

Symptom

Acknowledged	13	Dreams	Dream: I'm in a house in Southern Minnesota. I might be buying this house. It is on a county road. It is a rambler. I am in a neighborhood of other homes. It seems to be a tight community. It reminds me of the feeling of being at a campground. I wonder how I'll fit in being gay. I walk into a room. I see myself. My Self looks like the actor Gayle Howard (Brian from Queer as Folk). I am dressed in a flannel shirt, wearing a trucker cap and have a beard. I am drunk. I have a wife and kids. I see my self in the backyard, behind a shed fucking a guy from the neighborhood. Our families do not know. I ask someone "Is this the past or the future?" I hear, "This is your life if you would have become an alcoholic."
Acknowledged	13	Mind	frustration again of not being recognized; I feel attracted to guys who do tacit flirting and nothing happens. I can nourish a crush and do nothing (the feeling is hopeful, hopeless, frustrated, glad to catch in happening) (AS)
Acknowledged	13	Mind	a moment of feeling all by myself, alone, wondering why no one notices me, this quickly passes. It is like I am invisible.
acknowledged	8	Mind-emotions	Prover has feelings about not being able to attend the Proving Meeting in June. Feels left out. Wants to respect school and be proud of what he is a part of. Feels like a little kid jumping up and down and wants/needs to be acknowledged.
Alert	2	Dreams	I was with my partner in an upstairs bedroom with a conjoining bathroom. She was in the bathroom and I was in the bedroom with a towel around my waist. There were two doors to the bedroom. The far door was open. Through the open door, I saw a man coming up the stairs. I closed the door. I had a bad feeling that he was going to come in the room. I grabbed a knife and went to lock the other door. As I moved toward it, he came through it. My partner was around the corner and could see me but not the man. I tried to yell out to her, to warn her, but nothing would come out of my mouth. I was very frightened. I felt helpless, despite being the only one with a weapon. Normally, I am matter of fact in these dream situations.
Alert	2	Mind-Fear	As I close an electric garage door, my hand is on the control box. I take my hand off fearing getting shocked, which is something that has never happened before
Alert	1	Mind-Sensations	Being on guard for me means that I am participating in whatever is happening at the moment, but I am wary that something bad might happen and that I am looking out for it so I can protect myself.
Alert, Paranoid	5	Dreams	I was of a different house, and people of ill intent were either encroaching or already there and threatening in some fashion that is not clear now. It was ..as if something may be a threat. Like I had to be smart and figure out how to get out of this. It was foggy; I just knew it was not good. I don't remember anything else.
Alert, Paranoid	13	Mind	I have quick reactions. Rushes of adrenaline feeling that cascades though you and then it's gone; fleeting, quick, anxiety, panicky.
Alert, Paranoid	13	Mind	I am constantly scanning the horizon. Being a scout, I am really vigilant. Vigilance is being ready to respond to danger, expectancy. Vigilance then leads to sadness, resignation, a resigned feeling, accepting this urge to scan and the feeling of being all keyed up is there. It could go both ways. I want to be seen and not wanting to be seen, this goes both ways simultaneously. (Supervisor Comment)
Alert, Paranoid	13	Mind	There is a tension inside, you want to be seen, but you don't want to be seen. Who's doing the watching? Who's the watcher? Are you a target, is it predatory? Or are being enjoyed? You never know. (Supervisor Comment)
Alert, Paranoid	13	Mind	I am hearing cars in the driveway; the cars' sounds make me nervous.
Alert, Paranoid	13	Mind	One of my clients feels like he is being watched and how this causes him to freeze up inside, he is talking about how he has to act as if he is not being watched but goes through the motions of doing when he is actually focused on being watched. Note the word watched. I feel empathy toward him, and this resonates with this resonates with this time in the proving (AS)
Alert, Paranoid	13	Mind	There is a coat rack in my room and I wake up in the middle of the night thinking it is a person (this has happened the past three nights (NS)
Alert, Paranoid	13	Mind	I am noticing increased concerns for safety e.g.: I am thinking someone is in the house, breaking-in, ideas about getting a gun, walking down the street and wondering if I am going to get jumped, wanting to get up in the middle of the night and patrol the building, fears of getting cancer, fears of falling off my bike and having to go the hospital. Saw some guys playing bike polo which I thought looked fun but I caught myself saying, I can't do that I'll get hurt and I don't have good insurance (OS, RS)

Alert, Paranoid	2	Mind	Spiders keep popping up around me. Normally I don't mind spiders. I figure we can coexist. I'll even help them to a safe place in my home. Lately, I feel like I've been seeing more. I've become a little suspicious of them. When I look at them closely, they seem sinister. I had a relative that slept her two weeks ago and was bit at least 8 times during the night by a spider. I also have found them crawling on me, although never at home. I've become a little weary of them, like, "What's your intent there"?
Alert, Paranoid	3	Mind-emotions	phone message I received at my place of work yesterday. I felt paranoid, like I was not sure what the underlying thing was that this person wanted. She seemed very demanding or else desperate.
Alert, Paranoid	2	Mind-Emotions	On my way to work I was a little paranoid about the cars around me. I kept thinking someone was going to hit me in my lane.
Anger	8	Mind-emotions	Had a fight with a coworker. He want to talk with me but I was hungry and didnt want to listen. I became impatient and told him I wasn't going to listen and I walked away and left the job. I left thinking what a shit head he is. I had no patience to talk with him
Anger	6	Mind-sensatio	It is as if someone's done something nasty to me, then restrained me so I couldn't respond, like put me into a coffin maybe.
anger brings re	9	dreams	Dream: I am outside a bank of elevators and a man is kicking me, and I am trying to get away. Even though I am trying to get away, I am somehow relieved by the kicking. Another man is trying to help me, and he wedges the man in between the elevator door and the wall encasing the elevator (in dreams, anything is possible). I go away, and when I come back, he is no longer wedged there, and I take the elevator up, thinking that somehow the man escaped and he will probably be looking for me. I don't really feel any fear; it is more like a resigned sigh, thinking: "Now I'll have to deal with him again." Analysis: The feeling that I got in this dream as I was kicked was the same feeling I get when I do mental self-flagellation for some offense I feel I have committed against someone. It oddly relieves me. But I want to stop doing this self-flagellation, and I feel like I need help to stop doing this. When it happens, I get that resigned feeling
anger brings relief	3	Dreams	Dream: I was staying in a room with a young woman who was a client. Later on, a young girl from our church asked if she could stay there with us. I didn't realize the other woman was in bed asleep. All of a sudden she got up and ran over and attacked the teenage girl, hitting her on the head and all over. I got them separated. It was bizarre.
anger brings re	2	Dreams	My parents bought a plane ticket for me without asking the days of travel I would be available. Because I had already bought a ticket, this presented some problems. When I approached my father about it, he became angry telling me how unappreciative I was. I called him an asshole and left. It felt good to tell him off.
anger brings re	2	Dreams	I was driving past the residence of my old roommate. He was outside and flagged me down. He invited me inside. I never did like him but I was pleased to see him. I wanted to tell him how rude he had been as a roommate.
anger brings re	2	Dreams	I was on a 50' ladder that was made of rebar. It was very thin. At the top of the ladder was a long piece of rebar that stretched to the next ladder. The expanse was at least 100'. I had been climbing and crossing without a thought. When my partner tells me to be careful, I look down and become overtaken with fear and panic. I feel frozen. I can't cross or go down the ladder for it's almost too thin to hold on to. I yell at her because she made me feel self-conscious which has now put my life in jeopardy.
Anger brings relief	5	Mind-emotions	Normally in the past, whenever I would injure myself, my response was never one of anger...at anyone or myself. I would almost always feel fear, embarrassment, anxiety and much self-pity. This was not at all the case this time. I freely shouted out my thoughts about my need to have what I need, when I need it, and not "20 years after the fact." I felt, totally free! It was not tense. I felt it more mentally. It felt good to express my anger at something that happened and is viable.
Anger brings re	2	Mind-Emotions	On my way to work, I found myself feeling rushed and irritable for no reason. I was extremely tempted to lay on my horn because the person in front of me being a selfish driver. I've never done that, but somehow it would have been gratifying despite being obnoxiously rude
Apathy	2	Dreams	I was at the racetrack placing a bet for someone. They gave me a bunch of numbers that didn't mean anything to me. I felt intimidated by the process. The bookie, was washing dishes. After awhile I helped her with the dishes.
Apathy	13	Mind	feeling bored, unmotivated. I am very aware of other men's legs.
Apathy	13	Mind	hungry but not wanting to prepare food (NS)
Apathy	13	Mind	I wake up again early, this time I just lay and bed, not wanting to be productive.

Apathy	24	Mind	Went to a funeral, my cousin. It was fine, no big deal.
Apathy	5	Mind	I read every night; I just haven't bothered with it now. I am not missing it!
Apathy	2	Mind	I decided to play hooky from the first half of work. I called in and lied about my daughter being up all night. I never flat out lie when I don't feel like going in
Apathy	19	Mind-emotions	I did it again! I found another dilly-dally job that isn't a priority and did it instead of the important stuff. I have been sitting here for the last 10 minutes and have been trying to identify my feelings right now... flippant, a 'so what' and 'who gives a rats petite' 'about any thing anyhow'?
Apathy	2	Mind-Emotions	I have no desire to do anything. I feel completely apathetic.
Apathy	19	Mind-intellect	I'm sick of it, don't want to be here and the solution is to walk, with no disregard for the mess I leave behind. I even had to tell myself to pick up a piece of paper on the floor. I just want someone else to clean up my mess.
Apathy	4	Mind-intellect	While at work, I noted that I felt industrious and proficient with tasks that are presented to me.
Apathy	4	Mind-intellect	I stayed somewhat focused at work but didn't want to attend to it. I felt myself wanting to drift away from it.
Apathy	15	MIND-intellect	slacking, not being responsible
Apathy	3	Mind-intellect	I need to go to the office but don't feel motivated to do so. I have lots of work to get done. Felt like I wasted time yesterday. I want to take it easy, visit with people, and be laid back.
Apathy	3	Mind-intellect	I had a hard time getting out the door today to go to the office. I have several cases I need to finish up and other work to do and I am putting it off. I am feeling stuck on a couple of these cases.
Apathy	1	Mind-Sensations	Busy all day
Apathy	1	Mind-Sensations	Getting a lot done in a short period of time still; time moving slowly
Apathy	1	Mind-Sensations	Overall tired and apathetic
Apathy	1	Mind-Sensations	All day, apathetic and melancholy.
Apathy	1	Mind-Sensations	I want to avoid work and go home.
Apathy	1	Mind-Sensations	Still motivated.
Apathy	1	Mind-Sensations	I overworked today. I had a strong drive to accomplish well into the night.
Apathy	1	Mind-Sensations	I want to play as hard as I work and not relax.
Apathy	1	sleep	Cannot sleep, want to get up and clean.
Attractiveness	2	Dreams	I was at a pagan party. I wanted to and was excited to join the festivities as I arrived but realized I was tired and it was late so I just decided to sleep in the house that was overlooking the backyard where the party was taking place. While in the house, a friend makes a pass at me, I am bothered by this, yet a little interested in her advance.
Attractiveness	5	Dreams	I realized I had not shaved my legs in a long a while. I later dreamed, I was interested in a man and hoped he was interested in me. I was standing looking at him, and then realized he was looking at my legs. I had no real emotion, just oh well! I did have this weird sensation of dream and reality. Kind of like what is real. It was a place between dream and reality.
Attractiveness	3	Dreams	Dream: I was at a place with my sister and she was snuggling up to Heath Ledger. I was a little surprised because we had a talk earlier about him and I had told her I liked him. I felt a bit irritated with her.
Attractiveness	3	mind	Notice that I am looking at men I see in cars, or in their yards in a different way, more like scrutinizing them, interested in seeing how they look and judging if I find them attractive. Usually I would tend to avoid eye contact, but I want to really see them. I greet them and wonder if they find me attractive

Attractiveness	3	Mind-emotions	I felt rather bold and walked around the man, looked him in the eye, smiled, and said, no, he's not my husband but he looks pretty good! He responded, "She's a looker, too!" and we all had a good laugh. That was an unusual thing for me to do with a man I don't know. He was a good-looking man about my age. I felt surprised that I did it afterwards but it felt good.
Birds	3	mind	Attracted to picture of raven with light on it
Birds	13	Mind	very aware of the birds singing
Birds	13	Mind	up with the birds, now I am aware of their singing
Comical	3	mind	I am watching two birds. The big one was trying to intimidate the small one by puffing up its wings. The small one would make a snipe at the big one and it would go running. It was very comical and the scene kept repeating itself.
Comical	2	Mind	This is the second time that shortly after taking the remedy, I have a specific song pop into my head. It's the horn section of an Ethiopian jazz song that comes from the soundtrack "Broken Flowers". It's repetitious, yet focused. In the film when the song would play, the situation was always the same, yet the scene would be different. The character was driving from one place to the next to search for clues. It would suggest futility, monotony, sameness, some remorse, but all with a touch of humor, suggesting absurdity. "The image in the movie of monotony of every place he goes always the same thing. Something comical about it makes me giddy. I like the monotony of it, but it was not boring, it was like his life,s song. I liked the dryness of the movie.
Comical	5	Mind-intellect	In some situations, mischievous or prank type thoughts are popping into my head. It's not that I want to do these things or have any compulsion to do them; it is just that the thought is there in the context of something being humorous, but not very funny if it were to actually occur.
Compassion	1	Dreams	Dream: I accidentally got engaged to a young guy who was totally in love with me and he kept giving me a lot of things and following me around like a puppy dog but I wanted to break it off and didn't know how I was going to do it, even though I was trying. I felt guilty and sad. I didn't want to hurt him.
Concentration	19	Mind-intellect	I am fighting with myself to keep on task. Keep on task? I am so distracted, my brain is all over. I cannot anchor it into what I need to do! It's as if I can't get my brain to hook into what I need to concentrate. Typically can sit at my desk for hours with no problem locking into a project. Much to my family's frustration. Tonight, I can't even clear off the desk! I think there is wood grain under all this stuff.
Concentration d	13	Mind	I am very irritable, agitated, clumsy, impatient, dropping things, feeling hopeless, thinking about past slights, self deprecating. Feeling slights from my sister. Dark. Why go there? (OS, RS)
Concentration d	13	Mind	mis-dialed phone numbers three times in a row, seeming like I can't get it right, irritated (NS). I could not dial the phone.
Concentration d	13	Mind	mowed the lawn but could not seem to get the grass cut, kept missing spots no matter how many times I went over it (AS)
Concentration d	21	Mind	Almost hit a moving car in the parking lot at work. It was like I couldn't think about several things at once for a few seconds. When I hit the brakes, I was shaken out of my brain drag. Feeling upset with myself that I seemed to space out and couldn't think clearly.
Concentration d	24	Mind	Also I don't want to be at work. I just don't wanna be here. It's really hard to concentrate. I'm more distractible. It's really hard to concentrate on orders. I'm fine when I can focus.
Concentration d	15	MIND	having some trouble with transposing numbers, like number dyslexia,
Concentration d	22	Mind	Hard to talk
Concentration d	22	Mind	Hard to concentrate
Confusion	2	Dreams	I was at the prover's meeting. Everyone was in the front of the room while I was behind a partition. I was bent over. I was called to the front of the room and the proving supervisor noted to the class how I was folded over or creased like a piece of paper. I felt on display and misunderstood. I felt analyzed. like I was taken out of context and misunderstood. I wasn't being seen in my totality
Desires nature	3	mind	sat quietly on the couch, image of the ducks comes into my mind and stays in my head. Want to be outdoors, in the woods, but not deep woods. Want to breathe air and go outside.
Desires nature	3	mind	I want to breathe in the fresh air from the window I feel like I can only move at a slow pace. I walked at a slow pace

Desires nature	19	Mind	. I was in a conversation about where home is with someone else. I said that home for me was back in Madison, MN. The prairie, I miss the horizon and the smell of the dirt, the trees. I just don't normally talk about that I guess. And when I was on my way home from the science museum I was thinking about all this home stuff. And the third time I was thinking about this 'home situation' was again tonight because of our argument this morning and now I didn't want to go home. I shed a few tears over this on the way home.
Desires nature	3	Mind-emotions	I opened the window wider for air. It's windy, humid and warm. I don't like the feeling I am having.
Desires nature	5	Mind-emotions	Yard work, I just love it! It gets me jazzed, just being out.
Desires nature	4	Mind-emotions	we sat outside in our backyard and sat on a swing that we have and just enjoyed the scenery of our yard. We rocked back and forth and it was very relaxing.
Desires nature	5	Mind-emotions	This may not be significant or of any importance, but I feel I want to be outside most of the time, and am resenting anything I have to do inside that is not directly related to putting my house in order. I feel my responsibilities are very imposing and I desire a sabbatical from them.
Desires Nature	3	Mind-sensations	Want to stretch out and breath deeply. Need fresh air like an accordian open up to fill with air.
Dislike city	07	mind-emotions	idea of driving on highways is too much,
Dislike city	15	Mind-emotions	I am snuffing out the trails. As soon as on paved area, I got pissed off. Client pissed off yesterday. Yelling at me.
DRY	24	cough	Had a slight cough yesterday, but nothing since. Still the same dry cough.
DRY	07	Eye	Eyes are dry.
DRY	22	Eye	Sensation of eye being hot and dry
DRY	9	eye	My mouth and eyes were especially dry this morning.
DRY	5	Female genitalia	Just before bed I went to the bathroom and noticed that my genital area felt a bit swollen, raw and somewhat burning. Almost like a sensation of my vulva being enlarged and dryer and not at all comfortable. Like it needed a cool rag or something.
DRY	21	General	Feel very dry, skin, hair, mouth, bowels
DRY	24	General	I'm drinking more water this week. My appetite is decreased. I'm not very hungry. I'm just a little dry.
DRY	21	Head	Feel very dry, straw-like hair
Dry	4	Mind-sensations	My energy level still pretty good but feel calm and need to hydrate.
DRY	21	Mouth	Dry mouth (most intense dryness lasted 1 minute)
DRY	21	Mouth	Feel very dry, mouth like cotton in it
DRY	13	Mouth	mouth is dry, stays dry after drinking water (NS)
DRY	11	mouth	dryness, little saliva
DRY	11	mouth	back of mouth hot and dry, feeling like mumps, without swelling; duration 15 minutes
DRY	15	Mouth	Dry mouth this morning
DRY	5	Mouth	I woke up with my mouth open. There was dryness in my mouth...I just noticed that I was aware upon waking that my mouth felt as if it was wide open and hanging open. Normally, I wake up with my mouth so tightly clenched, that my jaws are tight and stiff, and it usually feels as if when I take my first waking breath, that it is in actuality my first breath in a long time, as if I hadn't taken a breath all night. But I was breathing and knew I had been, only with my mouth loosely open, but not aware that I was breathing through my mouth.
DRY	9	mouth	My mouth and eyes were especially dry this morning.

Dry	2	Rectum	I have been a little constipated the last two days.
DRY	21	Skin	Feel very dry, skin on face tight, taught
DRY	22	Sleep	Dry, tickling cough while sleeping
DRY	11	Stomach	thirsty; drinks in little sips; with dryness of throat and scarce flow of saliva
Dry	1	Stomach	Excessive thirst.
Dry	1	Stomach	Excessive thirst for water.
DRY	24	Stomach	I'm drinking more water this week. My appetite is decreased. I'm not very hungry. I'm just a little dry.
Dry	1	Stomach	Thirsty
DRY	21	Stool	Feel very dry, bowels harder, firmer
DRY	11	throat	back of throat feels hot and dry; duration 1 hour
DRY	4	Throat	I cut the grass and while cutting it gas exhaust found its way up where I breathed it and began to cough to expel the poisons of this toxic exhaust. I felt a dryness in my throat. Had to get a drink of water to mitigate the coughing; I needed to rehydrate after cutting the grass.
DRY	22	Throat	Hoarse, dry, hurts
DRY	20	Throat	vocal irritations: Constant clearing of throat. I lose my voice during the day and have to clear my throat to talk. This is a returned symptom that went away on this remedy and is now coming back. My throat feels rough, hoarse, dry.
Duty to care	3	dreams	I was being given an award for something relating to civic duty from a man at our church. Then later I was stopped on the street by four people. They each gave me something for my contribution to the community. felt especially honored as two of the people were African American, so I thought perhaps I had done something related to improving racial relations in our community.
Duty to care	1	Dreams	I am out with people on a boat and there is something to do with an eagle. Sense of duty in the dream and of being on guard.
Duty to care	9	mind	Saw a male cardinal on the other lane. There was nothing in the road for him to eat. My imagination was thinking this is spring, he should be by his female, he should be feeding her.
Duty to care	9	Mind	I needed to take care of her, I needed to help her.
Duty to care	19	Mind	There is the theme of "going home", of wanting to go home, of wanting to be in the familiar, home setting that has come up in her dreams and in her experiences when she is uncomfortable in a group of people.
Duty to care	9	Mind	My imagination started to take off, and I thought the mother [duck} may have sacrificed herself to a predator in order to protect her babies.
Duty to care	8	Mind	Have finished some projects around the house that have taken years to finish.
Duty to care	5	Mind-emotions	I felt the freedom, time and energy to clean the house.
Emotionals	19	Mind-emotions	I am not in a good mood but have to fake it.

Encroaching De	19	Dreams	It seemed our neighbors hauled in some black dirt into their yard and into ours! We didn't ask for this. They said they would have it cleaned up and rearranged. Well, there was a lot of dirt and didn't look real hopeful that it would be any time soon. I was walking around the area and noticed that the front of the yard they had installed office dividers in our yard instead of Anchor cement blocks or some such other landscape rock! My reaction was how do they think that office dividers are going to hold this dirt in!? As I walked down the side of the yard, there were other things they had constructed under this dirt to form structure under it and what they had set up would obviously never work. All that dirt would never hold together. What a mess. And we are stuck with it. All this dirt will just wash away. I wonder why I wasn't more upset. This dirt went halfway up the house! (One story) My first thought of this was "wooden". What does wooden mean? Not given to extremes of emotional expression, my reaction was as if the neighbor's intrusion caused a reaction in me but it was a 'dull thud'. It didn't flatten me as if I was a delicate plant, and it wasn't like I didn't feel it like a cold stone. Emotions would 'hit as if a thud'. Some
Encroaching De	2	Dreams	I was dropped off at a trailhead by a friend. He told me he would pick me up later. When I reached the end of the trail, I came to a clearing that was being developed, I turned around to go back and found the same thing at the trailhead from which I entered. I was confused because the state forest had suddenly turned into a small strand of woods surrounded by sprawling development. I then went back to the end of the trail to meet up with my partner whom I was hiking with. She was at a rest area. I told her our friend did not come to pick us up, as it was late. I wanted to leave and get away from where we were but felt I had no means to at the time. There was steam coming out of one of the bathrooms. I was excited to see this. When I went inside, no one was there but in the toilet were remnants of someone's stool. I no longer felt like I could get clean in that place.
Encroaching Development	8	Dreams	The snake was black with markings on it I felt scared and didn't feel good killing it and wished I had grabbed it before it bit me. The swampy area around the house was growing and engulfing the house - it didn't feel right and I felt that I didn't have any control.
Exhausted	19	Mind	I am exhausted.
Exhausted	13	Mind	wanting to sleep
Exhausted	19	Mind	I am so sleepy now I feel like I could literally sleep sitting up.
Exhausted	2	Mind	Despite more than enough sleep, I feel exceptionally tired today. It makes me feel apathetic
Exhausted	2	Mind	After barely being able to keep my eyes open, I wake up when I attempt to go to bed.
Exhausted	13	Mind	feeling rung out (NS)
Exhausted	13	Mind	feeling very lazy, washed out
Exhausted	21	Mind	Extremely tired, mental exhaustion, just want to sleep, worse 3-5 pm. Then went to work, better at work
Exhausted	1	Mind	Sleepy most of the day.
Exhausted	22	Mind	Very tired
Exhausted	2	Mind	I am so tired today. I am dragging my body around
Exhausted	1	Mind	Desire to stay at home to rest in the evening
Exhausted	2	Mind-Emotions	Feel pent up. Couldn't motivate. Not mentally tired, but physically exhausted.
Exhaustion	22	Mind-emotions	Almost too tired to enjoy granddaughter
Family	6	Dreams	Saving newborn kittens; gathering and piling them up in a corner to keep them from getting trampled by cows. Within the same dream: I'm shooting at someone to defend my brother.
Family	21	Mind	Kevin doesn't understand because he would never feel the sense of responsibility about anything outside of our family.
Family	3	Mind-Sensations	Feel strong sense of family, need to be with family, close to family in a quiet place in the woods with trees, but not the deep woods

Family, Home	3	Mind-Sensations	Sinking down into couch, being held. Like you are in the right place, at home.
filth	2	Dreams	My partner told me our dog had pooped on the bed and had then moved the stools to the floor!?
filth	2	Dreams	I was dropped off at a trailhead by a friend. He told me he would pick me up later. When I reached the end of the trail, I came to a clearing that was being developed, I turned around to go back and found the same thing at the trailhead from which I entered. I was confused because the state forest had suddenly turned into a small strand of woods surrounded by sprawling development. I then went back to the end of the trail to meet up with my partner whom I was hiking with. She was at a rest area. I told her our friend did not come to pick us up, as it was late. I wanted to leave and get away from where we were but felt I had no means to at the time. There was steam coming out of one of the bathrooms. I was excited to see this. When I went inside, no one was there but in the toilet were remnants of someone's stool. I no longer felt like I could get clean in that place.
Filth	19	Dreams	I lived by a river. And I love rivers in real life and I loved living by this river in this dream. But I also preferred to be on the banks of the river, not in it. One day I got up the courage, decided to give it a try. I put on some shoes and walked in on some stones. Doing ok. Going downstream. And I am experiencing just what I thought I would, the ickiness of the water, there was some sort of algae in it. But I wasn't going to die from that and as long as I was on the rocks there was minimum exposure. But as I got further down stream, the current was stronger and deeper and there were some bale racks on wheels in the water, almost like old farm machinery or old amusement park stuff in the river. I'm anxious about the depth, strength and the ickiness of the water and these big objects start to move in the current and that was it, I need to leave and leave now. Need to escape the potential crashes. I don't want to be under this bale rack in the water. I quickly step up stream on the rocks, until I fell in this murky water. I still persist up stream. Until I reach the place where I entered and returned home to my comfortable place on the bank. Which is where I loved to be.
filth	5	Dreams	Had a dream that night of a liquid in a glass that was dark brownish and had moldy blobs coming up from the bottom of the glass. No real emotion with this...it was just a very clear image.
Filth	15	DREAMS	Dream: There were a lot of people in my dream, it was a long, convoluted story, but at the end these two guys were making cocktails, and part of the ritual of the cocktail (like the ritual of licking the salt before drinking the tequila, that kind of thing) involved two of my cats, Emma and a Persian who is not one of my cats in real life. The guys were holding the cats and their drinks, chatting. I was standing right next to them and suddenly realized that this ritual involved ripping the cats' heads off before drinking . I got really mad and took the cats away from them. My feeling in the dream was just being pissed off, not really furious, and I just took the cats out of their arms and told them to quit it. In retrospect, the dream is nauseating.
filth	2	Dreams	I dreamed I was at NAH, which was like a dormitory. One of the instructors was there. She wanted to talk to me, but I felt like she just wanted information from me. I was evasive. I was focusing on this cast iron skillet that was caked with blackened grease and food, but you could also see the original pan, which was bronze. I found this beautiful and started scrapping away at the grease and food in order to restore the pan back to good condition.
filth	5	Dreams	The only toilets I could find were horrendously filthy, or broken beyond repair, or missing altogether. There was a sense of urgency to find a decent place to go to the bathroom. There was a man who was following me and he looked all disheveled and surly and seemed to be stalking me. I was not terrified in the dream, but I did want to get away from him as he seemed up to no good. I was just intent on finding a place to go to the bathroom. Eventually, I did find a really nice light pink toilet that was clean.
filth	5	Dreams	A dirty toilet (again!) I had a thought in the dream to clean this toilet and I think I did, or at least started to but it wasn't worth it so I stopped.
Filth	19	Mind	I have been using the word 'smarmy' a lot. It feels like it is the perfect expression of murky, unclear or slightly unethical.
Filth	07	mind-emotions	Image of my head as a black rotted mass of stuff. Gross, horrible to look at. Feeling it was just there lying open. Felt like the Rolfer didn't want to talk with me, as if she could see the gross black stuff too. My face looked like a rotted eggplant, fleshy and rotten.
Grief	13	Mind	feel sad a little, that I continue to want people who don't want to be with me
Grief from loss	1	Dreams	Dream: I dealt with being dependent on others. Was going to school and living in a crazy area and was searching for people to go to dinner with. Then I began to dream about putting my deck on my house. There was a sense I was waiting for someone to help me because I couldn't do it all on my own, but the waiting had a lost sense to it.

