 You go to High School, the bachelors, then PhD, ..and then you start over again, a whole other bachelor's degree, the grass is always greener, never satisfied. |
| 03/08:11 | MIND | 6 Not able to appreciate what you have, thinking you need something different. Always asking what if question. |
| 03/08:13 | MIND | 6 To show that I was better. Jealousy of whoever he was with. I got a phone call 50,000 people at funeral, I was jealous couldn't be there at party. Like the grass is greener. I was one vacation having fun at beach, someone else said it was fun, must be fun, so I should go do it. |
| 03/08:14 | MIND | 6 Grass is greener. Better. You think it's better, it's happier. You think it's what you want. I'm being tricked. In reality I know it's not better, some of these feeling or thoughts are being planted in my head, these people are much happier than I am. Everything I see in TV, everywhere I turn, every dream I have is pointing me in certain direction. Telling me to go one way and do one thing, and I know in reality it's not right thing for me to do. My internal drive wants me to do paramedic training, my logical brain tells me it's stupid |
| 03/08:15 | MIND | 6 I'm being pulled towards it. Like a force. A subtle one, a subtle force. Not like big one from the other day, just gently pulling.. closer and closer... pulling me along. Putting me in certain people's lives. It's confusing, it doesn't match with what my mind is telling me to do. |
| 03/08:16 | MIND | 6 Logic vs. feeling. My brain vs. heart again. Who do you believe? Who do you trust? My head or heart? Something pulling on my heart, something pulling on my heart, no choice but to follow it. It's attached to me. No decision there. You have to. Or miserable for rest of life, it's not life or death... end in regret. Forced to. Pushed... I don't know. |
| 03/08:17 | MIND | 6 It's okay if forced to do something, it's okay, go with the flow, just ride the wave, go where it takes you. |
| 03/08:18 | MIND | 6 If you decide to resist it, this is miserable. You didn't go with it, like swimming against the current. I'm not stopped I'm just riding it. |
| 03/08:19 | MIND | 6 Maybe I'm going to start being decisive about things, I wonder. |
| 03/08:20 | MIND | 6 Being okay with making a decision, not listening to whatever conflict is going on with head and heart. Things get done. You are able to make a decision. You don't sit there stopped. You can keep moving. In this conflict, you are stuck in this current, you are swimming against current and going no where, stay in same spot. With current, you get somewhere. |

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| 03/08:25 | MIND | 6 Motherly instinct. Knowing your baby is crying even if seven houses away and can't hear them. Knowing what is best...(HG) the first thing you think of is the child. That's most important. It's good, puts things in perspective. No conflict. I'm a mother first. |
| 03/08:26 | MIND | 6 Clear cut, no question about it. That is just what it is. No inner conflict, no external conflict... I'm confident enough to say, yes, this is way it is. No second guessing. |
| 03/08:27 | MIND | 6 I'm loving this remedy |
| 03/08:28 | MIND | 6 I started period, 3 weeks late. Then all of a sudden I felt so much better. M/E/P everything, as if you were moving forward |
| 03/08:29 | MIND | 6 Everything was flowing. I'm being productive, I'm doing things I don't normally do. Usually it's crammed in head and making me crazy. The to do list, a whole list of things, all prioritized, usually it's inside my head and I'm going crazy, not as overwhelmed by it. |
| 03/08:30 | MIND | 6 Overwhelmed - so so much time to do, really bad anxiety. Since 2 days after remedy, no absolutely no anxiety. I even have meds, to point of panic attacks. This panic, like shaking up 2 liter bottle and leaving top on, like needs to explode but can't. Needed to explode but not being able to (this is experience that is gone now) Like being stuck not able to let things flow. |
| 03/08:31 | MIND | 6 Like line here (HG at neck) everything below neck being shaken up and had no where to go. This turmoil. No outlet. |
| 03/08:32 | MIND | 6 Turmoil = like a tornado, not settling, everything chaotic and crazy. I picture standing in the middle of 9/11 standing there and watching all this chaos and turmoil right around me. But on outside, you wouldn't notice. |
| 03/08:33 | MIND | 6 I would laugh, they would say I'm the calm one, on the inside I'm a freaken mess everything going 300 miles a minute. No healthy way of expressing what was going on inside. The only time I ever felt no anxiety was on the soccer field and it have to be full on jog, I had to be sprinting to feel better. I was passive about my anxiety. I didn't say anything. I gave up. I wasn't proactive. |
| 03/08:34 | MIND | 6 I didn't say anything = like my own little secret. Hidden, concealed. It's deceiving, makes me think of being tricked thing. I was one tricking people, it wasn't who I was it was deceiving. It's not quite lying. I'm going blank, completely blank. something I didn't want other people to see, but I can't pinpoint exactly what it was. Like a part of be that I saw as a flaw. |
| 03/08:35 | MIND | 6 Can't pinpoint something = annoying, chaos. An internal chaos, there is nothing happening around me, it's chaos inside, a million and one things in my head and I can't figure out where to start. Putting it on paper would be pinpointing it. No way to get started. |
| 03/08:36 | MIND | 6 No way to get started = so so overwhelming, when anxiety comes in, anxiety in my gut, nervous butterfly feeling but really intense. Like drowning in TO DO's, I'm going to drown. |
| 03/08:37 | MIND | 6 On outside it's fine, I'm getting to appointments, inside so crazy, and that is hidden, no one saw how crazy it was. I didn't want to be seen as incompetent. Incompetent = unable to do things, unable to do the task at hand, just unable. |
| 03/08:38 | MIND | 6 The guy on couch = his is unable because he hasn't tried. A disability. You can't do something. My ability to be a mother and a wife and homemaker, what would that say of me if I couldn't do that. Being able to keep everything together. Pay bills, get to appointments. |
| 03/08:39 | MIND | 6 Mothering and being a wife, it's the hardest job in the world, and there is not enough recognition for it. It's not just one job, there is millions of things that come along with it. It's never ending, it's 24 hours a day job, no lunch break, no time to sit down, there is always something else that needs to be done. |
| 03/08:40 | MIND | 6 The way the outside sees you, they are looking at your children, if they are doing something you are being judged, you are being judged too. It knocks them down.. Like the tree, it's kicks the dowel out from under them. Like you are doing so well, climbing the mountain, you're doing great, almost at the top and all of a sudden you slide back down, a million good things can be knocked down by one bad thing. Perfectionism, needing to be the perfect mother and perfect wife, I knew inside I wouldn't reach it but I wanted everyone else to see I was doing it |
| 03/08:41 | MIND | 6 I know I'm a good mom, but I will beat myself up over. Like with soccer, I would beat myself up over it, if not a perfect game. |
| 03/08:42 | MIND | 6 My hidden anxiety causes my neck and shoulder to hurt. Any time I used to cry my neck and shoulders would immediately. Any expression of emotion would result in neck and shoulder pain. I knew anxiety caused the tension in neck and shoulders. |
| 03/08:43 | MIND | 6 Mostly it's grief. Death. It's last couple days willing to cry in front of people (tears). I openly called my brother and talked to my brother about it. There was a lot of death in the same year. Now when I cry I can feel the release, I feel physical release in my shoulder and neck. |
| 03/08:44 | MIND | 6 The anxiety all came on a year ago. These deaths. Wasn't willing to cry over it. It all came out in physical pain, searching and searching why I have this neck pain... goes back to the feeling of no emotion. |
| 03/08:45 | MIND | 6 Like that bottle with lid, nothing every came up past here, not cry about it, keep it hidden, no one needs know about it. If no one knows, no one can ask. |
| 03/08:46 | MIND | 6 Called and said "I'm struggling" to my brother. Felt relieved. I think I slept really well that night. It was like letting him have a piece of my anxiety. |

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| 03/08:47 | MIND | 6 | There is this jigsaw puzzle inside, me this 100 piece puzzle on little square table so you can't do it, so it's like taking inside pieces away so you can work on it, freedom, room to breathe. Like claustrophobia feeling but within myself. |
| 03/08:48 | MIND | 6 | Internal claustrophobia. Nothing is expressed, no period, no tears, no emotions. |
| 09/12:01 | MIND | 6 | I could just tell I'm getting sick. And it's going to be a mess. |
| 09/12:18 | MIND | 6 | Opposites. |
| 09/12:19 | MIND | 6 | I just want it to be over with. I feel there will be relief afterwards. |
| 09/12:21 | MIND | 6 | The movement of something. |
| 09/12:22 | MIND | 6 | Release of the pressure. I feel like if mucus would just move, I would just feel so much better. |
| 15/13:30 | MIND | 6 | I feel like I have been doing this for a year. |
| 15/13:31 | MIND | 6 | Feeling better, cold is wearing off. |
| 15/13:32 | MIND | 6 | Before was so productive than ever been in my life. Feel a bit back into the twilight zone. In space again. Now ankle is starting to hurt again. |
| 15/13:35 | MIND | 6 | I just spaced, and took Nux. Just totally spaced. Didn't even cross my mind. How did I just space. That whole disconnection feeling, completely unaware I was in this proving, unaware, in my own world, everything going around me. |
| 15/13:36 | MIND | 6 | Alcohol had a really odd affect on me. Hit me way harder. It made me really sad and depressed. When I got home I was so sad. Instead of just drinking a couple glasses, like I had drunk hard liquor, I felt drunk, I was so sensitive. |
| 15/13:37 | MIND | 6 | SO sensitive = no fun part, it put me in a temporary depression. I was crying and I was so sad. Everything I'd ever dealt with - was fresh again, missing my dad, missing my friend, like a fresh open wound. Like I was bleeding, like my heart was aching, like just happened (tears) it was so real again, I thought I had dealt with it, I just lived this thing yesterday. It wasn't eight years of healing, like it had just happened, like 8 years in 1 day, how will I live without this people. Looking around at everyone around me, how it felt again and my life is disheveled |
| 15/13:38 | MIND | 6 | Now feel better. I actually kind of feel like a healing day for me, I was really good at suppressing all that grief. Like a little of that grief has left, like a load is a little lighter. I don't need to dwell on it anymore, It's okay to go on with life and be okay about it. Usually when I go to weddings, I get really sad, they have their dads there, and I didn't. I feel like I have a positive outlook on it. I've already started planning my renewal again |
| 15/13:39 | MIND | 6 | Load being lighter = yesterday felt heavy. All this guilt... I can't pinpoint the guilt, have been trying to for last 10 years... can't, am cutting myself some slack. Not so much pressure on myself. It's okay, making decisions, not second guessing anymore. |
| 15/13:40 | MIND | 6 | Normally, I feel guilty, if I drink, not a good mom, if you get drunk, not a good parent. I had that feeling after, but I'm not dealing with it, no, I'm an adult, it's okay. It's okay to do that. |
| 15/13:41 | MIND | 6 | It feels good, I'm not going to dwell on it. |
| 15/13:42 | MIND | 6 | Making decisions = normally it's not easy for me to do. Now it is easy. You can weigh the ups and downs, can't dwell on cons. Normally dwell on cons, should I have... now doesn't matter. |
| 15/13:43 | MIND | 6 | I could dwell on it for years, I still second guess myself, I shouldn't have, I hold on to things forever... feeling guilty, you did wrong thing, caused something else to happen... being in control. Thinking my one decision could have changed everything. I didn't see things that way before. In my mind, I was powerful person, my decisions would change everything, would make the difference. That I was so in control of everything and needing to be in control of everything... |
| 15/13:44 | MIND | 6 | Every little thing... I didn't do this art project... it's going to shape their lives... those material things don't matter anymore. |
| 15/13:45 | MIND | 6 | Pressure, weight = like in the chest, the feeling of nervousness butterflies but more intense. No weight. Knots in stomach. Heavier. More intense. |
| 15/13:46 | MIND | 6 | It is all gone, all lifted. I'm lighter. It's just gone. If you stepped on scale all tense you would weight more, now all relaxed, no extra weight no baggage to carry around. |
| 15/13:47 | MIND | 6 | More towards it's true form, no extra weight. Carrying around weight you don't need to. Like the weight vest you put on for obstacle course. Holy shit I was carrying all this. |
| 15/13:48 | MIND | 6 | Not disguised, not hiding anything, it just is what it is. Nothing to hide. Nothing to pretend isn't there. |
| 15/13:49 | MIND | 6 | Seeing reality for what it is, versus extra burdens. |
| 00/00:00 | MIND | 8 | Lots of stuff with setting boundaries with my dad, To set boundaries, came up in strong way must tell him cannot be his person of support. Had vision of me going up an elevator and cord between us being severed. Just sent him the e-mail ten minutes ago, came from loving place, had good perspective, reacting as a higher being. Feel really good about that, part of proving, made it more intolerable to me, make me not tolerate this feeling of being drained. Had image of him laying on top of me, hose comes out of his mouth and sucks life force out of my head |

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| 01/11:05 | MIND | 8 My neck was just tense, block between heart and throat chakra. I couldn't speak out about what was happening. I was too afraid to say what was in my heart. Now that, I have, kind of unblocking. Taking this remedy is throwing a rock in a pond, ripples go into future and past. This is the calm point in middle, things happened before this, and a lot will happen after, but will help clean me out. Process of clearing the way, severing of that cord. I am rising (hg), my vibration is rising, and these things have to sever from me and fall away. Had to support all these things with my energy. Not even an option anymore, they are gone and falling away. <u>Something doesn't serve you anymore</u> |
| 01/11:05 | MIND | 8 energy of something really good is coming up and through me. |
| 01/11:15 | MIND | 8 I have expanded my services to spiritual wellness services in the last couple months. Feels like this proving is...dream was so powerful, something beside me trying to find the fear or negative that is holding me back and grab onto it and take it out. Fear would keep moving to be avoided, feel like this proving is helping to stop it from moving. Image of something try to squirm away or out of reach, but it is getting right in the perfect way. If you are massaging a muscle, tight spot, like it is pushing on the right spot with the exact <u>right pressure for exact movement</u> |
| 01/11:15 | MIND | 8 My being knows what to do in this process of raising my vibration. Just have to let go and set down attachments I have been carrying and I can rise up(hg) rise up, not float, but raising up and I cannot carry all those things, I let go, they drop down, so great. |
| 01/11:15 | MIND | 8 So much happening, greater perspective that I am here purely to experience and I don't have to crave anything. I was afraid how dad would react or not give me money, but I am ready to experience what that is like. So freeing, playful to go with whatever feeling/experience is for the day. Seeing it not just in me, but other people are scared because big surge of fear and they don't know it is trying to clear right now. Our whole vibration is raising, and people who want to ascend with the earth have to drop things. My job is to help tell them what is happening. such a relief, there is a reason why. Fear is me clearing it! |
| 01/11:20 | MIND | 8 Had profound moments of insight, feels really quiet, not that I have to scream out, quietness inside and humble understanding. |
| 01/11:20 | MIND | 8 I am ready to be done with things that don't serve me. I'm really happy. |
| 01/11:20 | MIND | 8 <u>Image of person locked down around tumors, afraid to let go of them, hiding face, painful and icky and dirty, but then if they can just let go and be removed, lightens you so much you can breathe, relax, flow, float.</u> |
| 01/11:20 | MIND | 8 Reach into body and fingers pulling tumor out of body really gently, but not ripping it out, just don't need it. Calm, not violent. Peaceful. Even this isn't resistant anymore because it's done it's job and can let go now. |
| 01/11:20 | MIND | 8 Tumor looks like a celery root vegetable, ugly and gnarly. Just a nice gentle hand reaching in and plucking it out of there for me and I have to let go, not do anything else but be free. |
| 01/11:25 | MIND | 8 Off in own little world in general. |
| 02/08:00 | MIND | 8 I totally screwed up dates of dance class, wrong time and wrong day. Very unusual. Feel like husband is judging me, not in a mean way, but he is organized and I totally am not. He won't trust me to pay bills, do insurance, which is fine, but now self-conscious that I made this error. |
| 02/08:00 | MIND | 8 My son was exhibiting very frustrating behavior at dinner last night. Kept making noises, wouldn't stop. Maddening. Uncontrollable beast. Making animal noises, wouldn't stop. Couldn't reason with him. Finally my husband had to take him to car. I feel so angry towards him, so sick of him. daughter so sweet and cute, son is just to frustrating & so--that noise, and growling at me. Super annoying, makes me crazy. Like <u>sawing through metal</u> |
| 06/00:00 | MIND | 8 Belong to another dimension, roots for me there. So wonderful to go there. |
| 06/00:00 | MIND | 8 Today I feel connected, feel fine, good. Yesterday felt so sensitive. One woman has angry male energy, affected me so much. I like her, she's a nice person. Not treated special enough or need some affirmation from people. I was just standing there, hoping they would notice, want to say as much as I can about myself as possible so they see how good I'm doing. Issue of my sense of being okay coming from inside or outside of myself. One day comes from inside and other I look to outside for this. |
| 06/00:00 | MIND | 8 <u>Very suggestible. I kept walking around today saying I was confused, but I wasn't confused about anything in particular.</u> |
| 10/00:00 | MIND | 8 Always had fear someone will come kill me in my sleep or break in or kidnap me. Much more of a heightened feeling of someone is behind me, have to look back, but instead of reacting out of that and running away scared, I am sinking into the feeling. Process of breathing, sinking into feeling. Sensation someone will come behind me and slit my throat. Feeling of exhaling and sink into the experience. <u>Everything is okay. Just something to feel.</u> |
| 10/00:00 | MIND | 8 Cleansing? Releasing, felt like she would massage me and it would unconnect the stuff from my body, and if I took a deep breath it would go out. Felt so good, so needed. Really healing. Today I am sore from it. <u>Really healing.</u> |
| 10/00:00 | MIND | 8 Everything feels like so much work. Had made a really nice dinner, no one would eat dinner, kids fighting over raspberries. Seemed hopeless to be a parent. OMG, how can I do this for more years. |

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| 10/00:00 | MIND | 8 | Moods swinging wildly. Was really angry, then an hour later was super loving. So mad, screamed at the kids because they wouldn't listen to me. They were yelling so loud they couldn't hear me, so I had to scream loud enough to hurt my throat. |
| 14/00:00 | MIND | 8 | Can't even find document on Gmail. |
| 14/00:00 | MIND | 8 | Feeling want to quit the proving. Impacting me more than I thought. Eating all that food that wasn't good for me, really weird, what is going on? Right in the middle of it. Can't remember anything around me, feel like I have no idea how long been doing proving. No idea how long it's been, what I'm even like as a person. I've lost all sense of myself. Forgotten myself in a true sense. Don't have any firm memories of things in my life. I guess I could if I worked hard, but that's sensation. Floating with no grounding. No permanent guideposts of where I am in my life. Not upset by that, not affecting me in negative way, less attached to material world which I don't like anyway. More Being right now. Buzzing in body and this, just want to be, don't want to be bothered with when/where/how or anything. |
| 14/00:00 | MIND | 8 | Feels like a human I have tethers to this world, identity of who I am in world, family, job, money. Seems so unimportant. Just want to exist in a state of being. Really nice to do that instead. Pleasant. |
| 14/00:00 | MIND | 8 | Feels like I could go into state of meditation or something. Slip into another kind of consciousness. That's what I want to do, annoying to talk, have to do effort, want to hang up and relax into feeling. Nice drowsy feeling that could sweep me away. Relaxed, peaceful. |
| 14/00:00 | MIND | 8 | I am normally not so flaky with plans, normally would show up early. Embarrassed about how ridiculous I've been about keeping appointments. Best I can do. Something about I can't be where I said I could be, manage simplest of tasks. |
| 14/00:00 | MIND | 8 | I just want to lay around and moan. Sitting down now- Don't feel that bad, but feel relaxed, whole body relaxes and spreads into a puddle. Like whole body buzzing, tingling. Illness maybe. Feel drugged I guess. Like a drugged person, sit here, fascinated by own shirt sleeve. Staring, can hardly talk **sighs** so much effort to talk. |
| 14/00:00 | MIND | 8 | My husband is going through crazy aggravation from his remedy. I go back and forth between laughing at him, oh sweetie, you're having a tough time, and mad-get your shit together! |
| 17/00:00 | MIND | 8 | Dreamt I'm in a plane and beautiful alien spaceships all around. Oh my god, I'm going to hit one, but worked out okay. Nice, oh, they love me, love from the spaceships, they are pink & purple, so many in the sky, shapes I've never seen before, oh you are really here! |
| 17/00:00 | MIND | 8 | Feels like being pulled forward, grabbing onto something in my chest. Crazy. Someone pulls in front of me, driving on their ass, then they pull over so I can pass, I'm not mad, I can rise above it, but something trying to get my attention. Most incredible speed I've ever felt. Barely can hang on for the ride |
| 17/00:00 | MIND | 8 | Like a crazy world. Outside circumstances matching crazy feeling, want to get in car and go 100 mph. Like I'm on speed. Want to be not where I am, 20 steps ahead of myself. Like in crazy manic mood. OMG, OMG, OMG, feel like that all day long. So far behind. got to get there. |
| 17/00:00 | MIND | 8 | My husband thinks I'm going crazy. Forgot to call you. Character in movie-carrying 70 boxes like funny lady trying to get through door & hilarious. Juggling so many things. I don't feel bad, I just feel like when I drive inner hurry, rush. Million times faster. Something churning, a wheel spinning inside, like a spool of thread but bigger, so far out of control, rubber burning off of it. Really bad. Hard for me, gosh, what is this? Every circumstance-what is this experience? Clamped down, no, not going to hurry, but fucking OMG, you couldn't be any slower. Gagging kind of halting, being withheld, held back. Not the speed. If I could go super fast, yay. Bad part is in the limited by the person in front of me, speed limit. Restricted, stunted |
| 17/00:00 | MIND | 8 | Want to go forward, but wall. Run into wall and fall down. Want to scream but something is covering your mouth. Want to shoot like a bullet, body wants to fling forward, go really fast, pressure inside me, building. |
| 18/00:00 | MIND | 8 | Having a thing at night where throat is tickly, have to use cough drop. Like being poked with a pin, have to cough or clear my throat, but keeps going. Have to cough and can't not cough, spray something on my throat. Only when lay down when go to sleep at night. Last until stuff wears off, but then wake up and have to do it again. |
| 18/00:00 | MIND | 8 | Only when driving involved that I get crazy. A bit in the grocery store, but because I was in transit, somewhere else I have to be. Got home, fine, happy to be here. |
| 18/00:00 | STOMACH | 8 | Wasn't hungry last night. |
| 21/00:00 | MIND | 8 | All about her, hope she doesn't break his heart. So sad for him. Realized my brother is socially awkward like my dad. Upsetting. Real emotional stuff with my family. So hard. |
| 21/00:00 | MIND | 8 | all foundations cracking, light shining up from underneath. Transition. Whole old structure falling away, new one is coming up from underneath to take its place. Not like a piece here and there, it is changing, something totally new is coming. Old stuff just being totally wiped out. |

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| 21/00:00 | MIND | 8 | Disconnecting from the world because not good. If you have good attitude, can have a nice time. Tired of having that be around everybody who doesn't realize this isn't as real, life on earth..So crazy. Tired of business of everything. Tired of being an awakened person. I don't want to go back to way I used to be, doesn't seem like any real solution. Tired. Don't even want to explain it. |
| 21/00:00 | MIND | 8 | Feel sense of all this that has been stuffed, dark thickness, permeated mom and dad's side. Wants to suck me in. To release it I have to process it. So deep, so old. Takes so much effort to process because It's essence of being human, feeling sorrow, separate, down so deep. |
| 21/00:00 | MIND | 8 | Feeling sad the other day. Weird. My brother and his wife came and visited. He looked so sad & tired, get feeling his wife is out for herself. Sad for him. |
| 21/00:00 | MIND | 8 | My parents have lot of money, our connection around money and I do what they want. It's not free, comes with price of not feeling good. Mom doesn't treat me well, Dad makes my skin crawl. Shove those feelings down to get money. I am cutting those cords. On treadmill going same patterns for years. Tired of that, not going to do anymore. Not going to make a huge change at once, happening gradually. Coming to realization of what patterns are. The things I don't like in others are also things I don't want to look at in myself. Specific things. So much. |
| 21/00:00 | MIND | 8 | My son is crying, screaming, won't quit. They ask when he will learn to stop crying. He is 5-if he doesn't want to go, does he have to be trained to be that way? OMG, the problem is with this whole idea that kids have to be independent. It's my child, pressure on me. Feel like I have to navigate two worlds. Not super important to learn some complicated math unless you are using it in your job, but they have to learn all this stuff. just crazy. So tired. |
| 21/00:00 | MIND | 8 | Purifying in a way, nothing is going to escape this process. Not going to make a shortcut around the corner, dig deep to heart of problem. Shocking. Don't even realize it is an issue because you are used to living with it. This is trying to release, thought was limiting, thought I was aware. Just a lot. Don't realize what you are in for. I just need time to get acclimated. Good process but crazy mix. |
| 21/00:00 | MIND | 8 | Reading about spiritual sexuality and how the whole practice is different from any sex I have ever had, do I have to do that too? Everything I have been taught in the world is not really real, almost opposite. Being pulled, living doing opposite of what real truth is. Exhausting. Will be okay, get over it. No area that I couldn't be getting it from. So many upheavals happening in my consciousness that will be good but feels like it's not subtle, gentle. Big earthquake. Being shaken up. |
| 21/00:00 | MIND | 8 | Realization about my family. Doing a lot of work inside, not producing creative work. Don't have anything to show for it like housework, but doing a lot in stuff coming up and I processing it. My mom visited, I bend over backwards to be nice, she doesn't say thank you. She's the dominant one, everyone is supposed to serve her. She doesn't respect me. hurts. |
| 21/00:00 | MIND | 8 | Stuff coming up that I have been skating around, when something big comes up to be given attention, tired. |
| 21/00:00 | MIND | 8 | Super tired of the proving. Feel like I don't care about it. I didn't tell master prover because I didn't know then. Have my own stuff I want to be working on. My system is trying to clear itself of baggage. My focus just needs to be on that. |
| 21/00:00 | MIND | 8 | Tired of looking inward, processing, so much clearing, really hard work. Profoundly tired. Lot of work to process through things I've accumulated in my field for lifetimes. Two big shifts happening. |
| 25/00:00 | MIND | 8 | I am so confused about when I started, I had to postpone, and then I started, time has gone really fast actually, looking back on it, even the days have gone fast. Usually when I am home alone with the kids, the days usually feel so long, not so during the last several weeks. |
| 25/00:00 | MIND | 8 | Even driving feels like a rush. |
| 25/00:00 | MIND | 8 | At one point I was laying in bed and I felt like I was hurtling through space. It was like I could actually feel the Earth moving, I had a perception of the Earth spinning, it was really a fast feeling; it was just like, oh, the Earth is spinning, it was a brief sensation. It was kind of exhilarating I guess. That was similar to the feeling I've had while driving. I felt propelled. On something going very fast. |
| 25/00:00 | MIND | 8 | Sometimes, time goes really slow, I have been waking up really, really early. Then the day seems longer and slower. |
| 25/00:00 | MIND | 8 | A sensation of everything racing occurred the other night. It was really like I was being pulled, drawn to go faster and faster, I was thwarted to go faster and faster, I am normally a safe driver, this happened within the last week. The drivers in front of me were pulling over and letting me pass. An inner feeling like I wouldn't arrive on time, I had enormous pressure, it felt like someone was waiting for me. |
| 25/00:00 | MIND | 8 | I felt like I was carrying all of these packages, there was this feeling of chaos, they were all about to tumble, it was chaos, all of the obstacles, thwarting me, something in my path, like a roadblock, a sudden barricade. |
| 25/00:00 | MIND | 8 | Everyone in my family is moving through a huge healing crisis. It's like the proving has stripped away any easiness, accelerating things for everybody. Understanding that in order to get better we all have to clean house, to get organized, internally organized. |

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| 25/00:00 | MIND | 8 I think that these provings have a far reach long before you take the substance and long after. There is this feeling that our vibrations are raising and we cannot hold onto the lower vibrations as the substance moves through you. It's kind of a rough, uncompensated experience, it has stripped away the compensation, it's not super gentle, it's also super cool. Even my 5-year old son, I see clearly that he is experiencing the same situation over and over again, I see that he must go through this. This other kid attacked him. He has to figure this out. I have this way bigger understanding of what is happening. |
| 25/00:00 | MIND | 8 I have a bigger perspective or understanding of what is going on in other people's lives. I can clearly see that other people are in their total delusion, it's just looking crazier and crazier. |
| 25/00:00 | MIND | 8 Looking at the television and cable news, I am like, "Is this for real? Is this a pretend story?" I can see that it is, it is unreal. |
| 25/00:00 | MIND | 8 I had a self-realization that this competitive, comparison way that I have lived, I am judgmental and mean. I used to have a feeling of satisfaction having these sharp teeth, sharp claw feelings, I am not satisfied with my past behavior, this has to come out, this judgment harsh feeling, like a big beast with claws that has to come out of me. |
| 25/00:00 | MIND | 8 Like a big black bird with big claws. It's my ego, lets scratch that, feed that, an animalistic need. |
| 25/00:00 | MIND | 8 It is like I have one foot in each world, my mind cannot grasp how to go into the higher mind or realm permanently, I cannot quite see how to live that way? I can't fully function in this reality, this reality is not anything that I want in regards to spiritual fulfillment. I have a life and kids. |
| 25/00:00 | MIND | 8 I am not going to fly away or float away into another dimension, somehow I am caught between the third dimension and the fifth dimension. This is happening with a lot of people, with the shift that is happening, it's not just me. It is just what happens in this process. This is very exciting. My whole life, I have never felt like I was where I belonged. |
| 25/00:00 | MIND | 8 I feel like I am going up in this elevator, all of this past stuff, that has weighed me down, it's being sliced off, cut off, it is very exciting. The last nine months have been a huge spiritual awakening for me. In terms of, grabbing hold of this power that I've always known is there. |
| 25/00:00 | MIND | 8 This power and intensity and speed that I've grabbed. I suddenly found that I had connected with this power and it's great, it is surging through me, I have this great capacity for healing that ebbs and flows, but it is always there. I feel it so strongly, it is amazing and super cool. I know the truth for me. |
| 25/00:00 | MIND | 8 My true nature can come through this transformation that has happened. |
| 25/00:00 | MIND | 8 A glowing ring of white light centered in my heart, that is connected to an infinite source of love, an infinity of love, I am just the outside pieces of this infinite body of love and white light, I can stand and enjoy this feeling of pure being. It's like a ring, like circle, like a big circle, it's impossible to think of it in the 3D way, there is a portal in my being that is connected to an infinity of love, it's layered on top of each other. If I can just feel it, it is powerful, it's like a heat burning. A feeling of being that's so strong. It's so strong, it's unlimited |
| 25/00:00 | MIND | 8 It's just pure being, it doesn't have to be defined. It's the source of creation, it is what we are all looking for, the Source, the Divine, the life essence, it's the Foundation. |
| 25/00:00 | MIND | 8 The most simple thing that we've complicated in our minds. Like the opossum, this ancient creature, it lives simply. |
| 25/00:00 | MIND | 8 I do this simple Spiritual Wellness, you don't need to buy some special or exclusive thing or learn some complicated meditation, it is so important that people know it's available to everybody, it's very intuitive. I have these thoughts, then I watch a movie, or read a book, or a blog on the web and they are saying what I know. It just feels like, of course, this is the same, I am so happy. I am just happy. |
| 25/00:00 | MIND | 8 It's not surprising, sometimes I question, did I already read this, I don't remember reading this, that doesn't matter. |
| 25/00:00 | MIND | 8 I remember reading about the Science of Homeopathy, on the topic of this ego-sickness, how this is the sickest part of humanity, this is a huge issue for me, I have had these awarenesses since I was little, now everything is coming together. This radical understanding, a validation or knowing that is very, very pure. |
| 25/00:00 | MIND | 8 The sensation is like pure light, it's like a total understanding and gratitude for this world, everything is exactly the way it's supposed to be, learning to be human on Earth, being in the darkness and finding my light, pure humility and gratitude, a huge understanding, it is such a gift it gives such a meaning to everything. A way higher vision, that is almost outside of the Earth. We get so caught up in our reactions, we are controlled, oppressed, when you remove judgment, this pure experience occurs. It is like being able to see things from a higher perspective. It is like I know this major secret. I don't shout it from the roof tops, but one at a time. I ignite their spark |
| 25/00:00 | MIND | 8 This is how I feel. There is nothing anyone can do to take this away from me, a super pureness that's burning inside of me, it is so nice to have, I am so much better being here. |
| 25/00:00 | MIND | 8 Before this awakening, I didn't like anyone at all, I was violent, visualizing people dying a violent way, their heads coming off, reactive and victimized all the time. I wanted to kill people. It feels like a permanent change. I am much happier. |

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| 25/00:00 | MIND | 8 I used to be a victim, why was this happening to me, I had a feeling of restriction, strong restriction, like being imprisoned, held down, trapped in a cage, a screaming rage, like someone is watching me, judging me, I can't lose it, I was so violently, wildly angry, I wanted to scream, smash, and break things, but feeling like I was being observed and I couldn't just go crazy. |
| 25/00:00 | MIND | 8 When my husband acts mean or my mom triggers me, I think that these caged feelings came from my mom and she's super crazy. As a kid your whole reality is your parents, that's a challenge if your mom is crazy. Rushing to do what she wants me to do, to please her, I don't want her to be disappointed in me, or to let her down, she's just a crazy asshole, she's just crazy, I am a super nice, sweet, delicate being and she doesn't like my purity, she wants me to be the way she feels, shamed and wrong. |
| 25/00:00 | MIND | 8 She shames me and makes me wrong, it feels like that is real. She riles me up to get me to scream and then she'll punish me, being tormented by the judge who is tormenting you, you are going to be told, "This is all your fault. You are asking crazy!?" Being imprinted by your mother's craziness and you want to get away but you simply can't. |
| 25/00:00 | MIND | 8 My mom is trapped. I am not disengaging from this, it is important that I feel this fully. I need to just look at it without judging, this is not a good or bad thing. I don't let myself go to the place of "Well, she's suffering, and that's why she's behaving this." You could do that as a compensation, this caged feeling, or go to the pure perspective. you must keep a connection to this world. |
| 25/00:00 | MIND | 8 The lesson isn't to be other worldly, it is to sit in the discomfort and enjoy it if you can, just being in the pure experience. |
| 25/00:00 | MIND | 8 Like childbirth, you must let go of the idea that it is a horrible experience and just be with it. |
| 00/00:00 | MIND | 12 Distressing, concerning: what I want is not manifesting through me, but I can see it right there, on the other side of an abstract barrier. |
| 00/00:00 | MIND | 12 feeling of heavy sadness that comes out of seemingly nowhere, sudden and without anything in particular attached to it. No concrete connections made of it. Mostly, this is a brief experience, lasting only seconds to a few minutes. |
| 00/00:00 | MIND | 12 Having a feeling of not being able to manifest my expressions, my dreams, my vision. Feeling of doubt and sadness. Not being able to create and do the things that are important to me is concerning. Wondering how it is I cannot be in the becoming of what feels important and right now, how it is that what I love, I cannot reach, create, or act on/for. I'm not doing it, what's truly important to me, my heart, my soul. |
| 00/00:00 | MIND | 12 I felt to just let myself cry without any resistance or judgment -- It felt important and necessary, even though there was only a bit of cognitive understanding as to what it could be all about. Mostly, I could not understand the why or the what of my emotions, just that I was feeling a deep and heavy sadness that was familiar in a way but also very different. I did not care who else was in the house or what they were thinking. I did not care! |
| 00/00:00 | MIND | 12 Sadness worse with music. Feels like going into a heavy pit of goo. The more I listen, the more sucked in, the less able I am to move out of it. Turning the music off helps. |
| 00/00:00 | MIND | 12 Something connected to not completing, not able to complete things I've begun, even when I care deeply about it. Something about the ultimate manifestation, completion, something marked and important. |
| 00/00:00 | MIND | 12 Spent half of a day sobbing and crying, a deep, old sadness without specific sense to be made of it. |
| 00/00:00 | MIND | 12 the process, the journey, the immersion, not so much the outcome, the goal, the object of creation -- keeping it abstract somehow is my comfort. Balk at the concrete, the box, the definitive. My gift and my curse -- my offering but also my impotence. |
| 01/10:00 | MIND | 12 Feeling heavier, like I'm more pressed to the pavement, feet pressed, sitting pressed, pressed hard. |
| 01/10:00 | MIND | 12 I can move, I can go -- but I am staying. |
| 01/10:00 | MIND | 12 in this sitting spot in the shade by a river, considering the sounds, a bridge being worked on loudly, medium traffic: a wanting for less noise and less people. Wanting to be on the other side of the bridge where it looks more peaceful but I do not want to take the time to change environments. |
| 01/10:00 | MIND | 12 Notice the bottle is not labeled with a proving number, no # like it usually has. Perhaps this is not the substance at all. Is this going to be a proving that is about proving ourselves? Just me? What comes of this is mine and mine alone? Feeling of doubt and questions. |
| 01/10:00 | MIND | 12 sadness comes in heavy but aware that it doesn't have to, that I don't have to stay here. I don't have to listen to the music or the rhythms -- or the birds, or the cars... I don't have to stay here. |
| 01/10:00 | MIND | 12 Seems like it would be more ideal to be deeper in nature where man-made creations and man-made noise are not present, yet here I sit, not moving, not acting, just noticing, letting it go and waiting. Maybe I am actually softening. maybe I am getting quieter. |
| 01/10:00 | MIND | 12 The breeze has increased or am I feeling it more? Maybe both are true. |
| 01/10:00 | MIND | 12 want to be by myself, want for quieter, softer surroundings. |
| 01/10:10 | MIND | 12 Don't feel a need to protect myself from the environment with this noise, sound of work tools, machines, cars, clanking, the smell of smoke. I could want to leave but I don't need to. I am part of the environment, in it, part of it, no need to go. |