Grief from loss	3	Dreams	I feel a horrible sense of dread this morning upon waking from this dream. Dream: My child and I were nearing the end and we knew it, we were doomed. These horrible, blob-like creatures were coming to get us. They had found the last place we were in and somehow we were spared, but we knew this would be it. Or, would they just torture us and this would go on forever? So I spent the day just being with my child, enjoying him, taking him in, waiting for the night to fall. I thought about ending our lives myself because it wasn't death I feared, but the manner in which it would happen. I knew from what I had seen that it would be horrible—like your essence would be drained from you and there would be a devastating period of suffering. I did not want my child to go through it, or myself. But there was a small glimmer of hope that somehow, some of us would survive. I also could not kill my child. So there was this feeling that I was totally in the present with my child during the last hours, realizing it would be our last day alive. (As I am awake writing this I feel overpowering despair, sadness, heaviness, even though I know this was a dream.) The feeling from the dream I had this morning stayed with me for about three hours. I found
Grief from loss	4	Dreams	I saw my brother in the casket. Feeling sad in the dream. My brother and I never spend time together. We live separate lives. We don't seek each other out. Sad that he was gone, that he's not going to be around anymore.
Grief from loss	3	Mind-emotions	grief
Grief from loss	3	Mind-emotions	Sadness, big loss, tears
Grief from loss	3	Mind-emotions	My eyes are filled with tears, sadness. It is as though someone has died. Weeping, sobbing, face red.
Grief from loss	19	Mind-emotions	On the way there, a truck was in front of us with a 4-year-old boy on it. It reminded me of our son, I actually got tears in my eyes. He is growing up so fast. (And of course, our girls!) It was a mournful feeling. Like life is passing me by. It's too late.
Grief from loss	07	mind-emotions	Sad
Grief from loss	4	Mind-emotions	Became melancholic as they were speaking about parenting a child. I thought about our children and reflected back on the fact we have become empty nesters. I became somewhat pensive as I thought about our kids and the time that has past. It felt good to feel emotion with some intensity again. It lets me know that I am alive.
Grief from loss	22	Mind-emotions	Tearful at times
Grief from loss	19	Mind-emotions	As I reflect on the proving so far, I find my self in tears, each evening I have felt very tearful, weepy, sentimental and sorrowful. As darkness descends. Not a fear of darkness, it's the sadness of an ending. Like all the deer on the side of the roads right now in the spring. I don't understand how it started with such a staccato pace and has wound down to this opposite feeling.
Grief from loss	5	Mind-emotions	I experienced sudden emotional response to thought of older sister if she should die. The thought came and left right away. In the middle of it, I found myself tearing up and feeling sad.
Grief from loss	5	Mind-emotions	I asked about feeling for affirmation. She said she appreciates her husband and during difficulty she feels she is needy. This has to do with feelings of her son moving out. She had no warning. He told her he was leaving and did the next day. It momentarily rocked her world. Her focus has always been on her kids. She felt vulnerable. She feels she is transforming.
Grief from loss	2	Mind-Emotions	At lunch today my intention was to sit next to classmate at round lunch table but ended up leaving one place setting between us. Then after lunch an overwhelming sadness came over me...I went outside and needed to sit down against a tree. I got teary-eyed and felt very alone
Grief from loss	2	Mind-Emotions	I want to cry but I have no emotion. The tears would just be for effect- crocodile tears.
Grief from loss	9	mind-emotions	I am feeling some sadness about daughter's trip tomorrow. I want to gather her in my arms and hug her
Grief from loss	9	mind-emotions	Specific feeling: She needed me and I wasn't there for her. It feels like there is a hole in my heart.
Grief from loss	3	Mind-Emotions	I was feeling very hopeful that my son would call us tonight. I left a few messages for him and even stayed up a little later than usual reading, hoping he would call. I felt somewhat disappointed when he didn't. when he is at college I don't really wait for him to call, so this was different.
Happy, Peace	9	Mind	Last two days there was no self doubt
Happy, Peace	13	Mind	am very energized, open, funny, jovial and expansive feeling, I feel happy (AS)
Happy, Peace	13	Mind	good mood, happy

Happy, Peace	6	Mind	While in Northern Wisconsin, visiting my mom and sister because I didn't have a job, I was invited to spend the night at a cabin on the lake my sister rented. I sat in a lawn chair with the breeze off the lake and felt very peaceful, thinking this is almost like being in the tropics on the beach. There were loons at the lake which I paid special attention to.
Happy, Peace	20	Mind	boyfriend told me that I've bitten him three times now since taking this remedy and he doesn't like it. He asked if I used to bite as a child and my mom doesn't recall that I have. (In my mind it is just playful loving nipping).
Happy, Peace	07	Mind-emotions	Feeling of happiness, but not overtly
Happy, Peace	9	mind-emotions	Have a feeling of confidence, that I am who I am and that is just fine
Happy, Peace	2	Mind-Emotions	I'd say I even feel a little lighter in spirit; less self-conscious.
Happy, Peace	07	mind-emotions	happy feeling this morning
Happy, Peace	07	mind-emotions	Feeling of well being
Happy, Peace	5	Mind-emotions	I feel, as a supervisor, prover 05 is much lighter and seems carefree, like she is gliding along.
Happy, Peace	9	mind-emotions	I'm feeling an odd combination of wistfulness and happiness. It's also a freeing feeling, because much of my responsibility has gone
Heat	2	Dreams	I was in the back of a truck with three Mexican boys about the ages of six to nine years old. Their waists and legs were in the long boxes filled with ice. It was their job to transport food in this box. It seemed a bit cruel. I asked them about the cold and they replied that they mostly got hot.
Heat	2	Dreams	Someone I knew wanted to show me something underground. I went with them under the pavement and down a long ladder. The person had no legs so I thought it strange how they could go down the ladder. When we got to an opening, the person showed me this woman who was frozen in ice. He put her there. I thought it was creepy that he had this dead person preserved. Then he reminded me that this had been his wife of twenty years. It seemed rational after he explained how he missed his wife. I guess he just wanted to be able to stay with her in some capacity.
Heat	2	Extremities	Even though its not hot outside, my body is responding like it is with lots of congestion in the head. It feels like blood stagnation, too full. Despite this, my hands are still cold. (Concomitant symptoms.)
Heat	2	General	I eat some spicy food. I have had this sauce before, but now it's overwhelmingly hot. I don't know if I have ever had something this hot. My lips are burning; it's very uncomfortable. I am sweating profusely
Heat	2	General	I am too hot. I think my body temperature has been warmer since the proving began. Although it is normal for me to respond adversely to warm weather, this seems a little extreme considering it isn't that hot yet
Heat	2	General	I have continued to feel bothered by the heat. It makes me listless. I could just sit here and do nothing. What a waste.
impatience	1	Dreams	Dream: It is night I am demonstrating for older students, demonstrations that I was not prepared to do. I had a sense in that I had to rush to do everything and I was very disorganized. I was trying to hide the disorganization.
impatience	2	Dreams	There is a new grocery store that has opened up and people are driving their cars through the store. My father wants to check out the new store. I feel annoyed because it is too busy and there are more pressing things to do.
Impatience	13	Mind	Noticed a lot of impatience and judgment of things not moving fast enough or as quickly as I would like them, like bringing my big city ways to the country. I am very impatient with my expectations which is not like me when I am traveling.
Impatience	4	Mind-emotions	I became irritated when I parked. An individual was walking very slowly in front of me when trying to park and I felt angry that he was taking his time walking.
Impatience	2	Mind-Emotions	I am perplexed about why I have responded to my parent's visit with the same frenetic/frantic pace they exhibit. Usually I am strong and remain calm, but this time, I feel very agitated. They don't understand my quite lifestyle and insist on finding distractions to occupy the gap in their lives. It's as if they can only relate to others in sound bites interspersed with the various distractions. It's exhausting and today I was powerless to it. It was easier to become them than to stay grounded in myself. I am rendered a child. Just when I think I have covered some ground in maturing process, bam, back to ground zero. I wonder if it is the proving or if it is having a newborn in my life that has put me so on the edge of myself.

Impatience	7	mind-emotions	Lack of time to get things done. Anxious
Impatience	11	mind-emotions	irritated about small things taking time, like traffic moving too slowly, renewing driver's license, fixing a mistake at the bank
Impatience	22	Mind-emotions	Have less patience
Impatience	7	mind-emotions	Rushed feeling slacked off a bit. Just wasn't calm about my approach to things.
Impatience	8	Mind-emotions	With same coworker: No patience trying to diagnose and fix a truck that broke down. Have no interest in wasting time to play mechanic. "I HAVE NO PATIENCE FOR THIS".
Impatience	7	Mind-sensations	Hurried, feel very, very, very hurried.
Impatience	1	Mind-Sensations	I want to hurry and do things now.
Impatience, Hu	13	Mind	The engine light of my car goes on; I become very frustrated, worried, everything seems to go slow .
Impatience, Hu	24	Mind	Feeling anxious, like how can everything get done that needs to get done. Rushing...driving too fast and wanting to get to where I'm going quickly. Irritated with slowness.
Impatience, Hu	24	Mind	Anxious about feeling pressured and hurried. No time to get everything done.
Impress	20	Dreams	DREAM: at a friend's wedding. The guys let me sit on a chair with the wedding party on stage. As the 3 maids of honor walked up to the stage, they held flower bouquets in their mouth with their teeth, long stems extending out horizontally, protruding from their mouth. Very cool. One very pretty maid of honor wore way too much makeup and her face looked white (silly). I felt honored to be up there, felt beautiful and popular.
Impress	1	Dreams	Dream: I was hired at the Guthrie as an actress in a play. I was waiting around for cues and scenes. I hadn't acted before. Sense in dream was of a haughtiness because I could do all this stuff without ever having training. I was going to be important.
Impress	2	Dreams	I was in the house of my father's friend. He had a whole house of Indian and African furniture and art. There was a lot of intricately carved dark wood. I felt humiliated that I couldn't afford to have these things in my life, even though I had a deep appreciation for them. I somehow wanted to impress this man of my knowledge of the art and furniture to make up for my lack of financial means.
Indecision, froz	13	Mind	Feeling pensive not sure what to do with myself, restless feeling, getting up and sitting down (RS, OS). I want to do something, but not, knowing what I want to do.
Indecision, froz	13	Mind	continued indecision, troubled by this (OS, RC)
Indecision, froz	13	Mind	restless, unable to make decisions. I am wanting to go out for a walk, I just wanted to sit too, feeling very indecisive.
Indecision, frozer	6	Mind	I'm driving and feeling isolated, an insulated feeling as if underwater, muted (not echoing). Separate from the world in some way. As you do when you need to pop your ears, but more mental, I can't decide what to do, where to go, like stuck in slow motion, held back by something, just sit in my car, looking at myself in the mirror, what is this?? And there's tension with it, an underlying urgency that I should be doing something, but can't decide what or where, so I sit frozen.
Indecision, froz	13	Mind	I am thinking "Oh my god I have not goals!" Out of nowhere, mild hopeless, helpless feeling, this quickly passes (OS, RS). What am I supposed to do? There is a pressure to perform
Indecision, froz	13	Mind	I am waiting for friend at a show, everyone is late, I have an anxious feeling, like I did something wrong, I am feeling very anxious, like I am now responsible, this feels like a pressure (like I need to do something), this passes quickly (OS). I became anxious and irritable (later I realized that I went to the show at the wrong time).
Indecision, froz	13	Mind	I am not attached right now; not so into this process. I am feeling like nothing dramatic is happening; I feel wrapped up in what is going on which feels like nothing, wondering if the feeling like nothing going on is a feeling to attach to, what is happening, feeling like there is something I am supposed to be doing but not sure what it is. A deep sense of emptiness.
Indecision, froz	13	Mind	want to go out and want to stay in; I change and get ready to leave and can't think of what I want to do; I change and stay in (OS)
Indecision, froz	15	MIND	Can't focus on anything but mystery novel, even though I want to

Insect	5	Dreams	A strong image of trying to vacuum up old dead spiders in clumps of dirty webs. Spiders turned into mounds of tiny bugs that looked like ants.
Insect	2	Mind-Sensations	While lying in bed, I notice I am embracing myself (arms crossed around my shoulders). I'm not cold, but take notice of this. Again I start to think about being wrapped up, cocoon-like. Immediately, I think of cicadas and I am disgusted.
Insects	9	Dreams	Dreamt of a clump of box elder bugs on the shower curtain
Insects	13	Extremities	stinging pain in right lower buttock feels like a bug just bit me (NS).
Insects	2	Mind	At the gardening store, I was fascinated by the praying mantis cocoons, [they are] a good omen to have in your garden and a lot being born out of that tiny sac. It reminds me of an owl of the insect world, old and wise
Insects	2	Mind	The cocoon themes kept popping up. I noticed I have a caterpillar problem on my willows. Where did they come from? I've never had caterpillars before. I want to kill them before they multiply are really become a problem but I'm going to ignore them and hope they go away. I don't mind crushing bugs in the garden with my hands but caterpillars are repulsive.
Insects	2	Mind	Spiders keep popping up around me. Normally I don't mind spiders. I figure we can coexist. I'll even help them to a safe place in my home. Lately, I feel like I've been seeing more. I've become a little suspicious of them. When I look at them closely, they seem sinister. I had a relative that slept her two weeks ago and was bit at least 8 times during the night by a spider. I also have found them crawling on me, although never at home. I've become a little weary of them, like, "What's your intent there"?
Insects	3	Mind-sensations	hearing a sound as if a crisp leaf or a hard-shelled insect were moving around in a small place, I investigated some places in the bathroom but could not find the source.
Insects	1	Mind-Sensations	In evening , noticed sensations randomly throughout the body of tickling/brushing on the skin all over, as if a bug was on me or hair was tickling the area, bit it was a little more prickly than that.
Irritation, Ange	13	Dreams	Dream: My homeopath, a friend and I are going into the apartment I share with a bunch of other people. There is some kind of neighborhood party going on. They are going to sleep over. We are all in the same bed. It reminds me of being in a hostel in Europe. My homeopath is to the right of me and my friend is to the left. It is hard to sleep because they are really chatty. I am tossing and turning. Finally I get up and pull out my computer and start typing my notes for the proving. My friend and my homeopathic have a computer. They are laughing and talking. I am feeling distracted and irritated. My homeopath tells me he has some videotapes from the school he wants me to look at, something about South Carolina or something, I say "I have got to get this done and get some sleep, so shut up the two of you!" I get up to go to the bathroom. There are two toilets. In one are tadpoles that are just about to become frogs and in the other are frogs that were just tadpole; they are looking up at me. I am not sure what to do, so I pee and flush the toilet.
Irritation, Ange	13	Dreams	I am feeling, irritated, guilt, confusion, pensive, all these dreams are vivid and in color.
Irritation, Anger	2	Dreams	I dream of having an argument with my parents
Irritation, Ange	2	Dreams	I was shopping at a mall, looking for some kind of bargain. I was with some people, who I was annoyed with. They had to analyze everything I did. I would slink off into stores to do my own thing.
Irritation, Anger	8	Dreams	Snake biting me - it ended with me reaching down to kill it - I grabbed it by the neck and strangled it
Irritation, Anger	6	Dreams	Dream: I'm back at my old job, my boss says, "One month should be long enough (punishment away from work)!" I agreed to come back, but now can't remember how to get the orders punched in on the computer, also can't find the proper glasses for drinks. Then I realize I'm out of uniform, wearing something totally inappropriate and mismatched. Also, I take off my apron and see my pants for the first time, hot leather pants with a cigarette ad stitched on the back pockets! (My boss hated smokers.) My thoughts are, "I'm not supposed to be here, that's why I'm not dressed appropriately for work, it's a sign..." So I leave, then realize I forgot my purse. On trying to go back, can't find the right building, was just there, now it's unfindable. Then after wandering around, I meet my boss in the street. He leads me into the restaurant through a side door. Passed some Buddhists we have to do some excuse me/prayer motion to pass. Up in his office he says the whole thing was just a misunderstanding. I spew, literally yell, "That no, it's not, you did this, spit flies from my mouth I'm so mad. He then opens his safe, molds a key for me in some wax and gives me the key, my purse and a gift bag. I leave, curiously peek in the bag
Irritation, Ange	24	Mind	Mood is "cranky" people are pissing me off-just that they even exist.

Irritation, Ange	13	Mind	Feeling highly irritated, emotional over blown, slight panic feeling (AS). I find that people talking are irritating, like really annoying. Panic, out of control, very quick.
Irritation, Ange	13	Mind	Feeling super angry, wanting to bite the head of the women who took my parking space, it passed quickly (OS).
Irritation, Ange	13	Mind	I feel detached and irritated; already thinking about tomorrow and not wanting to work, feel like I am not really listening well, keep interrupting
Irritation, Ange	19	Mind-emotions	I got so worked up that I left work in a tizzy.
Irritation, Anger	6	Mind-Emotion	Phone call that I am called off. Anxious, can't afford to be off. Pissed. Boss is punishing me. Manipulation, he knows I need the money, he's done this to others. But I live alone and no one else to depend on to pay bills. Lots of other bull I put up with, but this is it! He can't play games with me and get away with it! furious pissed, budking shaking mad!! I want to take action right now! I want a new job immediately!! Fucking bastard, I want to kill him!! furious and cursing like hell, shaking and at the same time feeling restrained, frozen in my anger. Like I'm trapped in my anger, just sit and do nothing but fume and shake and curse. As if I could destroy something, rip someone apart with my bare hands.
Irritation, Anger	6	Mind-Emotion	Normally I eat regularly or I get irritable. Realize I haven't eaten and I haven't gotten hungry. Stabbing fork into food with restraint, like I could smash through the plate and the counter with my fork.
Irritation, Anger	6	Mind-Emotion	I want to go over there and rip his throat out!
Irritation, Anger	3	Mind-emotions	I had the urge to make a sarcastic remark about the quality of the discussion and the uselessness of video games, but I kept quiet, knowing it was an unkind thing to do, this is part of this agitation I feel (malicious).
Irritation, Anger	3	Mind-emotions	Agitation!
Irritation, Ange	07	mind-emotions	yelled at my dog for barking
Irritation, Ange	11	mind-emotions	irritability, snapping at small things
Irritation, Anger	5	Mind-emotions	Little stupid things are driving me nuts. My my husband chewing gum. It does not sound human. I had to leave the room. Not human, does not sound like a persons lips. It does not make sense; no one chews gum like that.
Irritation, Ange	4	Mind-emotions	I was trying to read it at work and people were talking and laughing and they were interrupting my thought process. In this case I grit my teeth and bore it; I didn't talk about it, which would have alleviated it my irritability. This irritability is like the irritability I get when I'm sleep deprived or have had too much caffeine only worse. Usually after caffeine, I start getting short with people and myself and I can get barky with people. Caffeine affects me greatly it also happens when I don't eat anything. This is the irritability I've been noticing. Today I felt like I was on caffeine and I didn't have any.
Irritation, Anger	3	Mind-emotions	Irritability and impatience descended upon I took it out on my daughter, was short with her, telling her she would not be allowed to use the computer tomorrow until all her things were put away. She said "Wow, you are crabby." I agreed.
Irritation, Anger	3	Mind-sensations	Irritability and impatience descended upon me like it came down over me like a heavy blanket.
Issolation	9	mind-emotions	I am feeling cut off from my children, and when they need me, I don't answer.
Issolation	19	Mind-sensations	.. being with a small group of people who felt like strangers. I was acutely aware that outside of homeopathy, these people would call me a 'freak', and have disgust and despise me. Outside of homeopathy, I would represent the everything they pick up their protest signs for. My feeling was I would have rather avoided all this feeling and got back to my van and go home. So, "home" what is home? It's where I'm planted. Rooted and anchored. Even though this gets mundane there isn't the anxiety of all this potential distention between people.
Issolation	3	Mind-sensations	Daughter looks at me with a cold, staring look. When she looks at me the way she is I feel blocked out, like she is behind this wall and I am not allowed in.
Lust	3	dreams	Dream I had sex with a man who is an acquaintance of the family. He is not a man I am attracted to. I knew it would lead to all sorts of bad consequences. I felt relieved when I woke up.

lust	13	Dreams	<p>Dream. I am with a friend. He is wearing a corduroy jacket. He says to me, "Can you admit that you have a crush on me and I have a crush on you and now we are going to do something about it?" So then he lays on top of me and we start kissing and he stops, "No, no, this is all wrong!" "What?" I ask. "Your kissing. You're not kissing right." "What? You have got to be kidding me I am a great kisser, I am known for my kissing!?" "No,- you have to do it more like..." Then he starts kissing me the way I was kissing him, so I do it again and he starts fussing about it. I say, "I think you're just being a controlling bitch and you're afraid."</p> <p>Now I am in a movie theatre with three other friends. We are going to see a movie with a famous actor. I can see the movie and she is heavy and her face is really round and she is doing pratt falls which looks bad. So I have to sit it seat separate from the rest because it took a long time to get popcorn and pop. So I sit down and this tall guy with black hair, looking crazy,-sits down next to me and make some comment about my popcorn.. He then takes my pop cup and rubs it against his nose. I stand up and say "You are a crazy fucker." I walk out to complain to the manager. He writes a name down on paper and says, "Is it this guy?" I read the name. I say, "He didn't tell me his name!" They gave me another cup for pop and I</p>
Lust	3	dreams	I was in a store and good friend of mine (male) came in. I was so surprised and happy to see him there; I thought it must be his clairvoyance. I ran up to him and kissed him playfully all over the face and gave him a hug. I noticed he had an erection. I was innocent. We laughed about it and then I saw his partner come into the place. She looked at us as if she knew something was going on. I felt ashamed even though there really was nothing going on between the friend and myself. (I thought he was there because he somehow knew I would be there and we would meet; that kind of clairvoyance)
lust	9	dreams	Dream snippet: George Clooney wants to make out with me. I don't really want to, but it's George Clooney, and this is a rare occurrence, so I do. When we do, it is not a turn-on, I simply feel obligated to do so. Analysis: Trying to please others at the expense of my own needs. The sensation, was that I was observing this make-out session outside of my body. I (the dreamer) was watching my body make-out with George.
Lust	13	Mind	I am inspired to write a poem first time in a many months, feeling very amorous (OS, RS)
Lust	13	Mind	Feeling very horny, very aware of guys legs, turned to being upset that no one sees me, fantasy of someone seeking me out, finding me, discovering me, feeling hopeless, agitated, passes once it is noticed (OS, RS).
Lust	2	Mind	I have been noticing that I have been more sexually focused; a little licentious
Lust	13	Mind	I ran into a guy I knew; I have wanted to connect with him as a friend. He does not seem to want much to do with me. I still get that feeling, boy I would still want to connect with him.
Lust	13	Mind	the "noticing thing especially on the trails, is anyone checking me out, is that person gay, maybe if I act like this is not the time I'll meet someone, I will. Scouting this guy out and my friends go and see if you can meet up with him, so I walked so that out paths would cross and I thought, "What the hell am I doing!?"
Lust	5	Mind	The policeman told me I had violated around seven or eight laws, including speeding, tailgating, not signaling a turn and going thru (rolling through) two stop signs. This is NOT my typical driving style. It was odd to me to be more focused on this man's incredibly beautiful face than the fact that I could have gotten a hefty fine and ticket.
Lust	2	Mind	I noticed again the last two days that I have felt more sexual. It's different than normal. There is no energy behind it, no passion, just lust. It actually vulgar, there is a lasciviousness about it, I find myself thinking about having sex with women I have no attraction towards. It's as if the act of perversity is the driving force. I'm not normally puritanical about having passions, but there is something filthy about this sexual quality.
Manipulated	6	Mind-Emotion	I go in for my interview at 3:30 pm, the door to the restaurant is locked, I'm five minutes early, annoyed.Pissed off! He just blew me off, very unprofessional I think; exactly why I quit my other job. Don't know if I'm being rational, but I'm upset. I had all I could do to keep the sarcasm from my voice when I asked if I should come back. Probably didn't succeed. Guess it's not the right job for me. Mad that I wasted time going there.
mistakes	2	Mind-Intellect	After I iron my skirt, I slip my button up on backwards. I feel so out of it today.
mistakes	2	Mind-Intellect	I parked my car at Saint Catherine's, after class I walked up and down street, I couldn't remember where I had parked my car
Mistakes	5	Mind-intellect	I was confused and could not think.

mistakes	5	Mind-intellect	I played a word scramble game at a baby shower and noticed that my ability to decipher the "words" seemed rather impaired. I love words and felt no real pressure to perform, but was very cognizant of the fact that I was not functioning up to par. The person next to me noticed how few words I had been able to "see" and made a comment about my need to "take it up a notch."
mistakes	15	Mind-intellect	Can't remember a good bit of yesterday. Memory in general is good.
Music	13	Mind	Hearing songs keep playing in my head (AS)
Music	13	Mind	a song has been playing my head
Music	3	Mind-emotions	Crying, sensation of feeling rises up and I start crying, reminds me of listening to music that is very moving
Nature	2	Mind-Emotions	I go to ride my bike to work, but after riding a block, I realize I don't have the necessary energy to compete with the sky. It looks stormy. It isn't the rain I'm concerned about, it's more the ambiance of tempestuous sky. I don't have the energy to fight it by riding 12 miles to work
Nature	2	Mind-Emotions	I look at the sky and get a horrible feeling. The clouds are in long horizontal strands. It feels like a net has been placed over the sky. The haziness of a sunny day brings tension for me. I would rather it just rain.
Nature	9	mind-emotions	Was outside in the beautiful weather today, enjoying nature. I felt happy, content. I have lots of energy
Nature	3	Mind-Sensations	White pine images, forest floor has lots of needles, feels springy when you walk on them. Feel I can walk quietly, soft feeling, but you do not sink down. Soft feeling. Quiet softness. A lot of quiet
Nature	3	Mind-sensations	Desires quiet except the sounds of birds are desired
Nature	3	Mind-sensations	A sensation of stillness. You just have to be still. It's like if you move you will break the stillness. You will break the trance. There is something important about this trance. I don't want to move. I don't want to break the trance. A sensation of stillness. That is what is important. Nothingness. Being by water that is undisturbed. No wind, no movement. On a night but a lake when it is dark, peaceful, quiet, stillness. An image of a heron, a gray heron, standing really still until they sense something.
Nature	3	Mind-sensations	saw a rainbow. I enjoyed watching the changes it went through as I drove. It helped soothe that agitated feeling I had a lot of the day.
Nature	3	Mind-sensations	walk this morning, temperature is already in the 80s and is very windy and humid. It weighs down on me. I feel all done in before we get two blocks; breathing is an effort. We walk two miles. I am very tired at the end.
Nature	2	Mind	The weather again is windy with a hazy sky. I look outside to my neighbor's silver leaf maple and get a discouraged feeling. Everything thing feels wrong. There is something about seeing the silver leaves in the wind, I find it agitating and discouraging. It makes me think of the tent caterpillar.
no worries	5	Dreams	It was about confrontation in the moment with no accompanying ill effects or retaliation.
No worries	2	Dreams	I bought an orange car with a cobalt interior. I thought that I bought a cobalt car and was questioning myself about why I would do such a thing. I then realized that cobalt was on the inside and the outside was orange. Somehow this made it okay. Later in the dream, I spun out of control and hit something. I then drove the car to the gas station to call my partner and tell her about the crash. Suddenly I see an old friend as well as a famous basketball player, whom I speak to.
no worries	5	Dreams	An impending storm. The clouds were visible and darkening in the western sky. In the dream I knew I had to map out a way to drive somewhere I had never been, and it was to go into the direction of the clouds that were ominous. What struck me about this dream after thinking about it for a day or so, is that in the past when I would have tornado or tsunami dreams; they were so terrifying. In this dream, the feeling, if there was any at all, I was more that things would be okay, that it would blow over, or that I would just figure out how to avoid any storm and that others would too.
no worries	5	Dreams	There was a meeting with the Saudi's and I had to get up and leave early and was trying to be quiet and non-disruptive, but had to move toward the front of the gathering and bumped into several of them. The feeling was oddly nonchalant in light of the gravity of the situation. Later I was twirling around dancing and realized that my underwear were in a bunch and showing under my skirt. Again, in spite of the shaking head of an older man, the feeling was not terrible embarrassment or shame or distress as in previous dreams of that nature.

No worries	13	Mind	Feeling neutral, nonplussed. I feel fairly positive, hopeful, energized, overall, I didn't think a lot, and there is really nothing on my mind. I am planning a party. No worries, which was unusual. Just floating, things were really flowing at work, that's different for me.
No worries	13	Mind	While playing tennis, I feel loose (open) and present, no worries, just playing (NS). This is unusual for me to feel free; I am usually reserved.
No worries	5	Mind	The policeman told me I had violated around seven or eight laws, including speeding, tailgating, not signaling a turn and going thru (rolling through) two stop signs. This is NOT my typical driving style. It was odd to me to be more focused on this man's incredibly beautiful face than the fact that I could have gotten a hefty fine and ticket.
No worries	24	Mind	I just don't want to be at work, anywhere but! My concentration level is bad. Anything I try to do, it just ain't happening. Oh well, no big deal.
No worries	07	mind-emotions	Okay about it all
No worries	2	Mind-Emotions	Reflecting more on the day, I am surprised I handled a situation at work so well. I went to management to report an incident of racism. Initially I was self-righteous about it (the incident did not involve me, nor was I present to witness), but decided to just send an email stating the facts and my feelings about it. It felt good to just let it go, yet to say what was needed. Typically, I would get in someone's face about what should be done.
No worries	3	Mind-emotions	felt sort of lackadaisical about phone call. Kind of let it go on for longer than I needed just because I didn't want to put out the energy to bring it to a close. I felt sort of like chatting.
No worries	5	Mind-emotions	I noticed a police car with lights on in my rear view mirror. Normally, this would produce at least some level of stress and I would go right into prayer. I sat with it and realized that it was beyond my control. There was no real stress that I could feel.
No worries	5	Mind-emotions	I took an intensive case in the clinic and did not feel drained like I usually do. I felt this case taking is easy; it does not have to be hard. I always thought it was hard before. It did not feel weighty or worrisome like in the past. It was not in my thinking.
No worries	5	Mind-emotions	I am just more tolerant. Little things that bother me just don't seem to bother me about people. I am emotionally thankful and enjoy them. There is a fondness there.
No worries	5	Mind-emotions	It's not as hard to make a decision. I used to think about how my decision would affect others. I would worry a bit about them. I do not feel as much obligation to others. I just make my decision; sorry I can't do that even if my decision lets someone else down. It's just no problem, worry or struggle.
No worries	3	Mind-emotions	forgot to meet a woman yesterday afternoon. Normally this would put me in the land of guilt but I didn't feel that bad and didn't call right away to deal with it. Just sort of thought, oh, that's too bad. When I later called the woman I left a message, pretending to feel bad about it.
No worries	3	Mind-emotions	forgot to meet a woman yesterday afternoon. Normally this would put me in the land of guilt but I didn't feel that bad and didn't call right away to deal with it. Just sort of thought, oh, that's too bad. When I later called the woman I left a message, pretending to feel bad about it.
No worries	3	Mind-emotions	My daughter was not home at her 11 pm curfew so I was looking out the window periodically and waiting up for her. She came in, looking like she was going to cry, hugged me and said she was sorry. I stayed quite calm and asked her what had happened. We talked until after 1 am. I was surprised that I was not more upset and was able to listen to her and yet set a limit about this happening again.
No worries	3	Mind-emotions	I was actually patient and calm during the whole trip (to store w/daughter). Usually hate shopping and can't find anything I like or that fits right, but today I actually bought some clothes, found some things my daughter liked and needed and didn't get crabby.
No worries	8	mind-emotions	Didn't have the usual spirit of hold-nothing-back at our last soccer game of the season. I was kind of watching as I was on the field. We didn't win and I wasn't as upset as I would normally get after a game like that.
No worries	3	Mind-Emotions	Normally in a situation like this I think I would have been very upset and embarrassed, but I just went on and didn't fret.
No worries	5	Mind-emotions	She says she does notice a lack of emotional response. She says it is like she is "flatlining". Just no physical response or reaction.
Opposite moods	3	Mind-emotions	Tears and laughter
Opposite mood	2	Mind-Emotions	Mood fluctuating...apathetic to being restless and silly
Opposite mood	9	mind-emotions	Feel content. Enjoyed the day with friends and family. All irritability and weepiness has passed.

Overwhelmed	13	Mind	overwhelmed by all the activity in the office today, very aware of the therapist next door
Overwhelmed	5	Mind	The worse part of today was that incredible tiredness in the midst of the realization that there is so much I could and should be doing.
Overwhelmed	20	Mind	Felt tired last night around 7pm and unmotivated to start projects, but actually got a lot done. I have been really focused and able to get ahead at work too.
Overwhelmed	4	Mind-emotions	I need a vacation. I'd like to lay at a beach, read a book, relax, eat good food, hiking a bit. I want to go to a different environment.
Overwhelmed	07	mind-emotions	just do and do and never the feeling enough is done
Overwhelmed	19	Mind-emotions	A patient brushed into politics again. Almost walked out. Shut down. No more. Not on the case any more today. Don't have the emotional equipment to handle this. No way. Can't handle the discord in a relationship and politics in the same day.
Overwhelmed	4	Mind-emotions	Out there working today was like doing some task like shoveling a hole and while you are doing it, someone is pouring the sand back in. I was getting frustrated and I needed to eat.
Overwhelmed	6	Mind-Emotion	Can't handle this anymore, freaked out, and pissed off, crying psycho behavior. I'm not doing this anymore (fuck off message I sent to my supervisor at 3:30 pm).
Overwhelmed	21	Mind-emotions	This has not been an easy week at work. I feel overwhelmed with the responsibilities.
Overwhelmed	5	Mind-emotions	I experienced some very slight anxiety, on-going all morning. . The anxiety was more about feeling rushed and compelled to complete tasks that I felt were stacking up in a way that made me feel others were having expectations. I left the house purposed to do three things, and I accomplished two, but realized I had neglected to mail a test with a deadline, and it was already a day late. I wanted only to finish the duties that felt a bit burdensome so I could be free to enjoy any kind of free time. I had a strong desire to fluff my nest (clean, organize and de-clutter my home) and I felt prevented to do so as many obligations and commitments were on going. The feeling was that I just wanted to stay home and do things in the garden and inside my house. I wanted to focus and instead felt scattered, unproductive and "out there".
Productivity	4	Mind	I am getting things accomplished, with moments of resting, having some down time too, my ankle is doing better. Being productive and having a balance between being productive and rest. There has been something I accomplish each day.
Pulsations	3	chest	Feel slow pulsation, a strong heart beat
Pulsations	3	chest	Sensation of strong pulsation has settled down, sit quietly feel heart beat in my chest
Pulsations	2	Eye	I feel a slight pulsing in my eyes, like my heart beating in my eyes. My vision changes along with the pulsing. It only lasts a few seconds, then is gone
Pulsations	2	Mind-Sensations	My brain seems clear, but by body feels, heavy and dense. When I lay down, it's as if my body is sinking in time with my pulse.
Pulsations	1	Mind-Sensations	Woke up second time tried to open eyes, and have feeling that energy and pulses keeps passing by me in waves. Pleasant sensations. Sensation of being more alive. I want more waves to come. I feeling of steadfastness and excitement about the waving sensation.
Pulsations	3	Mind-sensations	Is my body moving? It feels like it is moving with a pulse
Sensitive Noise	3	Mind-emotions	The birds were really loud and I could hear the fan running upstairs. I heard that last night as I was going to sleep also. I get very annoyed by the sound of the fan
Sensitive Noise	5	Mind-emotions	Little stupid things are driving me nuts. My my husband chewing gum. It does not sound human. I had to leave the room. Not human, does not sound like a persons lips. It does not make sense; no one chews gum like that.
Sensitive Noise	5	Mind-emotions	In the past, I found his guitar peaceful, lulling it takes me away .The last couple of days it has been too loud. Its annoying, intense, I get impatient with it. I want to get away from the sound.
Sensitive Noise	5	Mind-emotions	It was the combination of having to wait and the adding machine noise. If I were to say something, I thought I would sound weird. I was inclined to ask others if they were annoyed.
Sit and Stare	3	mind	Trance like state
Sit and Stare	3	mind	Stillness, staring
Sit and stare	13	Mind	I am aware that I am staring too (I am thinking of the kid in the coffee shop, who said, "Dude, stop looking at me!" I wasn't even looking at him; not consciously anyway)

Sit and stare	3	Mind	This afternoon I was working and it was very quiet in the building. Everyone else had gone home. I decided to put on some music. When the music started playing I found myself staring out the window, watching the wind blow the branches and leaves on the tree outside my window. I found myself getting into the same kind of state I was in at the beginning of the proving. I wanted to let myself go and just sit there, but I had to get some work done, so I pulled myself out of it.
Sit and stare	3	Mind-emotions	Tears came out, not control. I feel very sad again. I want to sit still and stare.
Sit and stare	3	Mind-emotions	large carp flopping on the gravel road, trying to get back to the water. large container of carp in the back of a pickup. We got out watching and talking to the guys. thought I might feel sorry for the fish but I was more fascinated just watching the spectacle. I was relieved they were using the fish for food and not just killing them for the sport of it.
Something to do	6	Mind	I'm driving and feeling isolated, an insulated feeling as if underwater, muted (not echoing). Separate from the world in some way. As you do when you need to pop your ears, but more mental, I can't decide what to do, where to go, like stuck in slow motion, held back by something, just sit in my car, looking at myself in the mirror, what is this?? And there's tension with it, an underlying urgency that I should be doing something, but can't decide what or where, so I sit frozen.
Something to do	24	Mind-Sensations	Periods of feeling frazzled and anxious, like there's no time to complete whatever I have to do. Very thirsty. Someone knocks over a cup and spills coffee again today.
Spacey	5	Dreams	My son was out in the hall and I tried to call his name, but was unable to speak. It was as if I was drugged or half awake. My body would not cooperate.
Spacey	2	Mind	I don't feel distracted, but on urinating, I decided I also needed to take a bowel movement. I go to sit down, but have failed to put the toilet seat down, almost falling in the toilet. I have never done that before. This seems odd.
Spacey	3	mind	I want to breathe in the fresh air from the window I feel like I can only move at a slow pace. I walked at a slow pace
Spacey	13	Mind	I have a spacey feeling while driving, feels derealized. Derealized means there but not there one step removed.
Spacey	13	Mind	feeling detached, going through the motions, not connecting with people at work, but acting like I am (NS)
Spacey	13	Mind	The tension is like one arm being pulled across the chest one way and the other arm pulled across your chest the other way; it is like you are being split in two, vertically, you can never know who you are, where you are, you are never truly connected. (Supervisor Comment)
Spacey	13	Mind	Being here and not here at the same time. Going through the motions, routines, wanting routines, living, being present. There is a sense of a scientific experiment. It is as though I am on two planes at once, two dimensions, another dimension. I know, this is what it is like to be a ghost. A ghost is seen and isn't seen or a vampire, the undead, it is like a being who is here and not here, alive and not alive. (Supervisor Comment)
Spacey	13	Mind	driving around, not really knowing where I am going, feeling that spacey feeling, no hurry to get to work, wanting to get lost, break the routine (OS)
Spacey	13	Mind	feels like time is moving slow today (NS)
Spacey	22	Mind-emotions	Feel very subdued
Spacey	3	Mind-emotions	visited with the guy at the lumberyard. I feel laid back and seem to still be getting some things done
Spacey	5	Mind-emotions	she is still just kind of gliding along. Nothing seems to get her too excited. She seems a bit spacey and forgetful.
spacey	19	Mind-intellect	I was so restless I thought I would sit in the chair because my mind wasn't able to do any thing else and I think I fell asleep.
spacey	5	Mind-intellect	I was aware of how painstakingly slow I was progressing. My scatterbrainedness seems to be impacting me in that it takes me forever to do anything.
Spacey	3	Mind-sensations	A sensation of stillness. You just have to be still. It's like if you move you will break the stillness. You will break the trance. There is something important about this trance. I don't want to move. I don't want to break the trance. A sensation of stillness. That is what is important. Nothingness. Being by water that is undisturbed. No wind, no movement. On a night but a lake when it is dark, peaceful, quiet, stillness. An image of a heron, a gray heron, standing really still until they sense something.

Spacey	3	Mind-sensations	. I felt drugged, talked very slowly, and hard to come up with words.
Spacey	1	Mind-Sensations	Time moving very slowly today-great awareness of the time.
Spacey	1	Mind-Sensations	Time still moving slow in the morning-seems I got a lot done in a very short time.
Spacey	8	Mind-Sensations	Met with some clients about a project and I was rather spacey. I didn't have my normal sharpness and concentration. I would just stand there and space out. Met with some clients about a project and I was rather spacey. I didn't have my normal sharpness and concentration. I would just stand there and space out
Startles	13	Mind	I felt startled by a shadow on the stairs, it was my own, felt silly (NS). I gasped, I felt frightened. I have very quick reactions lately. Then I froze, I became very still, breathing
Startles	13	Mind	I woke up startled, like someone was in the house. The same feeling as when I saw my shadow on the wall and I didn't realize it was my shadow. I was very startled.
Startles	5	Mind-emotions	It was like a mouse. I was alarmed at first thinking a mouse was in the room. Not afraid, just alarmed for a second. Surprise, like something was in the room, a mouse. I realized it was the plastic flipping over in the alarm clock. The sound of it flipping was keeping me awake. So I went back to husband. I fell asleep after that.
Time alone	3	Mind-emotions	Silently weeping. No longer feeling sadness. . I am dreading the city, going to school, driving in traffic, sitting with people, making conversation, taking notes. It feels like I'd rather be in a little enclosure in the back of the room and just observe.
time alone, get	13	Mind	called a friend and suddenly did not want to talk with him and really wanted to hang up (NS)
time alone, get	4	Mind-emotions	But I need a vacation. I am just burning out right now; need to get away from it for a while.
time alone, get	21	Mind-emotions	Sucked the life out of me: normally I could have handled any one of these incidents and kept on, but so many of them at once did not give me a chance to recover. I was emotionally exhausted and all I wanted to do was go off by myself and listen to music.
time alone, get	9	mind-emotions	Spent several hours outside in the beautiful sunshine. Feel great: beautiful, sunny days always lift my spirits.
time alone, getaway	5	Mind-emotions	This may not be significant or of any importance, but I feel I want to be outside most of the time, and am resenting anything I have to do inside that is not directly related to putting my house in order. I feel my responsibilities are very imposing and I desire a sabbatical from them.
time alone, get	4	Mind-emotions	Mood in general; both my wife and I need a vacation.
Time confusion	13	Mind	I have trouble sensing the calendar in my head, like not knowing the date, feeling like I am not connected to that at all. I can't seem to remember the date or to have a sense of what is happening when.
Time confusion	5	Mind	I was confused going to work in that I thought it was one hour later than it actually was and I needed to pick up a classmate.
Trapped	15	Mind-sensations	I'm dying to get away. Feeling trapped, not in the mood.
Trapped	15	Mind-sensations	The trapped, wanting to leave, to escape, really badly.
Trapped	9	mind-sensations	here is how it feels: I am bound (can't move arms and legs) and gagged (can't speak) and my children need me and I can't help them.
Trembling	3	Extremities	Trembling with emotions

Understanding	13	Dreams	<p>of old people and the chairs are set up along the walls of the room. At one point I am at the computer. An old coworker shows up. She is excited to see me. She starts to approach me and backs off. She said she felt her aura infiltrate mine and she didn't want to do that anymore.</p> <p>At another point there is any argument about iconoclasts and iconoblasts. The men are saying that sometimes they have created geometric mosaics and sometimes representational pictures.</p> <p>I am at a table and there is a plastic tray with some cheese crackers and chocolate chip cookies. There is some wine as well. I hear someone say, "Communion is simple, all you need is some crackers and something to drink."</p> <p>Now I am talking to another guy. Our chairs are back to back so I am turned and leaning over the back of the chair. I think he is be cute but his teeth are yellowish-brown.</p> <p>I am wondering if I could be with this group. I say to someone, "There is an awful lot of words at these meeting." This person says, "Well it is a meeting after all," I reply "Well sometimes you can share without talking."</p>
Understanding	2	Mind-Emotions	I notice my infant daughter has not smiled at me today or yesterday. I wondered if she doesn't recognize me because of the proving? It is as if I am a different person with the same face. "I thought maybe she didn't recognize me, maybe I'm not the same person. She's wiser of the two of us, she's not clouded, she's more sensitive to what can't be seen or heard."
Understanding	19	Mind-intellect	as this scene unfolded, there was this 'all knowingness' to it. It was like a movie camera panned in and it was as if it was predictable events. An all-knowingness, knowing how each would react in almost a predictive manner.
Understanding	3	Mind-sensations	Very aware of sounds, birds outside. The refrigerator. I'd like to turn it off. The whole room is full of energy. It's similar to the feeling at my head—a full feeling, soft static. I don't mean a jagged quality. I mean energized like a healing touch energy moving. This force is not moving. It's as if there is so much energy it is holding me still. Holding my head. It feels so good. This trance I don't want to end. I've tried so hard to get to this state through meditation. Someone has just given it to me. When you ask questions I don't feel bombarded by thoughts. I am just present. The picture of the bird looks like shadows, light and a little color. It sometimes is not a bird
Understanding	19	Mind-sensations	There is a theme of experiencing herself at opposite ends of a pole and being unable to merge the two parts. She has described herself as "bipolar" (not in the clinical sense of the word, but as having opposite poles), as having a "dichotomy of responsibility" and of having two parts that she can't merge.
Understanding	19	Mind-sensations	So upset that she felt "quaky" on the inside; conflict so intense regarding abortion, right to life issues. Intense feeling that all of this is irreconcilable, no way to "put things back together".
understanding,	2	Dreams	I had a realization while asleep, that although people assume they are one person and all their attributes are dependent on them being alive, this is not so. It became clear that attributes, issues, patterns, etc. exist with or without the human as a host. They have their own life to live that is not dependent on the human body or psyche. The human being is a meeting place for all these things to come together and live congruently. The soul does not deal with things lifetime to lifetime but over the course of many lifetimes. I hope this is true because there is something intrinsically beautiful about this notion. In my dream, the realization was felt rather than thought. I remember thinking, "Oh, I'm dreaming. I better take this back with me". The concept however was way larger than the brain could really make sense of. I remember feeling better with this realization (in the dream). It was as if the bullshit had its own life or agenda or message being: just take responsibility for yourself, your issues and karma will do their thing. As expressed, it's difficult to articulate, my brain is too limited to really understand the universe and its functions. While I was at a spiritual councilors, we were discussing multiple personalities people have to
understanding, compassion	5	Dreams	Dream: I felt very compassionate for them all and was going from person to person to just speak briefly with each one. I also felt hopeful that they were going to get better in spite of the severity of their illnesses. It almost felt as if I was as sick as they were and we were all in the same boat and knowing we were going to get better. I turned and noticed a stretcher that I had been sleeping on all night. It was covered with white sheets. As I stood there and looked at it, I had a moment where I realized that I had actually slept somewhere else as well the same night, but that it had been at the same time. It was ponderous to me in that second, that I could be two places at the same time. It was as if I was one person, but I had the ability to be divided, yet there was no sensation of being more than one person or of being split or anything like that. The feeling was one of amazement and complete surprise. I didn't understand how it was possible and it was an unfamiliar revelation
Understanding,	13	Mind	I resonating with a bumper sticker I saw that says "God is still speaking." I felt a jolt of recognition (NS)

Understanding, compassion	5	Mind-emotions	For the first time, I experienced an increased awareness of feeling compassionate and understanding toward two of my in-laws that previously for many years I had just sort of looked at as very shallow and baggy. Several times today I witnessed several different people acting as if they were having negative or painful emotions and prior, my mind-set has been one that did not really empathize with anything they may have been feeling that was uncomfortable for them. It's not as if I have intensely disliked these people or have had issues or arguments with them. It is just that my thought and opinion was too focused on how shallow or self-centered they were. My most recent experience with it is very new and it causes me to take pause and ponder if I have been so blind, prejudiced and unkind...or if they have evolved to the point where they are being more mature, real and open. The overall feeling for me was one of compassion.
Understanding, compassion	5	Mind-emotions	I experienced a compassionate feeling for someone who had offended me years ago. I have always had a hard time forgiving this person, but after seeing her and having a brief exchange...I was aware that my overall feeling toward her was one of respect, tenderness for her pain and a sense of release from unforgiveness.
Understanding,	2	Mind-Emotions	Looking at my daughter tonight, I see my older sister when she was an infant. I am taken in by this. The strange thing is that after seeing my sister, I can't then go back and see my daughter the way I did before this realization. I find this a little disturbing; as if she has changed right before my eyes and I can't ever have her back again. I don't want her to look like my sister. I want her to look like herself. What if I become biased against her because I see my sister. How horrible.
Understanding,	9	mind-emotions	It always brings me to tears to think of all of those people suffering
Understnading	9	mind-sensations	I asked for image from higher self?"I am in the kitchen. I don't have a kitchen sponge but one stuck in my mind. I am at a coastline of an ocean. Saw that the horizon is dark, like a storm is coming. High waves. White caps, breaking on the surf - there's a wind. Whoosh, wind and power of the surf is going whoosh over my body. I feel power. In awe of this power - it's not my power. The sun is breaking through the clouds at the horizon, clearing away the clouds and the white caps - it's getting calmer.
Unusual uneasy	3	dreams	I drove a car to a place and when going down the hill the lights in the car went out and the speedometer didn't work. I was afraid the brakes were not going to work, but found if I pushed them all the way to the floor there was some brake power. I had my son's bass in the car and the back of the case and back of the bass were ripped off. It was raining, so I had to find a place to leave the instrument so it wouldn't get wet. I didn't want to ask a person in the place if we could leave it there (didn't want to impose as the space appeared to be limited). I couldn't just leave it in the hall. Felt I was in a quandary. Also concerned about the condition of the instrument. (I have had dreams where the brakes didn't work well before.)
Unusual uneasy	2	Dreams	I was at work, which in the dream was a kitchen. I came back to the kitchen after being in another part of the building doing something else, when I came back it was like I had to relearn my job. It was as if, "Hey, I didn't know we made pizza here!". When I went to help, everything was all finished up. I had lost track of time and it was time to go. Everyone was more or less being pushed out of the building by management. I felt a little confused about what was happening, but everyone else seemed to understand!?"
Unusual uneasy	5	Dreams	I became increasingly aware that my underpants were all bunched up and too far down under my skirt. This created a dilemma in that I did not want to pick up my skirt and appear to be flashing when I would really need to be readjusting, but the bunchiness was bothering me. I sometimes have dreams where I am either not wearing any underwear, or am half naked, but this dream presented a twist in that I was wearing underwear, it's just that my panties were in a bunch, no pun intended. The feeling in this dream was one of confusion as people and events seemed out of context.
Unusual uneasy	6	Dreams	Dream. I'm back at my old job, my boss says, "One month should be long enough (punishment away from work)!" I agreed to come back, but now can't remember how to get the orders punched in on the computer, also can't find the proper glasses for drinks. Then I realize I'm out of uniform, wearing something totally inappropriate and mismatched. Also, I take off my apron and see my pants for the first time, hot leather pants with a cigarette ad stitched on the back pockets! (My boss hated smokers.) My thoughts are, "I'm not supposed to be here, that's why I'm not dressed appropriately for work, it's a sign..." So I leave, then realize I forgot my purse. On trying to go back, can't find the right building, was just there, now it's unfindable. Then after wandering around, I meet my boss in the street. He leads me into the restaurant through a side door. Passed some Buddhists we have to do some excuse me/prayer motion to pass. Up in his office he says the whole thing was just a misunderstanding. I spew, literally yell, "That no, it's not, you did this, spit flies from my mouth I'm so mad. He then opens his safe, molds a key for me in some wax and gives me the key, my purse and a gift bag. I leave, curiously peek in the bag

Unusual uneasy	6	Mind	Phone call from manager of rest for interview. restaurant managers don't usually call people for interviews on Saturday night when it's the busiest time, he sounded erratic. I have a feeling something is not right
Unusual uneasy	2	Mind	Driving through the city, it seemed like everyone could have come from the 70s with their hair and clothing. For a moment, I felt like I was in a time warp. Even the buildings looked old and dilapidated.
Unusual uneasy	2	Mind-Emotions	I am driving to work and I see a woman with a beat up car. Her drivers' window has fallen down in the doorframe with one corner of the window rising above the roof of the car. It makes me feel like everything is going to hell and nothing is right.
Unusual uneasy	5	Mind-emotions	Little stupid things are driving me nuts. My my husband chewing gum. It does not sound human. I had to leave the room. Not human, does not sound like a persons lips. It does not make sense; no one chews gum like that.
Vig	13	Mind	after the dream: feelings as I remember the dream, relieved, confused, apprehensive, the feeling of not wanting to get caught
Want to do own	13	Dreams	Dream: I am coming up over a hill, sort of eagle eye view, sort of not, like a plane coming in for a landing (flying). I see mountains. I see the ocean. I see a vista of a city by the sea with tall buildings. Now I am on the ground. I see my shoes untied (funny my shoes where untied all day) I am looking for my rich cousin who just took off to go to a baseball game in San Diego without her dad's permission.
Want to do own	2	Dreams	I was shopping at a mall, looking for some kind of bargain. I was with some people, who I was annoyed with. They had to analyze everything I did. I would slink off into stores to do my own thing.
Want to do own	13	Mind	While driving home from work, I went a way that I have never gone, not lost but completely in new territory, I like this, it breaks the routine
Want to do own t	19	Mind-emotions	I have mountains of work on my desk. Tons of projects. I am normally overwhelmed with it. I had a frustration with myself. I didn't want to do what I was supposed to. I completely rebelled against my have to do list and did something that isn't even near being important.
Want to do own thing	5	Mind-emotions	I experienced some very slight anxiety, on-going all morning. . The anxiety was more about feeling rushed and compelled to complete tasks that I felt were stacking up in a way that made me feel others were having expectations. I left the house purposed to do three things, and I accomplished two, but realized I had neglected to mail a test with a deadline, and it was already a day late. I wanted only to finish the duties that felt a bit burdensome so I could be free to enjoy any kind of free time. I had a strong desire to fluff my nest (clean, organize and de-clutter my home) and I felt prevented to do so as many obligations and commitments were on going. The feeling was that I just wanted to stay home and do things in the garden and inside my house. I wanted to focus and instead felt scattered, unproductive and "out there".
Wanting space	13	Dreams	Dream: my homeopath, a friend and I are going into the apartment I share with a bunch of other people. There is some kind of neighborhood party going on. They are going to sleep over. We are all in the same bed. It reminds me of being in a hostel in Europe. My homeopath is to the right of me and my friend is to the left. It is hard to sleep because they are really chatty. I am tossing and turning. Finally I get up and pull out my computer and start typing my notes for the proving. My friend and my homeopathic have a computer. They are laughing and talking. I am feeling distracted and irritated. My homeopath tells me he has some videotapes from the school he wants me to look at, something about South Carolina or something, I say "I have got to get this done and get some sleep, so shut up the two of you!" I get up to go to the bathroom. There are two toilets. In one are tadpoles that are just about to become frogs and in the other are frogs that were just tadpole; they are looking up at me. I am not sure what to do, so I pee and flush the toilet.
Wanting space	3	dreams	I drove a car to a place and when going down the hill the lights in the car went out and the speedometer didn't work. I was afraid the brakes were not going to work, but found if I pushed them all the way to the floor there was some brake power. I had my son's bass in the car and the back of the case and back of the bass were ripped off. It was raining, so I had to find a place to leave the instrument so it wouldn't get wet. I didn't want to ask a person in the place if we could leave it there (didn't want to impose as the space appeared to be limited). I couldn't just leave it in the hall. Felt I was in a quandary. Also concerned about the condition of the instrument. (I have had dreams where the brakes didn't work well before.)
Wanting space	2	Dreams	I also dreamed I was in a building that I believe was a university. I had an agenda, I was either trying to find something or get some place, but I felt focused as I moved through a crowd atmosphere (unusual for me).