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| 01/10:10 | MIND | 12 | It is shady enough here, soft enough, enough natural around me -- though crossing the bridge still appeals with what looks shadier, quieter, softer and more natural. |
| 01/10:10 | MIND | 12 | Suddenly feel more available in the here of this moment. Needing less distance from the noise and activity. Still noticing images that are some version of "over there" or "far away." The bluffs, the tree tops, the green... but not needing to go there, can more easily be here. It is not the ideal of my imagination, can still visualize a more natural place but I'm being here. |
| 01/10:20 | MIND | 12 | Feeling of doubt at going deep enough but also feeling like it does not need to be different. |
| 01/10:20 | MIND | 12 | Feels like a picture, a reflection, a showing -- to notice when presented, or not notice. It's okay either way. It's all the same. What I notice is a reflection of self, is both connected to everything and also a kind of disconnect, seen and unseen in the same. Even the concrete is actually abstract. |
| 01/10:20 | MIND | 12 | Have I turned something off inside of myself to protect something, or am I becoming stronger in myself? I don't need to make it different than it is. |
| 01/10:20 | MIND | 12 | Nothing is personal! |
| 01/10:20 | MIND | 12 | Symbiotic fluid -- there is nothing to do, nothing to be done, nothing to be said... |
| 01/10:20 | MIND | 12 | Wanting to be away from people but also want to be around people. Not leaving though and not going in closer either. Sort of accepting what is. |
| 01/10:30 | MIND | 12 | Holding on and letting go. Responsibility. Maybe it is not so important, the actualized manifestations, as long as I am simply showing up and being. It's not about "supposed to." It is just about the process. What is it like to want and not get? Not punishment, just what it is, the experience of not reaching that which I'm reaching for or want to reach for in this moment. |
| 01/10:30 | MIND | 12 | Timelessness. As a structure exists, only in the understanding of now, otherwise, there is no past or future, no barriers to travel. |
| 01/10:30 | MIND | 12 | Worlds. Parallel worlds happening at the same time. |
| 01/10:40 | MIND | 12 | Connection and alone -- isolation feels inevitable, even when being, noticing... still separate but not. |
| 01/10:40 | MIND | 12 | Creation and destruction combine into experience, life, being, existing in parallels and cycles, constant motion. |
| 01/10:40 | MIND | 12 | Individual and Universal, matter and non-matter. Some kind of exchange? |
| 01/10:40 | MIND | 12 | Nothing matters, all these happenings, existing, being part of forces, sensing and experiencing. |
| 01/10:40 | MIND | 12 | Proving, not proving? Me, not me? Everything seems connected right now. Symbiotic, ambient field? |
| 01/10:40 | MIND | 12 | Turning, tugging, twisting, weaving, combining, pressing, pulling, expressing. |
| 01/10:50 | MIND | 12 | At the line of meeting and divide -- parting of the seas, the horizon, where things meet, part, and/or combine. Some degree of connection, some degree of disconnect. |
| 01/10:50 | MIND | 12 | Thinking of reconnections with people from the past, an invitation, a letting go, meeting the divide with a different perspective. Realizing more how this is happening quite extensively in my life recently, connected but not so attached... |
| 02/19:00 | MIND | 12 | Dinner with friends at an outside café -- felt like I was in parallel worlds. Aware of the conversation at the table but also in some other experience with the environment. The world with my friends felt concrete, the world around me felt abstract. I was more drawn into the abstract, feeling uneasy with periodic abruptness like a jolt in my attempts to stay in conversation with my friends. I continued to be drawn into the blur of the abstract experience. After leaving, it seemed as though I was totally disconnected, but I did not feel disconnected. I felt content with the abstract and accepting of what may have looked like disconnect. |
| 02/20:30 | MIND | 12 | While walking home from dinner tonight, (I had two dogs with me, one small and one medium puppy). It was just before dark, at a somewhat busy city intersection, and I was met suddenly and out of nowhere by three frumpy looking men in their late 20's/early 30's. They looked first at each other and then at me. I felt uneasy but unwilling to change my direction or walking pace. I felt the need to exude confidence. They joined together, walking in a way that forced me into the street with traffic. I considered my options, made eye-contact with 2 of the three men, and decided I'd rather be pushed towards the traffic than into the quieter part of a residential street. I felt scared, but I also felt strangely determined to hold my ground, even if it had cars stopping in the road. I said nothing, kept my stance quiet but firm. They finally moved away from me enough so that I could get out of the middle of the street. I watched to make sure they were really walking away before continuing on my way home. I was left with a feeling of energy surging through my body, heart beating rapidly, and thankful that they went on their way without any violence. I think they were trying to scare me, bully me, or something... but I was okay. |
| 02/22:30 | MIND | 12 | After tonight's event, every sound I hear as I try to sleep has me thinking of the three men I met earlier at the intersection. I wonder if they are near or trying to get into the house. I decide to put on proper clothing (not pajamas), check the house one more time before going to bed, turn on more lights on the main floor of the house, and remain fully clothed for sleeping. My fears are about being raped or otherwise assaulted in my home. I fell asleep with my phone in my hand just in case. |

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| 03/05:00 | MIND | 12 | Drinking water this morning, I had a momentary fear as I was drinking that I may have picked up the wrong glass or poured in the wrong thing, having to stop and look at the glass and its contents before continuing. There's a feeling that I may be drinking something toxic by accident. This has happened a number of times since the beginning of the proving. Feel a bit disoriented by it, a bit disturbed. A bit of a jolt in the moment of thinking I am possibly ingesting something toxic by mistake. |
| 03/05:00 | MIND | 12 | This jolt and momentary fear of ingesting something toxic has also shown in giving my dog a liquid supplement and putting ear cleaner in his ear. It happens in the moment I am administering the substance, wondering if I grabbed the wrong bottle or have mixed it up somehow wrongly. It feels like an awful mistake even though the mistake has not been made, just the fear of it -- a jolt. |
| 03/07:00 | MIND | 12 | toxic? Not so much a poison. The word is toxic. What is toxic? A thing that is meant for something else. A mix-up. A mistake. Toxic could kill -- me or my dog. But it would be a mistake. Not something on purpose. A horrible accident. The most significant part of the experience is the unintended mistake, that moment of realizing the oops of it! The question! especially when doing something that is supposed to be helpful -- I was meaning to take vitamins or supplements. I was meaning to give my dog something that strengthens his vitality. These are daily routines. The feeling was that I gave him something else, I mixed up the remedies. Healing vs. harming. And all of it was in my head, a fear. I felt jolted by the possibility of causing harm to myself or my dog because I was intending to do a caring, loving thing. How could this happen!? |
| 03/07:30 | MIND | 12 | jolting back into what? Body? Conversation? Earth? The jolt feels like coming back into the world I actually live in, what I know of time and space, what my life is. It's like jumping back. Or forwards or sideways... or down. Jumping back to the world I've known and live in most of the time. It is like remembering and having to choose to come back because it is what and where I'm supposed to be... but to get here, there's a jolt. It's coming back to something concrete and defined, something that can be understood and physically felt or audibly heard (like a conversation that requires verbal exchange). It is like pressing into the space and time this body lives in. But it isn't that I do not feel a kind of body/form in the parallel place, but the feeling is looser there, more abstract, less defined. The jolt is also connected to this feeling that it doesn't really matter where I am, what space I hold or don't hold -- but when I am around other people, it feels like there's an expectation that it does matter. |
| 03/07:45 | MIND | 12 | It feels easier and smoother to be by myself, prefer being alone. The jolts are difficult and abrupt. I prefer to be with ease in the abstract where I can be where I am, experience the parallels, notice and consider the experiences of both worlds without needing to step fully into the concrete. I am more attracted to the abstract perspective. |
| 03/07:45 | MIND | 12 | The abstract perspective feels like an overview, like looking at a picture from higher up, like being in the trees or on a rooftop. Feels like a clearer version, a wider lens -- a place to observe. I like observing. The movements appear differently, too. I can see how things are more connected than they feel -- but from this view, I feel less part of what is concrete. So, less part of but still connected. Again, the feeling that nothing matters, but in a lovely way -- and disconnected in a way that I feel really content with. It's really clear that nothing is personal. Everything is just a reflection. That's how the movements appear differently... the movements are reflections of something actual but are not actual. Abstract. |
| 03/15:00 | MIND | 12 | Do not feel to do things with people. Still keeping to my commitments previously made to meet with people, but I do not feel the need or want to see anyone. I would rather spend time alone, in what continues to feel to me like experiences that are abstract and a little blurry in nature. |
| 03/19:30 | MIND | 12 | I don't feel like I'm here and I don't feel like I'm in the now -- but I don't feel like I'm not here and now. I'm not sure where I am exactly. This experience of being in an alternate or parallel time/space is all consuming. While I'm still part of my regular routines of my regular life, it feels like an alternate experience. Each happening and event occurs with a kind of curiosity, like I wonder what will happen next? and it feels like a great time to do something completely different, just to see what would happen, as if there is no such thing as a mistake or a consequence, positive or negative, that would/could follow me into my regular life. There's not a lot of feeling to this, doesn't feel extraordinary, or unusual... just how it is. Not quite indifference to it but more a feeling of "whatever." Nothing really matters. I'm quite relaxed and calm in the face of each moment, even when faced with something that may be otherwise stressful or alarming. |
| 04/08:00 | MIND | 12 | I don't want to be around people, but I do want to connect with people on the telephone. Something about being in person is challenging. Noticing that many of the people I am reaching out to are people I do not talk with often, some whom I have not talked with in years. Cognitively, this seems significant. Emotionally, I feel detached. |
| 04/20:00 | MIND | 12 | Out walking and realize I'm not comfortable, wondering if I should not be wearing a dress when I'm out walking. But that seems stupid! Why should I change my clothes just to go out for a walk? But I'm uneasy and wondering if I'm more at risk, more vulnerable. I feel like I am unprotected or that I'm an easier target. I'm also feeling more alert and watchful of everything around me. |

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| 05/10:00 | MIND | 12 Talking with my mother on the phone today: I notice that we have talked almost daily (this is unusual). I also realize we've seen each other three times in the last six days (also unusual as we often go many weeks without seeing each other). |
| 06/09:00 | MIND | 12 In talking with my friend today who I connected with yesterday, I was informed that her experience was that I was just as present as I usually am, however, I feel that something is different, like I'm not entirely here. But it's not that I'm not here either. Again, it's this feeling of parallel worlds, equally experienced at the same time. This time, in recollection, it did feel a little out of body though, like I was more abstract than concrete. In some ways, I feel a bit unseen, but not in a way that is bothersome. Just noticing. |
| 06/13:00 | MIND | 12 In conversation with people, especially by telephone, I feel abrupt when it seems time to end the conversation. I suddenly need to go (this experience is when I really do need to go due to another commitment or because a feeling comes on suddenly, and I need to go. I just need to go. It feels hurried and abrupt. Sudden. When it is not understood by the other person, I feel irritable, like I just need to get away. I've had enough. It seems completely irrational, so I try to suppress my irritability externally, but internally. I feel like rushing away, putting my hands up, enough already! |
| 06/16:00 | MIND | 12 In a significant connection with a friend, I have this sense that we are having an important exchange, that I should feel something more than I do, a feeling that would normally feel like deeply connecting. However, while I do feel connected, it feels different, and I do not feel attached. I do not feel deeply. I feel like I need to be sensitive to this, that I need to find my way of reflecting in this connection how I normally would. While this does not feel false, it does feel like I am needing to pretend in the moment, bring something up and out of myself that is me, but something that is not present in my experience. This is challenging. Should I tell her about the proving, that this feels like it may be part of that or should I do what I am doing? I think it would be better if we could share in connection by telephone instead of in person. |
| 07/05:00 | MIND | 12 I woke with a feeling of being almost violently assaulted and terrified by it. Significant: how suddenly and out of nowhere the men came. Though it was in the open, no one else around could see what was happening. No one seemed to notice. Though terrifying, my fear did not paralyze me. I was able to take action. I had a voice. I moved the gun away from my face. I called the police. |
| 07/05:15 | MIND | 12 It seems like, through this dream, that I am processing the event from day two of the proving when the men pushed me into the street. There is a healing aspect to this, that in both occasions, the actual event and the dream of being assaulted, I was able to stand up for myself, think clearly, and take action to protect myself. There is this feeling of almost being a victim, of being vulnerable, but ultimately, I was able to take care of myself. |
| 07/09:30 | MIND | 12 Aware that I am feeling caution about going out on my walks in the evenings, concerned about further assaults. This is not like me at all. Before the proving, I'd been walking at dusk and in the dark in the early night a lot. I am feeling like there is some kind of energy around me in relation to being assaulted and it is tapping on my history. The event last week and my dream are impacting my choices. I am not feeling free to do what I want. This is frustrating and concerning. I want it to stop. I want to do what I want and when I want. But I'm not feeling entirely safe or free to do so. Whatever this energy is, I don't like it and I want it to get away. |
| 07/11:00 | MIND | 12 Pleased to have a day alone, no commitments, no people to see, and a house to myself. I feel reflective and quiet inside. I feel content in my own space, with my own self. |
| 07/14:30 | MIND | 12 I wonder if the proving is no longer happening for me. I'm having a hard time knowing what of this experience is mine. Everything feels so fluid. Like everything is happening and all I'm doing is watching. I do not feel actively part of anything. It's becoming less clear what is different. The most significant thing is this feeling of not entirely being here. Starting to sense a kind of floating, liquid sensation in my body and my vision. Not literally blurry, but in a feeling way. Like a kind of soft presence -- soft, mushy, liquid, movement in the world. It's a middle place between abstract and concrete. |
| 08/10:15 | MIND | 12 Having electronic issues! Cannot get into my email account. This has never happened -- I cannot email my supervisor my Proving Journal, and I want to. I've tried a number of times over the last five hours and no matter what I do, it will not work. Go figure, something abstract that is not working, not connecting! Sarcasm. Both frustrating and a little funny, too. |
| 08/21:00 | MIND | 12 Historically, I would have lost my voice, lost my ability to function, to act, to think clearly, and I would have been more likely to be victimized. I would not have been able take care of myself. I would have felt weak and small. Insignificant. I have wondered for the last couple of years what would happen if presented with this kind of situation, if I would be able to be in my power. I now know and have the confidence in myself that I am strong and capable, even in the face of fear and/or potential harm and cruelty. Instead of feeling vulnerable, I feel empowered. This is freedom and I've got it. |

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| 08/21:00 | MIND | 12 I went for a long walk this evening, and I thought about the attempted assault experience from this last week and my dream last night. It feels healing to go out walking when I feel to, to not be ruled by fear. Historically, being assaulted would have been paralyzing. It would have sent me into a kind of fear, a rampage of survival mode. Today, I am still grounded in my choices to live my life and make choices from a place of freedom. I am processing the event, the attempted assault, as an incident in the moment without having it get tangled up in my past. My concerns and my cautions are in the moment of this last week. I do not feel stuck, I am not stopping what I am doing. I stepped back, I shifted some things, and I've processed. And now, I'm letting it go. It is healing to feel my own power, to know that I am not a victim, that I have a voice, and I will use it when I need to. |
| 08/21:30 | MIND | 12 I am annoyed by my friend's energy. I feel like she is trying to relate with an amazing experience I am having as if it is her own. She said, "I know exactly what that is like, I felt that way for two years." It made me want her out of my space. It felt like she was either trying to take it away from me or minimize the experience. My expression was not being allowed in its fullness. It felt condescending and diminutive. |
| 08/21:30 | MIND | 12 I am trying to do what I need to do, put some things away, and my friend is coming into my space and talking to me. It feels more like talking AT me, not to me or with me. It is like she just wants to hear herself talk. I just want to do my thing and be alone. People are not reading my social queues. It seems pretty clear to me that I do not feel available to stand around in social engagements, that I am not interested, especially in stories I've heard before. These things feel like an absolute waste of time. Being around people feels like a waste of time, an energy suck! I really just want to be alone. I like it better when I can connect by phone -- in this context, I feel freer to be in my parallel worlds and with easier boundaries. |
| 09/06:30 | MIND | 12 In a connection with a friend who has historically been important, a friendship I had recently been missing, I feel a void of connection and void of caring about. Up until recently, I'd been missing the dynamic, the resonance I felt we used to have. For months now, there has been this gap, this space, this disconnect, and it had really bothered me. I realize after a conversation with her last night that I don't care. To try to connect feels like forcing, feels like something false, and I don't have the energy for it, and I don't want it. A feeling of: it does not matter. There is nothing to understand, make sense of, or talk about. In parting, I told her that I am not interested in hearing about the past or rehashing what has already been spoken. Whatever comes of our connection is from now forward. However, it seems empty and unnecessary. I see her and feel nothing. |
| 09/10:00 | MIND | 12 Barrier: it is like there is nothing separating me from these worlds as long as I am here, as long as I am aware that nothing matters, that there is nowhere to be but here. In the here, there is no time, there is no past or future, and there are no limits. A kind of fluidity. Everything is now. When connected in all that is now, there is so much freedom to travel through all the layers, all the happenings, all that is. However, there are barriers, stuck places, when attention leaves the moments that are happening. The barrier feels like the stories. In experiencing and noticing, there is freedom. The past, the stories, these are the barriers, a prison that sucks in, holds back. |
| 09/10:00 | MIND | 12 Parallel worlds: there is so much happening all the time, overlaps in experience, people, events, genres, worlds. Abstract and concrete. Feel like I'm bleeding between the abstract and concrete and from this place, seeing how nothing really matters, there is nothing for me to change or care about because nothing really matters. The invitation is to notice and let go. Not caring feels mostly peaceful, from a place of recognizing how NOT personal everything is, just these reflections reflecting, these happenings happening... There are also some moments, though, when this not caring feels like a compensation, a response to something very painful, perceived through a wounded veil. From this place, there is tension. But this tension is short-lived. Mostly, there is letting go. There is expression. There is noticing. There is peace and a kind of contentment. Freedom. |
| 09/10:30 | MIND | 12 Lying, privacy, sycotic: I am wanting privacy during this proving. I do not want people in the community aware of if or when I am proving. I just want to do this myself, be in my own energy with it. I don't want to risk my experience being tainted by other energies, and I don't want to spend time talking about it. I just want to do it. When asked if I was doing the proving, I said that I was still considering it but was still undecided. This was a total lie. I am doing the proving, not only decided, but actually in it, taken the substance, etc. I am feeling the secrecy around it has become a bit unnecessarily focused on. I really just want to do what I'm doing without being questioned. I don't mean for it to be a secret, just private. It feels more like a boundary, like privacy. Yet it also has this secret energy around it. Curious. |
| 09/21:30 | MIND | 12 Feeling incredibly sensitive and irritable when it comes to hearing repeated stories. I feel only interested in what is happening for people in the present. This also includes my own thoughts. I'm not interested in thinking about things from the past. The past does not matter, it is not important, and I do not have time for it. I just want to connect with what's happening right now. |

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| 09/21:45 | MIND | 12 I am feeling very independent, wanting to be in my own energy, my own world, my own pace. As an overall, I do not want to be in active dynamic with anyone. A friend who I've been staying with recently asked me if I could give her emergency information for if something happened to me, if I was not responsive to calls or texts, or if I went missing. She also asked if I could tell her where I would be and when I would be home. This felt intrusive and ridiculous to me. I told her "NO!" and I said that an arrangement like that does not work for me and my free bird nature. When she persisted on getting an emergency contact, I told her she needed to let it go, that there are people who know how to get a hold of me if needed, and I am not interested in her playing that role. She told me she was feeling motherly about it and I feel totally disgusted by this. I want to say "Back off and leave me alone!" By god, if something really, truly happened, I'm sure she could figure out how to connect with my homeopath, and I told her this. She was then relieved. This entire interaction is stupid and unnecessary. I really want to live alone, more now |
| 09/21:45 | MIND | 12 I am noticing what does not make sense, what does not connect. There seems to be a lot of bullshit talk, meaningless talk, and I feel like it's wasting time. I have better things to do than journey down another person's dead end history and drunken state. In conversation with a friend tonight, it was like she was a complete energy suck! Space suck! I experienced her as sucking everything in, and I just wanted to be done with the whole thing. Yuck! |
| 09/22:00 | MIND | 12 I want to be left the fuck alone! |
| 09/22:30 | MIND | 12 I feel like the manifestations of my vision over these last few years are becoming less important. I wonder if I will ever actually enter into fully the practice of my desired profession. I have doubt in my capacity. I have doubt about what I really want to do. I will not make any decisions, but I am noticing this shift and feeling like I may not have what it takes, that I may not have the motivation to really create or manifest what I want. There's something connected to the feeling of "not mattering." If nothing matters, what is the point!? But, this is concerning... I've never felt quite this indifferent and detached from this vision, a calling I felt but do not feel these days |
| 09/22:45 | MIND | 12 Just realized as I'm preparing to sleep that I have not been showering as much as I usually do. In this heat and all the walking I am doing, I would usually have showered two - three times a day. I've mostly only showered one time a day, and I have not been bothered in the least by getting sweaty. I've also not been using my herbal deodorant. I don't care about being sweaty. I like this feeling, this being a bit dirty. I don't smell stinky to me. I also haven't minded the feeling of tacky skin, something that typically really bothers me |
| 10/10:45 | MIND | 12 Feeling tension in these interactions. Feel weird and nonsensical. Understandings and misunderstandings, stories that feel all twisted up. Especially when I try to share my experience, it is like there is no way to say anything that acts as constructive or purposeful communication. |
| 10/10:45 | MIND | 12 Going to an extreme place. Spinning. The feeling of needing to get out. Like I'm about to die. Partially feel dead in the exchange, then when the actual exchange is over, I feel like I should die. |
| 10/10:45 | MIND | 12 I feel hooked, triggered and distressed by all of it. My heart hurts, and I'm pissed off! I want to get the hell out! I feel vulnerable and falsified. I wish I'd said nothing in the first place, wish I did not answer this friend's questions, kept my experience to myself instead. Feeling stuck here. The time it takes me to move through this is agonizing. |
| 11/11:30 | MIND | 12 Falsified: something about being told that my memory is not what happened feels demeaning, feels like something being taken away. Wish I had not spoken, had not shared. While I recognize that my perception does not make something a "Truth," I also feel that it also does not make it an "Untruth." But it triggers something in me. I experience her "back-pedaling" as condescending. As if I am wrong, I am less than, I am false. The moment of taking on her lies, even for a brief moment, feels like I am being falsified, made into a lie. Made untrue. It feels like death |
| 11/11:30 | MIND | 12 I feel this distress, the tensions from these conversations in my stomach and my shoulders, feel like my heart is being pressed on, pushed into me and there is a sinking down sensation. Heavy and agonizing, this pressure. I want to push back, give it back. I don't want what isn't mine, and I feel like its being forced on me as if it is me, as if it is my problem. I feel like I need to be very careful about how I am in the world with this. Like my well-being depends on it. I need to be externally soft in my not taking it on, in my awareness of what isn't mine. But inside, I feel violent and pissed off. The only thing that really matters is that I know and remember my freedom |
| 11/11:30 | MIND | 12 Taking personally: I feel vulnerable to other people's perceptions and experiences, especially when I feel like they're pointing a finger at me. I cognitively get that most often, this finger pointing is not about me, but it feels like it, I take it on, it enters into me somehow and taints my heart. Hurts me so deeply. I give too much importance to it somehow. I let it hurt me. It takes time for me to let it go and heal. I feel like I'm fighting for my life. |

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| 11/11:30 | MIND | 12 Violation. A feeling of being assaulted. It doesn't make sense, feels out of nowhere. My friend was in my space, crossed my boundaries, and did things that were inappropriate. When I caught her and called her on it, she appeared flustered and scared. She asked me if I wanted her to be honest with me. She tripped over her words as she tried to figure out what to say. I felt disgusted by her actions even before she tried to explain them. The more she spoke, the more disgusted I felt. She had a way of twisting it all up and making it a different issue. It would have been better for me to either not even bring it up or make a statement based on my intuition instead of asking questions. Yuck! |
| 11/11:30 | MIND | 12 Vulnerable -- I want to put locks on my doors. I am distressed by the exchange, disgusted. Feeling unsafe and put upon. Feel like I have no choice but to take what is given even though it is wrong. Inappropriate! The difference: I will not take this on. I will not blame myself. While I feel vulnerable to this friend's nonsensical, inappropriate exchanges, I do not need to leave, I do not need to make sense of her actions, and I will not stay stuck here. I remember my choices. |
| 12/12:00 | MIND | 12 I am finding my way of remaining true to myself without running away. I feel a kind of division without disconnecting. There is something detached in my field in relationship to the world generally and to this friend I've been experiencing tension with. I am doing what I wish and not feeling the need to take on other's experiences. While I still care (in a general sense), I do not care so much about taking on what is happening around me. I feel more free to do what I do, love as I love, move as I move in the world. What's mine is mine and no one needs to know what that means, just me being in my own experience and respecting myself more. |
| 12/16:30 | MIND | 12 Sitting at a stoplight, waiting to turn left -- Traffic to my right side who were turning left towards and parallel to the street I was on, going in the opposite direction... had a quality of watching a video game on a screen. It felt like I wasn't really where I was, as if there was something between me and the happenings I was witnessing. |
| 12/16:45 | MIND | 12 Sitting in my car, waiting for an appointment, watching people walking on the sidewalks. A strong feeling of being completely disconnected from this world. Historically, this experience would have concerned me, but these days, it feels more like different worlds. Something between my world and other worlds. Just something I get to notice. Something I'm not really part of, just a witness, an observer of another world in motion. Curious. |
| 12/21:30 | MIND | 12 I am also noticing that there is an immense gap between things that have really gotten to me, like the tensions and triggers with my friend but then how certain things are just happening, and I am able to notice and be with this -- very calm, detached feeling in it all. It's like a polarity between getting all tied up in something and having full freedom without any strings or attachments. Two very different perspectives and experiences. The thing that surprises me is that historically, the feeling of this freedom used to be exhilarating, out-of-body, but now, this same lovely freedom has me feeling calm and relaxed. Just noticing and perceiving without leaving the ground, yet with a perspective as if I have left the ground. I feel generally happy. |
| 12/21:30 | MIND | 12 Staying actively connected in my relationships but at the same time, feel completely disconnected. I am sure there are feelings I'm supposed to have in relation to the wonderful connections I have in my life, the wonderful people, the amazing experiences. And it is not that I am not interested in taking part, experiencing, and connecting, it's just that ultimately, I'm not feeling it nearly as deeply or passionately or connectively. In some ways going through the motions, but not in a false way... I'm still in it but yet, not completely. It feels strongly like this is not the only world, this is not the only universe, that there is a lot happening all of the time and while my human experience is used to focusing more one one world at a time, as of late, I'm mingling in many worlds at the same time, in the same parallels of space and time. |
| 13/13:30 | MIND | 12 Out walking: I witnessed a mom and her five year old son biking on a sidewalk. The young boy became very upset, jumped off of his bike, threw his bike down to the ground, and ran a few yards away. He then took off his helmet, threw that down to the ground and started kicking it. The mom yelled, "No, that's enough now, come back here!" The boy returned, yelling repeatedly, "It doesn't matter, nothing matters, it doesn't matter, NOTHING MATTERS!" Though I have no idea what was happening for this boy and his mom, I felt very connected to the boy's experience of "Nothing matters!" and what I saw as frustration, anger and sadness freely expressed. I like letting go. |
| 14/14:45 | MIND | 12 I don't feel like I'm entirely here. Even in midst of an exciting adventure, one I've been enthusiastic about in the past, I feel this vague disconnect from. Strange that something I care about, I presently don't care about. But I know that I really do care, so I am choosing to take part. But it is not the same. Not the same as in: like not all of my senses are fully engaged. Noticing this in my work, too. And my studies. It's like none of this really matters at all. I'm still doing it but not to its maximum effect. |
| 15/04:30 | MIND | 12 Bed feels hard, cannot get comfortable. |
| 15/04:30 | MIND | 12 Woke with head at foot of the bed, lying diagonally. |

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| 15/07:00 | MIND | 12 | Overwhelming sense that nothing matters. Feel like a witness to happenings, still like that of paralleling worlds, multiple worlds happening at once... a sense that while I'm part of it, I'm also not. Feeling my motivation decrease, my ambitions are like a memory. I remember what I'm supposed to want and like based on a recent history; I am doing just enough to maintain. Or maybe not enough to maintain. I'm not sure yet. |
| 15/14:30 | MIND | 12 | Aware for the first time that so much of my struggle with migraines is about having self-worth in being able to do things, explore, move with ease and at any pace I want. Professionally, I worry about my job; I need to be able to move with ease and at many paces. When I cannot, I worry about my job security. Personally, I depend on motion as part of who I am, my identity, my personal pace being fast and agile when needed or desired. When I cannot, I worry about my freedom. I experience fear of losing this freedom and capacity for motion when I cannot move how I want. Anxiety increases. I stop breathing regularly. I feel like I will lose my community, my friends. I feel like I have nothing to offer. None of this is true, but this is my experience |
| 16/02:30 | MIND | 12 | Even after making my bed softer the night before, it is again feeling too hard. I cannot get comfortable. My whole body hurts. |
| 16/06:30 | MIND | 12 | In bed from 17:00-06:00, mostly sleeping. Exhausted. |
| 16/07:30 | MIND | 12 | Feeling sucked in... I am having to be very conscious about not making any life decisions. I want to quit everything. I want to quit school, I want to go away, I want to be away from people and life as I know it. Maintaining my daily routines is becoming more difficult. I feel a total lack of anything being worthwhile. Back to "Nothing Matters!" Feel like I need a break from everything. Feel like skipping school for the month. I feel like I do not have what it takes to really show up for it. Seems pointless this month. Back to considering what the bare minimum is |
| 17/18:00 | MIND | 12 | Thinking back to an old connect that used to really bother me, and now, years later, I am able to be in connect. The person has not necessarily changed. I have. I am no longer triggered or scared of this person. Cannot imagine how I ever was -- but I remember it all feeling very real, very significant, and very difficult. In the present, it seems like nothing. Like it's no big deal. How much of life is like this? In the moment of something, it can seem so hard or impossible, but it often does not really matter. Everything passes. Perspectives change. Nothing matters in the ways we think |
| 17/21:15 | MIND | 12 | Secrecy, feel an element of secrecy. Not wanting people to know I'm doing the proving, wanting a lot of space to do what I want without anyone knowing. In part secrecy, but also in part, privacy. Not feeling like I have enough space and privacy. Keeping secrets helps. |
| 17/21:15 | MIND | 12 | Suspicious, paranoid. Example: coming into my room after being out for a few minutes, have strange feeling that someone put something in my water, and maybe someone really did... and so, I dump it out, rinse it well, and refill with new water. |
| 18/07:45 | MIND | 12 | Really looking forward to having some time away from work, away from people. I want to isolate. Feel isolated. Feel content to not see people. Would like to drive away, with a kind of careless indifference. None of this seems to really matter! Do I just need a break? Everything feels mundane! |
| 18/08:00 | MIND | 12 | As I feel this annoyed indifference, I notice my eye brows scrunch up. Feeling how an adolescent might feel with the world. Separate, annoyed, just wanting to say, "Fuck it all!" |
| 18/08:00 | MIND | 12 | Where I normally feel compassion and softness, I notice these last couple of days, I have not had much for compassion. I feel impatient. I feel like I just want people to take care of themselves. I don't want to be caring for people or about people. I feel a divide between my usual, caring response and how I feel. I don't care. Like. "come on already. get on with it." |
| 18/08:45 | MIND | 12 | Been playing out in my mind how I can best skip as much of school as possible. Though there are a few things I need to do, there feels to be a lot I can skip. I just want to have time to myself, away from everything. People, expectations, responsibilities... away from external noise! Remembering what a friend recently said: "I have internal earthquakes so the external ones, like yesterday's, go completely unnoticed." I actually feel more that the opposite is true... and I want to get away from the external earthquakes of the world. I want to go where no one will find me. Where I can be unnoticed for awhile. As if, when I return, everything would be different |
| 18/12:00 | MIND | 12 | Feel impatient with myself and with others. Impatient with irritability. I want to get away from responsibility. |
| 18/12:00 | MIND | 12 | I really do not want to have any commitments. I don't want to be around large groups of people. One-on-one in small doses feels okay. Talking on the phone feels okay. I feel like I need a break from the world. |
| 19/06:00 | MIND | 12 | At work, feel in a blur, like I'm not really able to be present with people. Feel hurried and trying to remember that I don't need to hurry. Seems like there's a lot to do, and I feel really disorganized and detached. I have bags of things that are not packed well, not organized well, and it's making for serious inefficiency! I'm trying to do too many things at once, trying to carry too much, and it's not working. It's actually taking me longer. I think. than if I would do one thing at a time. |