Wanting space	13	Dreams	<p>Dream. I am standing up for my sister, at her wedding. She has many people on in her party, her groom has only one person. We are all crowded up at the altar. They come down the aisle and stand before the priest, we all gather around him, and no one can see them take their vow; I don't think that is right; people came to the wedding and should be able to see...</p> <p>Now we are at the banquet hall. All the waiters quit, so me and some other people do the serving. I am at a table, one of the guests, a woman, is demanding to get five servings of chicken. I tell her it is a wedding not a restaurant and she can only have one serving since she is a guest and not a paying customer or she can have the fish! She keeps demanding and I say "No!" A man stands up to defend her honor; although it seems he doesn't really want to. I have to fight him, so I punch him in the face five times. It felt like something I was supposed to do and it was exhilarating.</p>
Wanting space	5	Dreams	<p>Then found myself in a different environment where there were gray tracks with holes in that were going up into the sky. Supposedly, cars were supposed to drive on these tracks that were extending and winding all over the place. I found myself in a car and was beginning to ascend one of these tracks when suddenly the car fell off the track. It wasn't a huge fall and not a big deal, but disquieting enough to where I decided I would not venture out on these "tracks." I did opt to back up someone's car that was parked in a tight area next to a wall. I accidentally scraped the passenger side up by the rear-view mirror. When I finally managed to get the car out of the space and the owner looked at the scratch, I just recall feeling somewhat relieved that it was barely visible and the car's owner was not distressed.</p>
Wanting space	3	mind	<p>sat quietly on the couch, image of the ducks comes into my mind and stays in my head. Want to be outdoors, in the woods, but not deep woods. Want to breathe air and go outside.</p>
Wanting space	13	Mind	<p>While at the gym I felt relief that it is not crowded; I find myself angry at this old man that was gunning for the work out table I was headed for, I thought he was selfish and did it on purpose, feeling very edgy (NS, OS)</p>
Wanting space	2	Mind	<p>Going to bed, I kick the covers furiously. The sheet is too tight at the end of the bed, which makes me feel incredibly confined. It's like a fight response.</p>
Wanting space	3	Mind-emotions	<p>Silently weeping. No longer feeling sadness. . I am dreading the city, going to school, driving in traffic, sitting with people, making conversation, taking notes. It feels like I'd rather be in a little enclosure in the back of the room and just observe.</p>
Wanting space	6	Mind-Emotion	<p>Felt stuck, trapped with pent up emotion, sick, irritable.</p>
Wanting space	3	Mind-emotions	<p>One of them wants to hold me. I let her but it doesn't feel like what I want. I don't want people close. I cry.</p>
Wanting Space	2	Mind-Sensations	<p>Putting on the sling to hold my daughter, I feel very constricted and take it off in haste. I remain angry and frustrated for 20 minutes. It's odd, because although I don't like tight clothing or things on my body, I love carrying my daughter with the sling. Today I couldn't.</p>
wistful	5	Dreams	<p>I had also seen an old lover very recently and at first did not recognize him. He had come to our house to mark gas lines as we are doing some yard work. There was almost a total absence of nervousness or embarrassment or any other unpleasant emotion that one would normally connect with a situation like this. We chatted, and I noticed after he left and I had gone into the house to wash my hands, that my hair was really frumpy, as in bed head and needing some serious color to cover the gray. I had no make-up on, and was wearing my scruffiest clothes. I just laughed. This is odd to me.</p>
Wistful	2	Dreams	<p>I saw an old friend who asked me to come back to work for him. I was pleased because I needed the work. He showed me around the property of his new client. It appeared that he had moved beyond gardening and into construction as well. I was a little reticent about going back to work for him because it was winter and I didn't want to take the little bit of work available away from him. He said it was no problem.</p>
Wistful	13	Mind	<p>I found myself thinking about a friend who haven't thought of in a long time</p>
Wistful	19	Mind	<p>. I was in a conversation about where home is with someone else. I said that home for me was back in Madison, MN. The prairie, I miss the horizon and the smell of the dirt, the trees. I just don't normally talk about that I guess. And when I was on my way home from the science museum I was thinking about all this home stuff. And the third time I was thinking about this 'home situation' was again tonight because of our argument this morning and now I didn't want to go home. I shed a few tears over this on the way home.</p>

Wistful	3	mind	thinking about an old high school friend of mine today. Another friend had mentioned the town she was from, so that may have been why. She is someone I think about at other times, too, so I thought I would try to find her by using the internet, not sure if she had married. I found a listing that I thought might be her and the address was very near Seattle, WA. This struck me as very synchronistic, because my son and I are planning a trip to Seattle, decided to follow up and contact this person to see if it is her
Wistful	19	Mind-emotions	I noticed I was much more teary and weepy than normal. Sentimental, mostly about my children and how amazing they are.
Wistful	5	Mind-emotions	I experienced emotional moment when thinking about future daughter-in-law. Tears after realizing how she is an answer to a prayer prayed many moons ago.
Wistful	8	Mind-emotions	Called my ex-girlfriend after 2 years and talked to her father for 20 min. Had fantasies about getting back together with her. I miss the physical intimacy we shared.
Wistful	9	mind-emotions	I'm feeling an odd combination of wistfulness and happiness. It's also a freeing feeling, because much of my responsibility has gone
Wistful	2	Mind-Emotions	With this comes a sense of hopelessness and lack of interest. I feel like my health is poor and fear what I'll be like in 10 to 15 years. What kinds of diseases will I have if any diagnose is made at all? What types of meds will I be on? How will I be mentally? What is the breaking point- where I give up and just let it all consume me? I feel old all the way around. My mind kept coming in and out of thinking, "I'll start a homeopathic practice," then realizing, "Wait! I don't have a desire for homeopathy. What now?" I thought I was getting past this dilemma, but it has resurfaced again. I leaves me feeling lost, like I have failed and that the sun in setting, it's all down hill from here, I missed my chance and it's too late to try
	11	abdomen	very slight intestinal/abdominal discomfort for a couple of minutes
	13	Abdomen	I felt immediate cramping across abdomen from left to right, to middle, burning like a line across left to right. (OS)
	11	abdomen	very slight intestinal/abdominal discomfort for a couple of minutes
	7	Abdomen	Intestinal cramping (mild) only for 15 minutes or so after lunch
	11	abdomen	very slight intestinal/abdominal discomfort for a couple of minutes
	19	Abdomen	I felt a hard lump-like sensation in my abdomen. Just to the left side of center. Hard. Somewhat warm. Possibly the uterus? It felt like it was in the center.
	11	abdomen	very slight intestinal/abdominal discomfort for a couple of minutes
	20	Abdomen	frequent flatulence lasting for 30 minutes, no smell, comes out sounding like a snake hissing
	11	abdomen	very slight intestinal/abdominal discomfort for a couple of minutes
	13	Abdomen	About 7" to the right of navel, there is a small hard knot, feeling tender, slight pain, more internal than on the skin's surface
	11	abdomen	very slight intestinal/abdominal discomfort for a couple of minutes
	11	abdomen	abdominal discomfort, painless, but does not feel quite right; more pronounced than before; sensation appeared on and off for 30 minutes
	11	abdomen	abdominal discomfort; feels nauseated (queasy); lasts for 4 hours
	11	abdomen	very slight intestinal/abdominal discomfort; feeling like something eaten had disagreed; duration 2 hours 15 minutes
	11	abdomen	abdominal discomfort; duration 8 hours 20 minutes
	11	abdomen	pain in abdomen, sore muscles, in covered pelvic area including where hips join legs
	11	abdomen	discomfort in center of body, below navel; feeling like something is not right
	11	abdomen	dull ache muscle pain throughout pelvic area
	13	Abdomen	continued pain on left side (AS).

	11	abdomen	discomfort in center of body, below navel; feeling like something is not right; moving up to the midriff
	13	Abdomen	Charlie horse left side and
	11	abdomen	slight discomfort in center of body, below navel; feeling like something is not right
	11	abdomen	discomfort, with feeling like a lump, or mass of something
	19	Abdomen	Tummy feels less puffy this morning. Not as hard.
	5	Abdomen	woke up suddenly shortly after going to sleep (after midnight) with severe pains in my abdomen that would come in waves. The pains were sharp and shooting upward into my chest and radiated outward from a point in the center of my abdomen. I could feel my large intestine twisting way at the bottom, and a twisting sensation at the top of my stomach near the esophagus, but these two places were not painful. I had initially thought this was .. something that used to occur in my distant past, but the symptoms were different and this time I did not vomit or experience diarrhea, although it felt like I needed to. I knew if I went into the bathroom, nothing would come forth from either end, so I lay in bed and wondered if my pains were from a dry piece of angel food cake I had eaten before bed. It even occurred to me that I may be having a heart attack. I was perturbed that the whole thing was even happening and I laid there waiting for it to just stop. It lasted about 20 minutes or a half hour, and I don't recall falling asleep. It's odd that when I was considering the prospect of a heart attack, my biggest concern was not knowing whom to call. I was not inclined to wake up my my husband.
	3	abdomen	Having a lot of intestinal gas build up toward early morning for the past several days. Whole abdomen gets distended
	2	Abdomen	I felt a buzzing/vibration sensation around my navel area.
	11	abdomen	discomfort in lower abdomen
	11	abdomen	discomfort in lower abdomen
	13	Back	right lower back some stinging pain, numb, tight
	7	Back	Not wanting to be touched or massaged in that area
	7	Back	Nagging ache
	7	Back	Tension increased along top of back (shoulders)
	7	Back	neck feels tight
	7	Back	Achy – even when not moving
	7	Back	feel neck pain again
	7	Back	Neck feeling weak. Back of neck, top of shoulders. As if weight on shoulders
	19	Back	I just felt as if I just got bit by a nasty bug. It was a biting sensation, as if from a pine tree, stinging. I really wonder what this was from because it's in a place where I really don't think a bug could go! The top of my bum's crack!
	15	BACK	I felt a deep but mild ache along the back of my neck (collar area) with throbbing – lasted only a minute.
	3	back	my spine curling forward,
	7	Back	I often feel tension in my neck
	7	Back	Back of neck pulling again
	7	Back	feels like someone is pulling back of neck with string anchored on a bone
	19	back	another stick with one pine needles. Ouch, really hurts! It again had a stinging burning blunt yet pointed end to what ever stuck me. It was on the back of my neck. I rubbed it out and left quickly
	11	Back	muscle pain, sore, sharp; all across lower back and hip
	11	Back	sharp pain, in middle of lower back

	11	back	sharp pain, in middle of lower back
	11	Back	pulled lower back as a result from lifting boxes; sharp pain down left leg, like bolt of electricity; worse with motion; better with pressure
	11	back	sore all day; pain began on waking, as soon as moved
	11	back	pain, any movement irritates; can hardly walk; sometimes screams with pain; like a pinched nerve; better pressure, rubbing, warm shower, sitting; worse stepping down stairs, bending over; better lying on painful side, left side; better drawing knees up when lying on back
	11	back	pain, lower back; on left side; feels like going down thigh
	1	Back	Spasms in left mid back very severe in morning
	1	Back	Pain in left low back.
	21	Back	Woke with stiff upper back and with same feeling in my back as I had in shoulders and arms--hot feeling and general stiffness. Gone after shower.
	7	Back	odd feeling in back of my neck. Pulling, numbness
	5	Back	I had stiffness and spasm and pain in right side of upper neck, and familiar pain along right side of spine in upper quadrant area of shoulder blade near spine and also lower back as day progressed.
	5	Back	Just a general feeling all day of achy ness and spasm muscles in my neck and shoulders and back.
	5	Back	Woke up to neck and back being sore.
	5	Back	I experienced some discomfort in the area of my right hip in the back, extending down to my hip. It was a nagging, nery kind of pain, not sharp but just annoying and felt like I had strained something. Wanted to rub and push my fingers over the area, but it didn't help. Went to bed with it and woke up the next day with it.
	9	back	There is a dull ache, like a cramp, in the lower right part of my back. It is not in a muscle, but within the body cavity, just below the waist and to the right of the spine.
	9	back	Having a hard time falling asleep because of the cramp in my lower back. The pain has changed from a dull ache to a feeling as if I am being poked there by a stick
	5	Back	I had some significant soreness in the thoracic area of my back just to the left of my spine. Hard to describe the pain, except to say it wasn't nery or sharp...more of a constant aching like something was out of place and being pushed on, or even pinched but not in a small spot. It was very uncomfortable and I thought perhaps I had lifted something too heavy earlier, or maybe eaten something that caused my colon to go into spasm, which has in the past caused problems up in my back with muscles being pulled from allergic responses to food. Nothing really helped to alleviate it, but when I woke up the next day, it was gone until mid-morning when it felt the same except it lasted only a moment and had moved to the right side of my spine.
	9	back	Cramp in the lower right back is almost unnoticeable. During most of the day I didn't notice it, but it got a little more painful by mid-afternoon
	11	back	pain, lower back; dull; radiating from center of lower back to left side; better warmth
	11	back	pain, lower back
	22	Bladder	Lose control of due to violent cough
	22	Bladder	Needing to run to bathroom to cough
	22	Bladder	Still coughing hard enough to lose bladder control
	13	Chest	slightly itchy above left nipple that moves to right nibble.
	3	chest	Feel pulsation where heart is. Feels like whoosh, whoosh, softer and not the whole body
	3	chest	Cannot get my breath

	3	chest	My chest feels heavy. Pain and pressure in chest
	3	chest	Pulsation, slow in chest
	3	chest	feel pressure in the chest
	6	Chest	brief sharp pain in a specific spot of right upper breast, starts and stops, about five times, about a ½ second apart
	7	Chest	Tense in chest, palpitations
	3	chest	my shoulder belt feels very heavy on my chest. Even when I pull it away it feels like a heaviness on my chest
	3	chest	heat rising up from the chest
	13	Chest	small hollow feeling above my diaphragm (NS).
	5	Chest	In the past, whenever I would wear anything tight around my torso, just below my bra line, I would experience pain in my chest and torso that feels like a claw inside is ripping my insides. This occurred after eating dinner at 7:30 pm. The pain increased and after removing a tank top with a too-tight inner band, I laid down on the couch on my right side. Normally, this would alleviate the pain in the past...but it didn't. It became worse. I switched to lying my left side and this seemed to help somewhat.
	5	Chest	After taking a short nap, and resting awhile, I sat up and felt a really strange heart sensation. It was an extremely different variation of heart palpitations I've had for many years. It felt like my heart was attached to a rope that was being swung around like a lasso and my heart felt like it was inside a drum and being swiped around the sides of the drum. It lasted only a few seconds, but it's almost as if I could see my heart on the top of a lasso that was being swung around. The sensation was very strong, and the image graphic.
	5	Chest	Had a heart irregularity that felt stronger and different from the heart palpitations I have had for years. It lasted only a few seconds but was very noticeable. I did not experience the usual weakness or feeling like I lost my breath, but it was rather disturbing. It was a very strong and distinct pounding of my heart that felt like it was beating really hard against a wall. 3 – 4 beats, preceded by a familiar sinking sensation for a split second.
	13	Chest	This act [scanning] produces anxiety and constriction in my chest, tightness (Supervisor Comment)
	13	Chest	feel grief and sadness in my chest (Supervisor Comment)
	1	Chest	Acid reflux with burning and discomfort after eating lunch
	7	Chest	Heart was palpitating. Felt rushed
	22	Chest	Neck and shoulders very sore
	7	Chest	some heart palpitations upon lying down for bed
	22	Chest	Ribs and diaphragm hurt from all the coughing
	22	Chest	Left lateral side, about where last rib is, hurts
	22	Chest	Base of diaphragm, left lateral side hurts
	22	Chest	Hurts each time I cough
	22	Chest	Other places in diaphragm area also hurt
		Chest	Lump in my throat with restricted breathing.
	11	chill	periodic chills, lasting for a few seconds each; duration 4 hours
	21	Colds-Flu	Wave of flu-like shakiness through body like beginning to get sick

	21	Colds-Flu	Another wave of flu-like symptoms
	21	Colds-Flu	Wave of heat through body like a hot flash, gone in 20 seconds. Upper half of body, felt like chills shivering through body but heat instead. Made me think of flu symptoms.
	20	Cough	choking cough, eyes turn red when coughing
	22	Cough	Hard, deep, productive
	22	Cough	Coughing up initially murky green mucous, eventually turned yellow-green
	22	Cough	Gagging cough
	22	Cough	Lose control of bowel and bladder due to violent cough
	22	Cough	Exhaustion due to hard coughing fits
	22	Cough	As soon as I lay down the coughing starts again
	22	Cough	Coughing up gunk in my sleep
	3	cough	had a little cough from a tickle in the evening several times.
	22	Cough	Gagging cough
	22	Cough	Hard cough that was exhausting
	22	Cough	A little cough, not quite so violent
	22	Cough	Needing to run to bathroom to cough
	22	Cough	Gagging but some less
	22	Cough	Still coughing
	22	Cough	Coughing starts with a dry, tickling in the throat
	22	Cough	Coughing up yellowish green mucous most of the day
	22	Cough	Mucous discharge greener in the morning first thing after rising
	22	Cough	Still coughing; not as hard
	22	Cough	Still coughing
	22	Cough	Cough worse lying down
	22	Cough	Waking up coughing hard
	22	Cough	Waking up coughing up murky green stuff
	22	Cough	No gagging when coughing
	22	Cough	Still coughing hard enough to lose bladder control
	22	Cough	Coughing still
	22	Cough	Still coughing

	22	Cough	Hoarse from coughing; hard to talk
	22	Cough	Cough worse from talking
	22	Cough	Cough more persistent from talking
	22	Cough	Cough better from warm drinks
	22	Cough	Sore throat from coughing
	22	Cough	Still coughing
	22	Cough	Cough seems to be less
	22	Cough	Ribs and diaphragm hurt from all the coughing
	22	Cough	Still coughing when I lay down
	22	Cough	Hurts each time I cough
	22	Cough	Lots of coughing on laying down
	22	Cough	Lots of coughing when I lay down
	22	Cough	Dry, tickling cough while sleeping
	8	Cough	Yesterday morning at 6:30 I was in the truck on the way to work when I started coughing. It was a rough, hoarse, deep cough. A tickle in my throat that wouldn't go away. It felt good to cough. It alleviated the tickle. I coughed to the point of gagging. I stopped the truck and got some coffee. after one sip it was all gone. not another single cough.
	22	Cough	Coughing somewhat less
	22	Cough	Still coughing up greenish stuff in morning
	22	Cough	Mucous discharge turns from greenish stuff to yellow-green later in the day
	24	cough	Cough is the same, no change.
	2	Dreams	I am in a gang and tell my friend, "I want to be on the good side."
	13	Dreams	Dream. I am wandering around in some school. A woman with dark hair, like a man's hair or lesbian haircut from the 1970's give me a compote of dried wild cherries. I am supposed to eat this as a remedy. I can taste that taste in my mouth, I have a sense memory of it even now, as I write these words. This school is either a chiropractic school or a Chinese medicine school. It is very modern, like an office and lit like Chino Latino, soft light, orange light, a local restaurant. I am wandering around because it is like a maze. I am going into offices looking for a remedy apparently. I am in one room. Some people are standing at counters with their backs to me working on something under a pleasant light. They are working on something but there appears to be nothing there. No bottles, no substances. A Chinese woman seems to be in charge and she is trying to help me find a remedy. I am sitting on an examining table. She is saying I might need acid. Now I am in another office, the woman with the hair is there. She is helping me too. In the hall she says I need homeopathic grapefruit. Now I am walking out to my car. The woman is there again. She is giving me that message that my homeopath had ordered me homeopathic acid, it is ready and I can pick it up later at the apothecary. We both laugh because we do not know what the acid is for. I open up my trunk and the woman looks in, I say "I'm going fishing, want to come?" She looks apprehensive and says "No, I'll go fishing on my own." I wonder if she thinks I am
	3	dreams	I went out to a bar after work. I was reluctant to go to the place that was chosen because there was not enough variety. (I don't recall ever dreaming about going to a bar. I rarely drink alcohol and am very sensitive to it.)

	9	Dreams	Shower curtain has to do with cleaning—keep the kitchen and bathrooms clean to keep the germs away from my family. Inner sensation is to take action. Associate that with my not keeping up on protecting my family from bugs while I am in school.
	6	Dreams	<p>out. First one looks like dried up corn with roots. Farthest back top molar, second one is an oval piece of glass/molar size (I had just had a root canal two-weeks ago with a crown), then like a metal plate that had been formed to my teeth falls out. They fall on the carpet along with a couple of partials and I'm thinking I have to save them, scraping them up and putting them in something, a bag, or pocket. I look over as I'm picking them up and there's a bloody feminine pad on the carpet also, mine I assume, I grab that too, did anyone see it!? Embarrassing!?! Then, I'm trying to leave the building, can't find the exit, takes a couple tries. I get into my car, it's piled with junk and my remote attached to the key is shattered with jagged edges, the car won't start. Someone yells, hey, that's not the right car. I get in my car finally. Then, all this while, I'm thinking I have to get to work, I'm going to be late, and my teeth have fallen out, I haven't showered or put on any make-up and it's already 5:30 pm (supposed to be to work at 4:00 pm). The thought of showing up with my teeth gone (at least some) and in the right front half I had metal posts showing where maybe a partial had fallen off (I don't have any partials). The feelings are horrified, mortified.</p> <p>I had car troubles the last few months, and finally got my teeth fixed after waiting some months. I had a dream with this theme of unsuccessful efforts two ago, a week before a project was due that I'd procrastinated on. It came with a yeast infection. I've had a little yeast, milky white discharge, then the next day switched to a strong fishy smell about Five or six weeks ago. No teeth falling out though, ever. I still had the fishy smell, and a bit of milky discharge, when starting the proving which hasn't seemed to change much, except now it seems I have a little of both which is weird.</p> <p>I'm very frustrated with this process of having to type up notes and e-mail them in. I don't have e-mail at</p>
	8	Dreams	Had a nightmare about being in a forested swamp, in a house that was flooding- water and slime rising up all around- I was near the door and a snake thrust itself up out of the water and bit my right shin. I knew that I was in trouble
	24	Dreams	dreamed last night that his children got sick from eating some old chicken
	13	Dreams	Dream: A women standing in line at coffee house, a barista, a man is making coffee as if he is making martinis, it is their thing. It is kind of ironic. A customer comes up. He is very deadpan. He wants to make sure his coffee is "shaken not stirred". He says he can tell if it is not shaken. The barista is swishing the coffee around in the cup that looks like a plastic cocktail cup. He swishes all the coffee out and serves that man an apparently empty glass. I am talking to the owner, apparently business is going well.
	13	Dreams	Dream: This television character, Veronica Mars, is searching through a pile of evidence, actually a pile of garbage, trying to find proof of her rape. A bunch of squirrels come along, they are up on their haunches and on their tip toes and they are in a conga line carrying off the evidence. Is this part of it?
	19	Dreams	. I had to run through and around all these people. I got there and it was too late. And I got the appt time wrong too. It should have been at 4:30. So the staff said it was too late and they had the shop all folded up. Feeling was I pushed so hard to have gotten nowhere. Not anger or anything like that. Here I had ran all that way, worked so hard to get there, jumped over things, ran around things scaled walls and I would up being late.
	2	Dreams	I wanted to be a DJ, but realizing I didn't have enough music on my ipod to do it. Then I realized I could download everything off the internet!
	2	Dreams	A man more or less forced me to take a ride with him. I wasn't sure what his intent was, but I wasn't really afraid. He was from the Middle East, which made me feel like I wanted to help him as his English was poor. He was searching for something. Finally I helped him find the place he was looking for, which ended up being the place we started out at. He wanted these large 150 square gallon containers, which were free. There must have been at least 75 of them stacked high in neat rows. He was going to sell them to make money. I realized he was very poor and this was how he survived. He had two teenage boys. When I was inside some building one son kept looking in at my daughter and me. He would smile in a way that made me very uncomfortable. As the man and his sons drove away, I looked at the car which now had a trailer attached to it. He also took a row of vending machines that was outside the building I worked at. I wondered how people would get their soda and candy. As a looked to where the vending machines used to be, I saw three old paper machines that were in the shape of riding lawnmowers. I felt it curious that I had never noticed them before.

	2	Dreams	I was in a tracker trailer with many people. The side of the trailer was open and we were about to crash. My father was driving. We were going slowly, but because I was having to hold up a big piece of wood outside the truck I didn't think I would be able to stay in the truck upon impact. The crush was subtle, but the other cars around us crowded us and I felt suffocated. My body was pinned down.
	11	Dreams	I was in summer semester college chemistry class on the first day. Was unhappy about the tuition because it was more expensive because I had to pay two half semesters instead of one full semester because it was summer. Two half sessions were more expensive. Summer sessions were generally only a half semester in length, but some classes like Chemistry lasted the entire summer. I was very nervous and afraid of how hard the course would be.
	13	Dreams	Dream: There was an expansive window looking out on a city, the window was in an office, an office from the 1930's. There were people working, all of this, the office and window and expansive view, were in a box, I am holding the box, looking down on it.
	13	Dreams	Dream: A man from the 7-UP DOCUMENTARY. He is sort of on stage or in the main frame of a video shot. He is telling me that his penis was severed at the head. He shows me picture and it looks cut off, even and healed over. He has hopes that it will be re-attached. I wonder how. He says that he has put it on ice and froze it with hopes that some surgeon will figure out how to do it. He also holds up his head in bag of ice cubes saying he hope they can reattach it too. It looks bloody and his eyes are popping out. He appears to be standing in front of a scrim in a photo shoot. I feel worried and sad for him and wonder how I can help him.
	13	Dreams	Dream: I am staying in this house in the country that is owned by a rich man and women. She seems to be the main person who owns this house but once in awhile he is involved with it. They are separated. The house is very old and large and in disrepair. It seems to be like some sort of retreat center or artist colony. It seems like people who are creative stay there but the place is kind of stuck and kind of in financial problems. There seem to be a lot of meetings about the house and how to keep it running. Sometimes we are on the back porch huddled in blankets having a meeting. It has wood burning stove and lots of jars of herbs and remedies and elk antlers. Sometimes we are in the basement where it's damp and there are conference tables and wipe boards. There is another woman who is in charge and she is caught up in details but does not seem to know how to fix the problems. I am walking around the house noticing all the repairs that have to be made and thinking that there is a lot to do. I am on the phone talking to the rich women - she is in France doing something and says that we can take care of things and it will be okay. I call her husband or maybe he just shows up, he is watching all their kids and I say you have the money can't you just get the house fixed. He says he will do that if that is what is needed. At one point I am talking to this vagabond - care taker - it is coming up to winter, he is leaving
	13	Dreams	No dreams I can remember though I know that I am dreaming (AS)
	20	Dreams	Dream: I visited the town where I spent some of my childhood and decided to go for a swim. The area where I wanted to swim was inside a cave - there were a few rooms there one of which had a sandy beach. All of the rooms had deep water with rocks where you could sit. The water was full of big catfish - I couldn't believe how many there were. I was afraid to put my feet into the water thinking the catfish would bite them. I fell asleep by the sandy beach and when I to swim again. As I walked by the people they came out of suspended animation. (NS) woke up I was sitting on a rock with my feet in the water. I was afraid until I noticed none of the catfish were moving - the people I was with were not moving either. One if them was reaching for a flower in the air and was frozen there. As I got out of the water, the fish starte

	6	Dreams	<p>dream. Everyone gets rained on, takes some objects, and they get rained because the person didn't watch them (I was doing something else). I was outside in white pants and this man splashed mud all over them – ruined!!</p> <p>A neighbor, trying to be helpful, forwarded my mail, but now I have to pay a large amount of postage because it's huge...She baits me with something, offers it for me to try, then says, "No, I don't think you can have it!"</p> <p>Now I'm swimming and a school of fish swims towards me, no color.</p> <p>I see the man swimming, trying to figure out what he is... is it a great white polar bear!?</p> <p>Then I see this same big man, I'm thinking his name is Sebastian (from a children's movie, he swallows people, things whole) but he's a man, then there is this long ribbon hanging out of his mouth and it is in half now I'm thinking of the lure fish on from another children's movie, at the bottom of the chasm, "It's so beautiful...no stay away from the light!". So he asks this other man to climb into his throat and tie the lure back on, because he can't eat. I say, "No, I don't think that's a good idea, it looks dangerous..."</p> <p>The man climbs in anyway, gets stuck in Sebastian's throat, and is kicking around, distorting the other man's body. Sebastian coughs, he's too big and can't get out.</p> <p>That's it, although it was weird that I was observing and thinking separately in my dream; it looks like a man with my eyes, but even in the dream my mind is thinking it's really a shark, or a lure fish...big and white.</p> <p>Ruined, baited, swallowed.</p> <p>Normally mad for me is stuffing it, my heart will beat faster, I want to get away from whomever, can't</p>
	3	dreams	<p>My daughter and I were at a place with some other friends. Johnny Depp was there. He danced a lot with my friend. Our kids have to go to an audition in a neighboring town. My daughter also has a music lesson there. We make arrangements to go together. I am concerned that the others will have to wait too long because of the lesson, but my friend says it will be good for her son to hear what the teacher says to my daughter. (In the dream I want to be the one dancing with the famous actor).</p>
	3	dreams	<p>We are with friends and wanting to take pictures. The "camera" is the size of a small computer monitor. I click a button to take a picture and a compartment in the back pops open and papers of different sizes start coming out. Some of it is in big rolls (black paper); some are sheets of paper in varying size (black and white). Some of the small sheets have pictures on them. It's unbelievable how much is coming out and the size of the rolls. We can't get it to stop.</p>
	20	Dreams	<p>dream images: New York, GPS, no shower, looking for a place to shower or stay. 2nd part of dream: Out with friends who took me to a restaurant I didn't want to go to. I wanted some place classier, with more ambiance, and since I didn't know the town I had to settle for their destination. When I voiced my preference, the less familiar friend said "if you don't want to go here then where do you want to go". I replied "point well taken" since I didn't know where else to suggest.</p>
	3	dreams	<p>I am visiting a special boarding school for troubled kids. I get into a discussion with this man. The words he was using were difficult for me to understand. He was talking about all the pathologies and difficulties these kids had. At one point I told him I knew of something that might be able to help these kids. As soon as I said that he gave me a very arrogant look, ended the conversation and walked away. I felt very frustrated and inferior and that I didn't have the "ability" to get across what I knew could be helpful to the kids in an intelligent enough way to convince him it was valid.</p>
	3	dreams	<p>A few minutes later two boys were competing at something and I was looking on. The same man came and reprimanded the boys and looked at me with contempt, as if to say, you don't even know how to discipline these kids and to keep them in line. I felt ashamed, even though I didn't think they were doing anything wrong. Then I went to my car to put something in there. There were two checks sitting on the back seat out in the out, very visible. I decided I better put them out of sight so no one would be tempted to steal them. I didn't want any kids to get in trouble.</p>
	5	Dreams	<p>This morphed into the four of us looking at a card that I had supposedly given this friend of my old lover and it was again embarrassing for me because the card was elaborate beyond belief, with many words, pictures and symbols. At this point in time, there was an announcement on the PA that I needed to report to the ticket counter because I owed someone \$100.00. I was irate and expressed my anger that the situation was unfair. The fine of \$100.00 was being imposed on several other people as well and my feeling in the dream was one of resolve, but satisfaction that I had at least expressed my anger verbally.</p>

	6	Dreams	Dream: I'm driving and see a woman on a motorcycle hit a semi-truck right in front of me; her head is smashed like a pumpkin. I feel the sinking in my gut, search for my phone, can't find it, or it doesn't work. Helpless feeling, at the same time, I know it's too late for her, her head is smashed. I yell for others around me to call 911! Everyone (maybe 15 people) pulls out a cell phone and make calls.
	6	Dreams	Dream: Rock stars getting out of a limo, in my dream, which didn't make any sense!?
	20	Dreams	dream images: New York, GPS, no shower, looking for a place to shower or stay. 2nd part of dream: Out with friends who took me to a restaurant I didn't want to go to. I wanted some place classier, with more ambiance, and since I didn't know the town I had to settle for their destination. When I voiced my preference, the less familiar friend said "if you don't want to go here then where do you want to go". I replied "point well taken" since I didn't know where else to suggest.
	3	dreams	A former girlfriend of my older son was playing the violin with two bows, while she was flying. My younger son was holding the second bow. A piece of wood let loose and went through her side. She continued to play until she ran into a tree. The piece of wood stuck into the tree so now she was held above the ground. I screamed at my son to get her down and get her to the hospital. He ran over and pulled her away from the tree. She went to the hospital. I woke up feeling horrible.
	3	dreams	This is a dream I think I have had before, or a continuation of it somehow. My husband and I in the previous dream had been involved with the death of a man. So, in the dream this morning I am stopped at a red light and I see a police car nearby. I just know they are coming to get me. I feel sick and wonder what I will tell them. I don't know what my husband has said to them, but I realize it's best to tell the truth. I get pretty calm then and know that whatever happens I will have told the truth. They take me in and before they question me I ask the police officer very earnestly, "What do you really think happened?" I want to know if he has already made up his mind about what happened. I think that this whole experience could ruin my life. It was a drowning, I believe. He had been in the water near me and was having trouble so I tried to help him. He started pulling me under and I didn't have the strength to deal with it. My husband came and tried to pull him off, but he would not let go, so my husband hit him over the head and the guy went down. He drowned. We were afraid we would be charged with murder, so we left and didn't report it. Somehow they found out we were involved and they brought my husband in to
	3	dreams	In a play. My character is supposed to get something away from another person. We work on the scene over and over. While waiting on the set the woman I am playing opposite of offers me something to eat. It looks like 4" lengths of silver/gray hair, filaments. They taste very sweet, like sugar.
	20	Dreams	John and I wanted to work together so we went to an interview out of town. The interviewer was a strange guy who knew us because his weird sister did work for us before. Drab office, lots of weird, dull people working there. Most of them wore glasses and didn't style their hair and went to the same diner and lived a small town life. (I woke up recalling the feelings of - yuk, dull, weird). All things mentioned made this job very unattractive to me. John however was considering the offer extended to both of us. I think this was in Canada? Used cars were cheaper there. There was a girl at the office demonstrating lifting 50# weights to demonstrate the conversion system and to prove that cars were cheaper there. Even though the money and working with my boyfriend interested me, I said to him, "let's not settle, we can do better than this. Something better will come along." and he agreed to decline the offer.
	20	Dreams	My boss' wife was pregnant which I thought odd since she had grown kids already. Then I dreamt that I told my boss I had a dream about him.
	1	Dreams	Dream: I should not go to the festival that I was planning to go to. In my dream it was suddenly ten below zero so it was too cold to go: but then a huge, dark storm blew in with thunder and lightening and mini tornados. I was relieved that I had an excuse not to go because I did not want to meet the person my friends were going to set me up with in the festival.
	2	Dreams	I was in a new town looking for a job. I walked into an establishment to see if I wanted to work there. I then realized it was a restaurant and left. I had no desire to work in the restaurant industry again. I felt like I didn't want to put forth the effort to find a job and also felt like I had few options to begin with.

	3	Dreams	Dream: I was a camp counselor at this camp and I was to sing this funny song. I forgot the words so I made up new ones. It went fine. Then I took my daughter and we went to find the leaders who were above us to make plans for the next day. I had my paper work and schedule for the next day. We found the other two people and they took my schedules. I was concerned because I needed to know what the schedule was for the next day.
	3	Dreams	Dream: There was some wrestling match going on. I didn't want to go, but the guys who were wrestling had spent some time at our house so we had gotten to know them, so then I really wanted to go. My husband and kids went before me in one car. When I decided it was time to go it had started snowing. People were coming into the building I was in telling me it was so treacherous, I should not be driving. The snow was blowing into the building. You couldn't even see out to the street, so I didn't want to attempt it and I was extremely worried about my husband and the kids being out on the road. There was even snow coming into some opening in the building.
	5	Dreams	The toilet in the cottage was huge and was like a dinner and shaped like a hollowed out peanut shell that was also shaped a tiny bit like a kidney. If I recall it was navy blue and stainless steel both. I tried filling it with warm water as it was very stained and had urine stains in it and was really smelly (like urine) After a while I realized that as good an idea as it was to fill with water, the water was not going anywhere and I needed to put my hands into the water to somehow release the gross stuff that was sitting in this urinal. I remember feeling very grossed out and disgusted when suddenly the lady who owned the house and cottage appeared and seemed put off that I was there at all. She said, "You weren't supposed to clean today; I saw your car and thought you were here." I was afraid of her to a degree; but more like intimidated. It wasn't a fearful feeling, just relief when she said something stupid like, "Would you like some spare change?" I was a bit relieved that there was no real penalty or punishment for being there when I wasn't supposed to.
	19	Dreams	the Teflon separated off of our new pans. It was frustrating because they were new pans and now they were ruined. same theme of separating and not being able to put things together re: Teflon pans. Feeling of frustration.
	2	Dreams	I had bought about 20 Harley Davidson motorcycles. Apparently I got an excellent deal on them and was going to resell them. I thought, "Why did I buy these, how am I going to garage them and how am I going to sell the?" It was much like the car color situation, where I found myself in a situation and wondered how I made the decision to get there.
	3	Dreams	Dream: About the play and auditions, that my son tried out for the play. (Not something he would be likely do.)
	19	Dreams	I put all the little pieces together. I was in a group setting where many people had these Furbys to put together. I felt that if I was going to get mine put it back together, I had to leave the group and go to my room. I did that and was able to put all the parts together to create the little Furby animal: big eyes, long lashes. Once I got to my own room, it was great. I did feel that the others were watching me and it was uncomfortable. Once the little animal was together, the pieces just went in and went in and it was almost a foreign feeling to have something I could put together, it was wonderful.
	20	Dreams	My mom and I were working at my son's school selling gifts at a table. Mom was more confident than usual, even more talkative than !! She didn't even ask my permission to take over which surprised me. It was refreshing to see her confidence and to see her shine when talking with customers.
	2	Dreams	I was walking my dog, who kept trying to kill the chickens in a pasture. I yanked her leash and called her. When she came, she fell 20' onto the cement. Suddenly the terrain changed. She landed on her feet and bounced a few inches of the ground. I was worried that she broke something. I thought, "How could I not have noticed that the drop was so far". I felt negligent, yet I couldn't understand why she would have made such a blind leap. It went against her very instincts.
	20	Dreams	my ex-husband looked cartoonish because he had gained so much weight. In the dream, I wanted to tell him that he looks fat and needs to lose weight. I was appalled at how he let himself go
	3	Ear	I feel a pain in my right ear, fleeting
	7	Ear	Pain in jaw to ears
	13	Ear	Ear pain right ear like a popping in the inner ear (OS), it is like I am going in a downward motion, underwater, like a earache that lasts 10-minutes.
	2	Ear	I have a sharp stitching pain in my left ear that lasts for just a second. Due to dairy

	6	Ear	Pain above and to the back of left ear again.
	6	Ear	Sharp pain in a spot above the right ear. Both > pressure, and < letting up on the pressure.
	6	Ear	Pain above, behind left ear in a spot, sharp, feels like a lump is there > pressure, thought my sunglasses were too tight, took them off, but it didn't go away for ½ hour.
	13	Ear	Left ear inside itching (OS).
	13	Ear	ear itching on left side (AS).
	13	Ear	my ears are popping like being on a airplane and descending (AS, CS), landing
	13	Ear	My ears are still popping and now the inner part of my ears are itching
	9	ear	Today one of the holes in my left ear lobe is sore and a little inflamed. I was pulling on my left ear lobe today, which may have caused the irritation.
	5	Ear	I felt a sudden odd pain, rather sharp, between my inner ear and my right jaw, more in my right ear. It felt a bit like there was something similar to a pine branch (with out the pine needles) sticking deep into my ear, but in an unfamiliar place. It lasted around a minute or two, then left suddenly. This occurred shortly after I noticed that my throat was feeling rather raw and somewhat burning. It wasn't exactly sore, it just felt uncomfortable. That went on for an hour or so.
	5	Ear	I had experienced more of that strange feeling of something rough and somewhat sharp being in my ears; worse from the wind. It felt like the beginnings of an ear infection. This was somewhat painful, like something that shouldn't be in my ears was way deep down inside. When I bend forward, there was a funny pressure that seemed to center around my ears, and not my sinus. I was reminded of when I was younger and used to swim under water and then would get fluid in my ears and would try to jump up and down to get the pressure to release. This is what it felt like, but not exactly, there was just a sudden vacant and yet pressure feeling, not pain per se but not pleasant. This was better with standing and waiting till it went away.
	22	Expectoration	Coughing up initially murky green mucous, eventually turned yellow-green
	3	expectoration	Lots of clearing of mucous in the back of throat today.
	22	Expectoration	Coughing up yellowish green mucous most of the day
	22	Expectoration	Mucous discharge greener in the morning first thing after rising
	22	Expectoration	Waking up coughing up murky green stuff
	22	Expectoration	Still coughing up junk
	22	Expectoration	Still coughing up greenish stuff in morning
	22	Expectoration	Mucous discharge turns from greenish stuff to yellow-green later in the day
	2	External Throat	I have noticed that my glands on the side of my neck are sore today
	13	Extremities	twitching in middle left toe.
	19	Extremities	Trembly quivery legs. They feel weak.
	13	Extremities	tense, dull pain under the right arm
	3	Extremities	Feet are really cold
	13	Extremities	I have a slight burning feeling radiating out of right hip
	13	Extremities	Both arms itchy just under elbow

	6	Extremities	Shaking a lot with chills like low blood sugar reaction
	13	Extremities	itching over left arm above the elbow (NS).
	15	EXTREMITIES	my hands got tired and sore ; this was like a deep ache, especially in my right hand.
	24	Extremities	Biceps on L arm is sore. When I grab something, I also feel a shot of pain. It's like a piercing pain, sharp, right in my bicep.
	6	Extremities	Right calf burning, tingling lasting approx 15 seconds.
	5	Extremities	I noticed a very sore spot on the back of my right thigh just above the knee. I got up and walked and it left after a minute or so.
	5	Extremities	Experienced a painful spot on left leg by knee, somewhat on outside between shin bone and bone just below kneecap. Very sore...wanted to rub it, but this did not alleviate pain. Did not feel the pain after that, but did notice later that night when touching that area that it was still sore, but pain had subsided considerably.
	4	Extremities	I am noting that my sprained ankle, which I did a week ago, seems to be bothering me. Want to sit down and elevate it. Feel like icing it as well. That sounds soothing.
	13	Extremities	a continued pain in back of leg, starting at bottom of foot and going all the way to bottom left buttock, from walking? This was sore, it was hard to put foot on the floor, felt like my leg had fallen asleep (NS)
	19	Extremities	When I came back up I think I noticed a ring of fatigue just above the knee joint. About 2-3 inches wide, going all around the knees. Vanished quickly.
	13	Extremities	felt anger, car rage and very impatient, like I was irritated by all the people, thinking they were idiots and did not care (OS)
	2	Extremities	I feel a slight vibration in my left lower leg.
	13	Extremities	Continued pain in leg
	13	Extremities	twinge in right hip
	13	Extremities	pain in my leg is relieved by exercise and stretching (CS)
	13	Extremities	The surgery scar on left arm becomes hot and itchy while exercising, relieved by running cold water on it (AS)
	13	Extremities	left knee is sore when I stand up (OS, NS).
	11	Extremities	sensation like something sharp stuck in there, at the top of the leg along the underwear line; worse at the side of the body
	11	Extremities	muscle pain, sore, sharp; all across lower back and hip
	11	Extremities	pain throughout hip, on rising from sitting
	11	Extremities	stiffness in hips, when walking
	13	Extremities	scar [left arm] is itching again; hot and then passes (NS)
	13	Extremities	a small boil, a hard knot, dark red, puffy (it's like I have been bitten by something but I haven't) it formed on my right arm above the crease in the elbow
	11	Extremities	sharp pain, in crease between thigh and body
	11	Extremities	sharp pain, at very top of thighs, on both sides, worse left side
	11	Extremities	stiffness on rising, from seated position, walking
	11	Extremities	sharp pain, at top of hip, superior iliac lateral; both sides, worse left side
	13	Extremities	pain foot to buttock

	13	Extremities	left leg is aching
	13	Extremities	left leg still aching
	13	Extremities	still have a pain in my left leg but it is reduced.(OS, AS). I couldn't put my foot down, pain shooting up the back of my leg. Soreness. I hobble when walking.
	13	Extremities	Numbness in arm is gone (CS)
	13	Extremities	reduced leg pain (left leg) despite the exercise or because of it
	13	Extremities	Return of aches in joints, pains in joints - caused be heat/humidity (OS, RS)
	1	Extremities	While running, pain in the left sacroiliac joint and bilateral calves
	4	Extremities	My ankle that I sprained is sore and achy. Consistent quick stabbing and then go away. . I'm more aware of my injured ankle. I'm trying to baby it. My loafers don't support my feet too well. Ankle feels like it needs more support something wrapped around. It feels exposed.
	24	Extremities	I have an uncomfortable awareness of my arms touching the sides of my body.
	5	Extremities	When sitting in class, I extended my left leg and felt and almost heard a snap sensation in the spot that had hurt the day before. This spot was near the outside of my leg, just south of my kneecap and somewhat in the hollow.
	5	Extremities	Around 2:45 in the afternoon, I noticed a sharp pain deep inside my left kneecap. This is something that I have had over the years and it usually occurs once in while from "housemaid's knee," even though I no longer get down on my knees to clean anything. This was different from my usual Sx however, in that it was my left knee (usually it is the right that will hurt). It hurt much more than usual and I was sitting at the time. Normally in the past, it hurt only when rising from sitting. I only moved my leg by bending my knee and it really hurt.
	5	Extremities	In the past, I have used a form of acupressure from time to time on my right leg in that hollow spot between the kneecap and the shin just south of the kneecap. Usually when I would touch this place, it would be somewhat sore...depending on how often I had had a bowel movement.
	5	Extremities	Around 3:30 on day 3, I noticed it felt sore in the same place only on my left leg...where I had felt it "snap" earlier. When I touched it, it was very sore. I tried rubbing it and that did not alleviate the pain, but there was the compulsion to continue rubbing, as I could not believe how much it hurt. The soreness seemed to come out of the blue.
	21	Extremities	Hot flashes again but only in arms and shoulders. Like surges of heat through arms, elbows seemed to hold heat more than rest of arms.
	21	Extremities	Couple of surges or waves of heat coming on slowly and moving through both arms. Started in elbows, then moved into upper arms and shoulders. Some heat stayed in all areas until went to sleep.
	4	Extremities	My ankle is a lot better. The black and blue is starting to fade. My feet are much better.
	6	Extremities	Big toe, left, top inside itches from nail to inside of second toe, I scratch it , feels raw.
	21	Extremities	Noticing that my right hand is cramping up, almost like writers cramp but I haven't been writing. Felt better with stretching it out by opening and closing hand repeatedly.
	21	Extremities	Stiffness in my elbows and forearms. They feel weak, like I can't pick things up when my arms are straight. Started feeling better the more I moved them. Normally rest helped the weakness...now it seems movement helps.
	19	Extremities	the tip of my toes are cold
	5	Extremities	At dinner time, I noticed my lower right hip area in the back was very sore (this is a common and recurring symptom for me but no real reason to be having it now) no cause except for the after effects of eating too much sugar the day before. I rubbed the hip in the back and realized that there was an actual sore spot that felt like it was on the right hip bone...but could have been a ligament or even muscular. Rubbing did not alleviate the pain, but I still felt compelled to keep running my thumb over it, as if I could not believe it was there or that I could actually locate the source of the pain.

	5	Extremities	Before going to bed, was standing in front of bathtub running water and the ball (outside) of my left big toe suddenly hurt very badly. This is something I have experienced a time or two in my life, but it's been a very long time. The pain was worse with leaning on it...and left as suddenly as it had appeared. It felt like the pain that people complain of with gout.
	6	Extremities	Right big toe itches between.
	15	EXTREMITIES	My shoulders and neck hurt really bad this morning, but they often do.
	1	Extremities	Pain in metacarpals of right hand.
	4	Extremities	In yard I felt my right ankle (the good one). It felt a little achy on the outside. The left one feels good while wrapped.
	5	Extremities	My upper right leg around hip area felt like it was out of place or like it was out of joint or felt as if it was strained. The feeling was soreness. It came and left suddenly.
	5	Extremities	While I was cleaning the house, experienced a sudden weakness and shaking and trembling of my legs. I describe this as a feeling like someone suddenly pulled a plug and I was drained. There was no real reason for this, as I had eaten a decent lunch and was hydrated as well. This symptom occurred before just prior to the proving.
	20	Extremities	left leg jumpy in the evening, usually it is my right leg that is restless.
	24	Extremities	My shoulder didn't bother me much. My bicep stopped hurting. It's just gone.
	1	Extremities	Pain in right wrist, then left alternation all day.
	1	Extremities	Still stiff between 4 th and 5 th metacarpals in the right hand.
	5	Extremities	I woke up to a very sore spot on the top of my right foot toward the outside, between my little toe and ankle; better with very light touch and rubbing, but extremely sore for no known reason. It left suddenly, but returned a little bit in the late evening.
	15	EXTREMITIES	The tops of my shoulders (trapezoids) are very strained and painful, which is normal for me, but it seems excessive.
	4	Extremities	I went to bed and when I laid down noted a skin tag kind of hurt that was on my left front shoulder just above my arm. It ached when laid down. On the left side, right on the front of my arm above my bicep near my armpit. Like a sharp little sensitive ouch and then it went away. Poking pain. Only when it was touched. And I got a couple little pimples on my left arm and another not far from the skin tag. They seemed like they were going to get big but they dried up and are tiny now. They cleared up quite quickly for pimples.
	21	Extremities	Woke this morning with pain, stiffness in elbows. Same as before but with just a small amount of heat. Hard to hold arms straight, they feel slightly swollen but they don't look at all swollen. The feeling is like when you rub Tiger Balm but not that intense. Probably due to painting and washing windows yesterday. The pain was achy soreness. Like an ad for Tylenol where they show a picture of a person with a red, swollen elbow and a grimace on his face. I imagine my elbow all inflamed inside, pulsing, hot.
	5	Extremities	I did have a pain in the back of my knee. I even turned to look at it but saw nothing. I expected to see a vein. It was sharp but not shooting; concentrated in a vein, as if swollen or engorged. It was tender and lasted five minutes.
	9	extremities	A muscle in my outer left thigh is sore when doing knee-lifts
	24	Extremities	The pain in my bicep is gone. That was just a few days last week.
	4	Extremities	I went for first run since spraining my ankle. I wrapped it and had a burning sensation on bottom of my left foot which is the sprained one is. I usually get burning sensation when I run and the shoes are tighter.
	9	extremities	bruised-feeling pain at the base of my left index finger, especially when bending the finger.

	5	Extremities	While driving, I suddenly felt a sharp pain in my right arm, along the area on top between the wrist and the elbow. It was about midway and not very long in duration, but felt like a sharp sensation along a tendon. It only lasted a few seconds. It was reminiscent of when I had tendonitis, except I have not overworked my arm....nor was I working it when I experienced this feeling of pain. It was also in a slightly different place and closer to the surface.
	8	Extremities	I have a blister on medial ball of my right foot. It is very sore and tender. I noticed it first off after a soccer match on the weekend, three days ago, and now it is worse.(I play soccer in the same cleats several times a week and have NEVER had a blister. There seems to be a red spot near the blister that is particularly sensitive.
	9	extremities	The muscle in my outer left thigh is still sore (but only when lifting the leg, when walking up stairs, for instance).
	15	EXTREMITIES	feet got way too hot, very uncomfortable. walked barefoot most of the way
	20	Extremities	My heel hurt during the night. Interesting that my planter fasciitis has returned since I haven't run for over a week.
	5	Extremities	I noticed a really sore line of discomfort along the top of my foot, between my toe and ankle, like a bruised tendon. I may not have noticed it, except for touching it, then it hurt only while I was running my fingers along this line. The pain did not persist, nor bother me in any way.
	4	Extremities	When I took shower noted that skin tag was gone.
	5	Extremities	While walking through an exhibit, I started to feel discomfort near my left knee in the back, inside and behind the knee close to the back and away from the knee cap area, and a little bit along the outside, and below the knee. It felt a little bit like my leg at that juncture was in a trap, like the kind my dad used to set for moles. It was not extremely painful, but was nagging and somewhat clamping. The pain would extend up a bit and just felt like it was constant but not terribly sharp. After walking through this exhibit, the pain moved up into my left hip a tad and felt different, like it was my hip that was out of joint a bit. Then this moved to the outside knee area again, only this time it felt like a vein or tendon at the same time was being punctured, and this picture of a steel trap with jagged jaws would come to mind when I tried to describe the discomfort to myself. I tried stretching, and moving and twisting and rotating my foot a bit. It was best with not moving, but I could still feel it. It lasted about a half hour and I don't recall when it left, but did not really have any trouble or pain an hour later after we had left the exhibit. In all fairness, I may have twisted something when I bent my legs to scoot under a roped off area in front of the restroom.
	9	extremities	My husband squeezed my left hand, and the base of my thumb felt a sharp, burning pain. It surprised me, because I normally have some inflammation in the thumb when this occurs, but there was none.
	3	Extremities	My knee right knee started to bother me after a half a block of running so I went back to a walk. Then after about a half mile it felt better so started running again. I had to switch back and forth between the two.
	9	extremities	Left thumb joint (at the palm) is still sore, but no more burning pain.
	5	Extremities	I woke up and got dressed within an hour of waking and realized that the shoes I have had for years suddenly felt way too small. My feet must be swollen, but they do not feel swollen. No pressure, it's just that the shoes that have always fit before, suddenly seem way too tight. It was actually hard to get my shoes on, and opening the buckle on the straps did not alleviate the problem much. My feet do not look any different, nor am I aware that they are bigger, but the night before, my my husband's toes were not welcome along the bottom of my feet. I was suddenly very averse to any touch there. I never noticed that before. It almost hurt, as if his toenails were like little jagged razors.
	5	Extremities	my right foot on top of and along the sides of my toes started to itch. I needed to take off my shoe and really scratch. There was no redness and no real reason my foot would have been itching.
	5	Extremities	At dinner I noticed a twinge of pain in the area of an old injury in my left shoulder (adhesive capsulitis). This has happened several times since the proving, but it seems it may have occurred prior, I just can't recall. I wasn't really moving my arm and there was no real reason it would have started to hurt. It felt like a twinge or a slight stab of pain in the front of my upper arm, but deep inside the muscle. It only lasted a second.
	4	Extremities	Noticed right calf started to spasm when getting up. Pronated my foot and it relieved the spasm immediately.
	20	Extremities	restless leg syndrome at night
	20	Extremities	plantar fasciitis on my right heel- esp. painful after running

	5	Extremities	I experienced a sudden pain in the ball of my left foot while just sitting. It lasted a minute or so and felt like a sharp sensation, almost as if a nerve was being pinched. I tried rubbing it, but that didn't help.
	11	extremities	pain toward top of hip, iliatic crest; better warmth
	5	Extremities	I have been noticing that my left shoulder area, in the front of my arm at the top, has been sore. This seems to have been recurring since an injury over a year ago. It felt deeply bruised and tender, and somewhat piercing, especially in one spot and I noticed it when I was just sitting there not even using my arm.
	9	extremities	Hip joints are still a little sore, but better than yesterday.
	3	Extremities	right knee is sore today. I ran two days ago and walked yesterday. I think it has to do with the fall I took last week (OS)
	3	eye	Leaking water, tears flow out the sides
	3	Eye	Feel pressure in eyes when hold back tears
	3	eye	Red colored
	3	eye	My eyes are filled with tears, My eyes won't quit leaking
	3	eye	My eyes are tearing profusely.
	20	Eye	eyes turn red when coughing
	13	Eye	sensitive to the light while outside
	3	eye	sun was too bright, I had to put sunglasses on because of the light in my eyes
	4	Eye	I am getting very sleepy and my eyes are burning. Feels like eyestrain.
	4	Eye	I continue to feel very relaxed but eyes seem to be burning.
	13	Eye	eyes light sensitive (OS)
	13	Eye	left eye is burning
	13	Eye	"I think that my eyes, my vision may be getting better. I usually have to wear reading glasses, words seem to be clearer to me." (Supervisor Comment)
	1	Eye	Feeling of something in left eye on and off all day
	5	Eye	Yesterday I did have a tiny bit of crust in both eyes. So small did not notice color or anything. I never get that! It was so small it's hardly worth mentioning
	22	Eye	Conjunctivitis
	22	Eye	Left eye mattery, sclera red
	22	Eye	Yellow-green matter on lashes of lower eye-lid and inner canthi
	4	Eye	Eyes were burning during small group I wanted to close my eyes and rub them, I'm sure it was from sleep deprivation; that's very characteristic of when I haven't gotten sleep.
	5	Eye	In mid-morning, I suddenly noticed that my left eye-lid felt as if I had a sty. It was very sore and there was no real swelling, redness or sty that was visible. This lasted all day and was too sore to touch, and I could feel this discomfort, even when not touching it or when I would blink. It left by evening. I've had styes before, but not for many years. This was the sty like pain with out an actual sty.
	2	Eye	Eyes really red and irritated as if body was reacting to the heat, although not that hot today
	2	Eye	My eyes have been irritated and red all day, Right eye really irritated, feeling like something is in it, is bloodshot.

	15	Eye	photophobia
	9	eye	There is a pain with a full feeling in my right eye extending through the right temple (2
	3	Eye	My eyelids were very mattery this morning, sort sticking together. They whites of my eyes looked quite red. It took an hour or so for the redness to go away.
	9	eye	Eyes felt dry and irritated all day.
	9	eye	Eyes feel tired and irritated.
	9	eye	Eyes feel tired and irritated.
	6	Eyes	Agglutinated eyes one morning on waking
	13	Face	Warm sensation spread across entire face
	3	face	Lips quivering
	13	Face	Flush across cheeks, hot feeling
	7	Face	Pulling (new feeling for me)
	7	Face	Pain in jaw to ears
	13	Face	jaw sore pulsing. (RS, OS).
	13	Face	jaw continues to be tight (RS, OS); feeling hotter in my face
	13	Face	glands under both jaws swollen (RS)
	13	Face	slight break out on left jaw bone, irritating pimples; red, raised, hard pimples (NS).
	11	face	flushing; feeling slightly warmer; with slight redness to face
	13	Face	break out on jaw has begun to heal over (CS)
	13	Face	new age spot under left eye (NS)
	11	face	flushing; rush of heat to face; without face appearing red; without fever; duration 5 minutes
	13	Face	face is itchy, looks tired (AS).
	13	Face	jaw tight (NS, OS)
	19	Face	I did feel the prickly pine tree brush on my skin that covers the joint of my right jaw. Had to rub it.
	3	Face	I am breaking out in some acne on the right side of my face by the mouth.
	5	Face	Later in day, noticed as I ran my finger along the outside bone below my right eye, that it was very sore. There was the compulsion to continue pressing down, even though it really hurt. I did not notice that it was hurting, when I did not touch it. It was only that time and then later when I checked, it didn't hurt anymore.
	2	Face	I feel a buzzing/vibration sensation in my left check, it's almost a tingling sensation
	2	Face	I am still experiencing the vibration/buzzing/tingling sensation in my left check area
	9	female genitalia	cramping in uterus (2 on scale of 10), as if menstruating. Aching to rectum.