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| 19/07:00 | MIND | 12 Dropped friends off at the airport. I feel like everything happened so fast and like I did not properly say good-bye. I wonder if they think I'm being different. I tried to be as present and as much myself as possible, but I just could not seem to pull myself together. Getting them to the airport was helpful but there's usually so much more I do to be helpful. I just couldn't seem to figure it out. |
| 19/08:30 | MIND | 12 This feeling of not caring. Getting ready to do some group work with colleagues, and when asked if there was anything I needed from them, I responded with a kind of indifferent shrug. There is nothing I needed or wanted from them but for them to carry on in their way. Figured it was their responsibility to figure it out. They either would or they wouldn't. I had nothing to say to them. I felt confident in taking care of myself, that their actions had no impact on me, and they could do whatever they wanted; they could figure it out and read whatever social queues they were able to. I don't care. |
| 19/15:30 | MIND | 12 Feels like something living and moving inside of me. If possible, I'd be convinced I were pregnant. My insides have never felt like this! Like something moving and circling round inside of me, kicking me, pushing on me. |
| 19/20:30 | MIND | 12 Experiencing a loving and compassionate version of "Fuck you and fuck it all!" kind of response to the world. Like it all feels a bit like a joke and none of it matters. Head-shaking-laughter! |
| 19/20:30 | MIND | 12 I don't want to care. Feel myself shifting in how I care. It feels like a soft not-caring. Though this began with a kind of angry or hurt response, there's shifting into a recognition that I don't need to carry someone else's bullshit. I don't need to understand the bullshit either. I don't need to care about it. I can notice it, I can make mistakes, too. But I don't have to fix my understanding to work with someone else's. I just need to be true to myself and let go of the crap. |
| 20/07:00 | MIND | 12 Feeling conflicted about missing today's events. Yesterday, I did not want to be part of anything. Today, I'm not sure what I want. It feels like it would be an easy decision if I felt I could be completely passive. Better if no one noticed me. I just want to come and go as I please. If I show up, I want to be able to leave, too, without notice. I need an invisibility cloak! Being that I do not have one, I'm attracted to not showing up at all. Yet I am not so sure today. |
| 20/10:00 | MIND | 12 Feel disconnected in my listening, not as quick about connecting the different parts of conversation, and feel myself trying to hear, to follow, to understand. I feel like I'm not as with it, and it feels like it's from not being able to be as present. Like I'm watching through a screen, like what is being said is less important. What I see is more informative perhaps. But usually, I am better at connecting things. I cannot connect it well, and I wonder if it is possible that it's not meant to be connected. Less assumptions. |
| 20/16:00 | MIND | 12 Feeling freedom in skipping today's afternoon work. I just need a break from everything. I would normally not skip out on something I've committed to, but I just need to get away from it all. I need a retreat! I really want to go to the ocean. I want to get far, far away. At least I have a space I can be where there are no people around me for awhile. I am alone. I am free to do whatever the hell I want including NOTHING! I am alone and I am free! |
| 21/09:00 | MIND | 12 Feeling clear about options. I am feeling differently about my place in this world, that so much is happening and none of it really matters. A shift in my relationships is one of the most obvious. I am not feeling responsible for taking on other people's stuff. I'm also not feeling the need to understand what is happening for another person, their experience, and I am not trying to make sense of things in the way I used to. I feel like I have better boundaries about what I'm willing to listen to or take time for. There is still a detachment, but I am noticing that I am beginning to be more present again. Maybe I needed to leave, not be present for awhile to come back around to a deeper kind of presence. Whatever. I am getting back to myself again, but differently. |
| 21/09:15 | MIND | 12 I am still feeling that I do not want people to know that I've been doing the proving. When asked about it, I avoid or redirect the question, or if pushed further, I have felt fine about lying. Figuring it's really none of anyone's business if I don't want people to know at this time. |
| 21/11:00 | MIND | 12 Feel myself on the outskirts, disconnected, but not in a way that feels separate. I still feel part of a group, but I do not feel connected. Sensing some kind of detached clarity in what I am seeing. Still feeling conflict: do I want to be here in a shared space with all of these people or would I rather leave and find a place where I can be alone and away. I want to go but I am staying. |
| 21/13:00 | MIND | 12 I left early from work today. When asked if I was not feeling well, I was completely honest instead of saying it was about this ongoing headache. I said I'd had enough of being around people, and I just wanted to take space. It felt really good! |
| 21/13:30 | MIND | 12 I have had enough time around people today. I need to go. I recognize that I do not feel like I can leave just because I don't feel like I can be around people. I also have a mild headache. I choose to put the attention on the instead of being entirely honest about my need to leave, to go, to get away. |
| 22/14:30 | MIND | 12 A phrase that continues to be in my thinking, that I've hesitated to use because it sounds harsher and more crude than I mean it: "You can just go fuck yourself, and I am going to go fuck myself, and we can all just move on in our way... All is well enough." The feeling I have with this is about letting go, letting be, and getting on with it. I'm generally less interested in the details, the stories, and attempts at making sense of things. None of it really matters anyway. I care less and love more. The end. |

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| 23/21:30 | MIND | 12 | Seems like I've shifted dramatically and suddenly between my last journal entry and the last few hours. |
| 23/21:30 | MIND | 12 | So- this doesn't presently feel like "the end" as I previously and confidently thought. Back to a feeling of being jolted. |
| 23/21:30 | MIND | 12 | Suddenly feeling sorry for myself (I wouldn't probably admit this experience outside the proving context). Feeling alone. A bit forsaken. Sad. Teary. |
| 25/16:00 | MIND | 12 | Confusion about what I really want: do I want to be on the path I'm on? |
| 25/16:00 | MIND | 12 | Connected to: lacking motivation in areas that have been significant to me, especially in relation to completing what I've begun. |
| 25/16:00 | MIND | 12 | General feeling of isolation: mostly feels good but the other extreme is when the sadness jolts my being. |
| 25/16:00 | MIND | 12 | Getting clear on ending some things I had begun over the last few months. |
| 25/16:00 | MIND | 12 | Have been talking about and wanting to get involved in a kind of work-out training program for months, and as of today, I've signed up and begin on Friday with a personal trainer. |
| 25/16:00 | MIND | 12 | Not much really matters. |
| 25/16:00 | MIND | 12 | Not wanting to be around a lot of people. |
| 25/16:00 | MIND | 12 | Parallel worlds -- a kind of looking from the outside in. Here but not here. Perhaps this is how I am traveling? |
| 25/16:00 | MIND | 12 | Want to get away in the sense of travel but not doing anything about it. |
| 25/16:00 | MIND | 12 | Wanting to look at some homes again -- appointed with realtor to look at two homes tomorrow that are totally in my range and liking. Feels like different doors opening again in my life (not necessarily connected to house-buying-outcomes--more in the way of noticing possibilities). Excited |
| 25/16:00 | MIND | 12 | Wanting to move again, really move, and move hard. Walk/run. Is this me getting "me" back? |
| 27/10:00 | MIND | 12 | Very aware of my space needs. Though this is not a new concept, I am recognizing how important it is as a theme in my life. I thrive when I feel like I have time and space to myself. I seek out empty spaces. I am attracted to empty spaces, open spaces, energetically and physically. I long for time by myself. I long for the feeling of space where I can step back and watch, see, notice, be... alone can mean by myself with no other humans around, especially in nature or having alone time at home, It may also mean in a space where there might be people but where there is no active interaction or expectation of interaction. It also shows up in my attraction to empty spaces, my favorite use space. This is a concept that has been very difficult for me to express successfully in relationship to sharing space. I like to have empty wall spaces, empty floor spaces, empty spaces. This is part of my way in the world, part of what I need and like and love. It's hard to express this in a way that can be understood, especially by those who like to fill spaces that appear empty, whether it be energetic or physical space. How do I say to a person, "That empty space over there, that space is taken by something very important to me: emptiness. No, that space is not available. I know, it looks available, but it is not available. I have intentionally put something there that is very important. It's empty space. Understand? Of course not, let me try again." and so on... And of course, perhaps it is becoming a non-issue as I have just now really come to an understanding in a way that I can communicate because I have a deeper understanding of it myself now. Again, I am ready for the next stage in my life: having my own home. Looking forward to all the spaces I can fill with a few bits of tangible and a lot of bits of space, the kind of empty space that fills me up with delight and love and liking. |
| 28/09:30 | MIND | 12 | Open sky and open water: very important! |
| 28/09:30 | MIND | 12 | Tomorrow at this time, I will be on an airplane. I am flying to the ocean. Though this is a work trip, I am getting to go to the ocean, and I have needed this, wanted and craved it. I am looking forward to open sky and the sea, the vast expansiveness of open space. This attraction for water, being near water. I do not need to be in it so much as near it. I want to see it, smell it. There is a feeling about big water! Looking over these last weeks, I've had an even stronger attraction and need for water, especially large, expansive water sources. Rivers, large lakes, and now the ocean. Gratitude! Feel so much more connected to the source of my heart, my soul, and this human experience when near water and open sky! Perspective. |
| 28/10:30 | MIND | 12 | Another day for an adventure, doing something I love. I feel like I'm much more available for this adventure than I was able to be the last time I ventured in this way a couple of weeks ago. |
| 28/15:00 | MIND | 12 | I can feel the world so clearly, see parallels and interact in them with more presence and availability. The happenings and events in my vision and experience are much more part of me than they have previously been. I feel deeply my excitement and my enthusiasm. I am feeling it from a different place though. I feel like I'm not as bouncy in my expression. Though I am not feeling bouncy, I am no less thrilled. In this clarity. I may even feel it more deeply. |

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| 28/15:30 | MIND | 12 | Wow! The last time I went out on this adventure, I think I was not able to notice as much. This time, I am noticing all sorts of details. Important details! I am seeing things I cannot believe I did not see last time! I am learning at a deeper level. Asking questions from a place of seeing so much more. This is awesome. I feel like I've moved through a kind of blur and into a crispness that delights me. |
| 29/15:15 | MIND | 12 | In the context of sending off my journal, in the feeling of freedom to say what I want, to say that I want something without expectation or needing a specific something. It is connected to "It doesn't matter," and it doesn't. Nothing really matters at all. There's a freedom in recognizing this, experiencing this, living in this... all sorts of expressions, events, and stories happening all the time, in all directions, and that it doesn't matter what people think or feel or do about it all, just moments of responses and reactions, all temporary, fluid perspectives |
| 29/15:30 | MIND | 12 | The nature of "not mattering" is fantastic and freeing for this human soul in this changing world experience, in all the parallels and non-parallels actively and passively perceived. |
| 01/15:30 | MIND | 13 | Felt excited to take remedy. Took remedy. |
| 01/18:00 | MIND | 13 | Feeling spacey and distracted. |
| 02/00:00 | MIND | 13 | Feeling calmer. Dinner date with husband. |
| 02/18:15 | MIND | 13 | Felt agitated and annoyed. Wanting to be home. |
| 03/10:00 | MIND | 13 | Nervous and sad to see ill friend. |
| 03/15:00 | MIND | 13 | Tired. Try to nap before plane trip home. |
| 04/00:00 | MIND | 13 | Fun moments with my daughter. Feeling grateful. |
| 05/08:45 | MIND | 13 | Feeling very clear and focused. Looking forward to yoga class. |
| 07/00:00 | MIND | 13 | Today I wanted to clean and organize everything! Going to sleep. |
| 07/07:45 | MIND | 13 | Feel grounded and rested. |
| 07/11:00 | MIND | 13 | Energized and happy after yoga class. |
| 00/00:00 | MIND | 17 | Read email about assigned #13 and got very anxious. Why was I given a known unlucky number. Asked master prover for a new number. Became very anxious. Then I started to wonder if I would like my supervisor and if she would be difficult to work with. |
| 01/20:00 | MIND | 17 | "I feel a little happier." She smiles and looks up with her eyes. |
| 01/21:00 | MIND | 17 | Went to Whole Foods and as I exited I was singing. It is unusual for me to be singing spontaneously without music. |
| 01/23:00 | MIND | 17 | Found myself being more affectionate with my husband. Touching him and talking sweetly. |
| 02/13:00 | MIND | 17 | Physical exhaustion continues but my mind is fine. Legs feel especially heavy like walking through mud. |
| 02/15:00 | MIND | 17 | Rub my husbands back and feel more affectionate toward him |
| 04/22:00 | MIND | 17 | Had great sadness and depression that lasted for a few minutes. Could not define why. |
| 05/09:00 | MIND | 17 | Feel happier than normal. |
| 06/10:00 | MIND | 17 | Have had a long standing issue with a close girlfriend who is moving out of state. Today I realized I was angry with her for leaving me and this was the reason I kept thinking about what she was choosing to do. I realized I needed to see my anger and let it go. Release it and let her go in the process. After that realization I felt more loving toward her and I felt better too. |
| 06/13:00 | MIND | 17 | Husband notices I am more affectionate. More tolerant of being touched. |
| 07/12:05 | MIND | 17 | Had been struggling with a relationship w/a friend, had a big "aha" of forgiveness, now not pissed at her anymore. |
| 08/00:00 | MIND | 17 | Continue to feel overall more happy and less restricted. |
| 09/12:00 | MIND | 17 | she's not noticing much, just overall more happy. |
| 09/12:00 | MIND | 17 | Generally feeling more easy going, not as rigid in thinking about other people, feeling separateness in a freeing way, not gripping so tightly on to other people's stuff, recognizing it's their stuff, not getting all wrapped up in my head with what other people are doing. |
| 09/14:00 | MIND | 17 | As the day went from a sunny to cloudy overcast day I felt myself become sad and slightly depressed. Not sure what to do with myself. Lost some of the motivation I started the day with. The clouds make it feel heavy and oppressed, the air thicker. |
| 10/14:00 | MIND | 17 | Clouds rolled in and again I'm feeling a bit sad, depressed but clouds are lighter and do not feel the heaviness I felt yesterday when they contained rain. Hard to stay focused and feel positive about what I need to do. |
| 11/08:30 | MIND | 17 | Notice that I am unaware of my body sensations. Feel very much in my head and not able to tune into my surroundings energetically. Or maybe I shut my ability down. Not sure |
| 11/11:00 | MIND | 17 | During a case, I found myself focused on the pain and hurt in the case even though there were painful issues of betrayal, seeking revenge, wanting to kill Dad's lover. This was very unusual for me to go to plant kingdom. I was the only plant remedy discussed in the group. Everyone else was in the animal kingdom. How could I not see animal?? |
| 11/16:00 | MIND | 17 | Feel totally exhausted at end of day. Body feels very heavy. Mentally I am shut down unable to think or process. Analyzing cases is near impossible. |

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| 12/10:00 | MIND | 17 Pathology day. I get the concepts, but sit there thinking about how good others are at remembering words and spelling. That is so difficult for me. Struggle even with common words at times and depend on spellcheck and web a lot. My memory seems weak, very weak. How can others be so much more aware of things in the world than me. Where have I been. I feel so out of touch, so sheltered from what has been going on in the world. I may have been aware of events, but it does not register into my memory just floats away. others seem to be able to grab ahold of information and reuse it. I can't. It makes me feel stupid. Out of touch. On the outside looking in that has been a theme of mine for sometime. I am different from others. they don't understand me and I feel left out. Am rarely invited into a group. I am the one who must reach out and make the connection. There is a deep aloneness that comes from this thinking. Do not feel a part of but more separate from. |
| 13/12:00 | MIND | 17 had discussion with fellow student about energy vs. solid state of human being. She seemed very out there, yet I used to always think in terms of energy. Where has that thinking gone. I see too solid, too heavy, not able to connect into my energetic state. |
| 13/17:00 | MIND | 17 My clients really taxed me today. They have deep emotions that seem to pull me in and I have to catch myself before their emotions overwhelm me. I had to struggle to stay detached and look at the situation from a distance so I can understand the whole. I feel sucked into the space, the emotion and get caught in it. My confidence is way down this weekend. Feel incapable of being able to stay above this. I am just not smart enough, capable enough to do this. Everyone else seems so competent. Had to check the spelling of that word! |
| 14/14:00 | MIND | 17 Can't wait for clinic to be over this weekend. I feel mentally exhausted. Completely incapable of analyzing cases or being able to formulate my thinking around remedy choice. I hear myself go blah, blah, blah and see others look at me strangely as if I am not making any sense. I'm way too hung up on getting it 'right' again. What about just giving my thoughts? Does anyone really care what I think? I'm thinking that would be not really. I always thought of myself as a confident person and others thought of me that way too. Was it all just an act? Maybe I really am not confident at all. That is how I feel. I am depressed. Do not believe I can do it right. I feel very stupid and find others much smarter than me. Why doesn't my brain work? I can't remember names, faces, words, facts and this has gotten much worse. We are talking about cases from last month and I can't even picture let alone remember details of the client. How can I function like this. Arghhhhh. I hate this feeling of not knowing of not being smart, capable and competent. |
| 15/09:00 | MIND | 17 Have an email exchange with a close friend that is moving to west coast. I had been very angry at her for moving until I finally decided to 'unplug' from my emotions and let her go do her thing. Once I unplugged, I didn't think about her as often and when I did, it did not upset me as much. Today we were setting up our last get together before she leaves. I responded briefly and she asked if I was ok. I asked why and she said she was picking up on something with me. (not saying there wasn't cause I still have a lot of emotions there) I did not like her invading my space. It pissed me off. I don't want to share my inner thoughts with her. She is leaving me, so I do not want to invest more in the relationship. She thinks our relationship will remain the same. I know it won't as she is moving to a new life and new world. I will be in mine, she in hers. We will not interact on our current level. our interactions will mainly be conversations about what is going on in her life and what is going on in my life but our shared lives will be minimal since she will be 2000 miles away. Over time I feel we will drift apart. She thinks we will always be close. I can see that on the level of the past, but not the future as I will not be in her future only as a memory in the past. |
| 15/10:00 | MIND | 17 At yoga I notice a new connection to my body. Seems like I am not just located in my head but am connected to my body as well. I can think about my body shape and really feel it. It sort of feels good, but I also miss the energetic sensation that usually buzzed through my body. I feel more solid. |
| 16/09:00 | MIND | 17 I have been meditating a lot lately and am currently finding it very difficult to do. My focus is gone, concentration difficult and motivation nearly absent. This has been going on since the beginning of proving. |
| 16/22:00 | MIND | 17 My normal symptoms are flaring up...every single symptom I've had has come back |
| 17/00:00 | MIND | 17 Feeling really blue, depressed, unable to see the big picture of life. Old symptom I have not experienced for long time. |
| 17/00:00 | MIND | 17 Holding and focusing on remedy: circular feeling of hugging like a chain of hugs. There is something energetic in the middle, a seed comes to mind. It is red. We put our hands and arms around it and the next person puts their arms around that person and so on. It is an infinite circle, it does not stop. It is like a world within a universe. It is small within a bigger place invoking awe. It is amazing and indescribable. It is everything. I feel it in my solar plexus. I am in the middle of it and it is self contained, protected. I feel cared for. I feel cool physically |
| 17/12:08 | MIND | 17 "In clinic it was like I couldn't see the big picture and didn't have any ability to do so. I forgot how to connect to clients in a holistic way like I had always done before. Broke down in clinic, crying, the whole thing. No confidence, incapable, depressed. Really a bummer." |

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| 17/12:10 | MIND | 17 | "Today I'm really flighty. In mid-sentence I flip from thing to thing. Really ungrounded. Beep, there I go. Don't think I've stayed in my chair for more than 15 minutes at a time. Not productive |
| 17/12:25 | MIND | 17 | abruptly says "Oh my god, got to go, is it Friday? I'm taking a case. Got to go. Bye." We usually schedule the next time to talk, but she hung up fast. |
| 18/00:00 | MIND | 17 | started taking the pulsed dose due to all the aggravations of symptoms. 2oz of water q 3 hours for 2 days |
| 19/00:00 | MIND | 17 | All noted physicals above started to improve. |
| 20/16:45 | MIND | 17 | Time is distortingly lacking. Not enough of it and I don't use it efficiently. It doesn't flow for me. Today and yesterday I am not synched up with time. Like time is next to me and I'm not synched up with it. It has a flow and I'm not flowing with it. Time is limiting to me, instead of available to me or helpful to me. It's just there and I'm not synching with it. Not able to stay focused or synch in with time, but it's 50% better since taking pulsed dose. |
| 20/16:45 | MIND | 17 | Not as affectionate with my husband as at the beginning of the proving. Don't like Petting and being touched. |
| 20/16:45 | MIND | 17 | Irritated with our relationship (prover and supervisor). I was willing to be flexible. Feel like I didn't get the support I needed. Did not feel cared for. I admit I am not as flexible as other people are. |
| 21/00:00 | MIND | 17 | Ready to be done with this proving. I feel miserable as all the improved physicals are now flared again. I decide to give it one more day. |
| 22/00:00 | MIND | 17 | I am so done with this proving I send master prover an email asking if I can be done. He responded with trying to take a dose in this manner in 4 ounces of water suggesting it is a aggravation. I am out of town and do not have access to do this until Friday. I decide to hang in there. |
| 22/00:00 | MIND | 17 | out of town and when I call my husband he seems distant and tired. I feel like he doesn't care about talking to me. |
| 23/00:00 | MIND | 17 | Call husband again. He seems very short with me. I wonder if he loves me as much as he says. |
| 23/00:00 | MIND | 17 | Call a friend and leave a message. I'm feeling like I put more energy into my friends than they do. Feel I do not have many friends and am lonely. |
| 23/00:00 | MIND | 17 | Have massage with new therapist. She does not talk to me or engage me. As she begins to rub neck I feel there is no connection, no love or concern for me. Just a job. I have to ask her to stop rubbing neck as it is uncomfortable and do not feel she is connected to the experience. She comments that she just about accomplished what she was trying to get to. The massage continues and is more of the same. No connection, no concern. The worst massage I have ever had. I am slightly angry, but more just thinking about how you have to have heart in things or it doesn't really count. thought about how I need to have heart when case taking too |
| 24/00:00 | MIND | 17 | Feeling very lonely and sad. Can't motivate myself to do anything. Return from trip and decide to take pulsed dose for symptom relief. |
| 25/14:00 | MIND | 17 | Talk to close friend she is leaving town for good. I am very torn about how to be with her. I have spent a lot of time grieving the change in our relationship. She kept trying to tell me how it would be the same but I have had enough long distance relationships to know better. Today she finally admits it will change but still can't understand why I am taking it so hard. None of her other friends are taking it like I am. I inform her that it is how I am. I give my heart deeply and it hurts me deeply when a relationship I care about ends. Not that it will end, but there is an end in the change. I become aware of how hard change is for me. I know I need to flow though life in order to be happy and yet it seems very hard for me to do. I can logically talk myself though it, but it is difficult. It takes years to develop deep friendships and I only have a few. She was one of them and will be missed. I feel lonely. |
| 26/00:00 | MIND | 17 | Feel closer to my husband and try to be lighter and have more fun. When the tense builds I can react with a light comment instead of anger back at him. |
| 26/13:00 | MIND | 17 | talking to friend and find out she is going shopping. I ask if she wants company and meet up with her. Have a really fun time. I feel full and complete after spending time with her. |
| 26/15:00 | MIND | 17 | Notice I speak loudly, with intensity and hand gestures when I get passionate or excited about something. I also feel like I am not in control of my voice or pace of my breathing. I can't look at people in the eye when I do this and instead look off to side. I am not calm or confident when I do this and don't like how I feel. My mind feels scattered and it is difficult to stay focused and say what I am trying to say. This seemed to be heightened after each time I pulsed the remedy. I could see myself doing this, but couldn't stop it and become calm |
| 27/00:00 | MIND | 17 | this is something that has happened many times. Whenever someone is doing something where someone could get hurt, I always anticipate the possibility of getting hurt and tell them to be careful and maybe add how they could do it in order to avoid an accident. I can't bear to see people hurt. I don't like shows/movies if injury or death is shown and looks real. I will leave, not watch or at least close my eyes to avoid. |

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| 27/12:00 | MIND | 17 | My girlfriend is moving to WA state, she's my bestie for the last 10 years. Finishing it up, saying goodbye. I give it my all and then I have to grieve the change. She didn't get it. We won't be shopping, dining, celebrating holidays. Physical separation is really hard for me. I need to have "time together". I was tearing up and feeling like a little girl. I was like "wow". Literally standing there, really strange, deep emotion. Had to work through it, unplug, disconnect from her. Too painful to stay connected and feel as much in my heart as I feel for her. Was angry, then thought, this is stupid that I'd be angry with her...not being a very good friend. To be a good friend I should be supportive of her. Just too painful for me. Had to disconnect in order to be happy for her. Our relationship is different from this point on. In my mind it ended. Had to put a block up around my heart. Protect my heart. Had to realign my emotions. Just said the words, but they're not my feelings. Feelings are deep pain and loss. This says something about how I make relationships. |
| 27/12:00 | MIND | 17 | No change after the first pulsed dose. Still fidgety and unproductive. Today, after the second pulsed dose, I woke up pretty good, was productive, have had a good morning so far, much more settled, less nervousness and anxiety. When I do more I feel more valued. I like to have value in the work I do. I like to add value. I try to add value in relationships. When I don't sleep I'm not productive. I'm in a "get through the day" mode. |
| 27/12:00 | MIND | 17 | How do you END a proving? |
| 28/00:00 | MIND | 17 | feeling more normal and happy again. Can focus on work and feel organized instead of scattered. |
| 29/08:00 | MIND | 17 | After waking up I notice I am very sensitive to loud noise or voices. Things seem too loud until I have had a chance to fully wake up. Although I am always sensitive to noise, it is just worse in morning. |
| 30/12:00 | MIND | 17 | Aware of myself speaking loudly. If it's something I'm passionate about, with emotions attached to what I'm saying, I kind of go up into my head, sort of disconnect with my body, almost like I lift off. Not in my body, kind of comes up through my chest and gets into my head. Can feel intensity of this emotion coming out and it's not in my body - almost observing this from the side. Like "oh my god, I'm speaking so loudly, why don't I calm down. Get back in your body again. Breathe in deeply, get a handle on this, you're out of control. Everybody must be seeing me!" It's about being observed and not grounded. |
| 30/12:00 | MIND | 17 | Irritated with husband 5 days ago. Everything he was doing was irritating me. Not unusual, same stuff that usually irritates me. Was about not giving me attention. He thought I was being bad and I thought he was being bad. He didn't want to be bothered. I wanted him to deal with my needs. it was household stuff...watering lawn, finishing the landscaping. It was a crazy conversation about nothing. |
| 00/00:00 | MIND | 18 | anxiety attack 5am wake up, racing thoughts and can't sleep |
| 00/00:00 | MIND | 18 | inauspicious. Trying to be a prover, receive and send communications about it and finding the right times proved difficult and unusually messy. I rarely have communication problems, and yet there were emails not received or not sent. I labeled this as an inauspicious beginning. I had the same feeling receiving the remedy and when I held it first in hand. I felt a sense of excitement and adventure, and there was also this hesitation...it felt like chaos. I wasn't sure I wanted to welcome more chaos into my life, but accepted the task as a temporary measure and wondered if this chaos could equal the chaos I experience internally? Inauspicious meaning this beginning seems convoluted, twisted and unusual, and it made me feel hesitant to taste the substance. There was a struggle to be a part of before the proving even began. "hesitant to taste:" there was a pause, a feeling I should reflect on the power of the substance. I didn't feel fear or dread, but an awe and respect. Part of me was unsure and trepidations, and part of me was wanting to throw myself into |
| 00/00:00 | MIND | 18 | no feeling before taking the remedy-- here we go |
| 01/16:00 | MIND | 18 | Playful light hearted feeling (not silly) playing game with kids, like I was loose |
| 01/22:00 | MIND | 18 | The vertigo is not a usual feeling for me. My response to it is not concern, it's just an awareness, no discomfort. I'm surprised by my lack of reaction to the strange sensation of my head. I usually am disturbed if I feel vertigo and want it to go away urgently, but I'm unusually calm about it |
| 01/23:00 | MIND | 18 | When I laid down to go to sleep, I had a vision of what looked like a cat's mouth, like a lion, and then it came into full view and it was a painted face, and there were clowns jumping around frolicking. I only write this down because I'm not fond of clowns, nor has this vision ever occurred to me, it was strange. I normally want to take clowns out, they shouldn't exist. There is a playful silliness--stop that, why is your face painted white? |
| 02/09:30 | MIND | 18 | Feeling unusually calm about things that usually stress me out. I can feel the usual me starting the stress, but it doesn't express. I can feel the feeling of anxiety start with thoughts in the pit of my stomach, but it doesn't rise to the surface, up the physical body, nor does it rise to my consciousness. It stays hidden in the background, like a warm blanket is wrapped around me, insulating me from the stress, and the overall effect is I feel relaxed |
| 02/14:00 | MIND | 18 | I was talking and interrupted, and normally, I'd yield, but I was assertive in speaking out in a non-aggressive way, of stop interrupting me. I wanted to get my point out and was really overly excited about the trip I'm planning, a giddy feeling that isn't normal for me. Giddy, not silly, but a feeling more of light carefree |

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| 02/16:30 | MIND | 18 feeling of apathy? Like when there is important things, I feel I don't care, or it doesn't matter. Not a depressive feeling of hopelessness, but a more carefree, "whatever" feeling. (totally not me) |
| 02/19:30 | MIND | 18 I don't have violent impulses anymore, and I'm missing them. I have a really witty internal edginess that most people don't see, and I just realized today that's missing, and I started to miss my humor today. I feel way too easy going, which I usually am, but this is different. I stopped at a restaurant and ate when I was so hungry and spent a lot of money which I normally would allow myself to suffer through it to save the money I'm surprised at how relaxed I am. I'm actually trying to be stressed about it. It's like the discipline is gone. |
| 02/19:30 | MIND | 18 I realize I'm super present minded, things are really clear, and I'm totally engaged with conversation. I have a normal tendency to day dream, go away, or think internally. I've been able to really pay attention to conversation. Present mindedness is the best expression for what I'm feeling. Clarity in things stand still, things seem still. my usual is to daydream. think and move. |
| 03/11:00 | MIND | 18 I don't feel panicked, I am way too easy going and I feel like I lost my edge..impulses like thinking about duct taping people's mouths, desire to eliminate them, or take them out, tearing the house from limb to limb, nothing like stabbing or gross morbid stuff, and this is used to relieve the stress I'm in so it usually humored me in an awful situation, and I was realizing this impulse was not there anymore, it was like my mind did not respond to situations I may normally find stressful and think about something funny are not there--I have more apathy, I have a different response to people, I am more present and it's not me, I would have a violent impulse well tucked away but it isn't there right now. |
| 03/11:30 | MIND | 18 daydreaming--I'm not here, what should I think about? There is a lot of space and emptiness...I miss my large imagination. My mind feels blank, I usually have the answer, I couldn't remember how to spell though. My daughter asked me and I am usually the one with all the answers and I couldn't answer it correctly |
| 03/11:30 | MIND | 18 feel very relaxed--anxiety is a normal tendency and it isn't present, I am more easy going |
| 03/11:30 | MIND | 18 I have all this time, I don't feel rushed, it has taken the edge off I'm not being diligent about getting back to clients |
| 04/00:00 | MIND | 18 so relaxed-- didn't take notes @ school...didn't bring fancy clothes to school- no jewelry or lipstick |
| 04/00:00 | MIND | 18 I felt very underwhelmed by my response to the remedy. When I initially got the remedy, and had all the mishaps trying to arrange a supervisor, and emails went missing (which rarely happens) and there was some miscommunications, I had an inauspicious beginning. when I received the remedy, I felt chaos and confusion, and didn't anticipate a good response. However, I thought since my life is so chaotic, maybe it will have a healing affect. I have not felt that underlying anxious feeling that haunts me, especially when I wake up in the morning to intense anxiety and rushing thoughts. since I took this remedy, that's all settled down, and I have this chilled out feeling. is this a healing affect? chaos on chaos? I was really surprised by how subtle the affect is. I was so underwhelmed |
| 04/06:46 | MIND | 18 I wanted to take more remedy because I woke up with anxiety and felt like it was wearing off. I was so frantically searching for it, I couldn't find the dumb bottle I got so frustrated. I looked everywhere. I thought maybe I wasn't meant to take it, but I felt like a drug addict thinking, I need more of this remedy, and I need it now! I was NOT giving up before I went to school. I found it and retook it and I felt so much better. In fact, on the way to school, my mom commented that she never ever heard me so chatty in the morning. (I'm usually very internal, especially in the am) I didn't realize how chatty and bubbly I was. The anxiety totally went away. I had a fear, what if I have to stop this remedy some day? What if it runs out? It didn't feel good to think about this. I don't have an addictive personality and quite disciplined and this is an odd feeling for me to feel dependent on something, and makes me uncomfortable, like I could start something I can't stop. There's some fear related to these thoughts. |
| 04/09:00 | MIND | 18 More chatty and bubbly- esp. in the morning. I usually take a step back but I was more engaged then usual. |
| 04/10:29 | MIND | 18 I feel so non-connected to class. I'm sitting here, hearing the lecture and enjoying it, but have no desire to really dig into the material, feel so much more relaxed towards it, and slightly amused about how non-committal I am. So unusual. |
| 05/00:00 | MIND | 18 Fears come about not being able to take the remedy again. Very peculiar --like a addiction. I don't know what addiction is like, it's what I imagine addiction to be like. I need this substance NOW, and I can't think of anything else until I get it. This is a similar feeling to the ravenous when hungry. |
| 05/08:00 | MIND | 18 so focused and engaged, went out late last night without checking in with my mom or kids whoa! I am normally engaged in my thoughts, as a single mom having to do all that I have to do with my practice, not now, I am totally engaged. I'm so engaged in the present movement I am like whoa!! |
| 06/10:15 | MIND | 18 I am chipper and chatty in the morning--blurring stuff out I am playful and soft |
| 06/11:00 | MIND | 18 "when you see God you will forget all else" heaviness prevents the expansion into the voic |

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| 06/11:00 | MIND | 18 crown chakra : balloons, light, gay (old fashioned sense of the word). Intense light near death experience like. Intense light, wanting to connect to the intelligence of that light, connected. Disconnect. Separation. Comfortable in the face of the unknown. As if a tiger would be walking through the forest and sensing danger but not running away. Buddha ways "all is as it should be" Effervescent light, freedom to just be. You may not like the presence of danger but free from attachment. Not feeling, not running from it, just <u>being with it</u> |
| 06/11:00 | MIND | 18 I live to dance, love to dance, music just moves through me normally, last night just sat with appreciation of the light. Sunlight, beautiful hum, intense light. The heaviness of having to stay grounded here. Heaviness, staying heavy. |
| 06/11:00 | MIND | 18 I notice that even though I'm present minded and can focus, I am not aware, or I don't pay attention to more important things, like follow ups with clients, calling to check on the kids, or paying attention to when I need to urinate. <u>more the important things</u> |
| 06/11:00 | MIND | 18 normally really intense and edgy and funny and engaging but I am chatty Cathy I feel like I have all the time in the world, I usually feel like I don't have enough time in the day. Vast amounts of time, things just flow. |
| 06/11:30 | MIND | 18 noticing I'm making a lot of typos and spelling errors, and even a lot of errors when writing, I can't spell, or even write the letters, or leave out letters in words. I usually don't experience this. |
| 07/00:00 | MIND | 18 I took my 3 kids and mom on a trip to South Dakota I've been planning. I just started driving from school without consulting a map! I was heading to north Dakota by mistake, and by chance called my dad at the same time I had to turn off to go south. lucky break, it just works out was my thought. My dad was distraught that I'd be so irresponsible, and it's very unlike me to go on a trip without an itinerary, or reading extensively about the sights we'll see. I just had an "idea" in mind and went on a whim. This also stressed my mom on the trip, in which I didn't respond to at all. I maintained my really detached state. |
| 07/00:00 | MIND | 18 still very chatty in the car and cheerful with the kids despite the sibling stuff on a long road trip. Able to maintain cheerful attitude despite the odds. |
| 08/00:00 | MIND | 18 time. There is like no concept of time. I don't care how long it takes to get places on the trip, and in no rush at all. I've lost all sense of time and its necessity. There's like this eternal amount of time and I'm not on the clock at all. |
| 10/00:00 | MIND | 18 it all works out. I didn't budget for the trip and just took out \$600 from the bank. I arrived home with 12\$. It just worked out! My mom was so freaked out I had not planned the hotel cost, gas, didn't think about food, and all the tourist prices, and I was just flowing, I knew it would all work out and I came home with just enough money. |
| 11/00:00 | MIND | 18 very comfortable addressing behaviors and attitudes and words I don't like in others. And I truly don't have any concern about the consequence of saying it. I'm usually extremely tolerant, yielding and patient with others. I am not aggressive about it, but right on the spot, assertive and matter of fact on this remedy. I call it out. The things that could bother me don't, like criticisms from friends or family, or idle chit chat that drones on, I'm fine with on this remedy. I'm unafraid to vocalize injustices I see and readily drop it once I've said something. I'm liking that. It's like I won't let things slide, and it's interesting to see what I'll call out on the table and what I'll let go. it's usually when there's something that is not accurate that's being conveyed, or wrongly accused for example, or behaviors that are unkind to others. |
| 13/00:00 | MIND | 18 forgetful of words! Errors in writing, speaking. I can stammer when I'm deeply emotionally upset, and I'm having that hesitation in speech really frequently and can't think of words when I'm talking to clients, and this is very frustrating, or writing during the case and can't write the stupid word, spell it wrong, or write the wrong word in place of another word I intended to write. |
| 14/00:00 | MIND | 18 I didn't call to check on the kids while I was out with my friend, and my mom was mad about it and called me rude and irresponsible. This is out of character for me, who is usually super pleasing and diligent about the kids. Every time my brain said I should call, I responded inside by thinking how much time I had, and that I had plenty of it to wait to call later, but later came and I had not called and I was on the way home. mom admitted it was peculiar for me not to call. normally I would have felt really bad, but I responded with an unusual detachment to her anger, which I found disproportionate to the situation. I even confronted her gently but directly, which I usually just let things go. she didn't like it, but it passed and I was unusually cheerful coming home to this type of judging energy. |
| 14/00:00 | MIND | 18 I usually love dancing. I went to a club with a friend and heard a live band which played music I normally love. I am usually always dancing and let the music move me. I felt distant from the music, really enjoyed it and refused to dance, and even refused any man who asked me to dance, which I'm usually pretty agreeable to if they are not drunk and seem well intended because I know how hard it is to ask someone. |
| 15/00:00 | MIND | 18 "I dare to taste!" |
| 15/00:00 | MIND | 18 "When you see God you will forget all else." |
| 15/00:00 | MIND | 18 As if a tiger would be walking through the forest and sensing danger but not running away. |
| 15/00:00 | MIND | 18 Buddha says, "All is as it should be." |

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| 15/00:00 | MIND | 18 | Comfortable in the face of the unknown. |
| 15/00:00 | MIND | 18 | Crown chakra: balloons, bubbles, light, gay (old-fashioned) sense of the word). |
| 15/00:00 | MIND | 18 | Effervescent light, freedom to just be. You might not like the feeling of the presence of danger, but free from attachment. Non-feeling. Not running from it, just being with it. |
| 15/00:00 | MIND | 18 | feel like I have all this time to do stuff, not on the ball, usually so responsive and I am not the efficient machine I usually am..there is all this time! |
| 15/00:00 | MIND | 18 | Head felt like a balloon, curious, my head could float away like a balloon. Heaviness, keep the balance. |
| 15/00:00 | MIND | 18 | Heaviness prevents the expansion into the void. = |
| 15/00:00 | MIND | 18 | Heaviness, staying heavy. |
| 15/00:00 | MIND | 18 | I am normally absorbed in my thoughts, a single mom, having to do all that I have to do with my practice, not now, I am totally engaged. |
| 15/00:00 | MIND | 18 | I feel like I have all the time in the world; usually I feel that I don't have enough time in the day. Vast amounts of time; things just flow. |
| 15/00:00 | MIND | 18 | I got into my friend's car to go to coffee and said, "I'm not dressed and I don't care" she hasn't seen me on this remedy yet, and she remarked how odd that was for me to be so carefree. She said, wow you look so relaxed and chill. What's up with you? I didn't care. I was super chatty and didn't dwell on anything bad in my life in conversation. In fact, I have so much bad happening in my life, it is unusual I wouldn't chat about it with my closest friend. It didn't occur to me to speak about it. I find that I feel grief about it only rarely this last week, and the anxiety is there, underlying, but in this deeper place in my gut, and not on the surface. She observed this was the perfect timing for this remedy |
| 15/00:00 | MIND | 18 | I had monster head kids, I took the remedy and had a top heavy feeling on my head. |
| 15/00:00 | MIND | 18 | I live to dance, love to dance, music moves through me normally; last night I just sat with appreciation of the light. |
| 15/00:00 | MIND | 18 | I normally have violent impulses, I've lost them!! |
| 15/00:00 | MIND | 18 | I went out last night, I didn't call my mom or my kids! I was out late without checking in! Caught up, so focused, so engaged, whoa!? |
| 15/00:00 | MIND | 18 | I'm so engaged in present moment I am like, "Whoa!?" |
| 15/00:00 | MIND | 18 | Intense light near death experience like. |
| 15/00:00 | MIND | 18 | Intense light, wanting to connect to the intelligence of the that light, connected. Disconnect. Separation. |
| 15/00:00 | MIND | 18 | I've looked through my journal, and I swear entries that I made and typed, I cannot find them. This is part of that energy of this remedy. I had to struggle to be a prover, and find a supervisor, and then emails got mixed up, which never happens to me, and then it's happening with clients. I've gotten emails, you have not responded to my last 2 emails. I find that in my head I answered them, but I literally didn't type those emails and press send. The same in my journal. I thought about what I would put in the journal, so to me, it is so...or it is done. Therefore, I physically didn't do it, but I don't recognize the difference. It's making me a little mad (crazy). Did I actually do it? did I think about it? or did I dream it? which is the true reality? |
| 15/00:00 | MIND | 18 | Listening to teenagers music (stuff I hate). |
| 15/00:00 | MIND | 18 | My mom said, "How dare you do this proving now!?! You don't know what this substance will do to you? Why are you welcoming this!?" |
| 15/00:00 | MIND | 18 | Normally I'm really intense and edgy and funny and engaging but I'm chill chatty Cathy |
| 15/00:00 | MIND | 18 | noticed I've made agreements to see people, and I haven't written it down on my calendar, and I never remember unless it's on my calendar. And it's all worked out. My other friend reminded me we were meeting this morning, and it all worked out, I didn't schedule clients. but then I thought, that wasn't very responsible to me or her. I spoke to my supervisor today, and forgot she was calling me on Monday. I didn't write it down, nor do I feel moved to do it. I just figured it will work out, if she calls I'll figure it out. I just told her to call whenever on Monday, didn't even look at my calendar. didn't feel moved to call last week at all. plenty of time ahead for that! |
| 15/00:00 | MIND | 18 | Overall, feelings a struggle to get to be a prover and to get a supervisor; this is in auspicious. I got the remedy and felt chaos. I don't want more chaos. This inauspicious feeling and I was underwhelmed by my response. |
| 15/00:00 | MIND | 18 | Sunlight, beautiful hum, intense light. |
| 15/00:00 | MIND | 18 | The heaviness of having to stay grounded here. |
| 15/00:00 | MIND | 18 | the thing I don't like on this remedy is the relaxed nature of it, the essence of there is so much time. I find I'm not at all diligent with my follow ups on cases, don't follow through with the kids sometimes, and I have a central states conference lecture this Saturday and still haven't started the lecture notes! I've lost my edge! is it gone forever? and as I type those words, I have such a relaxed notion, I think I should be scared about it, but I'm simply not! I'm not biting into stuff that provokes fear. yet I'm not like a fearless skydiver either and don't feel like drinking mountain dew. (joke) |
| 15/00:00 | MIND | 18 | There is this other person inside and it's intense. |

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| 15/00:00 | MIND | 18 | When I took the remedy, the instant the back of my skull started tingling like an opening of a chakra, the crown chakra opened, more like in the front. Unbalanced kind of feeling. |
| 15/00:00 | MIND | 18 | Thoughts from conversation with master prover. "When you see God you will forget all else" and heaviness prevents the expansion into the void" God, meaning all that is, profound connection and understanding. The void is the inner connection of everything, it's all there is, it's the medium between dependence and independence. There is such an attraction and pull to this state of mind, reality, (like head as a balloon floating away) the heaviness keeps one in place as a protection to not lose oneself or go out into chaos and never come back. There is anxiety that I could be lost, and it also feels so appealing I want to go and never come back |
| 15/00:01 | MIND | 18 | Not apathy. |
| 15/00:02 | MIND | 18 | Engaged and present. |
| 15/00:03 | MIND | 18 | Surprised. |
| 15/00:04 | MIND | 18 | I'm not sure that it's cure, I had an intense anxiety attack, I wanted to redose!! I couldn't find the remedy. |
| 15/00:05 | MIND | 18 | I am chipper, chatty in the morning; blurting out! |
| 15/00:06 | MIND | 18 | I am playful and soft. |
| 15/00:07 | MIND | 18 | I don't have an addictive personality, but I've got to have it! |
| 15/00:08 | MIND | 18 | That's the same as eating, ravenous, blurting out in class, "I'm hungry! I've got to eat!" |
| 15/22:00 | MIND | 18 | refused to dance and be approached by men, no problem setting boundaries, I am very clear ...life is clear, a clarity |
| 22/00:00 | MIND | 18 | there is always a level of anxiety with everything changing in my life but I feel so chill...not my usual form...I am speaking from my heart and am really real, not hyper anxious--- I feel that this is curative--not sure how to respond to the energy |
| 25/00:00 | MIND | 18 | Prover has a stressful time coming up in Oct and plans to take a redose of the remedy as she feels it is curative |
| 01/13:10 | MIND | 19 | (start of proving as we sit and wait for the remedy to start expressing itself, I ask the prover to tell me a bit about herself.) I grew up in Northwest corner of Minnesota. So did my husband. I've been in Public Relations for many years, but recently quit. My husband and I are moving back to Northwest Minnesota to start a micro-brewery. |
| 01/13:10 | MIND | 19 | [Prover is gazing off a bit. So I ask what she is experiencing] Feeling like I'm waiting for something to happen. Never proved before so want to notice something. My husband and I are always talking about "what are the dogs thinking?" Are they thinking this or this? |
| 01/13:20 | MIND | 19 | I feel calm, alert, still. Pretty consistent with how I usually am. Such a sense of anticipation, yet calm. Like looking around the corner to see what's next? Guess I'm thinking, I'm thinking a lot - noticing, wanting to feel something. My mind is dominating the conversation. The email from the proving team said to pay attention to what you're feeling because it could be subtle. I noticed the all CAPS in the email - so I'm being mindful of that and the videos I watched about doing provings. This is so what I do, okay, I can think about it (the information) this way or think about it that way. I'm careful what I think because it can be a self-fulfilling prophecy |
| 01/13:25 | MIND | 19 | I think, how interesting to take something (the proving remedy) or to notice what movies I am drawn to see, to notice my emotions, my interests and be mindful of it all. Traditional medicine is all physical. Homeopathy is intriguing to me because it's interested in where the mind and emotions are going that make up your being. The proving videos saying to be mindful of movies you see - intriguing to me - mind and emotions. Appreciate that homeopathy is more holistic, as opposed to taking medication to solve the problem |
| 01/13:30 | MIND | 19 | [Hand gestures - both hands cupped open with fingers spread apart (as you would open your hand up to place on a jar that needs opening) held up in front of her, hands facing each other and rotating (like each holding the ends of a same jar, but rotating different directions).] My mind is active - I'm a thinker. In strength finder - my strength is intellection. My hobby is thinking. Intriguing how powerful the mind can be. If good is great, more is better. [Hand gesture - both hands open and close like a clam] |
| 01/13:30 | MIND | 19 | My fear is, am I really feeling this or overthinking. I overthink. I'm too close to it. My strongest categorization of self is thinking. Content to sit and thin or plan for hours. [What do you think about?] It's future focused or improvement focused. [Hand gestures - opening the jar/rotation again followed by hands flipping side to side as she says] and the either/or. Could be house project, career, vacation planning. Or, abstract looking for patterns that will reveal something about me. I'm interested in the aesthetic, art, visual interpretation - visual prettiness [Hand gesture - jars] Like to make things beautiful, appealing to the eye. |

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| 01/13:30 | MIND | 19 [what do you mean?] Usually domestic, having a nice, calm house. Space is important - a pleasing, uncluttered, calming. Even just like clothes, looking nice, interesting accessories. Not in a material way, just creative way - I like the unexpected in general. If things are boring, that doesn't interest me. I'm drawn to things, people, situations, and lifestyles that are unexpected. A good example is that my husband and I both quit our jobs to move to the NW corner of the state to start a microbrewery. I thrive on non-traditional. I thrive on geography that is flat, open, poetic...beautiful in a non-traditional way. A place to go in the winter and there's nothing - that's appealing. Could sit for hours and think about things for hours, like how to make things for the new business. How to make a logo that is unexpected, the launch, public relations, etc. How to make it all as unexpected as possible. It's a constant battle against boredom. Unexpected will make it successful. |
| 01/13:30 | MIND | 19 I'm the kind of person if some is good, more is better. |
| 01/13:30 | MIND | 19 Aha moment is like a jolt of adrenaline, especially at work. Looking for the big idea and realize the big idea is the unexpected. Sort of a vision quest to find that big idea that's original or knit together to sell the idea, message or service. Twenty year career in public relations for education and public health. It's about persuading people to see things a certain way. It beat the life out of me. So much more contained. I have a physical response, it's exciting to light on something. Addicting because I get bored easily. Finding the big idea is a little rush of electricity. My friends are a mini-focus group; I enjoy that a lot. |
| 01/13:30 | MIND | 19 Did strength finder last summer. I believe if I'm doing what I'm supposed to be doing and it flows versus sucking at math, so have to work hard...I reject that philosophy. |
| 01/13:30 | MIND | 19 That beauty thing (hand gesture with like rotating a jar lid) - aesthetics - I'm done whis work in communications for twenty some years. Was writing a weekly column for the school superintendent. It was due every Friday at noon, and every Thursday I would think "what if I can't write something?" I'd get worried, worked up and cranky. People would say "you're such a good writer," but I hated it, I hated it. I'd have to talk myself into it, be the New York Times columnist of it to talk myself into it. Last six months was hell - no flow. With writing I can argue both sides of everything, never any certainty. On the flip side I can be unequivocal, unapologetic - catty almost - saying you're just wrong, because I'm absolutely certain in my opinion. This is how it's supposed to look and I see how it looks - easy to put together. Best job I ever had was as a window dresser. I was working with actual things not words - in the flow of being creative aesthetically vs. writing. Never felt the flow in writing (hand gesture of up and down). It was a pretty narrow niche. The flow aspect - if you do what you're good at things just come together - just humming along. The energy helps you along, spurring you along (hand gesture of moving upward). Always the universe telling me things so I watch for signs, serendipity. We're meant to be in the flow. |
| 01/13:30 | MIND | 19 I surround myself with like-minded people. Search out the unexpectedness in people, in friends. I'm looking for those connections and signs. Also think about the concept of improvement in my friends. Life could be better. Interested in a journey (hand gesture of moving upward and going forward versus static and fine the way it is (hand gesture of moving downward)). |
| 01/13:30 | MIND | 19 My husband and I are so like-minded. My favorite image when I get bogged down by personalities - he'd tell me the idea of being on the river kayaking - whitewater - and moving through these rapids. Don't let things like a rock or branch (hand gesture - hits hands together) stop you. Move around it, flow, even if you have a plan. It's how you react, not letting it throw you off your course. Be that thing on the river, flow on the river, don't let it stop you. Whether in whitewater or a twig on a stream. That image is calming to me...better than being on the shore. |
| 01/13:30 | MIND | 19 We're in the logo stage of our new business. Lots of anticipation there! Excites me to think about it. Having more time on my hands than I normally would, so I overanalyze. Like noticing when the clock says 1:11, makes me think of the Steeley Dan song. (As supervisor, I mention that 1:11 is about "watch your thoughts as they are manifesting.") I'm interested in #13. In starting the business the location is on County Road 13, we're starting it in the year 2013 and during the 13th year of our relationship. I like the association with bad luck because I'm a contrarian. |
| 01/14:30 | MIND | 19 Hmm. Don't notice anything, just a sort of calm. It's very still in the room, more still than usual. I don't spend time being this present to what I'm feeling. I'm usually thinking. This makes me notice how still the room is. I appreciate it. I should do this more often. I feel a sense of appreciation of how still it is. Just so present to really stopping and being aware of what I'm tasting, smelling, hearing, how my body is feeling. (prover is leaned back on the couch, very calm) I think it feels more awkward, more comfortable. A distinct sense of appreciation that this is a good way to feel versus darting around in my mind, checking email, cleaning, doing things versus being present in this moment. (How is that for you?) I really like it. I should just meditate daily. Appreciate the stillness of the room, the stillness in my mind, the stillness in my chest, the stillness in my body. Just quiet and still, just observing. (describe the stillness) Pleasant, expansive, open. Quiet, I appreciate the quiet. Almost like the quiet feels like sound, but in an enveloping, comforting sound. Peaceful, very relaxing. Very observant, non-judgmental. Observing and just letting them be, not making an assessment. |

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| 01/14:30 | MIND | 19 (the prover and I sit quietly for a while and then I ask what she has been experiencing during that time) Appreciating the stillness, not thinking of anything. Looking out the window. Very much here, present to this room. Biggest difference is that usually when I sit I'm making a judgment about my surroundings, that something should be different. Now, I'm just present to the IS of it all, not assessing the value of it. That's different. Always something should be doing, mover the dog toys or whatever. |
| 01/14:30 | MIND | 19 Even with my free schedule there are so many distractions to being present. I don't do that. If I'm at the gym, it's the opposite but the same. I'm on the treadmill with music. If I'm in the zone, running, doing I'm not aware because I'm so focused, focused, unwavering focus. Moving fast but don't notice. The opposite because I'm usually moving fast, loud music, fast heartbeat. Different path. Same quiet. Usually looking up things on the computer versus sitting and focusing on the leaves out the window. Not thinking, I should trim the trees. No thoughts about something should be changed. Kind of nice. |
| 01/14:30 | MIND | 19 What's most striking is the balloon, that taste of latex balloon. Tactile feeling of a balloon. Don't know the last time I blew up a balloon. Right at the beginning a calm. By nature I'm not a calm, still person. |
| 02/15:08 | MIND | 19 Calm, clear, alert. In a way it's unusual that my mind is this calm, clear and alert. I'm typically more scattered or bored. My general state can be bored. This feels calm, clear and alert in a satisfied way, there isn't a longing for something else, there isn't a judgment, absence of judgment or assessment of the situation; no proclivity to expand, change or alter it. And doesn't feel at all muddy; all alert and clear. Relaxed and calm |
| 03/14:30 | MIND | 19 I'm anxious.... (words of prover) |
| 03/16:55 | MIND | 19 Calm, clear, alert. The same as yesterday. |
| 03/19:00 | MIND | 19 Spent a lot of time outside today, more than usual. I spent much, much more time outside today than in the last month. Felt enjoyable, fulfilling, reinforcing of the calm, clear feeling; felt like where I was supposed to be. Just stopped and looked out at the yard, feeling very appreciative that it is September. Feeling of this is great. The pause of appreciation. It was nice. |
| 12/00:00 | MIND | 19 Experiencing really, really vivid dreams. I don't typically remember my dreams. They are wild. |
| 12/00:00 | MIND | 19 I felt I needed to get it right so my friend and his partner wouldn't feel like I ram sacked his room. It was a sense of urgency, racing against the clock. |
| 12/00:00 | MIND | 19 Overarching experience of anticipation, hoping that they would like the hotel, and then picking up their room, before they get back. It wasn't a negative do much as hoping that they would have fun. |
| 12/00:00 | MIND | 19 Image of metal pewter. Pewter blue it seems like a Colonial pewter candle holders, wall ornaments, flat on the back, with a candle abra, the candle itself was pewter blue. The name of the candles was pewter blue. |
| 12/00:00 | MIND | 19 The sheets in this hotel were pewter blue. Just the word pewter makes me think of those candles and candle holders. |
| 12/00:00 | MIND | 19 They are like admiration. This is really hard to describe, they are inanimate objects, they were pretty, unique and I hadn't seen something like that before. No feeling associated with them aesthetic, aesthetically pleasing, as it complimented the silver color. |
| 12/00:00 | MIND | 19 Image of the metal silver. Silver, like a silver cup, like with a handle, not a heavy silver, light silver, the metal has been pressed there is a beaded edge to it. It's more of a decorative element to put on the shelf just to look at. |
| 12/00:00 | MIND | 19 I'm over thinking, censoring... |
| 12/00:00 | MIND | 19 Amber colored bottle, the glow... |
| 12/00:00 | MIND | 19 Beauty is in the eye of the beholder. |
| 12/00:00 | MIND | 19 Beauty and aesthetic is important to me. |
| 12/00:00 | MIND | 19 Deep breathing is such a necessary and important activity. This was over thinking. Over the last 12-days I have had a few instances where I have taken a deep breath and it's felt so good. |
| 12/00:00 | MIND | 19 I feel that there is a right way to do this process, therefore I censor. |
| 12/00:00 | MIND | 19 I want to shape this process, censor it, and structure it. I want a structure. I feel there is this profound experience I am seeking and I will explain it away. |
| 12/00:00 | MIND | 19 I will have a thought and a whole slew of thoughts rush in behind it. |
| 12/00:00 | MIND | 19 I don't know how to do. |
| 12/00:00 | MIND | 19 I feel dumb. It's uncomfortable and embarrassing. I want to structure this. I want to do it right. |
| 12/00:00 | MIND | 19 I get angry and irritable and dismiss and disengage. This is dumb. I'm not going to do this anymore. Disengage completely: closed off, slouched back in the chair, looking away, no eye contact, thinking about something else... Distract myself with anything else, disengage, read, anything, distract. |
| 12/00:00 | MIND | 19 Structure is like a candle that was put in the sun and hot, it is a Salvador Dali candle, surreal, hanging over the side of a table or something. |
| 12/00:00 | MIND | 19 Explore disengage and imagery further. |

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| 30/08:08 | MIND | 19 | Heartland was located, so I remember being really worried that Heartland closed, too. And I checked my phone and sure enough it had all closed, but now the restaurant was relocating to another shopping mall. |
| 01/10:00 | MIND | 20 | Sense of calm and compelled to look. I notice the clouds all day. The light, color contrasts the many holes in the sky against a blue background or layers of clouds. Some look like caves with depth that you can see through, instead of darkness or a back cave wall you see through a textured tunnel to the sky or sea. There are fields and fields of clouds. Makes me want to paint and write and have no schedule except to be in weather. |
| 01/10:00 | MIND | 20 | Feel excitement, like energy rising up. Didn't eat this morning. Wanted to be pure, no obstacles. Senses just woke up visually – very compelled to look at artwork on the wall. |
| 01/10:00 | MIND | 20 | Feels gentle. Noticing things – soft yellow, soft fur, soft lines – of the artwork. Feel soft calm subtle expression, a shift. |
| 01/10:00 | MIND | 20 | Having fun – now what? |
| 01/10:00 | MIND | 20 | A softening, a lessening – even as I look at you, your pink pen is really pretty. |
| 01/10:00 | MIND | 20 | Reading this book about the Boundary Waters. Talks about how important wildness is. The wildness of our unconscious. If we could get beyond the predominant dream, domination, you can get back into your own dreams. Because you don't have to get up from sleep, you can linger in. I started writing last night – a speech in my head. Started writing poetry in my head. When got on computer to write my partner, ended up being poetic. At the end, started talking about sky – work, work, work – but the sky says wonder. I want to create. Being in the wilderness is like art. I like beauty. It is not a hobby, it's essential. |
| 01/10:00 | MIND | 20 | (Looks outside at trees) Struck by movement and lines. Gentleness of branches versus ones that are too vigorous. Vigorous is okay, but drawn to the gentleness. |
| 01/10:00 | MIND | 20 | Notice your chandelier – undulation. I love undulation – great word and sound. Juxtaposition of circles and lines. (Recites a poem called "Fire and Ice". I want my freedom. Have a tendency to overdo and get underpaid. |
| 01/19:00 | MIND | 20 | Dinner with a friend – the lateness and confusion over where we are does not stress me. I feel calm, pleasant. There are many mice on the patio and am interested in watching them throwing them food. They do not disturb – every thing seems calm and quiet we are the only ones beside the mice on the patio. We speak of our past mothers, births – my mom getting ill, deaths in her family, how she parented, the frustration and loneliness I experienced, how she has changed, how I have healed. The conversation goes easily back and forth. Full of gratitude at being the only people on the patio in the quiet cool evening. Being indoors would seem crowded and noisy. I quietly get cold and tired and look forward to sleeping again. |
| 02/07:30 | MIND | 20 | Stressed and anticipatory all morning. Seeing the sun and the wind and wanting to walk. Remembering all I said I would do that isn't done and think I should get done and then resentful because I only want to walk. There is the anxiety of dissatisfaction. Inside my energy feels squiggly – like a child trying to wriggle out of something – escape. Also realize what doing the proving means with time and commitment and not wanting to do it. Frustrated and angry and alternately pleased with trying to do excel and then not have it work after my effort. Better after my contact with friend and my web site. |
| 02/13:00 | MIND | 20 | Tired in my walking not enthused - miss this – it is a perfect day to walk. I walk until four thirty – I am thirsty today and by last hour only meandering slowly. I feel subdued, weakened like there is a pressing on my energy. I worry about depression. |
| 02/19:00 | MIND | 20 | I want entertainment – I get four movies and watch until after midnight – impatient with some and skip chapters but relieved at having something to occupy my mind. The River Why; Isodole and Tristan; The Lucky One and another whose name escapes me – a comedy/transformational story of a young party girl who has a child and grows up. I like the River Why the best – the streams of water the fly fishing the transformation– the thought and reality of walking all day following a river, in the river. Adventure but more of the world especially the water working on me. Changing me – wanting this – some type of deliverance. |
| 03/00:00 | EYE | 20 | When woke up late I felt rushed. Noticeable rapid eye movement in eyes, especially left, in meditation. Like an eye twitch. |
| 03/00:00 | MIND | 20 | Went on beautiful hike. Happy and content. Later saw beautiful art, marvelous garden with fountains, Buddha. Did yoga. So much fun! Happy. Just engaged with these people I love. Just feel filled to the brim. |
| 03/09:00 | MIND | 20 | Anxious rushed guilt feelings of waking late – not being on the road – desiring slow and a long time to complete things like self care. Meditation helps – I am mostly packed and get on the road soon but feeling rushed inside and disappointed with myself. |

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| 03/10:00 | MIND | 20 | Happy day all day – starting with the 2 hour drive – talking on the phone – the beauty of rural MN, seeing my friends, making food to together- a real Sunday dinner – great conversation – good stories – I feel on vacation – as if every cell in my spirit is being nourished – I love it all – hungry for it. I am uncertain about what is happening with the remedy and how to discern what is old or new or elicited from the remedy and I don't want to really think about it. I feel drawn to the cabins on the lake and again want one of my own – too the yoga studio the garden and this gentleman's woodwork – I want a place of beauty on the water doing art and beauty - inspiring |
| 03/20:00 | MIND | 20 | I meet with my supervisor on the phone - she has all the notes but am struck with my somewhat spontaneous energy around this word and reality of deserving – the desire to deflect away from it - the fear or anxiety or beliefs in front of even going there – like deserving should not be reality to look at be with or feel about – it is more to think about or reflect on and I am both not surprised and surprised at all that came out of me. I know it is important and in spite of my aversion will attend to the reality and see what happens if I reflect on this “deserving” |
| 03/24:00 | MIND | 20 | I cannot sleep after a great movie and day – excited, relaxed, relieved and reliving the day in my mind – I sleep but awake often rest – so happy to be in rural MN – the quiet, the simple the space. I turn myself upside down in bed to have my head right by the window -that has wind blowing the curtains on occasion – I love the cool – I love that sleep and cool are so near and I am laying in it – It almost doesn't matter that I am not sleeping – I do not think I dream either – awaiting the early morning when I have promised to awake early before 6 and walk with my friend. I hear my heart when I lay down loud and clear and I am happy and listening. I can hear it if I lay on either side – this makes me happy and wondering – it seems important – and some part of me is listening as if there may be something wrong – but I like that I hear it and realize again that when I do not hear my heart I miss it. |
| 04/00:00 | MIND | 20 | Interesting and challenging day. Watched “As it is in Heaven” last night. So good – feel like a teenager. Can't stand it – took a rabbit and shot it, didn't die – then slammed it against the house. Up until midnight after the movie, couldn't sleep. So quiet, this little town. Breeze, open windows – just made me happy. |
| 04/00:00 | MIND | 20 | After yoga – so aware of how weak I am in my core, but don't even want to go there. Kind of like the deserving thing. Want to collapse. All of a sudden tired. Just don't want to do it anymore. Core is weak. Very aware of where I can't do things. Get tired and stiff. Awareness of holding my body. The collapse. Part of it is inspiring because I do want to be strong, be aware of my body. Constant inflexibility and stiffness. Makes me want to attend to myself in a different way. Looking for a refuge because of all these different experiences. There is a self consciousness. Want to be protective. Watch myself go into the energy. Oh my God – is this okay? Feels like therapy. Feel like I'm going to a place I don't want to go. Now tears – I hate this because I can't do my compensations. Being drawn some place. Exposed, embarrassed, ashamed – won't have the capacity to do whatever. Like I'm being drawn into something – have to go there, want to go there, but a block is in the way. This block equals the self-consciousness. I just want to cry. Why am I clogged inside. Feel like I am in an under water stream, like a pebble, piece of sand – being pulled with the current of the stream. Drawn, compelled – can't NOT go there AND opposite feeling. If I am drawn in, will have to go somewhere – shame, vulnerable – no one can see my incapacity. Exposed in a certain way. My goodness, my capacity, my skills, my gifts, is what wants to happen. Afraid people will see. The water can get around the clog, but don't get the full force of the water. I'm a little surprised – like oh, I didn't expect this. Underground water – dark, but clear water coming through. I am this pebble being drawn. A little nervous, but I like it that I am moving. Not sure what is going to happen. |
| 04/00:00 | MIND | 20 | This morning I felt peaceful and alive on a morning walk. Later felt heavy – couldn't get myself to take another walk. Finally did. Felt weighted...ahh, like the pebble in the stream. Feeling bad about myself. Want to say no to others. No, I need help – don't want to help others right now. But if I don't take care of others, AND I don't work on myself – then I will be bad. Treated myself to a movie. |
| 04/00:00 | MIND | 20 | (Ask about collapse, core strength, deserving?) Some sort of feeling of “giving upness”. A deflecting that it's even there. I know what I need to do with my core strength...I have tools...but yeh, yeh, yeh – don't want to go there. I know it is important, but no idea how to attend to it. Part of my weakness is core strength, and there is also my lack of deservingness. The collapse is a drawing energy – impatience – no, no let's not do that now. Unless it is done, complete – free of all taxing energy – I'll have nothing to do with it! All of this is unraveling, and is why the stone can now move. I like the feeling of being drawn along in the current – whatever I am trying to get to. With that is this feeling of being clogged with all the other things...tight, unconscious, blocked, clogged. Fears, negativities, worries. Fears, negativities, worries. Feel my consciousness unraveling – enough of a stream that some essential was able to move through...is now being pulled and drawn in this underground stream. Want to go with AND am afraid. Also bringing forth my own fears – more conscious than I have ever been before. When I said I was looking for magic, there was a moment when I was self-conscious. Trying to stay with the whole experience. A very fluid sense. |

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| 04/06:00 | MIND | 20 | Awake and walk outside in the country early with my friend – great conversations, active prayers, meditation I am happy, enlivened, feeling as if I want to do this everyday. At one point sitting by the trail looking at the pond and the cattails and reeds blowing in the wind I see a hawk – maybe a kestrel hovering as if she will hunt – but doesn't instead glides in a circle and out of my view – though I am anticipatory of seeing something marvelous if I sav quiet and vigilant – awake. |
| 04/08:30 | MIND | 20 | My friend and I do yoga for a few hours – she teaches me and I am aware how stiff, held inflexible parts of me are – too how my core is not strong and what this means, too a loss of energy, collapse, not wanting to ness about putting any effort into strengthening my core – yet I want it. I know what to do but don't want to do it. I have some feelings of grief and sadness and not ok-ness about the lack of flexibility and weak core. |
| 04/11:45 | MIND | 20 | I forgot to write this yesterday – but thinking of it now. When I was driving home from my friends – on the highway is a cement barrier between lanes - I see a small turtle trying to get back across the highway – waiting and looking. There is no where for him to go – if he ventures across he will be crushed the cars come to fast and too many and his pace would be more deliberate and slow. He cannot get beyond the cement barrier either and if he did there would be traffic that way too. He cannot go to either side following the barrier for it goes for miles. The hot sun is out and I worry about him being roasted – no food no water no vegetation no mud . I hate that I am driving so fast I cannot stop with out getting rear-ended and hit – I pass him by and hate that I do – I think of some how turning around but because of the barrier I would not see him. The traffic is to fast there are too many cars and there is the barrier – no shoulder – It seems hopeless . I wish him well but it doesn't seem enough |
| 04/22:00 | MIND | 20 | Am surprised and integrating my session with my supervisor tonight (see her notes) There is a compelling flowing energy happening. I am heartened after a afternoon of weightiness . (see supervisors notes) As I am walking again this afternoon the wind is blowing the trees rustling it is warm and beautiful – usually an environment that would be elated for me – however I feel my self weighted walking through this light airiness. It is disappointing. I miss the vitality invigoration the lightness I usually feel when walking in same conditions. I am so aware of feeling so unlike the air. Weighted instead of light. |
| 05/00:00 | MIND | 20 | Woke at 7 am and meditated. Thought okay, you can use that energy that pushes you. That ND farmer energy. Just do what you need to do. THEN do what you want. Saw a dead snake, then another snake go into the grass, and a stag....these are always happy things. Feel lighter than I did yesterday afternoon. |
| 05/00:00 | MIND | 20 | Fear, lack of energy. Energy draining out. If you tell me what it is that I need to do, I will shut down. Something of this clog that is unraveling. If you take all of these things, it is this conglomeration...like a knot, or threads of something. Procrastination, self doubt, fear, shame....many threads, all together, contract in on themselves. Nothing can get through. But I am healing. The threads are loosening. More can get through. I'm waking up. I'm seeing it...so more of my vitality is coming through. |
| 05/00:00 | MIND | 20 | Yesterday just wanted to be unconscious. Don't like fighting myself. Like sleeping when deep into it – dreaming – going to a movie. |
| 05/00:00 | MIND | 20 | Perhaps the stream has come from underground now, and into the light of day. |
| 05/08:30 | MIND | 20 | Pissed and uncomfortable about supervision – wish I didn't do it with a friend – they say to talk it out so I will – but don't like this position. Saying what I want saying what I need saying what is not ok stating my discomfort. The thoughts enter my mind during my walk – it is discomforting I find my self, mad – don't take my inventory don't do conjecture with me. Let me have my own experience. |
| 05/10:15 | MIND | 20 | See a dead baby snake on the trail – a bike must have ran over its little head – pisses me off. Later I see a larger snake go off the path into the grass and I am glad I wish the snake well – I remember the story of my friend and the snake caught in the grass nets they lay down now – caught and strangled and cut because of it – pisses me off – what we do for our convenience not thinking the harm it causes that a snake could never get out of on its own. In- attention – I hate it. |
| 05/10:45 | MIND | 20 | See a young stag on my walk – must have startled it and only see it because I hear the sound of him running off the trail into the brush and wood. I am glad to see him – I wish him well – I hate that he will be hunted soon – I wish him well – bless him and send him goodness. There is so little woods left and they are surrounded on so many sides by dangerous roads. |
| 05/11:45 | MIND | 20 | Easily work out conflict with supervisor – easy to state what I need. |
| 05/15:40 | MIND | 20 | Easily talk up in big group training at work (100 people)– want to preach but stop myself and group facilitator changes by moving on and not listening – seems easy, my opinion was spontaneous and clear I did not think about it I interrupted – very new for me. |
| 05/17:00 | MIND | 20 | Easy to relax even procrastinate this late afternoon and evening. Work somewhat late on a case and understand and stop feeling guilty. Go to bed tired and sleep easily. |