	9	female genitalia	Passed a small bit of red blood from uterus
	9	female genitalia	A sense of heaviness in uterine area, common just prior to menses.
	9	female genitalia	Still has heaviness in uterus.
	19	Female genitalia	"always" got a headache 3 days before the onset of her period, however that did not happen this time.
	19	Female genitalia	She added that she did not have the usual "moodiness" (around menses).
	19	Female genitalia	she had the sensations (in her uterus) of "knottiness, like a hard nut, a definite round, hard shape, like a very small watermelon"
	7	Female Genitalia	better after starting period
	9	female genitalia	Experienced night sweats again last night.
	9	female genitalia	experienced a short time of more severe menstrual cramping
	9	female genitalia	Feel even more lethargic and mentally dull today; this is my usual state on the second day of menstruation. I feel like I am moving through molasses, making movement difficult. I just want to sit around and do nothing. I don't want to hear complaining, because it makes me feel stressed and irritable. Sad or happy stories in the news bring me to easy tears. I have slowed way down, and I want the world to slow down with me—I don't want too much information or too much stress at once.
	1	Female genitalia	Began menses today, very dark and heavy flow with clotting
	5	Female genitalia	In the evening I noticed that the area between my vagina and anus felt as if it was burning or raw; somewhat excoriating. There was no real reason for this. In looking in the mirror to see if it was red, there was nothing that looked out of the ordinary, but the feeling was rather uncomfortable. It was more discomforting on the left side of the area just below the labia. It was hard to fall asleep, but in the morning was gone. This feeling returned during the day but not as pronounced. The feeling of a swollen genital area returned and was uncomfortable for a few hours. It was again rather raw feeling, like I wanted to just hold a cool cloth to my bottom.
	5	Female genitalia	Later in the day I experienced a momentary burning sensation just up inside my vagina, close to the bottom and more on the left side. This is not new to the proving, but new to my symptom totality. It felt as if something hot and somewhat excoriating were descending, but there was no actual discharge.
	15	FEMALE genitalia	Got period, right breast hurting so bad nipple painful to the touch, had to keep touching it, now both painful up against chest wall
	5	Female genitalia	Today again I experienced a burning sensation just inside and outside my vagina, and again more on the left. This extended to the area around my anus. I needed to take a baby wipe cloth and try to alleviate the sensation with wiping the area. This helped to cool it and seemed to stop the uncomfortable stinging and burning sensation. It lasted a few minutes and was mostly gone after the baby wipe.
	9	fever	after eating a hamburger with classmates, my cheeks, neck and nose become bright red. The cheeks were burning so much that it was uncomfortable. Putting my cool hands or the cold water glass on them helped.
	5	Fever	I had a hot flash today during the evening at the same time that it occurred last evening. I just comes and goes and not a big problem, in fact there is no real sweating involved with these flashes; it's just a rush of heat that seems to start from the inside somewhere and move downward, but only is felt on the upper part of my body.
	21	General	Wave of flu-like shakiness through body like beginning to get sick
	21	General	Extremely tired, full body exhaustion, better moving
	3	general	I smell food cooking. I don't want to smell that.
	13	General	weak feeling , decrease energy (OS, RS)

	21	General	Another wave of flu-like symptoms
	2	General	Despite having an exhausting weekend mentally and having eaten everything under the sun that I am allergic to, I feel only mildly bothered by this come Monday.
	11	general	flushing; feeling slightly warmer; with slight redness to face
	13	General	I feel super heated, like chi flowing really strong, like heat rising off hot pavement (AS)
	9	General	So tired, I had to take a nap
	13	General	craving sponge cake, can see image of it in my mind (NS) - this accompanies sensation of tingling electricity on neck above the collar line
	9	General	Feel flat
	3	general	I was very hot. It felt damp and warm. I had to take off my t-shirt to get cooled off.
	3	general	It felt great to run, but it was too warm and humid. Prefer running in cool crisp air
	13	General	a sensation of something putting pressure on me, pressing down
	13	General	I felt very hot, heat started coming off of me (AS). Like it's rising off of me.
	13	General	I feel my body vibrating back and forth, strange like being gently shaken (NS)
	13	General	a heat dome starting from my trunk to the top of my head; it was like a couple of inches off of my skin; it feels like all of this heat, radiating off of me, like a dome or egg shape.
	11	general	pain stops completely at once; when pain is over, it is over, no pain left
	13	General	heat coming off my body, not like a dome of heat, this is more random (AS)
	13	General	I am shifting with the weather.
	13	General	Looking back over the day I notice that I was craving granola and cereal; I had many bowls of it rather than cook
	13	General	still craving cereal (NS)
	13	General	I really want a bowl of cereal (NS)
	13	General	still craving cereal
	13	General	Sensitivity to weather: I was able to tell that storms were coming when every one else pooh-pooed this. After it started raining I predicted that it would stop in a half hour and we could get on with our bike ride. This is what happened!
	13	General	Return of discomfort caused by heat/humidity (OS, RS)
	21	General	Extremely tired, mental exhaustion, just want to sleep, worse 3-5 pm. Then went to work, better at work
	21	General	Wave of heat through body like a hot flash, gone in 20 seconds. Upper half of body, felt like chills shivering through body but heat instead. Made me think of flu symptoms.
	5	General	yesterday I was craving chocolate and caramel
	5	General	[Craved] sunflower seeds on my veggies
	5	General	My energy has been good. I feel I need more coffee, more caffeine but I feel I have a bit more energy despite.
	5	General	I was craving dandelion wine, like my dad used to make. I did not know where to buy organic dandelion wine so I went and bought blackberry honey wine. I crave a sweet thicker wine. I had a few glasses. I crave sunflower seeds and beets. Sunflower seeds have to be shelled. It's too much work to shell them.

	5	General	My symptoms have always been on the right. Now they seem to be moving to the left.
	21	General	Hot flashes again but only in arms and shoulders. Like surges of heat through arms, elbows seemed to hold heat more than rest of arms.
	21	General	My body felt very good today in spite of a lot of lifting and bending.No aches or pains. Energetic.
	22	General	Better from warm drinks, sips of water
	20	General	Everyone in the office is cold and I feel warm. This is a change since I usually feel about the same as everyone else. My body temperature is running warmer all day.(NS)
	22	General	Went walking, felt better out in fresh air; walked slowly
	5	General	I have a headache and much fatigue that felt sudden in early afternoon after eating lunch. The thought was that I waited too long to eat without eating breakfast, and that I was having low blood sugar. By mid-afternoon, I was experiencing malaise and general fatigue like I was getting sick. Had to lie down and rest and would have slept for several hours if my husband had not woken me up mowing the lawn. There was a tremendous sense of weakness and tiredness. This may have been heightened by the observation that there is a tremendous amount of work to be done in and around my home. When I was woken up, I had severe and deep pain behind my eyes that felt like dull needles going into my head behind my eyes...especially on the left side. This only lasted for less than a minute.
	7	General	Better after drinking water, getting Rolfed
	22	General	Still tiring easily
	6	General	Overheated body temp (I'm normally on the cold side).
	9	General	Went for a walk outside, it made me feel better.
	22	General	Cough worse when lying down
	22	General	Felt really good to just lay down
	22	General	Worse from talking
	5	General	Later on in early evening felt rather worn out and in need of just resting even though I had not worked much during the day.
	8	General	Prover says he was tired after a long day and spaced out with his clients and had to rally his forces to get back to participating in the meeting.
	8	General	Crave alcohol and coffee
	8	General	I can easily drink four beers a night and at times really crave it
	15	General	I am really hot. Getting hotter all afternoon. Heat in my face. Radiating heat from my shoulders up.
	15	General	. I am yawning but I do this with headaches usually.
	21	General	More of the same flu-like symptoms. I was just sitting and working and waves of the shakiness and heat coming through my body. The shakiness and the waves are all internal. The shakiness is throughout torso and upper limbs, I don't notice it below my waist. The waves are like gentle surges washing through my body.
	22	General	Better warm drinks
	22	General	Better with pressure
	15	GENERAL	tired beyond belief

	21	General	Normally work gives me energy. This week so far has sucked the life out of me. Sucked the life out of me: normally I could have handled any one of these incidents and kept on, but so many of them at once did not give me a chance to recover. I was emotionally exhausted and all I wanted to do was go off by myself and listen to music.
	9	general	I had night sweats last night. I became hot and was sweating, especially where skin touched skin.
	15	General	Really tired from this extreme heat
	5	General	After a while I was aware that I had been feeling a tad fatigued and weak, like my blood sugar was low or something, but I had eaten a good breakfast and had been drinking plenty of fluids.
	9	general	Had high energy today, and got a lot accomplished.
	9	general	Had night sweats again last night.
	9	general	Night sweats were less intense last night.
	9	general	Still had night sweats, but they were less intense than a few days ago.
	9	general	Felt tired all day.
	5	General	Not drinking as much water.
	5	General	have been craving Heath candy bars of late.
	9	general	Had night sweats again last night.
	9	general	Had a lot of energy in the morning, and got a lot of chores done. By late afternoon, was really tired and ready to rest.
	9	general	Had night sweats again last night. Had a hard time falling back to sleep. (RS)
	9	general	Felt energetic in the morning.
	9	general	Got tired after lunch, so took a nap.
	30	Head	Headache moving from right to left; slight throbbing pain in right temple and moves to left
	11	head	pressure (no pain) in temples, very slight, lasts for a couple of minutes
	13	Head	tense dull pain on top of head
	3	head	Pulsation right side, internal and back of head
	3	head	Heavy sensation with tears
	13	Head	Little points of heat, like a hand opening up, a really hot, hot burning on my head
	3	head	Heaviness in my head
	3	head	My head, feels heavy.
	13	Head	Headache left temple, cupping pulling to back of head over left fore head and back of left eye
	13	Head	Like a Headache tight across forehead band across the forehead
	13	Head	muddle headed (OS, RC)
	3	head	I feel heavy in the head, the crown and occiput area persisting
	3	head	Heaviness in the head

	11	head	pressure (no pain) in temples, very slight, lasts for a couple of minutes
	13	Head	dull head pain left side, back of head, sharp pain moving across forehead, light headed (OS, RS)
	5	Head	I noticed slight burning, tingling sensation inside of mouth and nose area, like the feeling when one is exposed to exhaust fumes or diesel fuel for a long time. I noticed this again in the evening around 7:00 pm day 1 and was accompanied by a headache that was mostly around eyes. Like nails around my eyes. Was this different from headaches in the past. The only difference was it was it did not last long; I was duller, not sharp.as if something was sticking in, but not sharp."
	13	Head	Pounding headache across forehead, (RS, OS).
	13	Head	feeling of intense heat, like a bowl over my head down to me forehead and back of head, pulsing feeling, hot continued headache; a dome of heat (NS).
	13	Head	Continuing headache, back of head across temple, forehead, top of head, tight burning, throbbing, sensitive to light, possible migraine (RS, OS); heat on my head and around head.
	11	head	pressure (no pain) in temples, very slight, lasts for a couple of minutes
	9	Head	Feeling of pressure has disappeared from the right temple. Breathing in right nostril is still somewhat restricted.
	13	Head	Headache across forehead continues pressure especially over the left eye (OS, RS).
	13	Head	Feeling headache over left eye increasing
	13	Head	Pressure over left eye, It felt like someone's thumb pressing down on bone above my eye ridge, pulsing sensations, my eye felt droopy, there was a suction feeling, (RS, OS)
	11	head	pressure (no pain) in temples, very slight, lasts for a couple of minutes
	13	Head	Headache still in left side, pain radiating down to jaw, sore, throbbing, intermittent pulses (OS, RC).
	15	HEAD	felt a pressure at my temples bilaterally, very brief.
	13	Head	Pressure now on both sides of head, squeezing inward on my skull
	13	Head	head pounding, like a cap on my head
	13	Head	head aching continues mostly on left side, little star bursts of pain on the right temple (NS).
	6	Head	Pain around base of skull, pressure tension, like you've worn a brimmed hat that was too tight.
	11	head	pressure (no pain) in temples, very slight, lasts for a couple of minutes
	13	Head	headache dissipates slightly (CS)
	13	Head	headache returns, mostly back of head, pulling feeling (OS). I had headaches all day
	11	head	pressure (no pain) in temples, very slight, lasts for a couple of minutes
	11	head	pressure in temples more pronounced; lasted 30 minutes
	6	Head	Sharp pain top, middle forehead.
	13	Head	beginning headache over left eye, my eyebrow ridge, mild pounding, pressure light sensation
	2	Head	I feel a tingling on my scalp, right sided, which lasts for three or four seconds.
	13	Head	Headache, pulling on head over both temples, sore (OS).

	9	Head	Right nostril still restricted
	11	head	pressure in forehead; pressing in middle of forehead; duration 1 hour
	13	Head	Pain above right eye in ridge line, tight, stablign like someone is pulling it down
	20	Head	15 minutes after taking a dose of the remedy, experienced a heat sensation rushing thru my head – from the base of my neck to the top of my head. This lasted 2-3 minutes.
	13	Head	back of head feels like someone is pulling on it - start of head ache (OS, RS)
	7	Head	Head feels light with dizziness
	13	Head	a feeling of heat around head; like a dome of heat, a few inches surrounding my head (NS)
	13	Head	a little headache, on the left, by the temple
	13	Head	slight headache
	13	Head	headaches are also on the left side, temple region
	13	Head	headache in left temple (OS). With a pressing in feeling.
	13	Head	slight headache in left temple (NS, AS).
	13	Head	headache forming in right temple, throbbing , moving from the side of the head to the front of my head to my forehead (CS, NS).
	13	Head	headache on top of my head, pressure, downward pressing (OS, RS)
	13	Head	headache left side of head, neck and jaw; it's pounding (OS, RS)
	13	Head	headache; headache now located above left eye (NS). Headache is wandering.
	13	Head	headache again, pressing on the forehead
	13	Head	Usually I get migraines with weather changes, shifting, that hasn't happened during the proving.
	13	Head	Notice no headaches going on seven days (CS)
	13	Head	no headaches
	13	Head	feel headaches starting to come on and nothing happens, it feels like the little storms that dissipate (AS). It has been about two weeks without headaches. I usually get headaches when a storm is approaching.
	13	Head	Continuing to have no headaches, I will sometimes feel one coming on but it does not develop into one (CS)
	5	Head	When I was woken up, I had severe and deep pain behind my eyes that felt like dull needles going into my head behind my eyes...especially on the left side. This only lasted for less than a minute.
	5	Head	She said her head hurt all over, like from inside. It was dull and achy, as her head was filled with stickers. It felt as it came from the neck or back of head. She wanted to stretch, close her eyes and lay down.
	15	HEAD	This morning woke up with a headache, occipital coming over the top of my head to frontal. Headache not improved by caffeine.
	15	HEAD	my head feels this dull and heavy. Like a weight in my occiput pulling my head back, tipping my head back like a weight on a scale. Tremendous tension in my neck muscles.
	15	HEAD	. The headache is only getting worse.
	15	HEAD	Still have the headache

	4	Head	Today I just forgot to drink and then just noticed I have a headache. Right sided above my right eye, actually right above the nose, sinus passages, a dull ache. I always have alleviation when I press under my eyes. Usually headaches will go away if I drink something or sleep.
	2	Head	Head congested with blood. As if too much heat in head and feet and hands cold to the touch.
	2	Head	Even though its not hot outside, my body is responding like it is with lots of congestion in the head. It feels like blood stagnation, too full. Despite this, my hands are still cold. (Concomitant symptoms.)
	3	Head	As soon as I got done I felt a pain in my right temple area and my teeth on the right side felt sore. This lasted for about 15 minutes and then went away. It felt better when I pushed on the area on the temple with my index finger.
	15	HEAD	I went for a walk today when it was hot, got a headache, getting worse and worse, in right eye. Really hurts. Want to pluck it out. Pressure on inside. Orbital ridge hurts, want to press, but it doesn't help. Caffeine hasn't helped. Couldn't sleep. Temporal area, stabbing feeling. > pressing on the top of frontal bone by hairline. Needs lots of pressure. Right at nerve that goes thru the superior orbital rim.
	15	HEAD	Headache diminished but still present. all day with the headache lurking near the top of my head
	5	Head	a slight, barely- discernible headache around and behind my eyes, like a familiar food allergy or strained-eye headache. Better from pressure and a cool rag.
	5	Head	I noticed a very slight, almost indiscernible I had a headache that hurt more in the back near the bottom and sort of came around the left side of my head and behind my eyes. It lasted for just a minute or so and was hardly noticeable, except that this funny throat feeling and weakness or tiredness accompanied it, like I'm running on 40% power.
	5	Head	I experienced a sudden sharp pain that was shooting and deep and was between my right temple and the outer corner of my right eye. The pain wasn't sharp like a needle, but almost felt dull along with being sharp and stabbing and seemed to move from the back of my eye (way back) going out to temple area and the corner of my right eye, sort of like a triangle with the pain source at the apex between the two points. This only lasted a few seconds.
	4	Head	Noticing a dull headache which I attribute to dehydration.
	9	head	In late afternoon developed a tired headache that starts in my eyes and extends through the crown of the head. The pain feels achy, low-grade (2 on scale of 10), and is accompanied by a little nausea. Didn't feel much like eating dinner.
	3	hearing	Acute, can hear the hum of refrigerator, note sounds like F
	3	hearing	Hear tone in right ear. sensitive to the starting and stopping of sounds.
	3	hearing	continue to be sensitive to noises. Lawn mover - very irritating.
	3	hearing	hearing a sound as if a crisp leaf or a hard-shelled insect were moving around in a small place, Sensitive to sound.
	13	Hearing	sounds more piercing, I find that people talking are loud
	19	Hearing	The patients voice sounded far, far away, as if the sound took a long time to reach my ear.
	3	hearing	The birds were really loud and I could hear the fan running upstairs I get very annoyed by the sound of the fan (that is not unusual for me but it sounded particularly loud). I put earplugs in so I could get back to sleep. I knew these sounds would keep me awake.
	13	Hearing	Noises are irritating, sharp noises. People's voices are agitating, too loud, too piercing, intrusive (Supervisor Comment)
	13	Hearing	In a café, I hear very clearly through all the din
	13	Hearing	I am sensitive more than usual to the garbage truck noise, it overwhelms me a bit.
	13	Hearing	people seem louder than usual (NS)
	13	Hearing	sensitive to noise. We are doing door knocking for the neighborhood and knock startles me each time (20 doors)
	13	Hearing	sensitivity to noise

	13	Hearing	Still sensitive to noise
	13	Hearing	a little overwhelmed by all the noise
	13	Hearing	aware of the night bird, I hear its song over the radio, the outside noise, traffic and such is annoying.
	13	Hearing	Birds - continued attention to them. Notice that the singing is sweet sounding and seems to open up my heart more, very aware of this.
	13	Hearing	Continue sensitivity to sound
	5	Hearing	I woke up very early to the sound of my my husband getting ready for work. This is unusual in light of the fact that I had had very little sleep (probably less than four hours and that was interrupted sleep).
	5	Hearing	Little stupid things are driving me nuts. My my husband chewing gum. It does not sound human. I had to leave the room. Not human, does not sound like a persons lips. It does not make sense; no one chews gum like that.
	5	Hearing	I woke up in the middle of the night and heard and this clicking sound coming from my husband's mouth. It was my husband breathing. People do not make sounds like that. I know its stupid, but it drove me nuts. I went to sleep in the other room. Short, snappy, steady, popping, but more a clicking in his breathing. Sounded inhuman, no human could duplicate it. Its like his mouth is not normal.
	5	Hearing	In the past, I found his guitar peaceful, lulling it takes me away .The last couple of days it has been too loud. Its annoying, intense, I get impatient with it. I want to get away from the sound.
	5	Hearing	Well I did have a friend call on the phone and I could not hear her well. I found myself very annoyed I could not hear her. I told her she had to speak up. I would never have done that before. I just wanted to hear her. I was frustrated I could not here her. It's just annoying, I wanted to get off the phone. I did not want to talk to her.
	5	Hearing	It was like a mouse. I was alarmed at first thinking a mouse was in the room. Not afraid, just alarmed for a second. Surprise, like something was in the room, a mouse. I realized it was the plastic flipping over in the alarm clock. The sound of it flipping was keeping me awake. So I went back to husband. I fell asleep after that.
	5	Hearing	I asked prover 05 about the irritable noise. She said yes, I was even frying a hamburger earlier today and it seemed so loud! The noises seem to bother me more, in the left ear. I said left ear? She said it somehow seems sharper in the left. What is happening in your body, when you are irritated? How does it feel? Annoyed, I feel really out of touch with my body. I just feel frazzled. I just have to get away from the noise.
	5	Hearing	It was the combination of having to wait and the adding machine noise. If I were to say something, I thought I would sound weird. I was inclined to ask others if they were annoyed.
	20	Hearing	ringing in both ear, hollow sound, lasting for 2 minutes. Happened just one time
	3	Hearing	I was woke up at about 4:15 a.m. by a sound outside my window, like a distressed animal.
	5	Hearing	I have been realizing that I hear birds very early in the morning and am aware of each distinctive sound. I have always liked birds and typically enjoy them, but the times I hear them feels more heightened and feels significant in some indefinable way. The geese sounds come at odd times and they seem as if they are almost butting into my space or thoughts in an ethereal way. The blackbirds or crows sound very annoying. The first bird I heard the other morning was not familiar and sounded very close and compelling. It's chirping was very brief, almost like a single note and was not framed on either side by other bird sounds. It was not a familiar sounding birdcall but was beautiful, short but sweet, and by itself.
	22	Larynx- Trachea	Hard to talk after coughing
	22	Larynx- Trachea	Hard to talk
	22	Larynx- Trachea	Worse from talking
	22	Larynx- Trachea	Cough more persistent from talking
	22	Larynx- Trachea	Still have some difficulty/discomfort talking

	13	Male genitalia	very horny (OS).
	13	Male genitalia	I am very horny while on break, very unusual to feel this at work (NS),
	13	Male genitalia	I woke with a very hard erection, like from ten years ago (when I was ten years younger) (NS).
	13	Male genitalia	masturbated four times throughout the day. He has not done this since highschool. (Supervisor Comment)
	13	Male genitalia	wake up and self-amuse (masturbate)
	13	Male genitalia	masturbated, two times today, I would have gone a third time, but didn't, (again very unusual) (AS)
	3	mind	I wasn't sure if I wanted to go meet my son and husband at the train station but now the desire is strong to do it. I am feeling
	3	mind	I feel like crying
	3	mind	Want to engage but there is something elsewhere that I have to look at, something draws me
	3	mind	Can't get the words out, in trance, like the lady in the psych hospital-staring off
	3	mind	Trance-still
	9	Mind	I felt disappointed
	20	Mind	feel tired and sleepy
	9	Mind	I was acting differently -- as being a leader instead of a follower. People did not know where to go, I said follow me; it will be surprise.
	20	Mind	feeling tired, short nap
	13	Mind	Return of indecision, needless worry. (OS, RS)
	13	Mind	tired feeling (RS, OS)
	13	Mind	Return of energy, focus
	3	mind	I feel driven to get it done so I won't be behind tomorrow.
	13	Mind	I am in a good mood, upbeat, happy singing
	13	Mind	Memory: Thinking about this Missouri guy . . . (edit out wordiness) . . . This was an intense connection of caring, and it is bittersweet.
	13	Mind	I continue to think about that guy intermittently, not longing, not regret.
	20	Mind	feel tired, like I need a pick me up
	13	Mind	no thoughts (OS, RS)
	6	Mind	Clenching my jaw, curling my fingers, trapped.
	6	Mind	Nothing helps. Take a breath, sigh, let it out.
	6	Mind	I drove to my friends house to have a glass of wine with her, had to get out of my apartment. It was still there, but got better as we talked, kind of a distraction, but not until 11:30 p.m. was it mostly gone. Then if I'd think about it, it'd come back to the same intensity
	20	Mind	I am taking more of a "healer" role lately by massage family and thinking of their needs. Less selfish in my thoughts.
	20	Mind	Noticed I have more confidence about myself and caring less what others think of me.

	24	Mind	Forgot to take 6 th dose, left work early and it was at work.
	6	Mind	Bored, impatient, what am I doing here watching everyone else dance.
	9	Mind	thought could I ever do that good a job.
	13	Mind	writing about that Missouri guy, sadness, gratitude, grief, and acceptance
	13	Mind	image of sponge cake in my mind - accompanies craving of sponge cake and sensation of tingling electricity on neck above the collar line (NS)
	2	Mind	On awakening, I feel like someone is touching me on my right shoulder, I turn around, but no one is there. I continue to feel a little delirious. Maybe it's a lack of sleep
	13	Mind	I am feeling overwhelmed by paper work from work, home stuff, demands, seemed to come all at once and left (OS).
	13	Mind	Things start at a small point and expand out
	13	Mind	I am writing about the guy from Missouri, it was a long time ago, 1985. . . . As I am writing this I am think that I know what it is I want or imagine, not to be rescued or saved, not to have someone check me out, be seen or found desirable. I think what I want is to be recognized.
	13	Mind	felt anger, car rage and very impatient, like I was irritated by all the people, thinking they were idiots and did not care (OS)
	13	Mind	feeling hopeful (AS)
	13	Mind	I can't stop thinking about going for frozen custard, sudden craving for custard from a particular place, I have not been there in over four years (NS)
	13	Mind	return of impatience on the road, thinking everyone is stupid (OS, RS)
	13	Mind	feels bemused, discovering, something, curious; has a "sense of carrying things on without knowing it" (Supervisor Comment)
	13	Mind	it was my birthday. I wasn't listened to, what I wanted didn't register. It was disappointing; very disappointing for moment. (Supervisor Comment)
	13	Mind	kept looking for a file, I had it sitting right in front of me but continued to look for it; like my memory just didn't register it; this felt disturbing (OS, AS)
	13	Mind	I feel calmer
	13	Mind	feel crabby, thwarted, trapped (at the grocery store) feeling like people are idiots (OS, RC)
	13	Mind	feel energized again; I am in a good mood
	13	Mind	wanted to read, I can't seem to focus (OS)
	13	Mind	I met my friends. They were late again, but I didn't have the worry I did before. I did feel uncomfortable; wondering if people would beat me up because I was gay. Started to get crabby and judgmental; a little fear (OS)
	13	Mind	back to the noticing thing
	13	Mind	think I am connected to the all the old dagos that came before me [immigrated Italians or Italian Americans], but still feel a little alone.
	13	Mind	feel playful and open
	13	Mind	feel relaxed, open playful
	2	Mind	I have felt really exhausted all day. I woke at 08:00 am but by 14:30 pm, I had already taken three naps.
	13	Mind	I was laughing really loudly at this party
	13	Mind	slightly nervous, agitated (NS)

	13	Mind	While playing tennis, I felt very relaxed, not overly conscious, present (AS, CS)
	13	Mind	Experiencing nervousness, worry about tomorrow, not wanting to go to work (OS)
	13	Mind	still feel lazy
	13	Mind	I am always scanning the room for that someone else. (Supervisor Comment)
	13	Mind	still feeling detached, running out of energy for the day (NS), spaced out.
	13	Mind	feeling spacey, detached (NS)
	13	Mind	can't seem to be read things correctly
	13	Mind	hungry but not interested in food; any effort feels tremendous (NS). I am not interested in cooking, preparing food or being domestic, this is unusual for me
	13	Mind	I read email, not sure what it meant.
	13	Mind	At a meeting, I feel detached not really listening, keep wishing it was over. I feel like I am going through the motions
	13	Mind	All day I felt like a chicken running around with its head cut off. I feel embarrassed, shamed, when I talk about it. feel fuzzy headed. I am just floating, floating through the day. Pleasantly detached, not as keyed up as I usually am; I feel less internal pressure. (Supervisor Comment)
	13	Mind	I am paying attention more, 'Let's see if God is speaking,' it felt true. God is speaking, somehow. (Supervisor Comment)
	13	Mind	I am just 'being' in my body, not as anxious, not vigilance, I realized I don't have to be anxious. (Supervisor Comment)
	13	Mind	A disconcerted feeling, 'Am I going mad?' I feel like I need a break from myself. (Supervisor Comment)
	13	Mind	I think I can smell booze, feeling that spacey feeling (NS).
	13	Mind	feeling this idea like this is the eye on the eye, watching the watcher, being watched. Like I want to be seen, but I am also doing the seeing and it is judgment and predatory, and I want that, and don't want it; it is welcome and threatening
	13	Mind	feel like I can smell the odor of booze again; felt an insight into my family's alcoholism
	13	Mind	bought a camera from my neighbor yesterday, it is exciting to start taking pictures again, this was an old thing for me that I had stopped
	13	Mind	noticing that I am trying to push back on that I need to be noticed feeling (NS)
	13	Mind	aware of all the thoughts in my head;
	13	Mind	feel tired, fuzzy headed (AS), this fuzzy headed, heavy headed feeling is a normal response to the weather changing
	13	Mind	can't make up my mind, while driving around again, feeling relaxed and wanting to take my time,
	13	Mind	feeling tired
	13	Mind	feeling heavy headed
	13	Mind	notice the sky keeps changing
	13	Mind	I am trying hard not to look at people and watching the wanting to be watched which is not so much today (NS)
	13	Mind	I am very tired and would like to sleep
	13	Mind	beginning to feel myself getting angry. As I get close to home I realize I am hungry and feel oppressed by the traffic lights