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| 06/09:00 | MIND | 20 | Want to leave my job in middle of unit meeting – bored of the stories and reality of child protection – overwhelmed with anger at adults immaturity and illness and resulting neglect of children. Happens again with client who is high and belligerent – I think really what are you doing this is not good to be around. Think of on and off all day – how can I leave my job. The day goes very quickly |
| 07/00:00 | MIND | 20 | Feeling that I want to protect my privacy. Don't want it to be out in the world. Want to be choiceful about. |
| 07/00:00 | MIND | 20 | Didn't want to go to work, yet went well and felt a sense of ease. Feeling more ease with work. Freer, less burdened by what I think t should be like. Is adequate. Might be totally off, but it is fine. Done! |
| 07/00:00 | MIND | 20 | Stiffness and tightness, not in muscles, but in skin. Had this thought that this is scales of a fish. Maybe we are proving Walleye? That feeling of "it's all too hard". All the steps are too hard, not what I want to do. Just want it to go away. Want to do what I want to do. Don't want anything in the way. It is time now. On the theme of deserving – I need to receive as well. Feeling scared and vulnerable about receiving. |
| 07/00:00 | MIND | 20 | Not wanting everyone to know everything. Only the people that need to know. |
| 07/08:30 | MIND | 20 | I awake feeling a dread about the day – undifferentiated and unspecific just not wanting to be awake – I realize I have overslept and need to be at work – It is a freer feeling in me as I get ready for work and after I start my day it gets easier. I think to day too – how can I leave my job. But the day goes quickly and my work gets done with a fair amount of ease |
| 07/19:00 | MIND | 20 | Have dinner with my friend - ease and good conversation – other than checking in with my supervisor I am uninterested in doing the proving |
| 08/07:20 | MIND | 20 | I awake again with a bit of dread – even though there is nothing to dread – dread in the waking is not new. I remember I have an easier day and things to look forward to and the mood lifts easily after getting out of bed and getting ready for work. Work goes easily and with less distaste – I am happiest with my homeopathic clients less with my other clients – but they go well too. I look forward to freedom when I finish early. The day is beautiful – I want to clean and am pleased at the week end. I look forward to my book club coming over |
| 08/21:30 | MIND | 20 | My friends and I visit about our lives after book club – I love my friends, some I have known for so long, to hear about our lives feels like balm – its happy – we laugh. When I talk about my life and decisions with them I feel vulnerable – I could cry – it was really just a check in a short explanation of what I am considering – I realize again that two things I am experiencing is this compelling movement forward like a stone in a stream being drawn along – this is exciting and exhilarating albeit a bit anxious - And I am experiencing the unraveling of a tight knot or block – all the fears insecurities etc. the clog the blocks – I feel I am seeing more – all is clearer – its in my face. What I realize while I talk to my friends is that I feel vulnerable – it happens when I talk about work and money. I tell them that this is probably the most vulnerable subjects for me to talk about – or have been in my life. I want to cry. One friend says “ do you know what your heart wants?” feels like balm and also more vulnerable because I cant see clearly. I doubt . Listening and Talking feels content to me – I am nourished by them being there . I go to bed tired, grateful and feel free – week end. An unscheduled day I can do what I want. I am creative in writing up date instructions for my partner – feel ease and peace and fun. |
| 09/00:00 | MIND | 20 | Woke feeling dread. Took my time. Almost as soon as I got up, felt better. Left work early, went to bank, felt free. Have 4 days without work. Space and time to do what I want. Cleaning, felt good to get organized. |
| 09/00:00 | MIND | 20 | Felt so vulnerable around work issues. Shared with friends. Felt good to share – Something compelling me and moving me, the stone moving. Feeling of movement compelling me forward. Exciting, fearful, but happening. Stone moving in water. Tight knot is unraveling – oh yeh, this is what is stopping me. More space is in between. Before was so tight. Didn't even know I was experiencing this. Now am becoming more conscious inside. Just want to do what I want to do. This is where the vulnerability comes in. Don't feel I have the resources. Afraid to want. A stopped kind of feeling. Feels like algebra. I'm smart, I have the credentials. My experience and algebra – was Greek to me. Would concentrate and concentrate. I would try so hard. Then something would be thrown in that I couldn't figure out. Drains my energy, willingness, motivations. Feel powerless. Then fucking pisses me off. Feels like an act. I don't get what is inside of me that is keeping me away. Am acting that I have some sense of power. All of this is up more. In my face. Has been this gradual clarity and power. Maybe it is speeding up. |
| 09/00:00 | MIND | 20 | (Ask about this “vulnerable”?) This struggle between work and money. Both despair and anger. Mad...it feels unfair to me. Think I am really vulnerable about anger. Scared about the power of all of this. The anger, the power. Doing what you want. Saying what you want. Is powerful - moves you a lot. Makes me think of watching sports. People just out there – movement, fearlessness. I am not that way. But can feel my own power coming out, but get afraid of it. Afraid to be who I am. Wanting to experience my own power and significance. I want to go back to that feeling of not being afraid. What the hell do I have to loose? |
| 09/00:00 | MIND | 20 | Fear of letting go of freedom. If work more, I will be booked in. |

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| 09/08:00 | MIND | 20 I feel happy, content freeeeee. No schedule. Things to do but I can do them as I want and the day is so beautiful – I walk in the morning for 2 and half hours come home have some lunch and walk again this time it longer in time but not distance because I am so tired. I over did it seems.. Struck by the stiffness and unease of movement -g getting up and down. I don't want this to be true – I want to walk all day with out stiffness. I lay on the floor resting and still feel free. Especially after talking with my supervisor. The energy is moving in me and I feel like I have space and time to enjoy my self. |
| 09/22:00 | MIND | 20 Tired, slow uncomplicated day. Relaxed, read, to be early |
| 10/08:30 | MIND | 20 Desire to have concrete things finished– gives me solace refuge an ok-ness and a moving forward. All these feelings happen when I finish a task and cross something off my short list – like cleaning out parts of the refrigerator, small errands, AND I get to walk again today. Walking is not as easy today – my pace is slower my get up and go got up and went – though I want to have enthusiastic energy for this – still I walk for three hours at a strolling pace in the cool shade by the river this morning. I am aware that the heat drains me – this has been true for sometime |
| 11/00:00 | MIND | 20 Feel tired – mind, emotions, body. |
| 11/00:00 | MIND | 20 Yesterday felt creative – what a relief. Help hopeful, grateful, satisfied because lived day exactly like I wanted to. Felt productive. Liked how day went, but still felt that urrrrrrr...(HG of turning and tightening fist). Was working on bio for website – mood all of a sudden switched. Felt pissed, wanted to get the hell out. Like a fish that had been hooked (relates this to the hand gesture). Or a kid that is having a tantrum, being held down so she can't move. Agitated. Then went on walk and moved through it. Cut that fucking line! |
| 11/00:00 | MIND | 20 Realize I'm angry – experiencing it more clearly than ever before. Spend a lot of time holding in my judgments, my anger, my not-okay-ness. Occurs t me I need to let that come up. That repulses me. Yesterday felt “fuck this shit!” Couldn't focus on it. Get me the fuck out! Flip this shit around. Get out What about all these things in you that has kept you in and down? Angry people means things get not seen, not heard, not responded to. They do it at the expense of others As a kid, not being able to hold my own. Mom used to yell. Having to do something I didn't want to do. She was so unhappy – hated being around it. Was distasteful. Felt bad and wrong – no room for me. Like fish just flipping. Or child wiggling out of arms holding her down. Not nice about it – get out! My fear is that if it comes out, it will be overwhelming, will hurt others. I will sound like a whining entitled bitch. Want to tell people who act that way to grow the fuck up! Will make a fool of myself. When I hear others go on these angry tirades I just hate it. Like get a fucking grip. There must be a balance. Maybe I have been lying to myself, the world. Maybe the way I have been has just been a front. Maybe will be harmful – smashed, humiliated, hurt, made to feel small and worthless. Was never my mother's intentions. I bought it hook, line, and sinker. |
| 11/00:00 | MIND | 20 My fear is that I am going to do something I don't want to do. Will be caught off guard and feel ashamed. |
| 11/00:00 | MIND | 20 I hate figuring things out. I hate it, fuck that – it's so in genuine to me. Don't figure it out – just do the day! Too much to figure out. Bores me. |
| 11/12:30 | MIND | 20 I want to be done with this proving – bored – a task to remember – nothing is obvious – only seems to help if I remember a dream or I talk with my supervisor – again very aware that I don't want to do anything I don't want to do. The coolness in the air was hearting this morning and my 3 hour walk more energetic. Less desire to do my work even though it is time and I have the time. My willingness in my brain is draining – I don't want to concentrate or “go deeper“ I'd rather the deeper arise – I am not interested in fishing or figuring or wondering – What is IS |
| 11/13:30 | MIND | 20 Gradual dread and unnerving feeling as if angry wriggling, "Get me out of here" feeling. Had an image of my energy like an angry child being held to tight or kept in place and wriggling violently to the floor to get out of being held. Too, an image of a fish flapping and writhing to get off the line. The pissedness of it all – I just wanted out – escape. Words like get off me - leave me alone – let me be. I remember the dream of the dogs on a leash and I think of fish and lines and how they must hate that it seems the worst feeling in the world to be a fish with a leash – a desecration really – no leashes no lines I want to yell. I feel like a whine loudly and with great justification - I'm aware of all my faults. I'm aware of my angers and resentments and I can't necessarily keep them in anymore – nor do I want to however I'm a bit unnerved – too I feel like fighting swearing - get the F off me - leave me alone - I don't care . I don't want – I only want what I want . – I'm in someway uninterested in others except their interactions with me. I Had this thought when I walked a bit this afternoon after lunch that I only want to eat and swim or at least be in water – I want to take a bath – I never want to take a bath. Too, on my walk I notice I am picking up more garbage as I walk - I hate when people throw it out as if the whole world is there garbage can – the lack of attention to the affect of what we do pisses me off. |

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| 11/13:30 | MIND | 20 I want coffee – I've wanted it since the proving began – I wanted it before the proving began but now even more - some of it is the coolness – I wish to be a writer writing a Pulitzer prize winning novel – sitting in absorbed attention and creativity; drinking hot, creamy somewhat sweet but not too much coffee – as much as I want with no side effects, including interrupting my remedies or ruining my gut or being an addict or looking for love in all the wrong places - I just want the pleasure of drinking coffee with no DEEPER meaning |
| 11/15:45 | MIND | 20 I per usual am better from all irritation and pissedness and anxiety because I did my work – I did what I said I wanted to do but then procrastinated – I am always better from finishing or attending. First I had to walk and blow off the steam of the flapping wriggling body of energy - the feeling as if I have to escape and the great body effort to do so. |
| 11/23:00 | MIND | 20 I go to bed with such a feeling of satisfaction and gratitude – like energy moved in a substantial satisfying way – finished more work I had been putting off, had a very pleasant dinner with friends – I am more in the room – the fears uncertainties, misgivings that can coagulate in me all dissipated and moved - I am excited to dream to sleep and I have another day tomorrow – because my work is done I may do what ever I like – for example walk all day should I choose. |
| 12/05:00 | MIND | 20 This late afternoon I am a bit down – longing for the satisfactory feeling of last night – awaiting a talk with my supervisor – edgy – unhappy inside myself. Decide spontaneously to have dinner with supervisor – which lifts my energy – and then tired. |
| 12/11:00 | MIND | 20 I walk for hours – happy to be free to do so. After lunch I walk some more but I am tired and figured my walk earlier was 6.9 miles so lay on the grass instead and rest – looking at the clouds. |
| 12/22:00 | MIND | 20 Desire sleep – dread that I must go to work in the morning . |
| 13/00:00 | MIND | 20 All and all, I really like what is happening. Clarity keeps coming. Ease of conversation. Without putting partner down, U just said – “I don't like it.” Was easy, natural. “I don't like what you are doing - stop it.” I don't need to take care of her feelings. I have waited my whole life for this. Knot is loosening. Can access my wisdom. |
| 13/00:00 | MIND | 20 (Regarding dream in prover's journal, about man named Some') – I felt like Some' – his masculine and feminine energy. Something happening for me. Standing for my own – even though I don't like what is going on. |
| 13/08:40 | MIND | 20 At work a all unit meeting – I spend much of the time managing my thoughts about “ how can I leave” I don't care” How can I leave when can I leave – I dread the day of work but as the day progresses and I just do the tasks the dread is replaced by action and feeling accomplished or at least things off my plate so I have more freedom again. The work day is good. |
| 13/19:00 | MIND | 20 The evening is good – I am holding my own instead of giving in – it is clear what to say when – I easily follow my own inclination in conversation. There is no waiting. This is relieving no waiting for right time etc. |
| 14/00:00 | MIND | 20 I have a dream I cannot remember now – I remember waking up not feeling well – like disturbed, not interested like the day or something internally is too much – I remembered the dream all day but never wrote it down and now do not remember – I talked with my supervisor on Friday - I may have told her. I cannot remember |
| 14/00:00 | MIND | 20 I feel clear today – easy to communicate and do my work – after I wake up a bit and start my day it is much easier – clear and deliberate. |
| 15/00:00 | MIND | 20 Work has a flow in spite of my slow and disinterested beginning – it is like the rhus tox of the mind – worse beginning but once going do well – then when I stop working or focusing or accomplishing for a while the disinterest can come back – like between sleeping and waking. Over all I feel that I am clear awake aware attentive and this enlivens me – I finish what needs to be finished with a sense of freedom at the end I will not have to come back to this job until Thursday of next week – and so feel free to attend to my practice and being outside and other things I love |
| 16/22:00 | MIND | 20 I slept until 9 and meditated until after 10 – I was so surprised I slept so long – I awoke happy or glad as if days of unscheduled time lay before me. A great day with my partner – farmers market , yoga, making dinner together, watching movies – laughing at our stiffness – easy happy warm. Able to disengage from discomfort of disagreement about use of spaces in the house – put in the category of information and moved on with my day. Walked for less time today - but happy walk |
| 17/00:00 | MIND | 20 Pleasant day with partner – satisfaction feeling of getting house projects done and then a date and dinner with friend. I notice in the evening I am more tired and less communicative energy only for listening not so much talking – want sleep early and fall asleep by 10. |
| 18/00:00 | MIND | 20 Sleep is easier awake only a few times however I am agitated each time – angry almost at waking up at my internal state which I can only describe as agitated moving too fast, no resolutions, dissatisfaction. I am relieved to feel sleepy and fall back to sleep – there is a crabbiness in me. |

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| 18/00:00 | MIND | 20 (After redosing?) Walking is my anti-depressant. Imperative and life saving to focus on what I need. Let go of what everyone else is doing – cultural expectations. Makes me want to cry. No one can sing your note. No one else will take it. Nothing new after redosing – just giving me more clarity. So glad I don't have a lot scheduled in next few days. Just feel I want to cry. Wanting to leave my job. Back and forth from wanting to blame my partner, then to why does it matter what anyone else thinks. I live my life as if I can control other people's lives. If mom and dad were happy, then maybe I would be happy. Shit, I'm 57. I think I have great skills! Why is this such a struggle. Feeling vulnerable. |
| 18/00:00 | MIND | 20 Still movement. Unraveling of these knots. Bringing up more of my vulnerabilities. Clarity – starting to understand these knots. |
| 18/00:00 | MIND | 20 Fast energy in body and mind. Wanting to resolve things, but I can't. Energy inside brain is really fast. Not making connections like I was before. Sense that I am trying to resolve something, find satisfaction – but easier to fall back asleep, with hopes that something will resolve. Definitely place of wanting sleep to escape. |
| 18/08:30 | MIND | 20 I feel tense and focused this morning – striving with a stiffness for satisfaction and staying focused on what I know how to do that brings a good feeling of myself. I feel and felt in danger of that painful place of not liking myself – being hard on myself - judging – feeling victimized by my internal weaknesses and outside others – as if circumstances or others ways and means are stronger or more important than I. There is work to do which I will do and I will walk and I long to feel better and afraid that I won't – I want to cry. I am made worse by conversation with my partner about money and remember conversation about leaving my job yesterday that also reminded me of my fears and vulnerabilities – hate this feeling. I feel tired of feeling less than and striving for more – like both stances are unsatisfactory – so is giving up. So feel that stuck place – that place that I only know how to go through my day and pay as much attention as I can – attempt to be gentle – fill it with what usually helps me feel good – like long walks, perhaps a talk with a friend, maybe a cry – a good cry – which I will fight not to go to but ultimately feel better when I do – I feel it welling up as I write. Damm and this is also good – both are true. Too, doing my work helps – satisfaction where other wise there is waiting for the energy to change – my volition is in slow motion. My willingness tentative. My energy is draining. |
| 18/14:30 | MIND | 20 I feel more calm and serene than this morning – walking. The edge of discomfort is off instead I am finding my way to just walking and enjoying. I finished my work this morning and had a long talk with my supervisor. I walked my long walk 6.9 miles – I love the trees and the sun and the wind but mostly I love the space and time to move like this – to let nature work on me instead of my mind pressing in on itself – worry, figure, wonder, hurry feel good feel bad, set new resolutions new resolve – instead I just walk and enjoy myself |
| 18/18:24 | MIND | 20 I finished my work after walking and have prepared dinner – I feel tired - like I have been working in the yard all day or paddling a canoe all day or walking all day (which I could have done but 2 and half hours is plenty) I want to sleep now not to escape but to rest . There is a bit of a pressing sensation in my head – which may be tired related. |
| 19/00:00 | MIND | 20 Peaceful calm feeling a quiet experience all day even though the day is full and late evening |
| 20/00:00 | MIND | 20 Another quiet calm experience internally in response to day – it is a holiday and have the day off – excitement when creating and making a gift. I fast and the day moves quickly – lovely family time but ready to go home right after meal. |
| 21/00:00 | MIND | 20 Quiet calm peaceful experience internally as I go through my day. Difficulty navigating serenity at some family meetings at my work – remain calm on the outside but internally am bothered, overwhelmed and at a loss at how to respond to the manic addictive defensive ill people in front of me.. Response is appropriate but internally I just want to get the hell out of there – and In a professional way I do. Feel weight but am able to finish work day and good peaceful quiet calm time with partner |
| 21/05:35 | MIND | 20 So startled and sad when I hear the alarm – finally am in a deep sleep and it is time to get up – warm shower is soothing to my mind and sadness and then I wake up. |
| 21/07:00 | MIND | 20 Unsettled, light, I just walked into my studio it is very light, the change of the seasons creates such a contrast between the light and the dark. There is just a lot of movement. If I shut my eyes, I feel it all over within my body, it changes in lightness, intensity, and qualities, this energetic movement... |
| 21/07:04 | MIND | 20 It is really a heightened quality. It's clearer, I am watching it and feeling it. It feels informative. A bit like going to a really good movie. A wonder at all of the possibilities. |
| 21/07:05 | MIND | 20 I had this thought some time ago, it's come up twice during this proving, we didn't learn the language, we weren't encouraged to go toward our own language and expression, with our family, we stop paying attention to our inner language, in favor of confusion, the confusion of the family language is more familiar. |
| 21/07:07 | MIND | 20 One learns to hide within the confusion. This substance has given me such clarity. There is this stream or current, the images of water. I feel like I am swimming along swiftly like a small black stone, carried through underground streams, caves, and now above ground. |
| 21/07:09 | MIND | 20 The dissolution of some kind of barrier is happening so that more can come through. |

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| 21/07:09 | MIND | 20 Before this barrier dissolution, the image of a knot loosening, the water if you will, my consciousness if you will, is loosening, moving around, moving through this barrier. I used to feel this clog in my gallbladder, but it is looser, dissolving. |
| 21/07:13 | MIND | 20 I am no longer focused on what "should" I be doing. That has dissolved, it's "I don't care," not in a childish way, I don't know how to make sense of the outside expectations with my internal reality, it's not perfect yet, it feels like I am leading from the inside, responding from my deep internal experience, |
| 21/07:14 | MIND | 20 Agitation prolongs the hot flashes. They were subsiding. |
| 21/07:15 | MIND | 20 The issues that I have been dealing with they are not new, I am dealing with them differently, they are soft, and quiet, the discomfort is there with the swiftness when you come up against the barrier, I like being that black stone, it's exciting to flow over the bridge, there is a sense that stepping in that I will be swept away. The newness of it. |
| 21/07:18 | MIND | 20 All of a sudden I became conscious, I don't know if I can go here, if I want anyone to see this. I am in a flow of something. I like it. |
| 21/07:19 | MIND | 20 It's as if there is a very swift stream, nothing impeding it at all. The sky is calm. A warm and crisp fall day. |
| 21/07:21 | MIND | 20 Barrier, a tightness, a tautness, a tension, all clogged up, no movement, it can't move through, water in a balloon, or a dam, holding the water back. There is pressure, you know how water is, it comes up to the sides it slows down the movement or it moves up. A build up of stones or a cement dam, the water moves seeking alternate routes, if there are barriers all around, the water itself is impeded, I feel the pressure of the barrier, there is an internal and external pressing, pressure, I can feel it from both vantage points. |
| 21/07:22 | MIND | 20 Impeded, not moving, moving around, looking for a little opening, a little trickle of water, one of the things I love most in all of the world, it cannot go forward on it's natural course, all of these stream, rivulets, all those terms, at some point they come back together. I love it when the barrier is bypassed and it comes together, as one force, clear movement, this is when I feel the most alive. Small amounts get through. On one level it has impeded the movement, it has slowed me down in a way. |
| 21/07:25 | MIND | 20 Chaim Potok book, children open their hearts with attachments, one of the things that we give children are experiences that are limiting so that they will find their way, "bedtime is at 7 pm, not 11 pm," my parents were heavy with rules. It was helpful and not helpful, when a stream cannot go it's natural course a lot of things happen. I learned so many things because of the impeding barriers, limits. |
| 21/07:27 | MIND | 20 I am so grateful that I am experiencing the natural flow again. |
| 21/07:28 | MIND | 20 I bought into the confusion of "respond to the barriers that are out there," rather than, "this is the way that feels most vital to me." |
| 21/07:29 | MIND | 20 This is the way that feels most vital to me, the one that was carved out for me, for who I am, I am the stream, the banks, the whole topography, it is so crystal clear and true to me, when I take this... |
| 21/07:30 | MIND | 20 When I take this most vital course, I can experience myself as full and free and open and happy, and right, and true and clear, and easy. There are no barriers, or the barrier is the happiness of water flowing over a pile of rocks, making this beautiful noise. It is just true. I have tears in my eyes. |
| 21/07:31 | MIND | 20 A clarity and opening. The barrier way creates a tension around my heart. My whole internal experience. Here's the deal, the way I've lived my life there are all of these rivulets, I will try this way and that way, there is not a lot of power, if it's hot out they dry up, they get clogged up, every once in a while there is water again and there is movement, and I can feel the goodness and reality of who I am. It is good. When it clogs up again or dries up again, I despair, and I long, long, long, long, long for the moving waters again. Even in a natural stream there are barriers, the stream comes down to a trickle, that too would be stressful to me. |
| 21/07:34 | MIND | 20 If I were a natural stream, even in the dry stream, I would know that deep below there are underground currents, where the water is still flowing. |
| 21/07:36 | MIND | 20 There is a clarity in this movement, a consciousness movement, I feel freer, I understand my experience more. This water imagery, I can see me, both the water, the streambed, the current, the pebble. |
| 21/07:37 | MIND | 20 I took a second dose of the proving remedy because there was a stillness in the waters' movement. I had a subtle calm, shifting of perspective, I have come to a real and true change of perspective. |
| 22/00:00 | MIND | 20 Steady work day, internal deliberate calm actions, quiet joy, good decisions, liking myself and my choices. Get to pick up my new bicycle that I ordered on Tuesday – happy so happy. A bicycle that fits me. Nice quiet evening with my partner really enjoying the rhythm of our lives these past days and my responses to us . me my work. |
| 23/00:00 | MIND | 20 Clarity and calmness of experience – in ability to respond in work, to partner. Positive momentum, change and clarity. |
| 23/00:00 | MIND | 20 My life is just fine. Able to separate the discomfort of suffering from all that I am. More focused. |
| 23/00:00 | MIND | 20 It's not my problem. This is their process. I want to help ME with what I need to do |

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| 23/00:00 | MIND | 20 | Feeling less than. Like I am not good enough. Is it enough? Shame around. Feeling of “How dare you think you can ask for this, when you don’t have that”. Not deserving. However, many things this week have been phenomenal. I don’t have to get anywhere. I can just do things I love. Doesn’t mean I won’t quit my job at some point. But it frees up energy by not thinking about it. Don’t have to do either/or about it. |
| 24/00:00 | MIND | 20 | Good positive calm energy all day – outside walked 5 or so miles and then long bike ride. Quiet evening but starting to feel crabby and unrest about a work commitment tomorrow – one of those times where I said yes when I meant no. |
| 25/00:00 | MIND | 20 | Good work energy today – also walking energy – the fall weather is so spectacular – and the green ash in front of our house is like rubies - I am tired this evening and look forward to sleeping and a morning when I can wake up as I will. |
| 25/20:00 | MIND | 20 | This liver aching and pressure substernal – tonight especially reminds me of being clogged up - like the barriers to a flow – like the river stream images that have been happening so frequently with this remedy. I long to take something to dissolve the clog – to reestablish the flow. |
| 26/00:00 | MIND | 20 | Good day, work, walk, bike time with family – went to bed fulfilled |
| 26/10:00 | MIND | 20 | Thoughts of my liver /digestion and heart - noticing the discomfort more and more and resolve to check things out and also a desire for resolution and understanding - also assurance I am ok - not heart not cancer not something deteriorating and draining my energy – what is my vital force telling me – it is a physical clogging stopping feeling and now with noticeable pain – a smarting pressure pinching ache. Comes and goes |
| 27/00:00 | MIND | 20 | I am aware of my solar plexus, my stomach, liver region all day – that there is something off – a tight nauseous sensation in the tissues a pulling in an almost souring at times. This is not new what is new is the length of time it stays that it never completely feels right though the discomfort changes and where I feel it in my abdomen. My mind alters between disappointment in my self for not attending to my nutrition/diet and hydration properly – letting it go over and over again and worry that something is wrong and what it might require of me. At its worse I am not hungry at all though eating alleviates the discomfort temporarily. It is worse in the morning and I think of leaving work but it resolves by 11 am. |
| 27/22:30 | MIND | 20 | In spite of not feeling well and not wanting to work – my work day is full and productive and I feel satisfied – an enjoyable quiet evening with partner – I stay awake way too long watching movie: |
| 01/08:00 | MIND | 21 | Anxiety not as acute as when I usually awake after sleep. |
| 01/15:00 | MIND | 21 | Interesting that I heard interview on radio re: loss of spouse and how she said 'this may help others to move on.' |
| 01/15:00 | MIND | 21 | Not much to report; angst coming up but able to deal with what I can do now; i.e.; feel good energy and feel productive. |
| 01/19:30 | MIND | 21 | Everything is okay, as it should be. Don't have to force things, can be with the flow. Being present moment kind of thing. |
| 01/19:30 | MIND | 21 | Usually able to fall asleep in 5 minutes, but had insomnia. 2-3 hours or maybe just an hour I couldn't fall asleep. Woke more refreshed than usual. Energy or buzzing or whatever it was, energetic hit I got from the remedy, couldn't calm down. Mind racing a bit, restless mind. Wasn't fretting, just energy excess of some kind. |
| 01/19:40 | MIND | 21 | Rush of some kind, feels like there is a lot of energy coming towards me somehow. Calm but also, I'm not going to make anything up here, rush towards head, kind of floating around a little bit. Nice feeling, Like in a balloon, not caring too much. |
| 01/19:40 | MIND | 21 | Could just lie down, go off and go on couch-not tired but don't have any agenda or anything. Don't need an agenda, can just hang out. Floating along, but also not spacing out, not lighter than air. More in my body which is nice, rush of energy and really a nice (sighs, thinks)like I could hangout and not care if I make sense or not. just be okay with who I am. be in my body |
| 01/19:40 | MIND | 21 | Haven't gotten high in a long, time, but like that being in present moment, things are just okay. |
| 01/19:50 | MIND | 21 | Laid back, want to watch TV, read paper, just kind of hangout, not put too much energy into anything. Time feels going really slow. I am aware of the light in the window behind you, brighter than....didn't notice it before. Notice dog barking over there. Sadness coming up. |
| 01/19:50 | MIND | 21 | My ex wife, feels heavy in my heart. I suppress that a lot, Heaviness. Sense of loss, dealing with this for a while. Surprised that it's come up right now, again not unusual for me to feel sadness when I think about it, just a process. Noticed into a minute into taking the remedy. |
| 01/19:50 | MIND | 21 | Rush subsided a bit, but still calm. Feels in head like energy, nice energy, a light like some kind, not intense, worn down a little bit. Feet tingling, but also in chest, was in head, but now chest. Feet-can feel my body. nice energy but not going to send me into outer space. |
| 01/20:00 | MIND | 21 | Continued grief. Lot of loss, (big sigh) worry never going to be that, never go further, the challenge of (tears) insecure about how I am going to create a life, how I have been creating my life afterwards. Just painful. I remember the good times but I just wonder why we couldn't stay together, what happened, I regret some things. a lot of things. |
| 01/20:00 | MIND | 21 | Gaping (sigh) hole still in my chest area. So right now it's kind of a just accepting it, accepting that hole. Seems the most intelligent thing to do. |

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| 01/20:00 | MIND | 21 | I don't want to talk about it too much. I get tired of it, talking. It's gone you know. I need to move on and keep telling myself that. May not have been a perfect marriage but I had companion. Part of me sad, part of me, not self pity but kind of anger or something. Anger not at her, I'm the one who tried to leave. Anger at my ignorance, naiveté, just because I left her doesn't mean. I'm still stuck with myself, thinking going to change. build great life. I have myself and no partner. |
| 01/20:05 | MIND | 21 | I sighed, release of some pressure of some kind. Like a valve opening up and pressure is building and I didn't even know it was building but, not like I felt trapped or anything, but release and relief. Pressure came out of a valve kind of thing. Felt tension went down. |
| 01/20:05 | MIND | 21 | Once I accept that it is like a weight is lifted. |
| 01/20:10 | MIND | 21 | I really feel grounded, nice, really in body. energy going to feet, tingling. Can't always feel my feet, don't take not being grounded well, so nice thing to have happen. I think I'd be okay being alone tonight. Many Friday nights, feel got to go out, good to get out, but it would be okay to just hang out by myself and I usually feel missing something if I do that. Be okay with my own company and not feel angst-should I be somewhere else? More peace of mind kind of thing. Usually feel I should be somewhere else, with friends, doing something, then feel should be doing something else, now feels like some peace of mind coming up. |
| 01/20:10 | MIND | 21 | Like I can trust myself to make a decision. |
| 01/20:10 | MIND | 21 | Reading great book-the Elephant Whisperer. True story. Guy had reserve in Africa and this guy was their last chance-they were going to get shot, were traumatized by poaching and other things. Just a great read. I heard about it because this guy died and the elephants he saved came from 200 miles away while they were doing the wake for this guy. Sends tingles up my spine. So heard that and had to read the book. Just the...(long pause, looks sad) love he showed them, he made this great connection. I don't want to cry again. |
| 01/20:17 | MIND | 21 | Things are so temporary. Have love then it's gone. There is connection then people die or divorce. (crying) Everything is so hard. And then they are gone and (crying) so much regret, could do so much more, but connection gone, not there anymore. You don't have, nothing there anymore. Just hard. I hate goodbyes anyway. Part of the difficulty is that it just so little time, so little time on this earth, goes by so fast and I have a fear I will never love again. |
| 01/20:17 | MIND | 21 | What is life worth if you don't love? So painful when you do and you lose something. Almost too much to bear. But yet opposite/alternative is not getting it. So just thinking of how these elephants came 200 miles. Kind of affirms that we are all connected and that life is worth it, an affirmation of goodness. Will heal because he made a decision to do that and he made a difference for these animals. Now he's gone and feels really bad. They are connecting and never experience him anymore. That idea. In the book so magical, this connection like non-verbal but still so touching and so raw. All things make a difference whether you want or not. |
| 01/20:30 | MIND | 21 | Connection? Wavelength or way they are connected. Able to just have deep relationship and appreciation for each other. Find something deep in everybody, in me. Establish that relationship, connection. Like a soul mate, (crying) not completes the other person, but enhances both people. Just being able to tell the other person things, who you are, otherwise you go through life one-dimensional. With relationship, connection, faith enough to live, who the other person is, and connection a deep level then flowering of a person, kind of helps person get to their full potential somehow, that they might not do otherwise. (Book) Head elephant escape artist, was going to grab tree and bulldoze countryside, but this guy said please don't and was able to trust him. So true, he somehow was able to trust this white man. Hard. |
| 01/20:40 | MIND | 21 | Feel a little vulnerable. Not feeling safe or what will you think of me, I spoke too much, feel a little raw. Fear, exposure. Little exposed. |
| 01/20:40 | MIND | 21 | Last hour went very fast. |
| 02/00:00 | MIND | 21 | Angst means am I really doing what I am here to do on earth? I know I unique, everyone is, certain amount of time we have to do that with and it's like okay, here is another day I'm not doing what I'm supposed to be doing, so I get anxious and feel like what I am doing now, should be somewhere else doing something bigger, more important, bigger impact on people. More of self-realization for developing gifts to help others and make an impact. Read stories like that and feels like I'm trapped into what others think I should do and I'm not out there free to develop my own, haven't taken steps to develop authenticity. That leads to angst. |
| 02/00:00 | MIND | 21 | Angst-reminds me of what a psychic says, she said x and maybe I should pay attention to it and I'm probably not. Able to settle it down today. |
| 02/00:00 | MIND | 21 | Am I leading an authentic life? On the flip, and I allowing myself to be independent of what others think of me? Get a reality want to run, got to do something feeling. Urgency. Something to get out of hole I'm in somehow. This is an old thing for me. |
| 02/00:00 | MIND | 21 | Woke up and not as anxious, felt more energy, have been fatigued lately. Nice energy, focus on what need to do in front of me. Focus good. |
| 02/09:00 | MIND | 21 | Felt able to concentrate quite well while golfing yesterday. Confronted land-lady re: keeping windows open; at first spoke a bit vehemently with husband before talking with her; able to get my point across to her without being too angry. |

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| 02/17:30 | MIND | 21 | Angst about being somewhere else happened. Read story about woman, got tired about doing stuff, was going to commit suicide, guy listened to her, and realized she wanted to give up her false self, that she didn't want to die, just want to be authentically choosing path. My mind ran with it, but then I settled down, backed off, accepted it. |
| 02/17:30 | MIND | 21 | Solidness, solid as a rock, like some kind of tranquility or stability. Groundedness. Stability, just there, what it is and solid. Nothing is going to move it. It's knows what it is and is not going to be influenced, be what/who it is. Doesn't matter what is going on around it. Eye of the hurricane in the sense that complete and to itself and doesn't really need any input on what it is or who it is. |
| 02/17:45 | MIND | 21 | Confidence there and peace. Serenity, feels like a rock but serenity in the sense of knowing WHO it is, not chasing after some phantom in the mind. Just is who I am and the way I present myself, present myself to the world this way. Feels at peace with itself, confidence and at peace. |
| 02/17:45 | MIND | 21 | I just have to trust that this really came from the remedy. Am I making this up? |
| 02/17:45 | MIND | 21 | That's the opposite of my usual state, where I am floating around and someone says this or that, but this is what I believe and these are my conditions and I will stick with it, doesn't matter what others say. I like that a lot. |
| 02/17:55 | MIND | 21 | Rent from a person who wants all windows closed when I leave. They came over and I was ready to confront her. Whoa! Got irritated with husband, realized how angry, pissed off I was. Suppressed it with her and said that There is not much to steal and if anything gets stolen it is my stuff & I'd rather keep windows open. I felt good about confronting her and not having underlying tension. I will leave them open now. It is up to me whether I do it or not. Surprised at the vehemence I vented at husband. She very controlling and this is my place. I don't feel I want to consider if the windows are open every time I go in or out. Constricting of my freedom. I just want to go in and out when I want and not worry about her, windows, or anything. I just made up my mind to talk to her today and lay out what I feel is my point of view. |
| 04/00:00 | MIND | 21 | More decisive. Toying around with non-duality, a workshop in Iowa. Leap into unknown-had second thoughts when I did it. Hard to describe, but non-duality says there is no 'I'. Is there really an 'I' per say? If you really look, there really is no separate. Non-duality refers to where dualism is separate, and at first glance things look outside, but there is no duality. Experiential workshop where you look into that-are we really separate? Am I a separate being and is the word separate outside of me? Ex: I say I need to meditate to be awake, and they say "who needs to meditate?" Spiritual quest. |
| 04/00:00 | MIND | 21 | Strong? Solid, inner and outer strength. Even with pain in shoulder felt able to hit the ball playing golf. |
| 04/11:00 | MIND | 21 | Continue to feel productive; getting my resume out there; energy level quite good; don't feel in need of nap |
| 04/11:00 | MIND | 21 | Feel calm, a quiet place inside when I check; somewhat peaceful but also strength there. |
| 04/11:30 | MIND | 21 | Able to focus quite well while golfing; also felt 'strong' |
| 04/11:30 | MIND | 21 | Woke up this morning with some anxiety per usual but not as intense as it can be. |
| 05/13:30 | MIND | 21 | SEEM TO CONTINUE TO BE CALM; EVEN THO UNEMPLOYED GETTING APPTS OUT THERE BUT AT SAME TIME GONG TO GET OUT OF TOWN AND GOING TO FAIR THIS EVE SO FEEL DOING BALANCED APPROACH |
| 05/13:30 | MIND | 21 | WENT BACK AND FORTH A BIT ON WHETHER TO GO TO THIS RETREAT IN IA ; FELT GOOD THAT I DECIDED TO FOLLOW THROUGH; BIT MORE DECISIVE IN general |
| 06/15:00 | MIND | 21 | I GOT BIT RILED UP AT WOMAN ON PHONE WHO REPRESENTATIVE OF NEWSWEEK; I CANCELLED SUBSCRIPTION BECAUSE OF FAR RIGHT STANCE/COVER ARTICLE ON OBAMA. |
| 06/15:01 | MIND | 21 | Newsweek? Read comments online about the article, which influences me-how other people cancelled their subscription as well. Guy who wrote article didn't do any fact-checking. Injustice. Fox News is so irrational and one-sided and I want to strike back. Want to make a point. Told her to tell supervisor was irresponsible journalism and sole reason I am cancelling it. He needs to do fact-checking before slams someone. Angry, but felt good like I was getting a little revenge. Poor woman-wasn't her fault but something came up in me-really angry about it. Ignorance of people, I get angry at ignorance of other people-will they believe this stuff? People can get away with their irresponsible journalism and there is no consequences, so hopefully many people cancel so there are. |
| 06/15:30 | MIND | 21 | FELT SOMEWHAT ASSERTIVE TODAY WHEN KIND OF HELD MY GROUND AND SAID WOULD LIKE TO TAKE BIKE TO THE FAIR VS. TAKING BUS. |
| 06/15:30 | MIND | 21 | I DON'T KNOW IF YOU NOTICED BUT GOT BIT IRRITATED AT YOU (Supervisor) FOR YOUR INSISTENCE (MY WORD) THAT NEEDED TO HAVE SEMI=COLONS WHEN WRITING DOWN TIME; HAVE YOU NOTICED HOW GOOD A BOY I'VE BEEN! |

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| 07/00:00 | MIND | 21 | Went with a woman to fair and we biked, I kept going ahead of her, wasn't going very fast, had to slow up for her, then she started walking the bike and I realized she had a recent heart condition. Irritation welling up but then more patient, said to myself "she doesn't want to get her heart going fast and that is understandable." Normally would be judgmental, but felt I was able to empathize with her. |
| 08/00:00 | MIND | 21 | A person volunteered to be one of my clients for school. Do I really want this? We couldn't get together, I'm not going to let it pass me by. I sent an e-mail and said sorry, of course you need more time than this. I followed up, I cannot afford to not. Kind of dread of getting up in morning, facing day, but now I am upping my courage a bit and just doing things. Still afraid of failure (normal) but even if I fail at least I did it. Determined to go through with it. |
| 08/00:00 | MIND | 21 | Emailed my ex wife and told her I would like to see the dog. I will stay on the farm where we used to live, where she grew up. I made a decision to do it. Felt good I follow through. I didn't ask to see her-part of me was juvenile, just go and be with your new husband, I don't care. Usually I ask to see her too. |
| 08/00:00 | MIND | 21 | Energy really good. 30% better. Was really fatigued for a long time. Cleaning up the house, really nice. |
| 08/00:00 | MIND | 21 | Felt trivial. What the hell is the difference. If anyone knows anything about military time, it doesn't make a difference. It's obvious if people look at it. 1530 is 1530, doesn't matter if there is a colon in it. Another thing I have to pay attention to which is not necessary. |
| 08/00:00 | MIND | 21 | Ran into 5 people I knew at the State Fair. One was client from school, one was ex-nephew, one was from old job, etc. Didn't say hi to any of them. Why all the synchronicity? Out of all those people, I saw someone from each area of my life that had been important to me last few years. Felt like odds were against that. Like someone trying to hold a mirror to my life and say That was my life, but time to carve out something new. Like life movie projector showing it to me last 3 or 4 years. Felt off my mooring-I don't really have ties to those people. Fresh slate, no strings attached anymore to ex-life. IN a way is sad but can't regret past, must close the door on it and go to future. Create my own life, all of us need to. |
| 08/00:00 | MIND | 21 | Unemployed, have to take 3 days off to go to Kansas for wedding. I accepted the invitation, but should I go? That's 3 days of not looking for jobs. |
| 08/00:00 | MIND | 21 | Went to a psychic instead of going to a tarot reader. Making little decisions different. More decisive, sticking to my guns. |
| 08/00:00 | MIND | 21 | When I get up in morning, usually stay in bed. This morning just woke when I needed to. Just got up and felt better. |
| 10/00:00 | MIND | 21 | Another aspect is rebellion. I read health newsletters, etc., went out of the way to buy what they said was one of top 5 bad foods. Crème filled donut-bought two. |
| 11/00:00 | MIND | 21 | Went to a restaurant, talked to waitress, really related to her, started goofing around with kid in next booth. Not usual for me. Extroverted and in the moment, life was good, friendly, enjoyable and simple. Being there for what is present. Human level. Same thing with nieces when went to my sisters. They don't know me, were shy, so I started being silly, lighthearted, could connect. Connection with guy doing retreat, waitress, but disconnected. Is that me interacting with them? Outside observer, like "this guy is reacting, is this authentic? Really me?" |
| 11/00:00 | MIND | 21 | Went to get picture taken, flirting with photographer, goofy. She was really sweet. Is that me? Who is this guy? Detached. Who is interacting with them? As if I am watching this guy, a place of calmness, not feeling, okay whatever happens but no agenda for how things will turn out here. Have an interest, but not attached to outcome. Just a cold observation without judgment, but not caring yet not apathetic either. Curious. like it is interesting what this guy is doing. Hmmm. |
| 12/00:00 | MIND | 21 | Called a tarot reader, had to reach out to someone. |
| 12/00:00 | MIND | 21 | Feel I could get set off. Anger under the surface. |
| 12/00:00 | MIND | 21 | Got two calls for interviews. Wow. |
| 12/00:00 | MIND | 21 | Impossible to put into words. Awareness, presence, can't be explained. Vital detachment--calm, peaceful abiding in some respect. Not having an attachment to what goal, what proceeds is a freeing of not having an agenda or has to work out this way. Acceptance of that. Almost paradox. |
| 12/00:00 | MIND | 21 | Irritability comes on pretty fast, didn't know I was in a bad mood. I came out-felt the energy rise up from my chest into throat and I think head was pulsating, rush of energy. Doing lessons with a coach and he was trying to get everyone on board, my voice says I don't give a damn what's going on, I will do what I want to. He asked me to listen to what has to say. I want to let him know I'm boss, but also need him on my side, on my team. Overpowering until I took control again. Opened door-afraid of his power, but coach said I'm with you, can you do it just now, you can always close the door. Surge of energy-fast, but by acknowledging it, the shadow, scary at first but then gets integrated. Not malevolent, just powerful. |
| 12/00:00 | MIND | 21 | Knew going to farm would be hard, but getting that accomplished and getting things I needed there-just feels like I can continue to be more productive than I could in my life. Nevertheless part of me really says-don't cross me. |
| 12/00:00 | MIND | 21 | Not comfy to be volatile, irritated, but on other hand I think it is positive, okay. Volatile and okay. |

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| 12/00:00 | MIND | 21 | Resistive. Really pissed off, I don't want to talk about it. Irritable. Got all pissed off at a guy at the mechanics, brought me the bill and I asked if that was it, he said-well there's always more. I picked a fight with him, don't usually do that. Not going to put up with any bullshit. Volatile. Don't fuck with me, cross my path. |
| 12/00:00 | MIND | 21 | Seminar last weekend. Irritated at one woman who thought she felt superior to others. Wish I said something to her like, "What the hell, do you have any right to judge me,-you are probably so fucked up." I could relate to the teacher, I liked him. |
| 12/00:00 | MIND | 21 | Went to farm where ex-wife & I lived. Really hard, but not atypical. Saw my dog, had a UTI, they drugged him at the vet, could hardly walk. Don't have my wife, lot of loss, meltdown. Saw dog and she looked really old, flash of "she doesn't have more than a year to live." Really bad. |
| 12/00:00 | MIND | 21 | Who we really are is awareness. Is there anything lacking at this moment? Pointed me to idea there is <u>nothing</u> lacking. |
| 14/00:00 | MIND | 21 | Feel like keeping low profile today; changed face on Facebook and didn't know it would be sent to all of my contacts; feel somewhat vulnerable. |
| 14/00:00 | MIND | 21 | Irritated at friend; I let her know her choice of words (in an email) were not appropriate and she was pre-judging me. |
| 14/00:00 | MIND | 21 | Ok with being by myself tonight and possibly for whole of Labor Day. I want to 'stay within myself'; not wanting to "force" things. Feeling is one of relief |
| 14/00:00 | MIND | 21 | Was able to be honest with sister re: something on my mind; she responded well to request |
| 17/00:00 | MIND | 21 | feel able to focus and need to focus on upcoming interviews next week; my 'coach' gave me bunch of questions to practice on and know that is top priority right now; trumps any desire to go anywhere although I do feel urge to get out of town again; want to hit the road even though just got back few days ago from WI |
| 17/00:00 | MIND | 21 | Have not been keeping journal too well; don't feel too much need to share but I guess that may be part of state. I had left email to master prover.; he didn't get back to me; no big deal; feel it is his problem; I did my part. Really not anxious to talk to supervisor either. OK to be in own space. |
| 20/00:00 | MIND | 21 | (talking to supervisor) how do you like my Bono look? (sings) I still haven't found what I'm looking for.... |
| 20/00:00 | MIND | 21 | 10 days ago met with coach at sisters. Last night phone consult. Coach & I really resonate, able to focus through interview. She does this for high-powered CEOs. |
| 20/00:00 | MIND | 21 | ANXIETY QUITE ACUTE AGAIN; JUST AS BAD AS BEFORE PROVING; COULD BE BECAUSE OF INTERVIEWS COMING UP |
| 20/00:00 | MIND | 21 | Completeness? Serenity, eye of the storm, calm and perfectly still, you know there is craziness going around, can do a number on you, but in the eye is perfectly still. Calm in mind and body. Like a king whose court is going crazy. Stillpoint. Being unaffected by craziness around. Intellectually know crazy is around but I know I am okay and will be okay. Is powerful in a way, keeping own power and base, sentient being so to speak. |
| 20/00:00 | HEAD | 21 | Headache in front and right parietal bone. Better with cap on. Goes into my eye. Congestion in sinus. Swallow sputum, not productive. They feel connected, right side, but has been on both. Exercise seems to make it better. |
| 20/00:00 | MIND | 21 | Irritability is expressing, comes up fast, rush of heat through head. Have to bite my tongue to not say things, some anger comes up, impatience. Get on with it! Enough already, I have better things to do, snobbish, haughty feeling. You are getting in my way. Obstacle and I have better things to do than worry about some trivial stuff. |
| 20/00:00 | MIND | 21 | Memory hasn't improved, hoped it would. Disappointed. |
| 20/00:00 | THROAT | 21 | Sore throat still there, dull, didn't notice until mentioned it. Dull pain, I never get sore throats. |
| 20/00:00 | MIND | 21 | Strong, strength is a surge of energy, going to do what I need to do. Applying for job, will win at it. Lower extremities, in thighs, move forward. Feels good. |
| 20/00:00 | MIND | 21 | When I tune into that power, would be nice to have that all the time. |
| 20/00:00 | MIND | 21 | Whole unto myself. I don't need people at those times. Not like I seek it out, but is okay to be with myself. Completeness. If someone comes or calls me, fine, but don't have urge to do anything. Could look at it as isolation, but doesn't feel that way. Feels like being in a zone and really nothing is disturbing me. Not needing anybody or anything. Nice, peaceful, no need to expand on the moment, situation. |
| 20/20:00 | MIND | 21 | Felt urgency to get a job; went on interview; aced it I believe; feeling strong, powerful; felt I looked person in eye and told her about me; feeling in control, decisive, some clarity, like this is what I need to do and I'm going to do it dammit; no one is going to stop me, much less myself. Intend to get out there and sell myself. King of the hill (delusion he is!) Seriously took cue from my 'coach' and told myself am going on this interview TO WIN; I can do this; am just as good if not better than the next person and I'm going to show this person that is the case |

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| 21/00:00 | MIND | 21 | DID GO TO WISCONSIN FOR LABOR DAY; FELT GOOD TO GET OUT OF THE CITY; HOWEVER, PER BASELINE, HADN'T MADE CONCRETE PLANS WITH MY BROTHER WHO IS QUITE CONCRETE THINKER AND HE WAS A BIT PISSED OFF WHEN I SHOWED UP; ALSO HAD BEEN DRINKING AND I ALMOST LEFT TO STAY WITH MY SISTER; I DID EXPLAIN THAT I HAD CALLED AND HE STILL WAS UPSET BUT WE WERE ABLE TO AGREE TO DISAGREE AND HAD DECENT WEEKEND DESPITE IT. GLAD I WAS EVEN KEEP |
| 22/00:00 | MIND | 21 | Connection, sharing who I am as a person, soul to soul communication. It's nurturing and it's satisfying. Nourishing is the word. It fulfills a longing for a higher connection or experience of who I am. It is hidden somehow. |
| 22/00:00 | MIND | 21 | Doubting what am I doing with my life. I went into the New Age. I am doubting. Why didn't I stay with the Catholic Church? |
| 22/00:00 | MIND | 21 | Here I am stuck in limbo. It's my own damn fault. I almost get suicidal about it. |
| 22/00:00 | MIND | 21 | I am a being of light, that is incredible. It is what it is. It is complete unto itself. It's like the sun, a source of the universe. Warmth, life, life-force, light, even joy. |
| 22/00:00 | MIND | 21 | I am an evolved higher spiritual being I guess. It sounds egotistical, but it's not that, it is who I am. |
| 22/00:00 | MIND | 21 | I am not feeling anything, if anything, I am feeling some grief. |
| 22/00:00 | MIND | 21 | I am out of the loop. My sister is very judgmental. I am reading what she might be thinking of me. Part of me believes what I believe that she's thinking of me. I should be more than what I am. I am really dissatisfied. |
| 22/00:00 | MIND | 21 | I can't trust my own path. I get this imagine of my brother going to this new parish and having a social life. With my sister, it is the image of, "What the hell is this homeopathy?" I get thrown off my path. I am susceptible to their image. I don't have an anchor for with standing that. I get thrown about in the wind. |
| 22/00:00 | MIND | 21 | I doubt a lot of things, I can't get to my own inner wisdom, or my own higher self |
| 22/00:00 | MIND | 21 | I feel more grounded. My voice is deeper and more resonant when I choose the ocean of light, when I dive into the ocean of light. |
| 22/00:00 | MIND | 21 | I have felt this when I have been close to people. I know that I said that it was grief, but, it is warmth, but that is love, and than connection. Grief disconnection. |
| 22/00:00 | MIND | 21 | I have no connections. I feel I have made all of these bad decisions. |
| 22/00:00 | MIND | 21 | I probably should have called my supervisor. I got really anxious. That's my baseline anyway. I meditated and lost the intensity of it. |
| 22/00:00 | MIND | 21 | I talked to my mom and she talked about my brother starting a new parish. What am I doing? I am trying these other spiritual paths... |
| 22/00:00 | MIND | 21 | I went to nursing school and homeopathy school and I feel like I am a real nowhere man. I feel cast off. |
| 22/00:00 | MIND | 21 | If you are going to waste your damn life, waste it. Why stick around. I get despairing and intense. |
| 22/00:00 | MIND | 21 | It is kind of scary, I'd lose myself if I jump into it. It is a bit overwhelming, I am afraid of the happiness and the joy. I need to choose this, I'd be sad if I didn't choose this. |
| 22/00:00 | MIND | 21 | It's like I have a lot of compassion, I expanded my light out to cover all of my classmates, the patient rooms, to cover all the pain that is expressed here, it is a lot of love and compassion. Warmth and well being. It is like a beautiful sunset. |
| 22/00:00 | MIND | 21 | It's not that I am in the light, it is that I am the light. It sounds incredible. I am filled with warmth. |
| 22/00:00 | MIND | 21 | My brother was studying to be a priest. |
| 22/00:00 | MIND | 21 | Something in me says, "I've had enough." I don't need to suffer through this anymore. I need to get out of the limbo. There is love and light out there... |
| 22/00:00 | MIND | 21 | That would be awesome, if only this were the center of my being. I would be operating from a level that enables me to function, I would live very lovingly and wise. I would feel fulfilled. Like complete. More trusting, self-trusting. I trust my own intuition and a lot of light, like I am a being of light. I am complete. |
| 22/00:00 | MIND | 21 | This is a distortion, my choosing limbo, last night I was in tortured grief, I know the potential of this love, it is a tortured existence if I don't choose it. Time is running out. I may have had choices like this before, but the word is surrender or just dive into the ocean, to just dive into the ocean of light. No compunction, no hesitation. |
| 22/00:00 | MIND | 21 | What is beneficial about keeping the sadness? It's "safe". That false image of myself, I would keep, I'd pray that I don't. So jumping into the ocean of love, the ocean of light, I would give up the familiarity and take a chance, entering a world that I don't know, I discover that I am afraid of happiness, and joy, I don't know how to act. I will be left alone or something. |
| 23/00:00 | MIND | 21 | Feel good that I have two interviews coming up but also quite anxious. Sought out help from my sister and will be talking with a coach this evening. |
| 23/00:00 | MIND | 21 | Am I having clarity on where my homeopathy is taking me, which homeopath I should pursue, which spiritual path I should take? Answer is believe am getting clarity; have practiced meditation last 3 days and intend. just for this day, to practice again, then tomorrow, practice again. |

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| 23/00:00 | MIND | 21 | Feeling urge to clean up and get things cleared up around here; feel just on verge to do it; will be studying remedies for cases until late tonight but am sure will be getting things cleaned and cleared out tomorrow. |
| 23/00:00 | MIND | 21 | GRIEF INTENSE LAST NIGHT ; FELT INTENSELY ISOLATED BUT THAT HAS BEEN BASELINE LATELY |
| 24/00:00 | MIND | 21 | AM MORE AWARE OF HOW I REACH OUT (THIS IS BASELINE) AND ASK HOW OTHERS WOULD PERCEIVE OR ACT IN MY SITUATION VS JUST ACTING ON OWN 'INNER LIGHT'. SEEMS TO BE CLEARER TO ME THAN BEFORE ; DOESN'T MEAN FEEL PARTICULARLY STRONG BUT DOES MEAN AM PURSUING OWN LIFE CONSCIOUSLY WITHOUT FEELING NEED TO CONTINUALLY REFER TO SOMEONE ELSE. |
| 24/00:00 | MIND | 21 | Interesting about making decisions today; did I really want coffee or tea? Was this 'programmed' into me to want either; what if I don't buy either; I have a choice here! Ended up getting coffee but am really going to consider from now on; make a conscious choice. |
| 24/00:00 | MIND | 21 | IRRITATED WHEN FOUND OUT FRIEND THOUGHT I WAS COMING ON TO HER WHEN JUST WANTED TO BE FRIENDS; SHE'S NOT CALLING BACK; THAT'S HER LOSS IS MY FEELING. |
| 24/00:00 | MIND | 21 | Powerful Master Prover proving session yesterday; now doubting healing response. Yet deep down know something did shift so am going with that. |
| 24/00:00 | MIND | 21 | Things seem quite clear , clarity today; leaves bright with sun shining on them, I notice a sign on a building that I hadn't noticed before, seem to notice and be present to people at clinical today. |
| 25/00:00 | MIND | 21 | Cleansing? Clear the mind, get clarity, free myself from past. Open a window, fresh air. Start fresh, all this clutter is weighing me down, clarity is what I want. Decide what I want, be decisive, know which path to take. Making space gives me options to make a life that is what I want. |
| 25/00:00 | MIND | 21 | Doubting again. |
| 25/00:00 | MIND | 21 | I feel I have the power to do this, feel real determination to clean up. |
| 25/00:00 | MIND | 21 | I want order in my life, all this stuff all around. Confusion-things buzz around in my head, try to find things, can't find, agitated. Multiplies and gets more confusing like a swarm of bees-where the hell is this piece of paper I want? Simplifying things, getting rid of things won't be so complicated. Feels good to get rid of stuff. |
| 25/00:00 | MIND | 21 | Was having high hopes I would clear things up, on the verge of doing that, have a lot of clutter. Would help me, feel good to throw stuff away, cleanse from the past. |
| 25/00:00 | MIND | 21 | A lot of comparison. Mom told me what my brother is doing, he's doing this and I suffer in comparison. Saturday night, school over, only contact with community and felt outcast. Why did I choose this? Why did I divorce wife? Drowning in agitation. |
| 26/00:00 | MIND | 21 | Brother and I going to a wedding and I called and asked if we could share a room. He said he didn't want to, almost hung up on him. His reservation not cast in stone. Irritated. Patronizing me. Felt like I was 10-years old. He was so inflexible too. Wants to room by himself, knows I am unemployed and could use the help, but doesn't make a difference to him. Irritable, he's selfish, so I am critical and judgmental. |
| 26/00:00 | MIND | 21 | Disgusted. He didn't get my divorce, get why I'm not in the church, I'm susceptible to him and his perceived judgment of that, lack of confidence in my own decision making. Feel I'm on shaky ground, sand is shifting under there. Regret saying yes to this. Flipped out on that too. Others are making great strides with their life, and I'm not. Isolated without a job. Homeopathy is not gelling. I'm not functioning very well, scary. If I want to make something out of my life, should get on the ball. |
| 26/00:00 | MIND | 21 | Doubting the curative shift, if there was one. Day 22 with supervisor, am I just really...I have a good imagination. Is that for real or is that something I wanted to have happen? Lack of trust, I don't believe it, think I did want that to occur so I am pleasing supervisor or want it so bad that I was very creative in my reporting. Yet I know the anxiety is not as intense as it can get. It was intense Saturday and did shift. |
| 26/00:00 | MIND | 21 | I chose this life I think. Reap what you sew. Thought was following my heart by divorcing, she would have stayed married. Not choosing to work on homeopathy, do stuff. Awake at 5, could have gotten a lot done, stayed in bed. Something is not ready to face the day. Hate decisions but know I have to make them. Do I want to cop out or be here or not? If I want to be here, I need to do a bunch of stuff. cannot afford to let time pass by. Do I have courage to do this? Despairing. |
| 26/00:00 | MIND | 21 | I don't choose to access potential. Depressing. OMG, life is crap, what am I doing. Catches up to me. Letting passionate part die would be tragic, so I get really great urgency to do things. |
| 26/00:00 | MIND | 21 | Just don't trust my abilities or first instinct/intuition. Have potential to buy this house, don't know how to get to my inner truth. How do I do that? What is my intuition saying? Is this a good idea or not? Had strong women in my life, easier to have others make decisions for me, part wants that, but I'm not living my life if I letting others do that. From psychics to relationships. |
| 26/00:00 | MIND | 21 | Lack of confidence. Not confident in own abilities. |

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| 26/00:00 | MIND | 21 | Maybe I just needed to talk to someone, and that is what helped. Lack of trust. I really believe it and then sinking feeling like it goes down, not going to last, then I am on my own again. Feel in my chest, it's going to be going down and energy all goes down and feels foreboding, something is going to happen, not able to maintain that level. <u>going downhill.</u> |
| 26/00:00 | MIND | 21 | Need courage to do it. Other side is to never practice opportunity, low paying job, scruffy old apartment, be alone and afraid the rest of my life. I don't want to be around if that is the case. Being a shell of a man, living shell of life instead of vital. Can be strong, full of life. Jealous when see others-I have that potential but it is <u>not manifesting.</u> |
| 26/00:00 | MIND | 21 | Not pleasant, preferable. Prefer things to stay at that intensity, distrust comes in. That goes to not trusting myself too. Like in case analysis, get a thought, come up with something really crazy, kick myself. Not able to <u>hold my own truth. Doubts, options, embarrassing.</u> |
| 26/00:00 | MIND | 21 | Only I can do it, no one can do it for me. Feels like I've wasted my life. Depressing. Others make it and I'm not. <u>Not suicidal, but depressing. Confusing. What do I want.</u> |
| 26/00:00 | MIND | 21 | People are growing, getting clients, establishing themselves and I don't feel I am. I was supposed to be making a bigger mark in homeopathy. This is my chosen path. My colleagues are making bigger strides and I am <u>dead in the water.</u> |
| 26/00:00 | MIND | 21 | There is a choice, doesn't have to be this way. Buddhist brain-book. All the negative can be like Velcro. We evolved to look out for dangerous things, all good things like Teflon. Negative things really latch on but we discount good things. That's what I mean about changing my mind. I can start thinking about positive. |
| 26/00:00 | MIND | 21 | Things just slip away, not able to hold my ground or hold my truth. Stand my ground. Lacking courage, also hard to know what I want sometimes and to find what I want and hold my ground is a 2-step process. Image is of me kind of army guy holding his ground, stand up for himself. Not backing down, having the spine to hold his ground when others have different ideas. Am I going to acquiesce or hold? |
| 02/00:20 | MIND | 22 | Craving for boxed mac & cheese following intercourse. I do not eat processed foods anymore & rarely crave them. Mac & cheese is something from my childhood. Homemade doesn't seem as good but I might make some tomorrow. |
| 03/11:30 | MIND | 22 | Had a very calm session with my therapist even when discussing subjects that usually produce anxiety &/or tears for me. |
| 03/15:30 | MIND | 22 | Client canceled shortly after I wished that she would. |
| 03/23:00 | MIND | 22 | Watched the movie Marley, a documentary about Bob Marley. A few things struck me about the story it told & stuck with me for several days after. After an assassination attempt, he didn't seem to fear death. He cavalierly assumed that Jah had protected him & would continue to do so. He was similarly cavalier about getting melanoma on his toe – allowing only the lowest level of medical intervention & refusing to go to check-ups with doctors. But when he later found out that he had cancer all over his body, he pulled out all the stops to prevent his impending death. Having had breast cancer in 2010, this frightened me. How would I be if I was told the cancer was now all over my body? |
| 03/23:00 | MIND | 22 | A good portion of the film ended up being about Rastafarianism – which I had known only snippets about. I was surprised that they went so far as to say that the former leader of Ethiopia was the second coming of the messiah. I was also dismayed at what seemed like a one-up/one-down relationship between the men & the women. Of course, this was convoluted by the fact that these were famous music stars & also by the fact that Bob was regarded as a messenger of Jah on a mission to spread the good word. His many flaws & selfishness were excused (particularly by his wife) because of “who Bob was.” |
| 04/14:00 | MIND | 22 | Two news stories disturbed me today. One is the Consumers Union study of various rice brands that showed high levels of arsenic in them. The other is a recent study of rats fed GMO corn. They died earlier & had <u>more cancer than controls.</u> |
| 04/16:00 | MIND | 22 | My 4-month-old kitten just went up to the next level in mischievousness. She is now fixated on getting on top of the hutch where we had been keeping the houseplants safe from her digging & chewing. She's made quite a mess of them. She also broke my glasses (or at least I'm blaming her for it). They broke right in the middle & a little off one of the bows. Frustrating! |
| 04/21:00 | MIND | 22 | My boyfriend was more interested than usual in scheduling time for us to spend together. Usually, he doesn't realize that we are <u>going to be busy in coming days or weeks & so doesn't think to plan</u> |
| 05/17:45 | MIND | 22 | Seeing 4 red cars in a row at a stoplight struck me as odd & even portentous – of what, I don't know. |
| 06/17:00 | MIND | 22 | My brother (who I was preparing to visit in the evening) & his family had 500-1000 blackbirds land in the trees in their backyard. They had never seen this before. I arrived 2 hours later. |
| 06/20:00 | MIND | 22 | My niece wanted to put make-up on me so I said OK. She had a 6-pack of eye shadow colors & asked me what I wanted. I told her purple or green or both. She looked at me & at the eye shadow & said, “Or blue?” “Sure, or blue.” “How about pink?” So she put pink on me. The next morning when she wanted to do it again I told her <u>green was my daytime color. She chose purple.</u> |

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| 07/00:00 | MIND | 22 In working with my family on cleaning out my grandparents' house, I chose to focus mostly on categories of items: wall hangings, family photos, paper recycling. |
| 07/10:00 | MIND | 22 Listening to the radio on a 3-hour drive to my grandparents' home, my brother & I settled on a station playing 90s & current hits. I found myself more intent on the meaning of the lyrics than usual. "Life is a highway. I want to ride it all night long." Another song was about a couple who couldn't stop "going" to war" with one another but couldn't break up. |
| 07/23:30 | MIND | 22 As my brother & I were driving to our mom's house, I noticed the crescent moon & was particularly captivated by its reflection on the ponds that we were passing. |
| 08/14:00 | MIND | 22 Saw an image posted on Facebook that said "Gratitude is the open door to abundance" & immediately made it the wallpaper on my desktop. The image is an artistic flower design with mostly purples & pinks. I usually do not feel compelled to save or repost such images but this one grabbed me. |
| 08/22:00 | MIND | 22 My boyfriend said that he thought I was more absent-minded or forgetful than normal last week (e.g. I forgot that I said I would come home in between work & heading out of town on Day 6.) |
| 10/00:00 | MIND | 22 I've been doing well at sticking to my updated schedule. It's helping me to feel more productive. |
| 10/20:00 | MIND | 22 My boyfriend & I celebrated our 6 year anniversary by going to a relatively new restaurant that we hadn't tried before. It turned out to be their 2-year anniversary & they were celebrating by offering a discounted menu & free wine tastings. It was one of those moments when you know you chose the right place. Food was delicious too! |
| 10/22:30 | MIND | 22 Been reading Smithsonian Magazine – one article about an amateur photographer who became famous after her death when photography aficionados accidentally discovered her work. |
| 11/00:00 | MIND | 22 My boyfriend was asked to MC a sustainability event in his home state of WA. The theme of the whole conference is "Permeating the Mainstream" & the theme of the event is "Locals Night." There's been some angst among some organizers at having my BF (now living away from WA for almost 7 years) as MC. He also works in an alternative school & was raised by hippy parents (also the type of people organizing this conference) – not exactly "mainstream". Then again, his students love Hot Cheetos. He feels some pressure to do well in the role but is also excited to find a way to bridge the circles & the squares. |
| 11/14:00 | MIND | 22 I've been asked by the nonprofit I used to work for (NP1) to potentially play a role in a project they are trying to pull together in response to a request for proposals from another organization (NP2) in town. NP2 is looking for a nonprofit with existing capacity to fulfill a number of goals with very little funding. I have serious concerns about NP1's ability to pull off some significant pieces of this project. Proposal is due on Day 13 & a first draft was finally written last night. I'm told that I've been written in for over half of the funding – an uncomfortable position given my serious misgivings. To make matters a bit more complicated, my business is already written into another organization's proposal for the same project. |
| 11/23:00 | MIND | 22 After reading draft proposal, decided to say no to NP1's offer to include me in their project. There are just too many gaps for me to feel comfortable with it. My boyfriend pointed out that the allegory from my dream could apply: A sailor doesn't dive into the sea & dive to the bottom just because his captain tells him to. |
| 12/17:30 | MIND | 22 Just found out that one of NP1's staff persons is a bit miffed with me. She sent a professional-sounding e-mail that was clearly laden with emotion. |
| 14/14:00 | MIND | 22 I finally opened up the recipe box that I took from my grandparents' house. I had assumed it was full of recipes but it was actually an alphabetical file of little clippings & cards that my grandma was keeping. In it I found 4 \$2 bills, a note that I had written them when I was about 9 or 10 talking about ice skating, & a few small pages my grandma had written about a trip to Europe that they had taken with some other couples. The notes about the Europe trip were boring until she wrote that one night they went out for "a steak dinner & a topless show". I had no idea that my sweet, mild-mannered grandparents would go in for a topless show in Paris. |
| 14/21:00 | MIND | 22 Watched a couple of episodes of Mad Men |
| 15/00:00 | MIND | 22 Our kitten is mellowing out but still mischievous. I started saying that she was helping us clean by getting covered with dust bunnies under the couch, etc. My boyfriend says she is cleaning up our chi. |
| 15/14:00 | MIND | 22 On Day 8 my mom's boyfriend gave me 2 books – a cookbook that his mother wrote & one about the herbal cancer treatment called Essiac. As I was perusing the book on Essiac, my boyfriend called me from out of town. One of the things that he related to me in that conversation was that the wife (who I know & am fond of) of one of my colleagues just found out 2 weeks ago that she has breast cancer. Odd coincidence that I should be reading this cancer treatment book & get this news. I had breast cancer in 2010. |
| 16/00:00 | MIND | 22 Thinking about my grandparents moving into the assisted living complex. It's good. They're 90. But it also seems like once they stopped doing activities outside the home (golfing, volunteering at the hospital), that's when they both started seriously deteriorating (he mentally, she physically) |