	13	Mind	I feel very tired and can't get going, I sleep for 10 minutes, wake up to the evening birds, the sound is beautiful, peaceful, I feel connected to this (AS)
	13	Mind	My friend called, I wonder if I want to spend time with him (OS, NS)
	13	Mind	I decide on whom to sell my old camera, feel compelled to do it, I want it out of my house, this seems to compelling me and I am in agreement with it (OS)
	13	Mind	feeling very productive this morning.
	13	Mind	Continue disinterest in making food and have to force myself to do so (NS)
	13	Mind	Continue to feel discombobulated (NS), like I am not totally in this time.
	13	Mind	Continue to feel myself very annoyed with routine, hyper sensitive to the idea or action of "Having done this before." I do not like the drive to work, the getting up, the exercise routine, the same people over and over.
	13	Mind	I am looking at my date book for client appointments; it is very hard for me to register a name and the client and their issue; it all seems the same to me, the names seem the same and this feel discombobulated (NS around clients)
	13	Mind	I continue to feel out of joint
	13	Mind	I can't remember client issues well (NS)
	13	Mind	Feeling very hungry. I want pancakes but do not want to cook, cooking seems like a lot of work.
	13	Mind	feel overwhelmed like I can't catch my breath at work. I get through all my messages but feel under the gun (NS)
	13	Mind	still cannot place client names in my book, they all seem the same to me
	13	Mind	want to go outside but instead take a nap; this is nap is not usual (NS)
	13	Mind	still little interest in making food or preparing it and not sure of what I want to eat.
	13	Mind	I was really drawn to the colors green and purple.
	13	Mind	Much more likely to set boundaries, feeling anxious, feeling like I had to cut my time short down in Southern Minnesota and get back, so I did. Feeling less likely to censure myself.
	13	Mind	I am more obsessive about things spilling in my car, more critical, more likely to be ignored but right about the weather, that my age is showing a little more
	13	Mind	more likely to follow than lead on the trails. Noticed that I did not feel so much competition about my physical ability.
	13	Mind	feeling a bit more confident, went to a party on Saturday, only knew one person, but had an easy time talking to people, even asked someone out (AS)
	13	Mind	I have not had patience for sitting down an watching movies, I just can't muster the interest to sit and watch (NS)
	13	Mind	I continue that feeling of not wanting to cook, feel like it would take a great deal of will to do that for myself, more than happy to eat but not prepare food (NS)
	13	Mind	Continued feeling relaxed, a little more confident - with interactions with people.
	13	Mind	Feeling less concerned and less hypercritical of my actions.
	13	Mind	better able to modify my impatience with others, (AS)
	13	Mind	Notice difficulty finding words, or reversing word order (OS). I keep typing out "women" when I mean to type "woman".
	13	Mind	Continued problem with not remembering my clients even when I read their chart (AS)
	13	Mind	very tired by the end of the day, ready to go to bed at 9:30 pm (NS)

	13	Mind	not noticing the "noticing thing" as much, at least not in the past two days (CS)
	13	Mind	I am less upset during thunderstorms (CS)
	13	Mind	can't seem to focus enough to watch a movie and have no interest in watching movies (NS)
	22	Mind	Very tired, low energy
	24	Mind	I have an uncomfortable awareness of my arms touching the sides of my body.
	19	Mind	Since being on the remedy she is sighing a lot, which is not normal for her and she is sighing in a way where she puffs her cheeks out and blows the air out. She is noticing that this is beginning to subside.
	22	Mind	Exhaustion due to hard coughing fits
	24	Mind	Great difficulty falling asleep. Tossing and turning trying to get comfortable. Mind is racing.
	24	Mind	I have an uncomfortable awareness of my arms touching the sides of my body.
	24	Mind	Can't sleep. Tossing and turning in bed. Can't stop thinking. I've been working late this week so I'm not getting much sleep, but I can't get into deep REM sleep. I drank a Pepsi so maybe I am paying the price.
	6	Mind	Not angry anymore, just have sinking feeling, lump in throat, worse thinking of it
	20	Mind	woke up after 2 hours of sleep to find I left a light on that I've never forgotten to turn off before
	22	Mind	Hard cough that was exhausting
	19	Mind	. I am also aware that I have sighed more in the last few days than the last 6 months! I do sigh, but not this frequently, and not by puffing my cheeks out like I just caught my self-doing.
	15	MIND	Mentally, I'm tired after 10 1/2 hours of work, but it was a pretty good day overall. I didn't have time to accomplish anything other than work, but that's my life.
	19	Mind	The theme of noticing dissention and things being "split" and "cracked" has come up very strongly for her. The feeling that she can't put things back together, can't repair the "cracks" or the dissention she feels and sees all around her. While some of these issues are always with her (her feelings about abortion, politics and religion and feeling far to the right of most of her colleagues) the feeling has been greatly intensified during the proving. She is left with feeling helpless (cannot repair the crack, cannot bring in unity) and hopeless about this.
	21	Mind	Almost hit another car on the freeway today. They stopped suddenly in front of me and I had that same feeling of not being able to do more than one thing at a time (like drive and change lanes). This time I was more angry and pretty impatient since I was running late.
	22	Mind	Still tiring easily
	3	mind	Found myself predicting with great accuracy the kind of food that would be served and whether there would be alcohol at the respective places. I was very aware of social class, and how that determined the foods and beverages that would be served. I didn't feel like I really fit in at any of the places, like I'm in some odd category of people, yet I seem to get along
	20	Mind	slapping and hitting boyfriend in a playful way - boyfriend noticed this happening 4 times yesterday
	22	Mind	Don't have energy to do much
	9	Mind	I was still happy to get inside and rest because of physical tiredness.
	24	Mind	I didn't want to work all weekend. Just didn't want to be here. I checked in Saturday night, but that was it.
	22	Mind	No energy
	22	Mind	Very low energy

	22	Mind	Very tired
	22	Mind	Didn't want to talk with anyone
	22	Mind	No energy
	2	Mind	I just wanted to do some gardening. It felt really good to get things in the ground. It bothers me to have plants in their containers. It's as if they have no home and are root bound and starved.
	2	Mind	Today, though I bought a couple dozen [annuals], in fact twice as much as I needed to fill the space.
	22	Mind	Still low energy
	22	Mind	No motivation
	22	Mind	Feel an increase in energy
	22	Mind	More energy
	9	Mind	I was frustrated that I couldn't say anything to ease her mind. While thinking and tossing in bed, I felt restless and tense in my muscles, had difficulty relaxing.
	20	Mind	bought red nail polish for the 1st time, put it on my toes and I hated it! It was too harsh and looked like my toes were bleeding.
	21	Mind	I found out that one of our young employees had a suicide attempt yesterday. Thought about it all day and evening. Felt pretty sad but immediately started thinking about how to handle it within the business.
	21	Mind	I'm trying to pay attention to everything at once and I just can't do it all.
	21	Mind	I came home every day, there were all the things that needed to get done and a very energetic little boy who wanted to be with his mom.
	24	Mind	No matter what I tried to do last week, nothing was happening.
	24	Mind	Now my concentration is fine, anything I want to do is no problem.
	3	Mind	I was driving back from the cities, I felt very sleepy (it was mid afternoon).
	2	Mind	I have continued to feel bothered by the heat. It makes me listless. I could just sit here and do nothing. What a waste.
	3	Mind	I found myself drawing what looks like a stack of tubes, on top of the other.
	2	Mind	I saw another person who looked straight out of the 70s. The man had his cigarettes rolled up in his t-shirt sleeve to expose his tattoo. I forget that people like this really do exist.
	9	mind	I am feeling great and energetic this morning
	20	Mind	Mom came to visit for 4 days: I saw her as weak which makes me want to be strong, and I was able to assert myself better with her, my son, and my friends. I'm still indecisive, but what I saw change in me - was the need to break that habit (especially seeing the same trait in my mom - which comes from wanting to please everyone). So, this forced me to make up MY mind FIRST on my own without consulting others for the answer. I was pleased to see a positive outcome.
	20	Mind	Clarity in observation of others close to me: Mom- wants to please others more than herself, Son- very happy person with who he is, Beau - fears getting older and I can recognize that the problem is his (not mine).
	2	Mind	I feel more isolated than normal. I'm mostly upset because I cannot appease my daughter. Her whole universe is increasingly around mom. This makes me feel like I lack any real connection with others. As a result, I am quiet and morose all day. I have a "fuck it" attitude.
	9	Mind	In good spirits today, with high energy in the morning until mid-afternoon (around 3 PM).
	2	Mind	I am too preoccupied with feeling isolated and down on myself.

	15	MIND	Went for a walk in the woods didn't need to need to rush around like a insane maniac ripping shoes off as soon as I got there.
	6	Mind	I feel like I look like a freak
	2	Mind	listen to the song as I type up my proving notes. I then listen to it again. Despite the monotony, it's never boring. It's a true soundtrack song, as if one could walk around their whole life with the track playing.
	8	Mind	Prover says he was tired after a long day and spaced out with his clients and had to rally his forces to get back to participating in the meeting. (NS)
	3	Mind-emotions	Hold back tears or emotions
	3	Mind-emotions	Feel very sad again, it seems unreal
	3	Mind-emotions	The tears are right there.
	3	Mind-emotions	. I started to feel emotional, wanted to cry. It is hard to enter into life.
	3	Mind-emotions	My friends look at me and see I am not myself. I feel as if people will think I am a bitch because I don't want to engage.
	6	Mind-Emotion	sensitive that he was mad and not telling me.
	6	Mind-Emotion	Unreasonable sadness and fear, anxiety over manipulation somehow related to loss; someone rips you off, takes something from you.
	3	Mind-emotions	movie where an ape is being beaten. It is very disturbing to me. feel it in my abdomen. uncomfortable. Nothing seems funny to me. I feel very serious.
	7	mind-emotions	React to argument next to me (2:50)
	3	Mind-emotions	had no ill feelings toward her but I know I have felt very serious all day.
	11	mind-emotions	weepy upon being fatigued after a long plane trip
	3	Mind-emotions	I felt very irritated when my husband told me he was going to bring one of our old lawn mowers to a place where they would recondition them. I wanted him to get rid of the one that leaked gas and he was not going to bring that one in because it still runs. I worry about the safety of having that leaking gas and the smell. My reaction inside felt strong
	7	mind-emotions	Got a little depressed I'm not getting symptoms, wanted to quit
	6	Mind-Emotion	Call my sister, my friends, curse and yell about boss to them, it doesn't help
	6	Mind-Emotion	Go to friends house. She told me to yell as loud as I want about it. I try, but restrained
	6	Mind-emotion	Go to library to use internet to look for jobs, but half-assed looking. Too late to drop off applications today, they would think I was stupid for coming in at the busy hour to apply. So I leave, go home, sit there, pace, fume, shake
	6	Mind-emotion	I sit down to write this and have to urinate, but I sit here pissed and don't care, don't go to the bathroom even though it's quite uncomfortable.
	6	Mind-Emotion	Stabbing the journal with my pen.
	6	Mind-Emotion	Anger out of vulnerability, being ripped off.
	6	Mind-emotion	Anxiety, furious, restless, immobilized.
	2	Mind-Emotions	I am still bothered by my susceptibility to my parents' behavior.
	3	Mind-emotions	I am not so serious today as I was yesterday.
	6	Mind-Emotion	Angry at boss for scheduling her when she had prior commitment
	6	Mind-Emotion	Forced to sit while others are having fun. Angry and impatient, confrontational. But tamped it down and didn't act angry. What's wrong with me that he doesn't want to dance?

	3	Mind-emotions	Angry at son for making so much noise at night
	3	Mind-emotions	I felt agitated.
	7	mind-emotions	Too much going on, might not get it all done
	2	Mind-Emotions	Trying to notice the remedy as I let it dissolve, my mind becomes very noisy as if to obfuscate the proving. I feel anxious along with trying to quiet myself down
	11	mind-emotions	impatience; things take too long; want to scream; ready to snap
	2	Mind-Emotions	Despite emotionally struggling the first half of the day, I felt much lighter as the day went on. I received some disturbing news about my younger sister. I conveyed my concerns to a family member and for the most part let it go. Initially I felt very sad and somewhat angry- like, "Where does the insanity of my family's genes end. Who else will have to endure the price of past lost generations and what will the future cost be?" I fought tears back the first half of the day, but then let it go the best I could. I question myself: Am I being negligent or checking out or am I staying calm in an ongoing crisis? The situation makes me feel helpless and certainly brings the pain of adolescence back. I can deeply empathize with my sister's desire to escape the pain of living.
	7	mind-emotions	feel well being even tho cloudy weather
	7	mind-emotions	A little paranoid
	7	mind-emotions	People trying to exclude me
	22	Mind-emotions	Depressed mood
	22	Mind-emotions	Subtly depressed
	22	Mind-emotions	Irritable
	22	Mind-emotions	No appreciation for my cats
	5	Mind-emotions	I woke up in the middle of the night and heard and this clicking sound coming from my husband's mouth. It was my husband breathing. People do not make sounds like that. I know its stupid, but it drove me nuts. I went to sleep in the other room. Short, snappy, steady, popping, but more a clicking in his breathing. Sounded inhuman, no human could duplicate it. Its like his mouth is not normal.
	5	Mind-emotions	Well I did have a friend call on the phone and I could not hear her well. I found myself very annoyed I could not hear her. I told her she had to speak up. I would never have done that before. I just wanted to hear her. I was frustrated I could not here her. It's just annoying, I wanted to get off the phone. I did not want to talk to her.
	5	Mind-emotions	I hope you do not think I am being judgmental. I think my husband has been weird.
	21	Mind-emotions	Several problems came up, many which would have been avoidable if people just did as they were asked. Lost my patience with one person today. She works at the school and I felt like I should be trying to keep a nice relationship with her, but I was angry and didn't seem to care. I started talking to her like I was disciplining my teenager.
	21	Mind-emotions	Came home with the kids and had a great night with them. I seemed to have more patience than normally. Things went smoothly, no arguments either between me and the kids or between the kids. We had fun and laughed a lot. Good conversations.
	5	Mind-emotions	I am not feeling depressed, but aware of my need for affirmation. Connect this to a very recent empty nest, and subsequent need from husband for some type of connection. This is not happening in a way that fulfills. The chapter in my life is new...but not the feeling....it's kind of the same shit, different day, except to say that I am aware that I am handling this in a way that includes a positive feeling that this will pass and I am just transforming. It's not as if these feelings of unmet need for affirmation are taking me down emotionally.

	6	Mind-emotion	boss says good morning in a "Nothing's happened" voice. I don't answer. He repeats, no answer. He comes around and looks me in the face, I give him a look like F-off! He sends me home. I am relieved, resolute, not furious. I deserve respect as a human, but still undecided if I should wait to find a job before quitting. I go home.
	15	Mind-emotions	Also intensely jealous of someone else at the conference last night; a huge wave of jealousy washed over me
	15	Mind-emotions	Felt very concerned about the financial future of my business
	15	Mind-emotions	somewhat depressed when I got home
	3	Mind-emotions	I ate too much, did not stop eating. I was upset with myself.
	6	Mind-Emotion	I seem to get very emotional around 3:00 – 5:00 pm, not every day, but at least six occasions that I clearly remember, especially when something happens at that time.
	4	Mind-emotions	When we completed digging the holes I felt good about it. The proverb came to mind "The end of a matter is better than its beginning." Felt a sense of accomplishment.
	15	Mind-emotions	I'm pissed off
	15	Mind-emotions	nobody cares what I say, my clients come for my advice and then aren't interested in it
	4	Mind-emotions	Having to deal with the many bills we have it gets frustrating. I didn't want to deal with it but I knew I had to, I wanted to do the fun stuff. It felt good when I was done. It was the same as with the fence holes. A sense of order is re-established once they are sent. I feel good when the work is completed.
	2	Mind-Emotions	My mind seems focused, but my body is dragging. With this, I feel apathetic, like it just doesn't matter. The joy has been taken out of everything. The days have felt like a series of tasks, moving from one task to the next. Mundane.
	3	Mind-emotions	I didn't feel like talking to anyone tonight on the phone
	4	Mind-emotions	I usually I find myself getting irritated in traffic. But I didn't go there, I felt calm. I purposely calmed myself as I started to feel a state of agitation coming on, I stopped myself. I spoke that to myself and I did exactly as I said. I took control of the situation. I took my time tried to do the opposite of being driven, acceleration, and tried enjoying the process.
	4	Mind-emotions	I want my son to develop self-confidence that he can do things well.
	8	Mind-emotions	This situation was difficult for me. I was quiet, sullen and had no hope. I was going along with the suggestions because I felt somehow obliged to make him happy. Fuck that.
	8	Mind-emotions	Was out with some friends and one is know to be moody and she was. I didn't know how to deal with it. I wanted to pull the car over and have a shake down. What's going on? I got mere upset and insulted that she acts that way instead of being sympathetic toward her and concerned that something may be wrong and that she needs someone to speak with. It pisses me off that she can't come out and say "hey, guys I want to go home I don't feel well". I feel as though I deserve the respect for her to speak her needs. It was annoying.
	19	Mind-emotions	issue of not getting along with husband still there but reaction to it stronger on the proving, quality of despair much stronger: feeling of not ever getting through this.
	3	Mind-Emotions	I had the thought that it will be nice when the kids are all gone and if something is not in its place I will have only myself to get mad at. My frustration was lower than it usually would have been.
	8	Mind-emotions	Prover says he gets anxious and worries about it because he dosen't know what's going on.(blister) Anxious like scared, paralyzed like panic.
	15	Mind-emotions	felt very nervous and unsettled
	15	Mind-emotions	I'm trying not to worry about money
	21	Mind-emotions	Realized that when it comes to work, I can't just think about anything or anyone without feeling responsible for it/them.
	21	Mind-emotions	I had to fire a long-term employee for stealing. This was also hard. I kept thinking about his family but I had to trust my intuition that it was the right thing to do for the business.

	3	Mind-Emotions	The ride down went fine and we had a good time there, but I got very irritated with the kids on the way home. They whined about the long drive, not having anything to do, and on and on. I told my husband I was being reminded why we have avoided long car trip vacations with the kids. It was unpleasant and I am not looking forward to going to the practice at church tomorrow morning, as we will have to deal with the attitudes.
	3	Mind-Emotions	When our daughter came down after her dad woke her up she glared at me and would not speak. I was fixing my hair in front of the mirror. She positioned herself in front of me and started brushing her teeth. I told her nicely I needed the mirror and she slowly finished brushing her teeth, all the while looking at me in the mirror. It kind of gave me the creeps. I felt angry but didn't want to show it.
	3	Mind-Emotions	I felt patronized.
	3	Mind-Emotions	I was getting angry inside, about her passiveness.
	9	mind-emotions	I feel some of the shame and guilt because I am of German descent
	9	mind-emotions	Intolerance, judgment, cruelty, and harming innocents: all of these things push my buttons. I'm angry, it lights a fire under me, and it makes me want to take action in some way.
	3	Mind-Emotions	I went to auditions for Grease. I felt pretty relaxed about the whole thing.
	3	Mind-Emotions	She gave very little attention to the younger girls, which included my daughter. I was pissed off. Hearing everyone's complaints gets me worked up.
	3	Mind-Emotions	I like things done well and enjoy working with a talented group. I felt so bad about this girl I encouraged to come from a neighboring town. She is so talented and the director was talking to other people the whole time she read. After talking with another person involved with the play I felt somewhat better today. Venting about it helped.
	3	Mind-Emotions	I was trying to get directions to a couple places where I want to check out office space and was frustrated because it wasn't working properly or I wasn't putting in the right information to get it to work. I am feeling a bit anxious about all the things I have to get done over the next three days.
	5	Mind-emotions	I have been accepting a little bit better that I am older than I used to be, and try not to think of this "lack of strength in my core muscles" as a sickness, but just a different season of life.
	9	mind-emotions	I can't always make everyone happy. I am feeling that at this time I just need to observe myself when I am bending over backwards to make everyone happy. "Making everyone happy" has been a subconscious goal for me for many, many years. It is very much in my consciousness right now, and I don't feel the need to change the behavior (even if I could!), just watch it and notice how I am feeling and how the others are behaving.
	4	Mind-emotions	I have also notice my tendency to get angry, I would be able to look at things objectively instead of quickly getting angry. I start to want to blame someone else, I feel myself moving in that direction, but then I realize that it is me and what I am not attending to. Objective more when I start to feel irritation. This has been one of the most pronounced aspects I have noticed with this remedy. I will stop and go 'Oh.' I have noticed this change in me with this remedy. I will look at the source of the anger.
	5	Mind-emotions	I was expressive with my complaining today and am not normally like this. I almost felt like crying until I was encouraged by some timely words and input from friends and loved ones.
	11	mind-emotions	irritability, over small things
	11	mind-emotions	spirits, emotions better, after pain stops, when no pain
	15	MIND-emotions	Borderline suicidal
	3	Mind-fear	Hard to be with people today
	6	Mind-Fear	flash of anger, then great anxiety,
	6	Mind-fear	Delusion; paranoid, manipulation, screwed up, lost loved one, worst thoughts would be true
	6	Mind-Fear	Friend asks me if I am high, that I looked happy, high, out of it

	6	Mind-Fear	Feel guilty, self-conscious like I did something I shouldn't have and I feel like I should lie. Bringing up past relationship issues where I wasn't allowed to drink and was fearful of what would happen to me if caught.
	6	Mind-Fear	Delusion; paranoid: are you embarrassed to dance with me? Annoyed, but not wanting to ruin the night
	20	Mind-fear	I was instantly afraid of animals attacking my ankles. I was nervous & quick to walk past downed trees where I couldn't see what was in/around them. I was afraid some small animals would come out from the downed trees to bite and scratch my ankles. We sat near the entrance so I could try to shake the feeling. I was unable to so we left the park.
	22	Mind-fear	Very worried
	22	Mind-fear	Pretty worried since I'd gotten worse than I could tolerate
	3	Mind-fear	See two dead birds within two blocks at one point on my walk. They appear to be young crows. First thought is of the bird flu, wondering how these birds died.
	22	Mind-fear	I'm concerned
	3	Mind-fear	I used to have nightmares about all my teeth falling out of my mouth. I don't like the thought of losing my teeth.
	3	Mind-fear	I tried to get hold of our son several times today to see if he was okay on his trip by train and bus to Texas. I find myself worrying about him as the trains have been off schedule and he has many connections to make.
	6	Mind-intellect	it was unreasonable, but that didn't help
	19	Mind-intellect	I was able to concentrate. The only distraction was an animal screaming out side. I think it was a rabbit meeting its untimely end.
	19	Mind-intellect	Clear thinking, quite focused.
	7	Mind-intellect	Can't think clearly
	7	Mind-intellect	I just don't want to think.
	4	Mind-intellect	I find myself wanting to focus on guitar playing and learning; I feel motivated to learn a lot of songs in a short period of time.
	19	Mind-intellect	She was having a difficult time concentrating and couldn't keep her time straight. She became quite confused about which day we were discussing.
	22	Mind-intellect	Unclear, unfocused, difficulty in processing, remembering
	22	Mind-intellect	Thinking in a linear fashion
	22	Mind-intellect	Trouble retaining what I read
	7	Mind-intellect	couldn't even make lists (and I'm a list maker)
	7	Mind-intellect	can't get myself to make a list
	9	Mind-intellect	I feel a great duty and responsibility for completing this task.
	22	Mind-intellect	More clarity of thought
	2	Mind-Intellect	While driving home, I turned too soon. I haven't done that in probably a couple years
	5	Mind-intellect	It's seemingly so simple to do this day by day and keep track, but my scatteredness is always with me.
	20	Mind-intellect	She mentioned 2 times that she was 'suddenly confused' about documenting the times for the proving. I asked for more information on this or if she has been feeling this regarding other things and she said she was not sure

	2	Mind-Sensations	In a half-dream state, I realize I must tell my partner that I need some time alone so I can pay attention to the proving. But what I really am thinking about is a sensation of a bodily change- peeling back or becoming inside out. I'm not sure what it was but it was some type of metamorphosis.
	3	Mind-sensations	Not connected enough with son who is leaving
	3	Mind-sensations	energy comes up over the back of my head and comes over eyes
	3	Mind-Sensations	Sinking in chair, back is folding in on itself, round and soft pulsation
	3	Mind-sensations	Floating feeling, pleasant, in a spell
	3	Mind-sensations	Hear birds and heater, being controlled by something, as if you are injured and the movement will cause some kind of problem, don't want to move, don't want to be injured
	3	Mind-sensations	Something is in yourself, controlling you
	3	Mind-sensations	A soft large hand is holding the back of my head from above, from up high, this arm reaches down and holds the head, It is soft, not totally controlled but the head feels heavy on the neck and shoulders. Weird feelings.
	3	Mind-sensations	Trance, Rotating my head, the trance feels gone now reminds me of Samuel Barber's Adagio for Strings in E minor.
	3	Mind-sensations	Trance like feeling has returned. Quiet softness. I feel like I could go there at will. Trance, staring, perfect stillness. A place of nothingness, emptiness. It's still. But if you have to connect with the world it is difficult because of the nature of the trance. It is as though this force is pulling you away from the world. It's an unseen force, an energy that demands your attention but nothing is really there. It would be hard to get earthly things done. Is that a canoe? (In reality it's a wooden incense burner). It would be nice to be in a canoe in the middle of a lake; in the middle of a quiet still lake. This would be a good remedy to take to induce meditation
	3	Mind-sensations	Very aware of sounds, birds outside. My head is moving, it just moved to the right
	3	Mind-sensations	Weirdness, I am just sitting here staring. It just feels like I am stuck at this still point. If I start to move it will be in slow motion. I am not in regular time. Time is not there. Tears.
	3	Mind-sensations	There is no time where I am. I feel anxiety in my abdomen after learning the time. Sadness knowing I will not see my son leave. . Something is holding me. It's like a hand cupping my head, an invisible force. It goes down through my head into my neck. Stillness in my head. Am I tilting to the right? For a while I felt like I was tilting to the left. I am trying to think. What else would be like this?
	3	Mind-sensations	Sinking down in chair again. As if there is no time
	3	Mind-sensations	Feeling pulsation, need to sit down
	3	Mind-sensations	I had a hard time speaking, felt drugged. I started to feel emotional, wanted to cry. It seemed like I was pausing a lot, speaking very softly.
	3	Mind-sensations	Felt like I was in a trance while driving. Had to make an effort to pay attention to the road. I was nervous about whether I knew the right roads going the way I went. I need to be away from people. Feeling drugged and like I have to move slowly.
	3	Mind-sensations	The teacher's voice sounds like a drone. I can't seem to connect well to what he is saying.
	3	Mind-sensations	I wanted to stand by the window and stare out.
	3	Mind-sensations	take notes but it is difficult. I feel like I want to lie down. I hear someone rustle a bag. It really gets my attention.
	3	Mind-sensations	I am beginning to feel a bit lighter in the head
	20	Mind-Sensations	low energy, ran 1 mile and felt like I was pulling a cart behind me
	2	Mind-Sensations	I am thinking about the course of the day, I reflect on the notion of proving a cicada and how that might be similar to a snake remedy (of which I have been given a few). As I think about this, I feel a snake crawl through my being, as if my body, is the skin and the snake itself is moving through it, or shedding it.