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| 16/10:30 | MIND | 22 | Something about my conversation with my supervisor today reminded me of the time in about 1998 when I had what I called a "personal ghost". It seemed to be a young boy who liked to play little tricks on me – mainly hiding my belongings. Although he was mostly attached to me when I was at home, he sometimes followed me elsewhere. I also heard harmonica playing one time & there was no one around who played harmonica. |
| 17/08:45 | MIND | 22 | My boyfriend had offered to hire my business to do a small project at the school where he teaches planting a couple of fruit trees. This morning he asked me how much I would charge (knowing our usual rate) & I said that we would charge our usual. He reacted in a way that seemed disappointed & I asked what that was about. He was clearly trying to get me to offer a lower rate ("Well, it's for a school..." "When Aaron & Joe did work for us, they only charged X."). When I asked him if Aaron & Joe had charged their normal rates, he said that he had tried to get Joe to charge more. So why was he trying to get me to charge less? I felt disrespected & told him so. He agreed that what he was doing wasn't cool & wondered why he would try to guilt me into charging less. The next morning he thanked me for challenging him on this point & reflected on his relationship to the feminine. How is it being valued in his professional life? He noted that the landscape project that he had been working on at his school had been designed & installed almost entirely by men & that the resulting space showed it – very squarely shaped, no curves. As a result, he had decided to attempt to engage his new boss (a woman) in the project more – partly to infuse more feminine energy & partly to get her on board with a project that she has had some misgivings about. |
| 17/21:30 | MIND | 22 | My boyfriend & I were working on a workshop that we will be co-teaching. The process was somehow frustrating for both of us & at the end we talked about it. One thing that came out was the idea that he was angling to be the "cool guy" who knew the meaty stuff of our workshop while I would be the "touchy feely girl" who would get people to talk about their visions & their feelings. As it turned out, neither of us felt comfortable with such a gendered approach & we decided to try to be more intentional about balancing this dynamic. |
| 18/21:00 | MIND | 22 | Watched an episode of Mad Men that played with the idea of male dominance & balancing masculine/feminine. The iconic female/male fantasy character decides to fulfill the wish of an important potential client to spend a night with her in exchange for being made a partner in her advertising firm. This makes her the only female partner with 4 males. Interestingly, she is not the ambitious female character on the show. In the same episode, the ambitious one (the one trying to "play like a man") announces that she will leave for another firm with just a twinge of jealousy for the new female partner. |
| 19/12:00 | MIND | 22 | Met with my old boss for lunch today. She had responded to a Facebook post I had made about needing work. She shared with me a new contract position processing applications to a new child care center rating system. She said that accuracy & data completion would be important aspects of the position to ensure rating reliability. She thought that I would be a great candidate due to my ability to be very detail-oriented. |
| 29/00:00 | MIND | 105 | I have had a couple of "symptoms" that may or may not be related to the proving. What confuses things is that I took a new remedy on Day 7 of the proving. The dream recorded above occurred in the early morning hours, before taking the remedy. |
| 00/10:34 | MIND | 113 | Partner going back to work after 7 month sabbatical, everything is completely agitating him. Instead of trying to smooth it out I just let him vent. |
| 00/12:00 | MIND | 113 | Woke last night overwhelmed with news of health issues. I feel like I'm falling apart; everything at once. Terrifying. Fear of illness, fear to share with partner - he will see I'm too much work. |
| 00/12:06 | MIND | 113 | I hate provings - my life turns upside down. Why do I keep doing this?! |
| 00/13:00 | MIND | 113 | Just had annual exam and my PCP found an endocervical polyp. Weird thing is, in the last month I have two new patients dealing with polyps. One of them has been freaked out by an oncologist MD who's told her she may as well assume she has cancer. Another patient of mine emailed last month to ask me if my health was ok because she had a dream about me. Would not tell me what the dream was about. |
| 02/08:00 | MIND | 113 | Woke with mortality on my mind; one local and one famous man in the papers yesterday for suicide. Watched a movie about Modigliani last weekend; Jewish painter famous from Picasso's time who died of TB, and then his near-full-term pregnant wife jumped out a window to her death. |
| 02/12:00 | MIND | 113 | Just left a very tense situation with partner telling me about a legal issue he is pursuing. I felt overwhelmed by his intensity and afraid I would say the wrong thing. |
| 03/19:08 | MIND | 113 | Relieved that some health tests came back normal; realizing how incredibly worked up I was about it (history breast cancer) |
| 04/08:25 | MIND | 113 | Yesterday Present Moment (bookstore) came up twice; once on the bus, someone was gossiping about the owner, loudly; the other was in the office. |

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| 07/15:45 | MIND | 113 Emotionally exhausted from a weekend up north for a wedding. She is like a sister to my partner and aunt to his daughter. Relationship breakdown between us, eventually things got talked out. Partner has pts.; is constantly talking about how dangerous things and people are and if I point out anything to the contrary it comes off as a challenge he resents. Also if I mention anything from a past relationship it's a huge trigger for him. I happened to mention I got married on a beach (25 years ago.) In any case the wedding was very filled with love and many people contributed poems, songs, speeches, food, and such. Took place on a dramatic cliff site overlooking Lake Superior with a cave in view down below. People wanted to know about the cave. |
| 07/15:52 | MIND | 113 I also find myself again grieving not having had a child, after being around people with babies all weekend long. Without exception I am ALWAYS asked if I have kids at any large gathering, weddings, etc., and then there is silence when I say no. One kid w Asperger's came up to me, looked at my ring finger, and said you need to get married. Partner has already said more than once that if I were able to, we'd be talking about having a baby together. Today he told me he wished he'd also had a son. |
| 08/23:16 | MIND | 113 Partner's coping mechanisms gave way to frustration as more has been piled on his plate and I see him putting unbearable pressure on himself. Just realizing how incredibly tense I was in the car because he was driving home so aggressively, tailgating for 3 hours. |
| 08/23:19 | MIND | 113 Partner was hit by a car on his bike on the way home from work today. He texted saying he was frustrated and angry and irritable and essentially wanted to dull the pain and frustration and be alone. The person who hit him wanted to call the cops and blamed him for the accident. He apologized to me for how irritable he's been lately and said he's not comfortable in his own skin. (Later on I found out he hit the car when it stopped. I'm guessing he was tailgating the car with his bike.) |
| 08/23:21 | MIND | 113 I'm trying to get back into my normal exercise i.e. yoga but keep getting distracted. Today I was gifted a bike from a friend and while riding it realized all the years I rode my last bike it was not very well fitted to me. It's like the new me needs more space to stretch out into. |
| 09/21:40 | MIND | 113 Partner called tonight to say he's fine from the accident. He sounded back to normal. I've been worried about how he's handling stress, has these moments when he looks like he's going to turn into a werewolf. |
| 10/09:02 | MIND | 113 I bought a book on Wabi Sabi while on vacation - awareness that I keep coming back to and rethinking the philosophical concepts. It's akin to describing the aesthetics of Zen. |
| 10/09:04 | MIND | 113 I think there's been a lot of organization and preparation for, rather than actual doing, i.e. not a lot of making art or reading. |
| 11/18:33 | MIND | 113 Got super nervous about seeing my boyfriend after us being apart and him being very stressed for 4 days. We are still getting to know each other and his intensity is overwhelming at times. But when I arrived I realized he was afraid I'd be ready to run away. |
| 12/15:31 | MIND | 113 Having a terrible time getting started with art-making. Very torn about which way to proceed. It seems so dark and I want the work to be inspiring, i.e. not a downer. |
| 12/16:35 | MIND | 113 Feeling pulled to spend time with boyfriend over a full moon ceremony with some girlfriends. Agonizing over deciding what I want. |
| 12/19:54 | MIND | 113 Just got bizarre text message from boyfriend suggesting "It's not working" and "my eyes and mind are wandering." |
| 13/09:21 | MIND | 113 Angry email from boyfriend. Not making too much sense. |
| 14/07:45 | MIND | 113 After further email responses from boyfriend that sound manic and unrelated to my carefully worded message to him, feeling dread and sadness about how this is turning out. Was very promising but now he seems insane and not in touch with reality. Lost in his paranoid pothead world. |
| 14/07:49 | MIND | 113 Feeling sad about another relationship that's in the process of crashing and burning. There is absolutely no way I deserve to be the focus of so much hostility. This is what my growing up years was filled with from my father. It has nothing to do with my actions or intentions and I don't want to be around it. |
| 14/16:45 | MIND | 113 Again I feel so stuck around my paintings... feels impossible to start. |
| 15/23:45 | MIND | 113 Focusing a lot of attention on developing style/ aesthetic: with both my art and my appearance |
| 16/18:11 | MIND | 113 Had bizarre interaction with bf yesterday. He asked me to meet him at a park near my house. He walked up and said he was willing to hear what I had to say about our conflict. I told him I thought he was acting manic and it was uncomfortable to be around. He denied being manic, said he's taking his Gabapentin, and said his pts. is only going to get worse. He spoke in generalities about being "disrespected and that "things had come to light that were disturbing," etc. When I began to talk about a specific incident where he felt "blown off," he stood up, said he wasn't going to argue with me any more, and walked away, telling me I could come by to pick up my things from his house. |
| 16/18:19 | MIND | 113 I should wear a shirt that says "I specialize in dating the mentally ill." |

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| 17/08:42 | MIND | 113 | Singing Peter Frampton's "Baby I love your way" in my head after getting out of bed. I have the sense I've been singing that song in my head a lot recently. Almost like a counteraction to the insane misunderstanding and communication breakdown I had with bf. I saw that he posted "lost in translation(s)" on his FB page. |
| 17/32:14 | MIND | 113 | On lying down began to have a scene appear to me of being with a lover who stabbed me in the torso and I run out of the apartment naked and bang on my neighbor's door for help; terrified |
| 19/01:07 | MIND | 113 | Noticing I've been incredibly productive this first week of September. Spent a lot of time the past several weeks analyzing what my art is saying... and developing some core ideas with techniques so I can begin to create a cohesive aesthetic based on my own personal vision. I've begun 6+ new paintings that are all about how the forces of nature shape us. I feel I've broken thru to some kind of clarity I've been seeking for a long time. |
| 19/01:10 | MIND | 113 | I'm cataloging what I'm doing, not just for the proving. I'm organizing in a different way. |
| 23/04:23 | MIND | 113 | I'm confused about what day of the proving it is. Suddenly I see a gap of 5 days in my notes and I had to count to make sure I was correct. In a very strange headspace at the moment. Feeling very disconnected from people in general. I've been kind of holed up in my apartment painting for hours upon hours. I've been able to do this b/c my practice has been so slow- good for my art, not good for my bank account. This time of year is notoriously slow however, change of summer to fall season. |
| 23/04:37 | MIND | 113 | Not sure if it's because my prover has such an idyllic life with her husband and child and has experienced so many improvements with this remedy proving, but in comparison I'm finding myself noticing my suffering that much more. I feel alone, outside of things, disconnected from people, not sure if I'm part of the human race at times. Noticing everyone with partners, children, babies, family, and my default is always solo. |
| 23/04:43 | MIND | 113 | A very prominent figure in the arts community here collapsed and died suddenly at the age of 45 while she was at the gym. I went to the memorial gallery show to pay respects but I felt awkward to be there with those that knew her (I'd never met her, know others working at the gallery.) I stayed 10 minutes and then left. |
| 23/04:45 | MIND | 113 | Unexpectedly found myself invited to a social gathering of people celebrating MN food and wine after attending a lecture, that same night as the memorial show, met new people. Guy who started the group's wife is a painter so we talked about galleries vs. self-promoting. Met a chiropractor who loves to travel winters, talked about shifting her practice to be away for long periods of time; offers services at different voga retreats |
| 25/16:16 | MIND | 113 | Rode my bike home from the office and felt a surge of intense anger and frustration after having a conversation with a client about how some people "fly solo" in this lifetime (and I'm one of them.) |
| 25/16:23 | MIND | 113 | Incredible frustration, "wanting to give up" energy - from myself and from several of my patients |
| 28/01:01 | MIND | 113 | Went to party later last night with a group of friends in my community. Aside from being quite relaxed and enjoyable, there were copious bottles of mostly red wine. The hostess said she never has a party where all the alcohol doesn't get finished. She mentioned her 7 year old daughter is allowed to sample their alcoholic drinks and always loves the taste. I find that bizarre for a child and does not portend well, imo, considering her mother moved here many years ago for alcohol rehab. |
| 28/01:10 | MIND | 113 | I'm afraid that the name of the proving is biasing my art: I keep wanting to do "twin" images. |
| 28/12:49 | MIND | 113 | Felt too "dark" and heavy to be with people the last few days. I don't want to affect other people's environment with my density when I'm like that. Reviewing pattern of attraction to traumatized men |
| 28/12:57 | MIND | 113 | Went to meet up with a new friend for dinner and then go to an art opening. One of the artists covered two walls with disturbing, dark, violent, artsy fashion magazine images of women. Talked about how we now equate sexy with violent when it comes to fashion magazines. So many images of the women were distorted, compromised, injured, or as if dead. So opposite of what I want to portray in my paintings. |
| 28/19:18 | MIND | 113 | Stood up for dinner I cooked for a friend. Second time we had scheduled, first time he cancelled that morning, this time he no-showed. We saw each other last night at the same party and confirmed the dinner and the time. I give up: why bother trying to have friendships? Always alone. |
| 33/20:09 | MIND | 113 | Have signed up for several women's meet up groups to market my practice, and a couple of individual meetings with women I've already met. This is the first time since moving here I've been that organized and intentional about communicating to potential new clients (I've been more passive in general.) |
| 35/12:08 | MIND | 113 | At women's networking group, a woman was promoting some "herbal detox pads" that go over the stomach and help you miraculously lose weight. I felt bad for her it was so cheesy and she seemed aware of that fact. She'd said she'd been a psychotherapist for 26 years and now she got to "just have fun." |
| 35/16:32 | MIND | 113 | Fed up with client who emails constantly to micro-manage by 15 minutes every appointment she makes. Six emails to make an appointment? I don't care if she calls back. |
| 35/16:42 | MIND | 113 | Frustrated and fatigued. Must learn to let things go when there is a struggle. I get sucked in so easily. |

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| 37/10:02 | MIND | 113 | Humming Amy Winehouse song "Rehab," even though I have not listened to it in many months and it's not exactly one of my favorites. Won't leave my head. |
| 49/12:30 | MIND | 113 | Went on a date with a much younger man this weekend, who doesn't seem to care the slightest how old I am. I have almost always dated younger men, but judged myself for it. This weekend I said "Screw it; get over your self judgment!" Had an awesome time and of course - he's an old soul. |
| 49/12:34 | MIND | 113 | Read about Saturn moving into Scorpio this past weekend. I have felt the effects of Saturn in Libra since moving here: re-evaluating of relationships, friendships, and career path/ shape. I moved here the same month Saturn moved into Libra. I am please with the results of my sorting it all out over the past 2 21/2 years. and feel I've never been truer. more authentic. |
| 49/12:37 | MIND | 113 | I would like to start meditating again; it's calling to me for the past several weeks. |
| 49/12:39 | MIND | 113 | One thing that really stood out to me about my date was he made a lot of strong eye contact and we talked about it; how most people are intimidated by it. I felt nervous from the attention. We also discussed bowel function and detoxing, as his mom is a colon hydrotherapist. First time I've talked about poop on a first date. |
| 51/00:00 | MIND | 113 | In yoga class last night we talked about vulnerability. After class had a very vulnerable conversation with the "young man" during which he too was vulnerable. It really touched me. |
| 14/00:00 | MIND | 118 | sense of confusion and lots of communication errors, so frustrated-- 2 people booked appointments in 2 different time zones and the software allowed them to both book, have to call and reschedule, nothing seems to be working right |
| 00/00:00 | MIND | 119 | Email from the proving team: ... would love to have you, but not if it's going to be too much. My response: I had been sitting with whether to be a supervisor, because I have a new job starting mid-August and a variety of other transitional things in my life. Got this email this evening as I was boarding a plane home...was going to respond once I got to my seat and then the email was gone...hmmm...transitions, indecision, and a here and gone themes already. I said yes to supervising. |
| 00/00:00 | MIND | 119 | Watched a movie: "180 Degrees South" at the suggestion of a friend. Seemed like an adventure movie at first -- people who like to climb mountains and surf -- which I know my spiritual friend also likes (adventure). But, it became clear that the purpose of the movie was a commentary on moving the world forward in a sustainable way: in my terms, about cosmology; in other's terms, evolution. The take away quote was this: "When you come to the edge of the cliff, do you take a step forward? Or, do you turn 180 degrees and take a step forward?" For a couple of months now, I've had a couple of Buddhist friends staying with me. I told one of them this message and that my friend had suggested it. She lit up, hugged me, and asked when my friend was coming to visit! Great, hopeful, open and transformative energy. |
| 00/00:00 | MIND | 119 | A Buddhist friend was encouraging me today as I was moving through my own transitions and getting unusually stuck in the past. It might not be encouraging to other people, but his view of the big picture in the world -- given that he's a sociologist and futurist -- really helped. Still, the view was which institutions are failing and which ones are surviving and why. Turns out my new job is at a large-scale institution that's surviving because of the decisions they've made over the years to focus on the people that make up the institution. A continuing theme these last few days and one I thought about when I first entered college 30 years ago. Interesting |
| 00/00:00 | MIND | 119 | I told a guest at my house that the proving was going on and asked her to let me know if she noticed anything different in her or her husband. She said she feels like a squirrel with this need to buy lots of food (unusual for her, since she buys what they need each day). |
| 00/00:00 | MIND | 119 | Looking at travel online and noticed my attention drawn to an Ad for last minute flights: "here today, gone tomorrow." |
| 00/00:00 | MIND | 119 | Realized I'm isolating myself from others, holing up in my office to get a lot of work done then continuing to be by myself at night. Just want to be away from everyone and focused on my tasks |
| 01/13:00 | MIND | 119 | (start of proving) Proving was at the home of the prover. We planned to start at 1pm. When I arrived at 1pm, she was next door and saw me at her door and hurried home. Came to find out she is typically always busy doing something. She has two rescue dogs. As we talk through the proving process, she expresses concern about doing it right because she's always questioning her experience of things because she can always see things more than one way. |
| 01/13:25 | MIND | 119 | I am struck by the fact that only an hour ago a friend of mine has said just the same thing: being careful what she things because it can be a self-fulfilling prophesy. |

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| 10/20:00 | MIND | 119 | (This seems to be about the remedy.) I had emailed my homeopath about why I'm doing so well lately. I said "it's one of the proving remedies. My prover gave a great picture of it at the initial; it's effects and when it applies. A good word for it's effect is: equanimity. And, given where the world is right now, well, we might just want to put it in the water." It is about equanimity, but what was also interesting to me was that I said "it's effect." I grew up with a mother who was an English major, so I know that "it's" means "it is". So, I used it correctly the first time in the email, but on reflecting on the other two times I realized it came out as the punctuation to describe the possessive (it possesses this feature), which we do with everything else, but not with "it". Seems silly, but it fits with the story of the remedy: "it's effect" reminded me of the remedy speaking in another way of being in the moment JUST before creation - not the emptiness or void, when all is potential - but, the moment just before something is realized. The "effect" is known. "It is" on the verge of becoming. And, in this case, it is on the verge of becoming a state of equanimity: "the state of stability or composure arising from a deep awareness and acceptance of the present moment." |
| 05/00:00 | MIND | 120 | Phone issues. Getting disconnected, not receiving voicemail, or delayed in receiving. |
| 11/00:00 | MIND | 120 | Have a continued sensation of heaviness of my mind, spirit, body. Feel somewhat drugged, weighted. |
| 11/00:00 | MIND | 120 | This drugged weighted sensation has been allowing me to sleep better (insomnia be a long standing issue). Sensation of being deeply pulled into dreams, often not able to get out. Very deep, even when waking often, am pulled right back into sleep/dreaming. Because of this drugged feeling, am not remember dreams as I usually so easily do. Only wake with sensations/feelings of dreams. Heaviness upon waking. Difficulty transitioning into the "real world" Sleep never feels finished, real life never feels fully entered into. Underneath this heaviness/slowness/drugged feeling is a constant agitation/tension/anxiety. |
| 11/00:00 | MIND | 120 | Feelings of detachment, saying what I need to say, with underlying loneliness. Clarity around patterns of intimacy. Detached, yet anxious. Even with great clarity, feeling cut off from self. |
| 15/00:00 | MIND | 120 | Feelings of isolation. Heaviness. Inability to feel my passions – art, movement, intimacy, etc. Anxiety underneath it all. No movement. Just want to sleep. |
| 28/00:00 | MIND | 120 | Feeling slowness of mind and body. Just wanting to "be" – not think, not process, not remember, not effort. Sleeping better than I ever have, but not feeling rested or motivated. Lots of dreaming, but not remembering in this heavy state. Trying to remember or write down, is too much effort. A feeling of wanting to be in a womb, where one just is. No effort, just being. Feels like something is happening, but need to wait. Feels heavy and deep. Can't tolerate people, traffic, noise, movement. Feel I am from some place else – another planet. Bored with the mundane. Doesn't make sense. Hate chit chat – want nothing to do with it. Hard to exercise, walk, think – can't wait to go to bed, in the dark – like a womb – heavy blankets, love the weight and darkness. Don't have to engage anymore, think anymore, do anymore. Not feeling depressed, yet a heaviness, slowness. Underneath this is anxiety, because feel that I SHOULD be "doing". Also I MUST be in the world for work, kids, etc. All feels dormant. No ability to will myself through. No creativity. No ability to worry like I usually do – but causes anxiety when I just want to be in this womb-like state. Feel lonely and isolated, but don't really want to be with anyone. Really preferring to be alone. Wanting to go deep within, but with no thoughts. Like a void. If reach out to connect, quickly feel irritated and agitated with chit chat, listening, focusing. Feel no movement, but know that something deeper is happening. Like being pregnant. All energy goes into something changing, growing. But nothing to show for it right now. Very detached. Observing. Irritated by people. Just wanting to be in this state, without the anxiety. No efforting. Having great love for and strong connection with my children, but only my children. |
| 01/19:30 | MIND | 121 | Hard time getting proving materials together. Skype not working, sound not working, cannot find emails with prover number or journal. |
| 01/19:50 | MIND | 121 | Time moving really fast. |
| 01/19:50 | MIND | 121 | Very spacy. Forgot I was supposed to be present with my prover. Just zoning out. |
| 05/00:00 | MIND | 121 | More grounded, centered. Getting a lot done, can stay up late and do things easily. Okay by myself. Compulsion to date and for others to need me is gone. |
| 17/00:00 | MIND | 121 | Getting less and less afraid to speak my mind. Standing up for what I need better. A woman coerced me fairly forcefully to help her set up a variety show this weekend and I didn't want to. At first I agreed, but then I went back and told her I couldn't help. She was irritated with me, and I just walked away from her. It's my weekend off. I don't have to work and I shouldn't be made to feel bad about it. |
| 19/00:00 | MIND | 121 | Went on a date and the guy started ranting about how girls get pregnant just out of high school so they can live off the government (i.e. him) the rest of their lives and how all the hippie-dippie people of this world are all lovey and just don't get it. Internally I laughed wondering if he understood that I was one of the "hippie" people he was so angry about. But I didn't get mad or offended or agree like I normally would. I just gently counterpointed some of his more judgmental arguments and tried to have compassion for his aloneness. |

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| 22/00:00 | MIND | 121 | Very interested in a guy who has wanted to date me for a long time. Yesterday and this morning had fluttery stomach about it, felt like in high school, giddy. Now am second guessing-maybe I just like the fact that he wants to be around and do so much for me? Start making up a list of faults in my head and comparing how he might be to old boyfriends. Brings up anger at myself-I better not fall into one of those situations again. Suddenly feel like I have to be very careful and suspicious of all he says. |
| 23/00:00 | MIND | 121 | The guy who was so into me this last week seems disconnected from me today. It makes me sad. My healers say it is because I don't value myself enough so I am only excited about him because he values me more than I value myself. I see validity in part of that at first and was ready to have a conversation with him about needing to take it slow so it doesn't become dysfunctional because we both deserve better. Right now I am just let down, unmotivated. I guess I just do want him to want me. That in itself is crappy. |
| 23/00:00 | MIND | 121 | A guy I met about 6 months ago found out I was divorce and tracked me down and called me. Great ego boost to know that I made that type of impression. I want to wait and see how things to with the other guy first. |
| 26/00:00 | MIND | 121 | Still feeling uninterested in the guy I am dating. Bored really is a better term. I should just tell him I am going to be dating other people as well. We have only been dating a week-I don't know why I feel we are exclusive. |
| 29/00:00 | MIND | 121 | Men are coming out of the woodwork! Getting asked on many dates. Low sex drive but thinking about sex a lot. |
| 29/00:00 | MIND | 121 | Feeling guilty about guy I am seeing. Want to see him, yet need independence. Clingy. |
| 30/00:00 | MIND | 122 | Vintage, antique, ancestry: Going back to the past, gaining perspective. Nostalgia with music. Dreams of high school and activities in basements. Gossip. Recognizing the relationships you have outgrown. Cleaning out the chi. Returning to a child's perspective of innocence, play, and fascination. Organizing, putting things in order in the outer environment as an expression of this process. |
| 30/00:00 | MIND | 122 | Relationships growing and maturing: Victorian femininity, Mad Men misogynists, traditional ideas of relationships being challenged to transform into some kind of balance. Re-examining ideas of partnership. How can both men and women embrace feminine qualities? Vulnerability. softening. gardens that feed us. |
| 30/00:00 | MIND | 122 | Libra. Assessment of old and new relationships. Judgment: am I being fair? How to be a good friend. Recreating balance. |
| 30/00:00 | MIND | 122 | Romance with a tubercular miasm sensibility. Love songs, fairy tale weddings. Pink and purple. A child with Asperger's telling me I need to get married. Unspoken wishes coming true. Movie. Untamed Heart. |
| 30/00:00 | MIND | 122 | Drama produced by infidelity, real or imagined. Married to memories. Dreams and real life relationships impacted by cheating, hidden sex, forbidden desires. Dream of lesbian strip club, cheating sexually. |
| 30/00:00 | MIND | 122 | Addictions as a result of denying your own truths. Alcoholism. Rehab. Amy Winehouse. Children drinking alcohol. |
| 30/00:00 | MIND | 122 | Rastafarians as peace messengers who are fighting injustice. Male dominated society. Idea their behavior is excused because of their mission, i.e. Bob Marley having 11 kids with 7 women. Nonplussed at assassination attempt, cancer diagnosis, but when cancer spread refused to accept his end with grace. |
| 30/00:00 | MIND | 122 | Boundaries. Learning to say no to things that no longer nourish you. Learning to discern who and what to spend energy with. |
| 30/00:00 | MIND | 122 | Slowing down, staying calm, focused, becoming a better listener, gratitude for abundance, grounding vs. Resistance to hearing your spiritual lessons, recording the proving symptoms, face to face communication, work, caring for a child. Resistance training at the gym. Difficulty focusing. making decisions. |
| 30/00:00 | MIND | 122 | A corpse. Cleaning out grandparent's house. Making peace with chronic illnesses and the aging process. vs. suicide - in real life, movies, and books. Energy of "I want to give up." |
| 30/00:00 | MIND | 122 | Feeling of being pursued, imagining that danger is immanent. Two bike accidents in same day with two friends. Two broken feet/ankles by two athletic friends. A sudden death from working out at the gym. Fall from a tree house. |
| 30/00:00 | MIND | 122 | Permeating the mainstream with new ideas about culture is about cooperation and engaging with your constituents. |
| 30/00:00 | MIND | 122 | Gardening and permaculture. Digging in the dirt to feel grounded. GMOs in the news. Arsenic-based herbicides used for GMO soy. GMO corn causing cancer. |
| 30/00:00 | MIND | 122 | Giftng as a way of cultivating relationships. Being gifted, abundance, giving to others. Celebrating 6th anniversary and being gifted by the restaurant that was celebrating a 2nd anniversary. |

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| 30/00:00 | MIND | 122 | Twins, things happening in twos, two weather conditions in the same dream at the same time, multiple perspectives simultaneously. |
| 30/00:00 | MIND | 122 | Idea of personal ghost, mischievous, stealing things. Cat being naughty, breaking things. getting lost in a circle, biking around a lake 1000 blackbirds landing in someone's yard at 5 p.m. |
| 30/00:00 | MIND | 122 | very productive and busy vs. passivity and waiting motivation to be organized and proactive, more extroverted |
| 30/00:00 | MIND | 122 | feeling heavy and dark |
| 30/00:00 | MIND | 122 | feeling settled and expanded |
| 30/00:00 | MIND | 122 | feeling happy and calm |
| 01/05:45 | MISC | 1 | I just took the proving substance. |
| 01/09:15 | MISC | 5 | Took the first dose. |
| 01/11:00 | MISC | 8 | Took first dose |
| 01/10:00 | MISC | 12 | took first dose |
| 01/19:00 | MISC | 17 | took first dose Weds. 8/29/12 |
| 04/07:00 | MISC | 18 | Redosed remedy |
| 01/08:00 | MISC | 19 | took first dose |
| 01/10:00 | MISC | 20 | Took first dose |
| 18/13:23 | MISC | 20 | Took another one dose of the remedy after talking with my supervisor |
| 01/19:40 | MISC | 21 | Took first dose |
| 03/06:45 | MOUTH | 1 | My gums are bleeding profusely between my left central incisor and my left lateral incisor. I hadn't even begun to floss yet. |
| 04/05:00 | MOUTH | 1 | My gums are bleeding profusely again today, however, the origin of the bleed has moved to between my left lateral incisor and my left canine tooth. It is troublesome and unusual. |
| 05/20:00 | MOUTH | 1 | My gums are bleeding now tonight, between the left side canine tooth and the 1st molar. |
| 06/19:45 | MOUTH | 1 | Brushing my teeth, my gums start bleeding on the left lower side, between the canine and the left 1st premolar. The bleeding gum phenomena is moving across my mouth and downward! |
| 07/22:15 | MOUTH | 1 | My gums bleed on the left lower side again tonight, between the canine and the left 1st premolar. |
| 11/06:00 | MOUTH | 1 | My gums are bleeding now on the right lower side of my mouth, between my canine and 1st premolar! Fascinating! |
| 15/06:24 | MOUTH | 1 | My gums started bleeding spontaneously on my walk, swishing water around in my mouth and then spitting it out, bright red blood mixed in... It's gross and metallic tasting. |
| 21/09:00 | MOUTH | 1 | Since the proving began my gums have been bleeding upon awakening. Today my lower left gums are bleeding, around the canine, 1st premolar, and 2nd premolar. |
| 21/12:00 | MOUTH | 1 | My breath has been foul. The bleeding gums causes a metallic taste and smell. |
| 39/06:05 | MOUTH | 1 | My left side of mouth has a deep and painful crack in it. It's blistering and swelling. There is a sensation of thickening around my mouth and in my face in general, aggravated by talking and eating, especially salty and spicy foods (obviously). |
| 39/18:00 | MOUTH | 1 | Swimming in the Atlantic Ocean aggravates my cracked lip. |
| 44/07:35 | MOUTH | 1 | The deep crack in my mouth is finally closing after five days of rawness and openness. |
| 64/06:08 | MOUTH | 1 | My gums stopped bleeding today. That as a long time. |
| 01/09:10 | MOUTH | 5 | Left side of upper lip curls up when she talks. (We are talking on Skype. Not sure if this was some kind of distortion caused by the Skype transmission, but I don't remember noticing this with Mary before, and I've sat across the table from her many times.) |
| 01/09:20 | MOUTH | 5 | (Took substance at 9:15) Biting bottom lip |
| 04/19:00 | MOUTH | 5 | Have noticed a sore on my tongue since about 2 p.m. Two of the taste buds, about 3/4" from the tip of my tongue are raised and painful, as is the area around it. Feels like I burned the tongue, but didn't. Also, looks like a deep crack starting 3/4" from tip of tongue and going down the center of tongue, plus several irregular, short cracks going in different directions. Weird, visually, but no discomfort from the cracks. I rub my teeth over the burned area, which sort of feels good, but also is irritating. Closing my eyes and sitting here, the tongue area feels like it's burning with a gentle pulsating. More annoying than painful. |
| 05/20:45 | MOUTH | 5 | Tongue irritating me all day yesterday. I thought nothing of it. The thought, "Oh my God, I've got to write this down." Burning and swelling of two taste buds near tip of tongue. Today, buds have shrunk and there is a very slight burning and tingling sensation. |
| 17/21:15 | MOUTH | 12 | Brown coating on my tongue one hour after brushing my teeth and tongue. |
| 17/21:15 | MOUTH | 12 | Teeth are looking more yellow to me, feel like I need to fix them soon or they will all fall out and I will need dentures. Though I've had this before, it feels more dramatic, more pronounced. When I see my smile in the mirror, they look even worse than before the proving. I don't want to smile fully |
| 21/07:00 | MOUTH | 12 | Disgusting taste in my mouth upon waking. Brown coating on my tongue. |
| 01/13:30 | MOUTH | 19 | (I noticed prover's hands were on her jaw and ask about that) My jaw has been tight for weeks every morning. Right now it doesn't feel as tight, feels looser. |

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| 01/14:30 | MOUTH | 19 | My mouth just got dry, almost like cotton-mouth. Dry, really dry. Get dry mouth a lot when I sleep. Tongue feels coarse. Hollow inside of mouth - feels hollow. Not a hot dry, like the desert. Not a temperature of hot or cold. (say more about mouth feeling hollow?) I'm more aware of my tongue and under my tongue. A roundness to my mouth, can almost picture it in my head. It feels hollowed out. (describe the images?) A river rock, black river rock, really smooth like an egg. Can see it being black and morphing into an oval though not flat. Perfectly smooth black river rock. (What's the feeling?) An openness in my mouth, a hollowness. More room than normal, almost like a wisp of air. My mouth feels bigger than normal inside of it, inside of it. (Wisp of air?) Like I want to take in a little breath (prover takes in a breath) to feel the sensation, an appreciation of the hollowness, openness - it amplifies the openness. (What is that like?) Like being at the dentist and get a little gas. Not like it gets colder, it almost has a flavor, a taste...nitrous. You can feel the air, keep wanting it to get hotter or colder, would be easier to describe. It's more like a pressure, not unpleasant. I'm fascinated by the inside of my mouth. I know, it's like when you blow up a balloon, just before you take a big breath before you blow it up. It's a powdery flavor, powdery. That's what it's like. And, it's like a red balloon, cherry read. Sensation of almost...I want to inhale to take a deep breath for something like blow up a balloon. This intent to take this little inhale. Mouth is hot and dry now. |
| 03/00:00 | MOUTH | 20 | Have been thirstier than usual. Want juicier things – mango juice. |
| 05/00:00 | MOUTH | 20 | Still thirsty. Need water. |
| 16/09:00 | MOUTH | 20 | Awoke with two emerging cold sores on my upper and lower left lips –haven't had a cold sore in years - may be from too many nuts the day before – but these have not bothered me at all in last year. Too in general my skin is dry as are my lips and eyes. I forgot to put this in on Saturday and it wont let me back track |
| 12/15:00 | MOUTH | 22 | Sudden metallic (?) taste way in the back of my throat. It stayed for just a moment & then disappeared & didn't return. |
| 04/11:00 | NECK | 1 | My neck has several acne eruptions (unusual for me). |
| 00/00:00 | NECK | 8 | Having lots of neck pain, so locked up chiropractor couldn't adjust me. Never happened before. |
| 16/04:45 | NECK | 12 | Neck is stiff and full of tension, moving upward into the back of my head. |
| 00/00:00 | NECK | 18 | pain on right side where shoulder meets neck, tightness like it can't release worse at night better after sleep |
| 05/12:00 | NOSE | 1 | My nose is dry, there are dry crusts in my left nostril. |
| 15/13:50 | NOSE | 6 | Blew nose and blew out a blood clot. Just a clot. I thought bloody nose, but no. Loosing a clot of blood happened when I was healing from sinus surgery, and that happened again. |
| 02/08:00 | NOSE | 8 | Sneezing & blowing my nose a lot. Clear, mostly in morning. |
| 14/00:00 | NOSE | 8 | Head stuffed up, blowing nose a lot (clear). Want to clear my ears but all plugged. Not bothersome but it's there. |
| 25/00:00 | NOSE | 8 | Runny, |
| 01/23:00 | NOSE | 17 | Is congested. Especially right side. Don't feel like I have to blow it but my breathing is hampered. |
| 02/13:00 | NOSE | 17 | congestion is continuing and is yellow, bloody, stringly. Drains into back of throat causing itch and cough. |
| 04/22:00 | NOSE | 17 | Congestion all day. Crusts form in nostrils and need to be picked out to remove. Congestion increases in evening. |
| 02/07:30 | NOSE | 20 | Post nasal drip last night and into morning – it is lasting until now which is 5: 20pm. This morning though it had a taste almost an odor – plenty like –pungent. In shower mucus us egg white. |
| 03/00:00 | NOSE | 20 | Post-nasal drip. Woke sneezing. |
| 04/22:00 | NOSE | 20 | Aware that I am more sinus congested – stuffed up – haven't been in a long time – at least not during the day. Both nostrils. Feels dry and not a easy flow of air in the passages. Nothing comes out. Considering the surgery for unblocking my right nasal passage as suggested by the ear nose and throat specialist last spring. |
| 06/20:15 | NOSE | 20 | Should mention that every day since remedy have felt moments – usually in the afternoon sometime that I am going to get a sinus cold or be sick. I feel a pinching feeling and sick pinching feeling in my head and into my sinuses – it always passes. This morning my sinuses stuffed and dry – have been dry since remedy – blew out many green and bloody crusts. |
| 23/04:34 | NOSE | 113 | As part of the allergy continuum, I've had sinus pain, congestion, and I've probably sneezed 150 times over the past several days. My nose is running constantly, clear mucus. The sneezing, coughing, and congestion and pain in my sinuses and lungs is unparalleled. Everything is << night, humidity. |
| 23/00:00 | NOSE | 121 | Lots of sneezing at night. |
| 06/04:13 | PERSPIRATI | 1 | I am physically drenched with sweat and my heart is racing as if I was about to jump, to eat one of the cakes! I go back to sleep. |
| 06/05:38 | PERSPIRATI | 1 | I am drenched with sweat. |
| 00/00:00 | RECTUM | 5 | I usually have gas from eating beans, fruit, vegetables, but haven't changed my diet and yet I can't control my gas. It exits the body involuntarily, and fortunately, not too loud or long, but still is audible. Usually, I can voluntarily hold it until I get to the bathroom. It catches me by surprise and makes me pretend I didn't hear anything. |

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| 04/11:00 | RECTUM | 18 | constipation- not normal...ate some prunes a feeling of no urge maybe |
| 01/10:00 | RESPIRATIC | 12 | Yawning, deep, extended yawns. |
| 01/10:10 | RESPIRATIC | 12 | Yawning increasing, long and straining, multiple times. |
| 06/06:52 | SKIN | 1 | My arm burns and stings. |
| 08/11:35 | SKIN | 1 | I have eruptions on my buttocks, they are painful to the touch. |
| 38/06:20 | SKIN | 1 | Mini-eruptions all over my body, pus releasing. Yuck! |
| 00/00:00 | SKIN | 5 | Have noticed small pimple-like rash on skin of upper arms, inferior and lateral, on my back by the waist, and on my left side by the waist. They are pin-head sized, itchy, and an annoyance. The ones on the left upper arm hurts when I scratch it, the others are just occasionally itchy. My reaction is, "What's this about. Go away." |
| 04/10:30 | SKIN | 12 | Bumps that are zit-like on my chest and face, some little pimples and some larger, deeper zits. Acne. The larger, deeper bumps hurt and I forced expression; the discharge is watery, bloody, and in the end, mixed with white pus. They did not come to a head so much as were irritating and a bit painful. The little pimple like bumps did come to a small, white head. After expressing the ones on my face, they filled again with more discharge (watery, bloody, white pus). After about a day, crusted over and healed. |
| 16/08:00 | SKIN | 12 | More zits, mostly on my shoulders and chest. One deep zit just right of my mouth. Some are coming to a large white head, some are remaining little red pimples, and some are deep like boils. |
| 16/08:15 | SKIN | 12 | My whole self feels stinky. I have not had to wear deodorant in months. Today, I smell like I've never smelled. A little rotten smelling, a little sour. |
| 17/21:15 | SKIN | 12 | Eruptions all over my chest, shoulders and breasts: little bumps like pimples, some to a head and some not. On my shoulders, they are not going away quickly, one on my left shoulder has been there for over one week, red with no head. Also on my face, mostly my chin (right, left, and center)mostly coming to a large white head. Also around my mouth on the lower right side, deep like a boil, no head, but can press out small amounts of white pus |
| 04/22:00 | SKIN | 17 | Cuticles seem to have grown thicker. |
| 17/00:00 | SKIN | 17 | Skin rash between my legs, itchy and painful, like a rug burn feeling. Splotchy skin patches on abdomen. |
| 17/00:00 | SKIN | 17 | Toes and feet get flakey white appearance. Scales enough to pick off in chunks of skin. Also happens between joints of toes and on arch of foot. Both feet equally. |
| 17/00:00 | SKIN | 17 | Fingers drive me crazy. The skin is also dry, white and flakey but also hurts. Feels like it is pulled tight and skin cracks open. I have bandage in order to heal. Must stay bandaged for at least 2 days to go away. The cracks are usually at the tip of the fingers or in the cuticle, mainly tips. The fingers most affected are the index and thumbs, but others are also at times. No modalities as to what makes it worse. Only thing that makes it better is to bandage. Lotions do nothing. |
| 17/00:00 | SKIN | 17 | Round red patch of skin below left knee where you kneel flares up and is very sore. Little pimples erupt and if I don't bandage they won't heal. Also get a red patch on top of left foot but it comes and goes on own now. |
| 27/11:00 | SKIN | 17 | Red, rough, dry scaly patches on upper inside of both thighs. It gets worse in late afternoon and seems to be better in morning only to repeat the pattern. |
| 27/11:00 | SKIN | 17 | Cracks on fingers at sides of joints. Very sore, no blood or ooze. |
| 27/11:00 | SKIN | 17 | Scaling and flacking of skin on hands, toes, feet, back of neck and spots on face continue. |
| 27/12:00 | SKIN | 17 | 17: After the 2 oz. pulsed dose, my fingers got less painful. Didn't get new cracks. I was getting them every day. The cracking slowed down. Skin at bottom of torso and inside my thighs was less itchy and less red. But, by day 3 after this dose the itchy red skin was all back to the previous state. |
| 27/12:00 | SKIN | 17 | 17: After 4 ounces pulsed dose there was more improvement. Fingers: no new cracks and old cracks healing, lessened pain. Only have two band aids on today. Torso and thighs: there but not itchy and red (still scaly). |
| 30/12:00 | SKIN | 17 | 17: Issues flared late in the day on 9/24. It was the "worse late afternoon" pattern: finger tips, skin between legs flared up, bad at bedtime. |
| 30/12:00 | SKIN | 17 | 17: Left thumb along cuticle started hurting a ton. Just sore w/o even pressing it. Grabs my attention. Not better with pressure of a band aid. Only time helps and covering/protecting it. |
| 30/12:00 | SKIN | 17 | 17: New...better in the morning. Could never attach a modality before. |
| 10/14:30 | SKIN | 20 | Bottom sides of both feet getting cracks in calluses - dry dry dry my skin is having its winter dryness three months early - need lotion. |
| 28/00:00 | SKIN | 20 | A bump is growing on my skin - upper lip below my nose on the right side. It came out sometime last night - not a pimple and not a cold sore - I want it gone and worry of more growing |
| 23/05:06 | SKIN | 113 | I realize my skin has been very itchy, seems to correspond to the allergies. The whole thing feels very related to histamine. I read up on Histaminum and there's a lot of reactivity and irritability, which makes me think of the man I was dating, as well as my father. No coincidence, he also historically has had terrible allergies. |
| 41/18:25 | SKIN | 113 | My skin has been very itchy lately, especially my scalp. No pattern, not every day, and more afternoon-evening. Having to scratch my shoulders and back with a stiff paintbrush to relieve the itch. |
| 03/01:08 | SLEEP | 1 | Sleeping fitfully. Thoughts racing through my mind. Wanting space from my partner. |

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| 03/03:45 | SLEEP | 1 | Not sleeping well at all!? Obviously, I'm writing in my journal!! |
| 03/06:41 | SLEEP | 1 | I finally fell back to sleep around 4:20 am. I slept hard. |
| 08/11:39 | SLEEP | 1 | I have been waking consistently at 2:00 am! However, this is not disturbing my day. I feel only slightly tired during the day. |
| 10/02:00 | SLEEP | 1 | I have been waking between 2:00 - 4:00 am consistently. |
| 10/03:23 | SLEEP | 1 | We experience a power outage, it's 83°; very hot, I am irritated and having difficulty returning to sleep because of the heat. |
| 10/14:00 | SLEEP | 1 | I decide to take an afternoon nap. |
| 44/07:37 | SLEEP | 1 | I could not fall asleep last night. I danced five hours yesterday; I am at a dance retreat (we dance five hours a day). |
| 07/19:30 | SLEEP | 5 | Haven't been sleeping well the last two nights. Restless and fall asleep and wake up often. Can't seem to get comfortable. The pillow is too hard or lumpy. It is hot in the house around 78 degrees. Haven't had any dreams at all; or no recollection of them. |
| 10/05:00 | SLEEP | 5 | Woke at 5:00, went back to sleep about 6:30 until 8:30. In the past this would happen, but almost every day now. I think, gee, I'm awfully tired, lay there, nothing on my mind. OK. I should get up. Pressure to get up and do something kicks in. Frustrating I usually sleep best toward morning. That's gone. I am sad that sleep isn't there. I am desperately seeking two hours of good sleep. I am sad I don't have those two wonderful hours in the morning. They are my best sleeping time. I'm sad I'm not getting them. Doesn't really seem to affect my energy. |
| 11/00:00 | SLEEP | 5 | Still having trouble sleeping. I'm waking up at 5:00 or 6:00 in the morning, not having a very good sleep. The first part of the night is not as restless. I wake up so early and try to go back to sleep. |
| 25/00:00 | SLEEP | 8 | Cough disturbing my sleep, waking me every hour. |
| 15/20:00 | SLEEP | 12 | Though I am tired and needing sleep, needing to be lying down in bed, I cannot sleep. |
| 21/17:00 | SLEEP | 12 | Fell asleep on the sofa. I have no recollection of going to sleep. I crashed out and woke up feeling a bit disoriented and groggy. |
| 01/22:00 | SLEEP | 13 | Ready to sleep – slept through the night. |
| 02/00:00 | SLEEP | 13 | Not so tired for bed. Had a restless night of sleep. |
| 02/14:00 | SLEEP | 13 | Super tired. Thinking of napping. |
| 02/16:30 | SLEEP | 13 | Slept for an hour. Woke cranky with sugar cravings. Had chocolate and dates. Was mildly satisfying. |
| 03/06:00 | SLEEP | 13 | Awake – had coffee and went for a run at 6:45. |
| 04/00:00 | SLEEP | 13 | Going to sleep. |
| 04/07:15 | SLEEP | 13 | Woke early, still on east coast time. |
| 06/08:00 | SLEEP | 13 | Slept 9 hours last night. The sleep was hard, deep sleep. Woke up thirsty. I know I was a bit dehydrated yesterday. |
| 02/04:00 | SLEEP | 17 | Long extended hot flash lasting 30 to 60 minutes. Almost like a fever. |
| 02/09:00 | SLEEP | 17 | Normal for me to wake at 1 & 3 and have trouble getting back to sleep, but slept late until 8:00 and I could barely get out of bed. I felt exhausted physically. Went to yoga and the exhaustion continued. I could not fully participate. Just did not want to move as it took too much effort as if I was moving through mud. |
| 09/12:00 | SLEEP | 17 | 17's sleep is getting better, sleeping really deeply but still waking 2-3x per night. Going to sleep easily after waking in the night is a definite shift. |
| 16/00:00 | SLEEP | 17 | at the beginning of proving I slept well. After a week, I found I was not able to shut my mind down even after using my meditation tapes that usually always work. I would awaken a number of times during the night and again have thoughts floating through my mind. Not a fixation on any one thought, but thinking about a lot of things. The last 2 nights seem to be moving back to a more normal sleep pattern of waking at 1 am and 4 am. |
| 17/00:00 | SLEEP | 17 | My energy is good, but sleep is horrible. Unable to fall asleep even when using my qigong meditation CD which is unusual. Thoughts are streaming through, not fixated on anyone thing. Feel I only enter midstream sleep, it is not good. Waking at 1 which is normal. Waking at 5 or 6 which is new to this proving. Can't wake up when ready to get up at 7 am. |
| 27/12:00 | SLEEP | 17 | 17: After the 2 oz. pulsed dose, sleep got a little better. I could get back to sleep again. |
| 27/12:00 | SLEEP | 17 | 17: After 4 ounces pulsed dose sleep was better, got to sleep without meditation, woke up in the night and got back to sleep. Sunday night only woke once. Saturday night it was two times. Friday night it was 2-3 times. |
| 01/00:00 | SLEEP | 18 | Best sleep I've had in months, solid, heavy, hard to wake up and go the bathroom (usual symptom for me). |
| 01/16:00 | SLEEP | 20 | Tired and nap for an hour and a half deep and rested awoke only because of phone call |
| 03/00:00 | SLEEP | 20 | I sleep well through the night |

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| 03/24:00 | SLEEP | 20 I cannot sleep after a great movie and day – excited, relaxed, relieved and reliving the day in my mind – I sleep but awake often rest – so happy to be in rural MN – the quiet, the simple the space. I turn my self upside down in bed to have my head right by the window -that has wind blowing the curtains on occasion – I love the cool – I love that sleep and cool are so near and I am laying in it – It almost doesn't matter that I am not sleeping – I do not think I dream either – awaiting the early morning when I have promised to awake early before 6 and walk with my friend. |
| 05/00:00 | SLEEP | 20 I sleep poorly, toss and turn through out the night – up to urinate even though little is there. Sleep more consistently for longer periods in early am awake before 7 and up at 7:30am |
| 05/00:00 | SLEEP | 20 Mixed feelings – didn't sleep well last night. Feel energy was released last night. Was not unnerved by it. Here I am not falling asleep, but must have gotten some because I feel okay. |
| 06/00:00 | SLEEP | 20 So much better sleep tonight falling asleep – staying asleep and able to fall back to sleep when I wake up – less true in early morning. |
| 07/00:00 | SLEEP | 20 Fell asleep and stayed asleep more easily. But overall, haven't slept well. Benignly irritated. |
| 07/00:00 | SLEEP | 20 Benign irritability versus obvious irritability during sleep. Have to get up and pee, uncomfortable in body. |
| 09/00:00 | SLEEP | 20 I sleep well – awake with ease – don't remember dreams |
| 10/00:00 | SLEEP | 20 Wake up often all night long – this has been true every night of proving. Am able to fall back to sleep though there are disappointments in not staying there - lots of changing of position - side to side , stomach to back to side and all over again. |
| 11/00:00 | SLEEP | 20 Awake often through out the night – again 10 15 times – I do fall asleep again but aware of disturbance and disappointment at not falling deep and staying there – I miss it. |
| 11/00:00 | SLEEP | 20 Waking 10-15 times/night |
| 12/00:00 | SLEEP | 20 I wake up all night long still but a bit less so and a bit less agitation when I do. I do fall back to sleep and through out my best sleep appears to be in the morning – I would say after 4 am. I know I dreamed but remember none when I wake – I slept till 8:45 – unusual for me. I am reading the Boundary Waters before bed – and I find in my mind wanting of a very long canoe trip – especially now with the weather so sunny cool. |
| 14/00:00 | SLEEP | 20 I am waking 12 – 15 times a night – sometimes to urinate but mostly I just wake up – there is an irritation of not sleeping long and deep and in the middle of the night difficulty in falling back to sleep. |
| 15/00:00 | SLEEP | 20 I wake less this night but am even more disturbed in the morning – I don't want to wake up or get out of bed and yet I cannot sleep further. |
| 16/00:00 | SLEEP | 20 I sleep well tonight only waking three of four times and falling asleep immediately except once when I am awoken and turn to left side and left SI joint is smarting – takes awhile to get comfortable and sleep |
| 17/00:00 | SLEEP | 20 Waking to pee and other times – less deep sleep than Friday night and disappointed but slept. My SI joint did not wake me up. |
| 18/00:00 | SLEEP | 20 Sleep is easier awake only a few times however I am agitated each time – angry almost at waking up at my internal state which I can only describe as agitated moving too fast, no resolutions, dissatisfaction. I am relieved to feel sleepy and fall back to sleep – there is a crabbiness in me. |
| 18/00:00 | SLEEP | 20 Bit of defiance at night. Feel that I'm dreaming – agitated. Don't like the content. Feel I need to remember, but I don't want to. |
| 19/00:00 | SLEEP | 20 I actually sleep well – even though once in the night I awake and think I will not fall back to sleep – it is uncomfortable in my mind – unnerved – almost anxious but not a fear based anxiety and discomfort a n annoyance almost. As it turns out I can relax and I do fall back to sleep – dream and sleep until my alarm goes off at 6:30 I wake feeling no dread and refreshed. |
| 20/00:00 | SLEEP | 20 Intermittent sleep waking often – fall asleep in early morning deeply – then don't remember dreams |
| 22/00:00 | SLEEP | 20 No sleep again until early am - probably 5 or so and need to get up early again. |
| 23/00:00 | SLEEP | 20 Finally I sleep – I think I start around 11:30 and I sleep deeply until I wake up coughing when it is light out. I believe I also woke up once to pee and once during a dream. I so want to sleep some more but coughing and clearing throat prevents me – I am not refreshed. |
| 23/00:00 | SLEEP | 20 Didn't start sleeping until this past Friday. Has been really bad since taking remedy. Mostly okay with tiredness until about 2 pm. Only sleeping 2-3 hours some nights. |
| 24/00:00 | SLEEP | 20 Sleep well again - awake only a few times – too hot searching for coolness - once to go to the bathroom. Sleep until after nine |
| 25/00:00 | SLEEP | 20 Sleep well again - awake only to go to the bathroom and to turn over – I am sure I dreamed but don't remember – the alarm sounds way to early and I awake at 6 still wanting to sleep |
| 26/00:00 | SLEEP | 20 I slept well and long last night and did not wake up or get out of be until 9:30 am then to meditate. I feel refreshed. As I was waking up through out early morning and feeling sedated I had brief thoughts about it is my liver – this is what makes me tired. |
| 27/00:00 | SLEEP | 20 Difficulty sleeping through the night – falling asleep once awake – don't feel rested – though better than last week with not sleeping. Again start deep sleep at 4 or so and the alarm comes way to early awake as if from sedation. |

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| 28/00:00 | SLEEP | 20 | Only 4 hours of sleep no thanks to my bad timing of staying awake – but am aware of good energy through out the day with intermittent sleepiness. Though I do not awake refreshed I am not dragging until the night |
| 12/00:00 | SLEEP | 21 | Tired again. Am I drinking too much coffee on this proving? Drinking it more than normal, part of my rebellion. Took nap around 10:30-after up for only 3 hours. |
| 00/10:32 | SLEEP | 113 | Last several days sleeping closer to my partner; usually need my own space. |
| 23/04:24 | SLEEP | 113 | Waking from sleep with intense hot flashes again, strange b/c it's 68 outside. I've been waking up from hearing either hail or very large raindrops tonight. |
| 37/08:48 | SLEEP | 113 | Noticing I've been waking up often between 5:30 and 6 a.m., sometimes going right back to sleep and other times I'm up for as much as an hour. Normally if sleep is interrupted it's earlier in the night i.e. 2 or 3 a.m. |
| 11/00:00 | SLEEP | 120 | This drugged weighted sensation has been allowing me to sleep better (insomnia be a long standing issue). Sensation of being deeply pulled into dreams, often not able to get out. Very deep, even when waking often, am pulled right back into sleep/dreaming. Because of this drugged feeling, am not remember dreams as I usually so easily do. Only wake with sensations/feelings of dreams. Heaviness upon waking. Difficulty transitioning into the "real world" Sleep never feels finished, real life never feels fully entered into. Underneath this heaviness/slowness/drugged feeling is a constant agitation/tension/anxiety. |
| 15/00:00 | SLEEP | 120 | Waking often, but falling right back to sleep, by being pulled back into dream after dream – often not remembering. Exhausted when wake. Heavy, achy body. Not wanting to enter reality. Wanting to stay unconscious. |
| 25/04:00 | SLEEP | 121 | Second time in a week woke up between 4 and 4:30 am. Very unusual. Stayed awake and worked |
| 37/00:00 | SLEEP | 121 | Only getting about 4 hours of sleep a night. I can usually do a lot, push my body hard, but right now I can keep doing it. No crash. I think I will take care of myself tomorrow, but something comes up. |
| 30/00:00 | SLEEP | 122 | waking at 5:30 a.m. |
| 30/00:00 | SLEEP | 122 | desire for naps in afternoon especially 3pm |
| 01/06:18 | STOMACH | 1 | My stomach is churning. I feel as though I'm having testing anxiety just listening to the anxiety that this parity brought up in Hitler. I feel as though I'm going to have an extremely loose bowel movement. My stomach is gurgling. I feel a sense of urgency. |
| 01/17:30 | STOMACH | 1 | I passed gas and a huge amount, like a half a cup, of mucous filled my underwear; it was clear and egg like in substance. My stomach continues to gurgle. |
| 02/07:20 | STOMACH | 1 | My stomach feels calm now. No gas. That was an intense 24-hour period. |
| 05/14:00 | STOMACH | 1 | Eating and craving black licorice and drinking coconut water (17.5 oz. a day, since proving started). |
| 00/00:00 | STOMACH | 5 | Strong desire for sweets, fats, salt, and meat for the last three weeks or so. And, have been eating them! |
| 05/00:00 | STOMACH | 5 | Craving for fats, meat. Strong craving for sweets. Ice cream is a temptation. I haven't been listening or acting on it. A craving is wanting something very badly. I have to have it, need it. Can almost taste it. |
| 08/15:00 | STOMACH | 5 | The desire for fat is really bad. I could gain 10 pounds. I'm not even hungry -- it's really a strong desire. I want ice cream, cheese. And I want something awfully sweet like cake. I had two teaspoons of honey. I fixed pancakes and LOVED the syrup. Eating the honey did not relieve the craving. I have thoughts of being a closet ice cream eater. The thoughts about food are pretty constant. I can be done eating and still want more. I feel like I didn't have this or that. (The fat craving is new. I normally crave sweets occasionally.) |
| 09/12:16 | STOMACH | 6 | Very very thirsty. |
| 01/11:23 | STOMACH | 8 | Starting to get really hungry, but just ate 10 minutes ago. Starving. |
| 06/00:00 | STOMACH | 8 | Digestive issues. So starving and then get so full. Feel sick, feels like pressure in my tummy, felt like that all day. Around belly button and lower, felt like period cramps. All day today until I came home and had stool, then felt better. |
| 06/00:00 | STOMACH | 8 | Hungry but nothing is quite right. Being at home makes it seem gross. Like the Tupperware it is in-haven't cooked a meal for a week. I have eaten at a restaurant for 20 meals in a row. But I have a plan to make a meal tomorrow, just a can of tuna and a can of beans. Grossing me out to cook. I did cook yesterday, but couldn't eat it. Had to put it in fridge and go out to eat. |
| 06/21:00 | STOMACH | 8 | Suddenly having pain in upper stomach below diaphragm. Sore there, I need to lay and stretch out. |
| 21/00:00 | STOMACH | 8 | Pain in solar plexus for a couple days. All I can do is process what is happening, not track. Burning pain in SP, irritating. Feels like it's in my stomach. Feel it after I eat, starts to burn. If I bend over, gets more intense. I think stomach is hooked under diaphragm. Annoying. On and off for last couple days. |
| 18/07:45 | STOMACH | 12 | Stomach still cramping but not as bad. A tightness in the muscles and mild cramping remains. |
| 18/22:30 | STOMACH | 12 | Feel like I am experiencing food poisoning. My stomach is all cramped up and tight. Better with stuffing a pillow under my belly, the pressure of it. Wondering if I will need to throw-up or will have diarrhea. Burping, too. Worried about getting enough sleep to be able to be useful at work tomorrow. |

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| 02/09:45 | STOMACH | 13 | Feeling very full from dinner last night. Ate a small snack at 1130. Did not eat a meal until 1400. |
| 04/13:00 | STOMACH | 13 | Very hungry. |
| 05/12:00 | STOMACH | 13 | Hungry. Not sure of what to eat. |
| 01/20:13 | STOMACH | 17 | 17 has heat in stomach. Gestures a wavy and pulsing motion. |
| 09/11:00 | STOMACH | 17 | Notice I have been stuffing too much food in my mouth when I eat lunch. Keeps happening. |
| 10/14:00 | STOMACH | 17 | Have cravings but don't know for what, capricious. Nothing seems of interest, but I have the urge to chew or bite on something. |
| 27/00:00 | STOMACH | 17 | This symptoms has been noticeable for the last week or so. After I eat, it feels as if I am very heavy. This sensation is centered in my stomach. It feels solid and full as if I could not eat another thing as there is no room. It is not bloated just full. |
| 01/14:20 | STOMACH | 18 | nauseous along with vertigo |
| 01/16:45 | STOMACH | 18 | ravenous hunger, empty feeling in stomach, like I have to eat or something bad would happen, like a panic to eat. Ravenous, meaning I must eat right now. Everything has to stop so I can find food and get it in my stomach. It feels empty and I have to fill it up immediately! Fast, and a lot. |
| 01/17:40 | STOMACH | 18 | Thirsty and hungry, empty feeling again with feeling of urgency to drink water, gulped 2 glasses down |
| 01/22:00 | STOMACH | 18 | Lots of Flatulence and rumbly stomach with acid smell, burned the nose to smell, even under the covers (never experienced this before) |
| 02/12:20 | STOMACH | 18 | ravenous hunger again, I HAD to eat, totally intense. I was running errands in town, just ate, and hungry again. |
| 02/13:25 | STOMACH | 18 | empty feeling in stomach, sudden need to eat, like a panic. I was on a bike ride, and felt faint and felt urgency to get home to eat. When I eat I feel ravenous, like I can't eat fast enough. |
| 02/16:34 | STOMACH | 18 | stomach is empty and there is an intense hunger again. A panic to eat immediately. |
| 02/18:30 | STOMACH | 18 | ravenous hunger again, I HAD to eat, totally intense. I was running errands in town, just ate, and hungry again. |
| 02/19:00 | STOMACH | 18 | eating amel |
| 02/23:00 | STOMACH | 18 | flatulence again after lying down for sleep, similar smell as first night (like acid) but not as intense (not a usual symptom for me) |
| 03/11:00 | STOMACH | 18 | Food- I have been very hungry, eating much more than my usual amounts |
| 04/11:30 | STOMACH | 18 | ate twice the amount I usually order at lunch, had that ravenous need to eat feeling again and couldn't eat fast enough. |
| 04/11:30 | STOMACH | 18 | spicy food at lunch disturbed my stomach with gas pains and bubbly feeling, fizzy feeling in guts. (usually love spicy foods). I also noticed I didn't crave the usual Asian curry spicy foods I love to order. They didn't appeal to me at all. |
| 06/11:00 | STOMACH | 18 | I am eating ravenous, blurting out in class "I'm hungry ! I've got to eat! " |
| 02/13:00 | STOMACH | 20 | I am noticing my thirst more since I have taken this remedy - yesterday and today - cant seem to get by with out having water - I notice the discomfort more. I seem to want juicy things watery things - fruit - that is unusual for me I usually only want fruit when it is hot. |
| 27/00:00 | STOMACH | 20 | I am aware of my solar plexus, my stomach, liver region all day - that there is something off - a tight nauseous sensation in the tissues a pulling in an almost souring at times. This is not new what is new is the length of time it stays that it never completely feels right though the discomfort changes and where I feel it in my abdomen. My mind alters between disappointment in my self for not attending to my nutrition/diet and hydration properly - letting it go over and over again and worry that something is wrong and what it might require of me. At its worse I am not hungry at all though eating alleviates the discomfort temporarily. It is worse in the morning and I think of leaving work but it resolves by 11 am. |
| 12/00:00 | STOMACH | 21 | Drink lots of Kombucha, sour, kind of like the beer. |
| 12/00:00 | STOMACH | 21 | Thirst seems to have calmed down a bit. Borderline craving for beer, tasted really good last night. |
| 00/00:00 | STOMACH | 105 | Bad food cravings and compulsive eating. I normally struggle with eating, but this has been much worse than usual. I probably wouldn't have thought it related to the proving, except my prover had really intense food cravings during the proving, which is unusual for her. I wouldn't say WHAT I craved was any different than usual (fatty sweets, salty carbs), just way more intense. |
| 00/10:32 | STOMACH | 113 | Tight, nauseous, can't eat. Similar feelings yesterday but can't eat yet this morning. Complete anorexia. |
| 00/12:04 | STOMACH | 113 | Bloating of entire torso, sensation of pressure from the inside trying to get out. Tenderness around entire abdomen. |
| 00/13:13 | STOMACH | 113 | On my flight out to vacation 2 weeks ago had intense nausea as if air-sickness. Also had motion-sickness in the car while driving through the woods while on vacation. Last time I had motion sickness was years ago... as a kid is last I remember. |
| 10/09:00 | STOMACH | 113 | Had spicy food w friends last night at restaurant; this morning woke w cramping lower abdomen and had bad smelling crumbly diarrhea |
| 14/09:37 | STOMACH | 113 | Having loose stool and realizing in general the last two weeks have had several times. Corresponds to conflict w bf. |
| 16/18:17 | STOMACH | 113 | Realizing yesterday was another day of loose stool by noon. |

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| 17/11:53 | STOMACH | 113 | Loose stool. Pattern between 11 and noon. |
| 17/32:17 | STOMACH | 113 | very nauseated and hard to breathe, asthmatic on going to sleep after doing half hour of yoga |
| 41/18:26 | STOMACH | 113 | Last night at a wedding, whatever I ate, drank, or some combination... On going to bed, camping out in my car, I had terrible burning reflux; every 10 minutes my stomach had a huge cramping feeling like it was turning inside out. My asthma was also exacerbated and it was hard to breathe for about 1 1/2 hours. The breathing issue began after someone's partner danced with me like I was on a TV show, twirling me a round and lifting me up over and over - for about 5 minutes |
| 49/12:28 | STOMACH | 113 | During this proving I have eaten less sweets than normal but yesterday and today I've gone a bit hog wild in the dessert category: pie, cookies, chocolate. |
| 22/19:00 | STOMACH | 121 | Stomach feels very tight, nauseous after having cookie and chai for lunch instead of real meal. Ate light dinner just now, didn't help, feel like I want to vomit. Can feel the top of my stomach under my ribcage - tension, fullness, feeling sorry for myself about it and just want to lay down. |
| 29/00:00 | STOMACH | 121 | Still no appetite, apathy to eat. When I do, stomach is growl. |
| 01/06:53 | STOOL | 1 | During my morning bowel movement the stools are loose and rushing, this is very unusual for me, I am typically constipated. |
| 01/07:17 | STOOL | 1 | I had another extremely loose bowel movement. I am emptying myself out completely. I feel much lighter after two excavations. |
| 01/11:55 | STOOL | 1 | Explosive bowel movement, dark loose, but formed stool |
| 01/13:55 | STOOL | 1 | More explosive stool, dark, dark, tar-colored stool (very unusual). |
| 01/14:55 | STOOL | 1 | Explosive unformed stool, with undigested food from earlier this morning. |
| 02/06:05 | STOOL | 1 | Loose, but formed bowel movement; unusual for me that it would be do loose. Feeling of fullness and as though I will evacuate again soon, that too is different for me. |
| 05/06:30 | STOOL | 1 | I am having remarkable bowel movements, extremely long, well formed, and loose. This is a change |
| 06/00:00 | STOOL | 8 | Stool feels like a cork popping out, coming out with a pop. Golf ball size, not hard to pass or anything. Lot of force behind it. |
| 10/00:00 | STOOL | 8 | Lost three pounds, hadn't had enough stool, eating too much salt. It had been building up in my abdomen. |
| 19/16:30 | STOOL | 12 | Cramping with multiple bouts of diarrhea, ranging from complete water to small bits of orange/brown poo and immense, loud expulsions of air. |
| 03/07:15 | STOOL | 13 | Had large bowel movement. |
| 04/14:00 | STOOL | 13 | No bowel movement today. |
| 10/00:00 | STOOL | 17 | Second day after starting proving, my chronic constipation slowly started to disappear. My movements have improved and are softer and smoother and easier to pass. |
| 17/12:15 | STOOL | 17 | "Constipation is improved. I was chronically constipated; it's moving more smoothly now. Stool is normal color and size. |
| 01/11:30 | STOOL | 20 | Second stool today mushy and not completely formed |
| 01/14:00 | STOOL | 20 | Third stool today. Explosive chunky diarrhea. |
| 09/07:00 | STOOL | 20 | 2 large easy bowel movements followed by 2 rounds of diarrhea with in a half hour. May be because I had an acidophilus yesterday? |
| 20/00:00 | STOOL | 21 | Feel I'm cleansing. Lots of stool, not eating a lot, not hungry, tons of stool. Haven't been hungry, but felt right, cleansing. |
| 00/10:36 | STOOL | 113 | Have not had a normal bowel movement for several days; only small round bits and pieces. |
| 03/04:00 | THROAT | 1 | I am clearing my throat a lot, there's a thin film of mucous at the base of my throat. |
| 05/12:05 | THROAT | 1 | My throat feels like its burning. |
| 08/11:33 | THROAT | 1 | I have a thin coat of mucous in my throat that causes me to hawk to clear; I have had this since day one of the proving, but haven't recalled capturing it in my journal. |
| 17/04:55 | THROAT | 1 | I am still clearing my throat; hawking a thin film of mucous from the back of my throat regularly |
| 24/13:25 | THROAT | 1 | I have a right sided sore throat, worse from swallowing. |
| 09/12:05 | THROAT | 6 | The next morning chest felt better but it had gone to my throat. So dry and burning in throat. Felt a little swollen. Neck glands hurt, the right one hurt worse, they felt full. I couldn't drink anything. Everything to drink had to be HOT. Hot water, just wanted to drink hot water, or hot tea. |
| 25/00:00 | THROAT | 8 | Sore, tickly throat. Sharp prickling in throat. |
| 05/00:00 | THROAT | 13 | Sore throat. Lying in bed. |
| 06/08:00 | THROAT | 13 | Not sore. |
| 01/23:00 | THROAT | 17 | Back of throat is itchy and makes me feel like coughing in order to get rid of itch. |
| 02/13:00 | THROAT | 17 | Congestion drains into back of throat causing itch and cough. |
| 00/00:00 | THROAT | 18 | constriction in throat, tightness |
| 00/00:00 | THROAT | 18 | cough, better from blowing the nose, better from drinking water, worse from wind--the wind was an oppressive force to me, I had to fight it. It pressed against me and I felt I would be exhausted from it. |
| 00/00:00 | THROAT | 18 | feeling of fullness in throat, like stuck grief wanting to come out |
| 01/23:00 | THROAT | 18 | burning in throat upon laying down, like acid reflux feeling, like I can feel a raw burning sensation from "end to end" of the digestive tract |
| 02/13:00 | THROAT | 19 | Sore throat example. Raw throat, better with cold liquids, worse on the right side. |

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| 20/10:00 | THROAT | 21 | FEELS A BIT SORE THIS A.M. FOLLOWED BY COUGH; NON-PRODUCTIVE BUT SWALLOWING SPUTUM |
| 08/18:00 | THROAT | 118 | dry throat before bed, felt ill like I was coming down with a cold...haven't had any throat issues in years -- sensation of dryness and lack of adequate fluid- parched feeling without desire for thirst |
| 19/22:00 | THROAT | 118 | intense INTENSE burning in my throat, constriction and dryness...lack of fluid....swelling of my throat--this is the most pain in my throat I have felt in many years...hurts to swallow |
| 11/00:00 | URINE | 21 | Urine smells stronger than normal. |
| 01/13:20 | VERTIGO | 119 | As the supervisor, I'm feeling a bit of vertigo, so ask the prover what she is experiencing. |
| 15/14:30 | VISION | 12 | Depth perception is lacking during this migraine. When reaching for a line to lift over my head to walk under, I couldn't efficiently make contact with the rope. It was blurry to me, and when I reached for it, I missed. I have never had this with a migraine before. |
| 15/14:30 | VISION | 12 | Flickering in the way of sudden and abrupt. My vision seems fine, then suddenly there is this flicker with the light. Like a jolt to my vision, a flickering jolt. |
| 17/21:15 | VISION | 12 | Wavy vision when looking straight on at something. Trying to see it without waves and can only stop the waves when I really concentrate. |
| 35/20:30 | VISION | 12 | Severe vision disturbances with migraine. Cannot drive faster than 55mph in a 65 mph zone. Vision is blurring and splitting into fragmented parts. I've never had anything like this with a migraine. It feels worse driving in the night. Every light is reflecting throughout different parts of my vision like flickering. Feeling nauseous from this. I wonder if I will make it home without puking. |
| 01/20:00 | VISION | 17 | A feeling came up my body & blurred my vision; now it seems clear |
| 23/05: 09 | VISION | 113 | My vision has deteriorated now so that I almost need my reading glasses to see the computer. I made and cancelled two appointments to get my eyes checked. I know I need a new prescription. |