	7	Mind-Sensations	was straightening house, now feel exhausted
	7	Mind-Sensations	No energy or enthusiasm for anything
	19	Mind-sensations	I'm shot today. As energized as I was on Tues and Wed, I feel heavy and depressed today.
	19	Mind-sensations	I had the feeling that the pace of this is very staccato. Not like a machinegun, but like a very fast march, step, step, step. Keep moving.
	7	Mind-Sensations	energy back again (not sure what happened)
	3	Mind-sensations	my garden seems to be bursting forth. found myself not so concerned about moving slowly. Not feeling as conscientious
	3	Mind-sensations	I noticed some birds flying quite high. They seemed to be geese, but what was fascinating it they were not moving much but seemed to be floating on the air. There must be a lot of updraft. I wanted to watch them as long as I could. I was moving slowly. Usually I would have called the office to say I would be late, but I didn't feel I needed to
	6	Mind-sensations	Like I need to take action, but can't – frozen and suffocating with anger.
	3	Mind-sensations	suddenly I felt my spine curling forward, like I was sinking down pronounced feeling of the spine curling up. It was not the same as when you just let yourself slump down.
	3	Mind-sensations	very warm and windy. The wind had an ominous feeling to it, like it might be something dangerous, this, in spite of the fact that it was a bright, sunny day. Driving home the sun was too bright
	3	Mind-sensations	two birds sitting on my care. One had defecated and it dripped all the way down the window. The bigger of the birds looked at me for a few seconds and flew away. The smaller one sat there for about 30 seconds as if trying to scrutinize if I was really a threat. It was in no hurry to leave. They were crows.
	3	Mind-sensations	It seemed like hardly any time had passed. I wasn't tired. The kids had drawn some pictures for me. A couple of them were of girls and two were pictures of birds.
	11	Mind-Sensations	abdominal discomfort, painless, sensation: does not feel quite right; sensation appeared on and off for 30 minutes
	11	Mind-Sensations	feeling like I want to vomit
	19	Mind-sensations	the first 2 days there was brightness to the remedy. I sure don't feel that today. I did start my monthly [menses] today too.
	24	Mind-Sensations	Good mood.
	4	Mind-sensations	I feel like drinking a caffeinated drink to get my motor running again.
	2	Mind-Sensations	Within a couple minutes of taking the remedy, I get a sensation that makes me think of popcorn. It's not a physical sensation, it's more ethereal than that. Something about the kernel popping and turning into a billowy mass resonates with me right now. "It wasn't a physical sensation something energetic, part of my being. It was like how the kernel goes from hardness to softness; spongy soft. It felt that way inside, not jubilant, but expanded."
	4	Mind-sensations	I am feeling very exhausted. Energy level doesn't seem as high as it usually is for me. Don,t have my usual ambition to practice guitar. I am going with the flow and trying to relax
	4	Mind-sensations	I awakened early but feel fairly fresh this morning. Have a sense of renewed vigor.
	4	Mind-sensations	I am noting at lunch when I begin to read have a tendency to get drowsy and momentarily fall a sleep.
	4	Mind-sensations	Sedentary. I get sleepy; while moving I get animated and feel energy
	7	Mind-Sensations	too much noise, too fast, too much thought.
	11	Mind-Sensations	sensation like something sharp stuck in there, at the top of the leg along the underwear line; worse at the side of the body
	11	Mind-Sensations	discomfort, with feeling like something is not right in abdomen, center of body, below navel
	7	Mind-Sensations	Didn't sleep well but feel awake

	24	Mind-Sensations	I feel somehow subdued and quiet. There are eruptions of giddiness from others around me. Someone knocks over a coffee cup, spilling it all over. People seem frazzled and scattered. It's like that are rushing to keep up with something, but there is nothing they need to keep up with.
	4	Mind-sensations	I'm really dragging today. I felt heavy. I felt like I was fighting gravity.
	7	Mind-sensations	Aggravated by coffee I had. Felt like I had drank 5 cups of coffee on an empty stomach. Like I shot caffeine intravenously into my body.
	7	Mind-Sensations	Heart was palpating. Felt rushed
	19	Mind-sensations	She added that this "puffed out" feeling is also present at the end of the day, before going to sleep. Almost as if she is too full and stuffed up with all of the day's events, feeling puffed out by the accumulation of the day. She goes to sleep and awakens feeling normal again.
	19	Mind-sensations	Concentration was good. But I really really enjoy this class. It consumes me. I think a bomb could go off across the street and I wouldn't hear it because I so love it.
	1	Mind-Sensations	Drank too much wine at night
	7	Mind-Sensations	Wake again with that rushed feeling.
	7	Mind-Sensations	not worried, not anxious, just sort of wired.
	19	Mind-sensations	, she was describing an uncomfortable situation at school and said "this time it pricked me like it hasn't in the past few years" and again "it just pricked up inside of me" and when talking about the argument with her husband she said, "political pricking".
	1	Mind-Sensations	Energy low
	6	Mind-sensations	Feel trapped and suffocated in my apartment. Have to get out, anxious.
	7	Mind-Sensations	feeling a little disconnected...
	1	Mind-Sensations	Mind going over what weekend will hold with anxiety.
	4	Mind-sensations	I feel like I am on caffeine but I haven't had any today. Feel very energized, my industriousness is pronounced. I feel like I can do the work of several people and have had a very good day in the trenches.
	4	Mind-sensations	I feel hyper like I am still on caffeine. Beautiful day out so I purposed in my heart to slow down inside and enjoy the day.
	8	Mind-Sensations	Annoyed like someone whacks you with a hammer and you vibrate - like a hammer hits a bell and vibrates - that's how I felt. It felt below me to deal with this persons attitude.
	8	Mind-Sensations	Prover was playing soccer and while on the field was aware that he was observing the game as well-it felt unusual not like it usually is
	1	Mind-Sensations	As far as the rest of the dream, I woke up and wrote it half asleep then fell back asleep again, and that is all I captured about it. I couldn't even read one of the words I wrote down about what was happening with the eagle. Sorry.
	9	mind-sensations	I have less energy today to do my usual chores.
	15	Mind-sensations	am feeling incredibly burnt out..
	9	mind-sensations	the feeling: An old, fat woman with a stick is poking into my right ovary, looking for that last egg.
	4	Mind-sensations	If I am able to sleep and sleep through I've got a high degree of energy. I've also noticed I've had energy anyway even without caffeine, I feel like I've had a cup of coffee. When I'm doing things I feel energy boost--it will feel like I've drunk caffeine.
	5	Mind-sensations	I was starting to feel rather oppressed. I am trying to come to terms with the fact that I have not had a decent vacation in a very long time, and perhaps just need more sleep on a consistent basis.
	9	mind-sensations	I know this is irrational, and I don't want to feel like I don't have enough. When I get like this, I feel a tightness in my stomach, and it decreases my appetite.

	5	Mouth	I noticed slight burning, tingling sensation inside of mouth and nose area, like the feeling when one is exposed to exhaust fumes or diesel fuel for a long time. I noticed this again in the evening around 7:00 pm day 1 and was accompanied by a headache that was mostly around eyes. By 8:00 pm, the sensation was stronger and it was almost as if I could smell exhaust fumes along with the sensation, but the scent seemed like a vestige or barely discernible. I compare it to the expression in our books that say, "smell of ----- before nose." Prolonged exposure to diesel fumes was an experience from a past job (approximately 20 years ago).
	6	Mouth	Tongue kind of numb, front triangle
	13	Mouth	taste wild cherry in my mouth left over from a dream (NS).
	6	Mouth	Tongue is still numb, front triangle
	6	Mouth	Tongue numb, front triangle.
	6	Mouth	Tongue, back half coated, fairly bright yellow, with fissures
	6	Mouth	Lip twitches left side, lower, like nerve impulse. I don't remember having this in that specific spot, but elsewhere sporadically, in response to a remedy three years ago, had these jumping around, changing spots.
	13	Mouth	Scratching on roof of mouth.
	5	Mouth	I noticed slight exhaust sensation inside mouth again. Slight burning/tingling on tip of tongue and on sides. This continued intermittently throughout the afternoon.
	13	Mouth	tongue feels thick and developing sore spot on left back side of tongue (OS)
	13	Mouth	scratchy roof of mouth alternating with continued scratchy throat feeling
	13	Mouth	metal taste in mouth, like copper or tin
	13	Mouth	metal taste is a still in my mouth
	13	Mouth	metal taste in mouth
	13	Mouth	the roof of my mouth is scratchy (AS)
	13	Mouth	the roof of my mouth is scratchy (NS, RS)
	13	Mouth	sores are developing on my gums. These are like canker sores, I usually get these symptoms in the winter, not in the spring or summer time. They are pulsing sores, pulsating, and irritation.
	5	Mouth	I also noticed that I could really taste each distinct flavor in my [juice]. Normally my taste is diminished and my sense of smell is not strong as it used to be in my distant past.
	21	Mouth	Just noticing the dry mouth is mostly gone.
	21	Mouth	Dry mouth mostly gone.
	21	Mouth	Dry mouth mostly gone.
	3	Mouth	I realized a very small piece of enamel had chipped off the top back part of my incisor. It feels rough when I touch it with my tongue, just at the top. I am worried more of it will break off because the tooth is quite thin at the top.
	9	mouth	I feel some aching (1 on a scale of 10) in my lower right molar.
	9	mouth	A molar on my upper right is very sensitive today. When I drank some room temperature water, it hurt. The pain was sharp, as if there was an exposed nerve that was touched.
	13	Neck	tense, dull pain on left side of neck
	13	Neck	a down pulling motion, back of neck, (RS, OS)

	13	Neck	Sensation of tingling electricity on neck above the collar line; accompanied by craving sponge cake, can see image of it in my mind (NS)
	13	Neck	return of pain in my neck
	15	Neck	tension in my neck muscles up the back of my neck
	15	NECK	Neck is still better, since two days ago. Went for walk on same forest trails. Could move neck easily. < lying down
	9	nose	feeling of pressure and fullness from right nostril to right temple. Breathing in right nostril is somewhat restricted, easy and clear breathing in left nostril.
	13	Nose	Warm sensation spreading over left sinus, clearing feeling, temporary
	13	Nose	alternating sinus pressure right to left.
	20	Nose	nasal congestion
	5	Nose	I noticed slight burning, tingling sensation inside of mouth and nose area, like the feeling when one is exposed to exhaust fumes or diesel fuel for a long time. I noticed this again in the evening around 7:00 pm day 1 and was accompanied by a headache that was mostly around eyes. By 8:00 pm, the sensation was stronger and it was almost as if I could smell exhaust fumes along with the sensation, but the scent seemed like a vestige or barely discernible. I compare it to the expression in our books that say, "smell of ----- before nose." Prolonged exposure to diesel fumes was an experience from a past job (approximately 20 years ago).
	9	nose	still have the pressure and fullness from right nostril to right temple - clear in left. Feels restricted, constricted.
	6	Nose	White mucous in nose, milky, like snail slime (usually yellow-green)
	13	Nose	Itching begun on right side of nose, extended to right cheek and top of head, right (AS)
	13	Nose	sneezing (OS, RS)
	19	Nose	The water smells musty! All of the jugs came from the same well; same day all at once and none of the others have smelled like this. Terrible. But no one else here has mentioned it, so maybe it's me.
	4	Nose	Congestion in my nasal passages obstructing my breathing through my nose. I cleared airway in left nostril and breathing is unobstructed and can get good oxygen.
	13	Nose	started sneezing, five times in a row (OS, RS)
	13	Nose	sneezing again
	13	Nose	Continue sneezing
	13	Nose	Sneezing again
	13	Nose	nose stuffed on left, it feels filled up on the left side
	13	Nose	Sneezing (OS, RS)
	13	Nose	Nose bleed on waking up; waking up with a nose bleed has never happened.
	13	Nose	Nose still bloody
	13	Nose	sneezing
	13	Nose	I had trouble breathing this night, nose stuffed.
	13	Nose	nose is still stuffy

	13	Nose	sneezing again (OS)
	13	Nose	my nose is clear and I can breathe
	13	Nose	I can smell my client thought he stepped out 10 mintues ago (smell acute) (NS)
	13	Nose	Continued sneezing
	13	Nose	Noticing smells that others didn't notice, e.g.: booze, vanilla, burning plastic, clover.
	13	Nose	My nose has been stuffed for three days (OS, RS)
	13	Nose	Continue sensitivity to smell especially outside; smelling cinnamon, cilantro, flowers, intensely when the other people I am with don't smell them at all (NS)
	22	Nose	Cold, stuffy nose
	19	nose	They just brought coffee in the room. Overwhelming strong smell. It affects my head. I do have sensitivity to this normally, but now at 6:00 I have a headache. Right in the front of the fore head. Usually I love the smell, but not affected if it is made into coffee. If it's the ground beans in the grocery store I really feel that.
	3	Nose	When I was almost home from work my nose started running, clear and watery, and I started to sneeze a lot. This lasted for about 30 minutes after I got home and then stopped.
	5	Nose	I noticed that I have been sneezing lately and haven't had this symptom for many years.
	6	Perspiration	Sweat running down my armpits in rivulets, just all of a sudden, it's not hot outside, and I did wear antiperspirant
	2	Rectum	Last night I had some rectal cramps while I was asleep. I still feel a little cramping.
	2	Rectum	On a long walk, I suddenly have to take a bowel movement at the half waypoint. I cannot stop anywhere. It is excruciating trying to hold it in. I have to tense every muscle in my body. Even my toes are curled. Every block I think I'm going to mess myself. I almost did. It's amazing I didn't. When I get home and go to the bathroom, I feel totally drained- like it took the last bit of energy I have
	2	Rectum	I had very loose stool just a moment ago. This is very unusual for me.
	2	Rectum	A few times this evening I have had to sit on the toilet thinking I need to go to the bathroom, when only gas would come out. I'm afraid to expel any gas without sitting on the toilet for fear that my stool would escape.
	4	Rectum	I've had some small hemorrhoids. I haven't had as many problems with the hemorrhoids since the remedy.
	6	Respiration	pressure in my chest, difficult, restrained breathing.
	3	respiration	Breathing shallow and quiet
	13	Respiration	breath shallow, feeling
	6	Respiration	Short labored breaths.
		Respiration	Nothing helps. Take a breath, sigh, let it out.
	22	Respiration	Breathing easier when upright: sleep on two pillows
	22	Respiration	Straining to get enough oxygen
	22	Respiration	Couldn't breathe fully
	22	Respiration	Felt cyanotic but not sure
	22	Respiration	Busy trying to get air

	22	Respiration	Breathing easier
	3	respiration	Walking – breathing is an effort
	3	Respiration	Deep breathing, shoulders rising and falling with each breath
	24	skin	Both arms itchy on top of arms. Feels like something is on them. I was unloading produce, so maybe that's it. I didn't do anything, just ignored it
	19	Skin	It was a sensation similar to the prick or pinch I experienced yesterday, only dozens of them all over arms and abdomen. I have been trying to distinguish between a pinch with a tiny amount of skin, as if a pinpoint pinch, or a prick. As if from a pine needle. The ones on my skin were more like a pine bough whips into the skin on a hike. Then it was gone.
	24	skin	Itching on tops of both arms
	13	Skin	new perfect egg shapes on my body, a blister, a new age spot forming
	13	Skin	feel itchy all over
	5	Skin	I did have a pimple. It was very small and really, really hard. I was picking at it and it would not come out. Later it did. It just really bothered me. It was painful to the touch. I get them so very seldom. It was on the left side. It was really different. I always get them on the right. It was like the pimple from hell! This teeny tiny thing!
	15	SKIN	Skin rash when proving started; did bother me itchy, flat raised red blotches, they are better. Didn't bother me much today,
	6	Skin	Ringworm like rash on web of skin between right thumb and forefinger; it's been more than two years, also, skin coming off in flakes under nail, one finger of each hand; starts with fluid filled vesicles which break the skin and it sheds
	8	Skin	I have a blister on medial ball of my right foot. It is very sore and tender. I noticed it first off after a soccer match on the weekend, three days ago, and now it is worse.(I play soccer in the same cleats several times a week and have NEVER had a blister. There seems to be a red spot near the blister that is particularly sensitive.
	2	Skin	I also have a few sore bumps under my left arm. The bumps are small, but painful to the touch. Pressure on the bumps sensations like something is being crushed. I have had these before but not in the last two months. They are also more mild this time
	5	Skin	I noticed that the injury on my left shin that had occurred almost a week earlier, still does not have any bruising. It is still very tender and sore to the touch. But not a smidgen of color in terms of bruising. There is a longitudinal cut that is healing fairly well. There is no swelling. Normally, I bruise with this type of injury.
	6	Skin	The rash on my face is worse; mostly either side of my chin and around the right corner of my mouth, similar to the ringworm type on my hand, it spreads and is very red, then skin flakes off and it looks scaly and dry. Surrounding my mouth are even more pimples, some filled with pus like acne. I catch myself picking at it, and scratching off the dead skin;
	5	Sleep	I yawned several times within a short period of time. This continued for at least one hour. I would not have considered this a symptom, but noticed the following afternoon, that I was yawning frequently again.
	19	sleep	I did wake up at about 3:15. But easily got back to sleep. Feel amazingly refreshed.
	3	sleep	felt I had a refreshing sleep.
	20	Sleep	slept through the night without waking to urinate
	4	Sleep	I was yawning a lot...which is more frequent.
	3	sleep	I felt too warm in bed all night, felt restless, restlessness in my sleep.
	2	Sleep	Usually I sleep through the majority of my daughter's cries or cooing but at 06:00 am, I woke with the sound of her nursing and could not get back to bed except for a minute here and there.
	4	Sleep	Interrupted sleep could be attributed to my feeling drowsy. Continue to yawn.

	5	Sleep	Had a restless night....up until almost 1am. My husband was snoring (which is rare) I went into another bedroom to sleep, but was not comfortable and thought that the sound of the clock in there was a mouse initially, until the pattern of hearing something click occurred every five minutes as the digital clock numbers turned. I had disturbing dreams when I did sleep.
	3	sleep	slept restlessly until I got up at 06:30 am.
	8	Sleep	Woke up at 03:42 and looked at the clock
	13	Sleep	birds have been waking me (Supervisor Comment)
	13	Sleep	I slept very soundly. Sleeping is great; I actually felt rested. I've had more insomnia over the last ten years. I have been sleeping soundly, this is abnormal for me. I slept like I did when I was a lot younger.
	8	Sleep	Woke up again at 04:42 and looked at the clock
	13	Sleep	slept deeply and all through the night (CS)
	8	Sleep	And again at 05:40. woke up and looked at the clock
	13	Sleep	really sound sleep; I was ready for the day
	13	Sleep	woke up middle of the night (OS, RS); waking at 2:30/3:00 am, awake for two hours, waking with songs in my head.
	13	Sleep	took a long nap, feeling rested
	13	Sleep	have been awake not tired but not wanting to get up, did not sleep deeply (OS)
	13	Sleep	up with the birds, now I am aware of their singing
	13	Sleep	did not sleep deeply, I was in constant motion. The weather is changing a lot. There are shifting sensations, constant motion, moving back and forth.
	13	Sleep	While working out on a machine I actually closed my eyes and fell asleep for a few seconds. This has never happened.
	13	Sleep	consistently getting up early with the sun and the birds
	13	Sleep	Uneasy sleep - the heat and sleeping in the same bed with my friend.
	13	Sleep	I have been wanting to sleep, getting up early and going to bed early and falling into deep sleep (NS)
	13	Sleep	difficulty staying asleep [caused by heat/humidity] (OS, RS)
	7	Sleep	Didn't sleep well
	4	Sleep	My sleep was very disrupted. My wife says I was snoring last night and I never snore.
	21	Sleep	Extremely tired, mental exhaustion, just want to sleep
	22	Sleep	Need to sleep 2 hours or more
	24	sleep	Cannot fall asleep. Mind is racing and can't get comfortable in bed and relax.
	5	Sleep	I woke up very early to the sound of my my husband getting ready for work. This is unusual in light of the fact that I had had very little sleep (probably less than four hours and that was interrupted sleep).
	5	Sleep	Around noon or 12:30 pm, I was exceedingly tired, even after having caffeine in the morning to stay awake in class. I took a half hour nap in my car and woke up (naturally) in time to go back to class. It surprised me that I was not groggy as I normally would be after a daytime nap.
	5	Sleep	I continued to yawn intermittently throughout the day. This is not so unusual, especially when I am tired, it's just that I would repeat yawn, just seconds after already doing so.
	22	Sleep	As soon as I lay down the coughing starts again

	22	Sleep	Coughing up gunk in my sleep
	22	Sleep	Breathing easier when upright; sleep on two pillows
	24	sleep	Great difficulty falling asleep. Tossing and turning trying to get comfortable. Mind is racing.
	24	sleep	Can't sleep. Tossing and turning in bed. Can't stop thinking. I've been working late this week so I'm not getting much sleep, but I can't get into deep REM sleep. I drank a Pepsi so maybe I am paying the price.
	22	Sleep	Took an afternoon nap
	22	Sleep	Got home (time?) took nap until 6:00 p.m.
	7	Sleep	Woke up early again, feel tired
	15	Sleep	Really tired even though I slept 7 1/2 hours.
	5	Sleep	After waking up early in the morning being very hungry, I had a light breakfast and went back to sleep for almost four hours. This is very atypical.
	22	Sleep	Slept
	22	Sleep	Waking up coughing hard
	22	Sleep	Waking up coughing up murky green stuff
	5	Sleep	woke up at 4:00 am to my husband snoring, which he never used to do.
	5	Sleep	Hunger drove me into the kitchen for a snack. Lacking cream cheese Danish that I was craving, I settled for corn tortillas and organic bean dip. I went back to bed for four more hours of sleep; this really is not like me.
	5	Sleep	I started to yawn frequently in evening when family stopped over. Several of us were doing this and it seemed contagious. Would not have even noticed if frequent bouts of yawning had not been experienced earlier in proving week.
	24	sleep	My sleep has been really good, really good. I'm sleeping deeper and feel like I'm getting rest. I dream but I can't remember anything at all.
	4	Sleep	I've been waking at 2:30 am for no reason. Disrupted sleep.
	20	Sleep	slept through the night! Sleep is more sound.
	22	Sleep	Slept most of the day
	22	Sleep	Able to fall asleep
	22	Sleep	Still coughing when I lay down
	22	Sleep	Able to sleep
	22	Sleep	Lots of coughiing when I lay down
	9	sleep	It took about an hour to fall asleep, which is unusual for me.
	9	sleep	I took a one hour nap, and I feel a little more energetic
	24	sleep	My sleep is good, really good. I can't remember any dreams, I never can anyway.
	2	Sleep	I woke up more tired than normal
	4	Sleep	I woke up without alarm, I was fairly refreshed even though I didn't get that much sleep
	9	sleep	It disturbed my sleep, so I only got about 7 hours.

	2	Sleep	I woke up last night and couldn't go back to bed for about two hours
	5	Sleep	I am waking almost every morning around 4:00 am, or at least had been until the last few nights. The pattern of sleep, which is new, is to wake up very early, pre-dawn, and then walk around my house thinking of all that needs to be done, and people I need to see and speak to, then I go back to sleep and fall asleep until 10:00 am almost every morning. I wake feeling somewhat groggy and spacey, but not real strong as in past if I was to sleep that late.
	5	Sleep	She feels she got more sleep before taking the remedy. She feels she is falling down. Her energy is lower and she is tired.
	4	Sleep	Awoke to the chirping birds and then went back to sleep.
	4	Sleep	I woke up to birds again. My mind was active but I knew I should try to get some rest still as I hadn't slept much. I actually started going through the guitar fretboard in my mind while I listened to the birds.
	9	sleep	Woke up too early this morning, at about 4 AM (usually wake at 5 AM).
	20	Sleep	falling asleep at the wheel while driving home at 5pm and in the evenings when I'm sitting still (reading, watching a movie).
	4	Sleep	The disrupted sleep has been more pronounced with the remedy. It will set me behind.
	6	Stomach	Rumbling in intestines
	19	Stomach	Felt a hard knot like lump in stomach. It felt kind of like a hard nut stuck in there.
	3	stomach	. I was aware of pulsation, now mainly in the stomach area.
	3	stomach	Feel pulsation, slow, in the stomach
	20	Stomach	low appetite
	3	stomach	Feel emotions in stomach, uncomfortable
	6	Stomach	Gurgling in intestines
	13	Stomach	dull heavy feeling in stomach, nauseous (OS, RS)
	15	STOMACH	a mild stomach ache with some bloating, which went away within ½ hour.
	13	Stomach	heaviness in stomach three hours after eating (RS, OS)
	13	Stomach	after the dream: a little sick in the stomach
	15	STOMACH	the brief stomach pain came back for a minute.
		Stomach	Normally I eat regularly or I get irritable. Realize I haven't eaten and I haven't gotten hungry. Stabbing fork into food with restraint, like I could smash through the plate and the counter with my fork.
	11	Stomach	feeling like I want to vomit
	13	Stomach	hollow knot in stomach, like someone grinding their knuckle into my right side
	13	Stomach	stomach cramp from eating frozen custard; like a pulsing sensation in my left side (NS)
	13	Stomach	queasy stomach, with dizzy feeling when I move my head, (NS)
	13	Stomach	I feel very hungry (NS)
	13	Stomach	sick to stomach
	11	Stomach	feeling like I want to vomit, but did not

	13	Stomach	pain in stomach after eating (OS)
	13	Stomach	eating food is annoying
	11	Stomach	feeling like I want to vomit, but did not
	13	Stomach	hungry again but don't want to make food (NS). Eating is inconvenient.
	13	Stomach	increase appetite over the weekend (could be from all the exercise) but still little interest in making food or preparing it and not sure of what I want to eat.
	13	Stomach	Return of some digestive issues, bloating (OS)
	7	Stomach	Ordered scone, too buttery, makes me nauseous
	5	Stomach	I was also unusually hungry, especially in light of the fact that I had eaten a decent breakfast just four hours earlier with no real physical activity.
	5	Stomach	I have been hungrier than usual, ravenous appetite. I usually only get hungry with activity; I am hungry despite not being active.
	15	STOMACH	Maybe a little less hungry than usual.
	22	Stomach	Better from warm drinks, sips of water
	19	Stomach	I don't tend to have lots of belching problems, but I have had more belches that are liquid, or gurgly. As if I'm burping up bubbly liquid in addition to some gas.
	6	Stomach	Crampy feeling in intestines right after eating, as if the food I ate didn't agree. Mildly annoying gas.
	22	Stomach	Nothing appealed to me except warm liquids (tea, hot water with lemon, hot chocolate, soup)
	6	Stomach	Intestines rumbling, gurgling a lot, lasting almost two hours starting before breakfast.
	15	STOMACH	Still decreased appetite (mildly) compared too previously.
	22	Stomach	All I wanted to eat was soup
	22	Stomach	Warm broth felt good on my throat
	22	Stomach	Thirstless; drinking small sips of water
	22	Stomach	Want only warm drinks
	22	Stomach	Will drink water at room temp
	22	Stomach	Hot water with lemon feels good
	1	Stomach	Aversion to any heavy foods, breads, pastas.
	22	Stomach	Not much of an appetite
	22	Stomach	Only want something warm on throat
	22	Stomach	Not eating unless I feel hungry
	22	Stomach	Not feeling very hungry at all
	1	Stomach	Aversion to alcohol and heavy foods.
	5	Stomach	After waking up early in the morning being very hungry, I had a light breakfast and went back to sleep for almost four hours. This is very atypical.

	5	Stomach	Hunger drove me into the kitchen for a snack. Lacking cream cheese Danish that I was craving, I settled for corn tortillas and organic bean dip. I went back to bed for four more hours of sleep; this really is not like me.
	22	Stomach	No appetite
	22	Stomach	Tea and soup for supper
	24	Stomach	My appetite is back to normal and I'm not thirsty anymore like I was last week.
	15	STOMACH	After lunch today had an instant stomachache, very sharp pain. Now I'm really hungry but still have that sharp pain. Like a stab of fear.
	24	Stomach	My thirst is back to normal. I'm not usually very thirsty anyway.
	24	Stomach	Appetite is fine. I and eat anything; just food; any food.
	2	Stomach	I was really hungry lying in bed
	2	Stomach	I feel like I have been hungrier the last three days
	5	Stomach	she did eat two pounds of chocolate covered raisins. She kept eating even though she was full, to the point it made her sick with a stomachache. She said she never does that. "I just kept eating!"
	6	Stomach	My stomach is still irritable, nothing I eat feels right in there.
	6	Stool	Loose bowel movement.
	7	Stool	Bowel movement again (did last night as well). A bit unusual, very normal looking bowel movement.
	6	Stool	I had second bowel movement, small amount passed with straining.
	6	Stool	Regular BM.
	22	Stool	Lose control of due to violent cough
	6	Stool	No bowel movement for two days.
	6	Stool	Loose bowel movement.
	13	Throat	Scratchiness in back of throat, middle
	13	Throat	Scratchiness still in back of throat
	3	throat	Full sensation when hold tears
	3	throat	My head, throat and chest feel heavy. Feels constricted, clearing my throat
	20	Throat	phlegm in my throat, difficulty swallowing mucus
	21	Throat	Scratchy throat (like sandpaper)
	13	Throat	scratchy throat in back middle (RS)
	11	throat	feeling of lump in throat, around pharynx, lasted 1 minute
	20	Throat	phlegm in throat, difficulty swallowing
	6	Throat	Lump in my throat with restricted breathing.
	13	Throat	build up of phlegm after eating (OS, RS).

	13	Throat	scratchy again all the way in back of throat
	11	throat	throat feels like mumps, both sides; feels swollen under back tips of jaws under ears; does not appear swollen; feel hard mass, if pressing on area on both sides; lasted 30 minutes
	5	Throat	About 15 minutes after waking up (before taking first dose of remedy on the second day) I felt a sudden spasm in a very small spot on the left side of my throat. It caused me to start coughing and choking right away. My eyes teared up and it lasted almost 30 seconds. This has occurred before in the past, but usually it is the right side of my throat and this time it felt unusually dry and stopped sooner than usual. It feels as if someone were to touch it with one of those replaceable lead pencils. It's just this small spot. My throat feels weird like I was in anabolic shock. It just feels kind of swollen or something.
	13	Throat	Scratchy in back of throat, just after I woke up.
	11	throat	throat feels like mumps, both sides; lasted for 4 hours
	13	Throat	scratchy still in middle of throat, to roof of mouth
	13	Throat	I still have a scratchy throat, seems to be spread across whole back of throat (OS, RS)
	11	throat	left-sided mumps-feeling in throat; feels swollen, but does not appear so, neither to touch nor to sight; slightly tender to touch; duration 1 hour
	13	Throat	Scratching back of throat (OS, RS)
	20	Throat	At the same time, there is a lump in my throat that feels like I need to swallow.
	13	Throat	throat continues to feel sore
	13	Throat	Continued scratchy throat feeling alternating with scratchy roof of mouth
	9	Throat	There is a wad of mucus in my throat that I cannot seem to dislodge. I have tried coughing it out, and swallowing it, but nothing works. It is really starting to irritate me
	13	Throat	throat is still troublesome with scratching sensations, hot, sore, feels like it is worn out (AS)
	13	Throat	scratchy in my throat again
	13	Throat	throat continues to be sore
	13	Throat	throat is scratchy. This is not normal
	13	Throat	throat is scratchy again (NS, RS)
	13	Throat	throat is still scratchy
	13	Throat	Continue scratchiness in throat (OS)
	13	Throat	Scratchy throat still, don't think it has let off
	13	Throat	Continued scratchiness in throat
	13	Throat	Continued mild scratchy throat (OS)
	21	Throat	Scratchy throat again like sandpaper
	22	Throat	Gagging cough
	22	Throat	Hard to talk after coughing
	22	Throat	Better from warm drinks, sips of water

	20	Throat	phlegm in throat, urge to swallow
	22	Throat	Neck and shoulders very sore
		Throat	Not angry anymore, just have sinking feeling, lump in throat, worse thinking of it
	6	Throat	Glands in my neck hurt, sore, sharp pain (have had throat issues recently).
	22	Throat	Coughing sbntarts with a dry, tickling in the throat
	22	Throat	Warm broth felt good on my throat
	22	Throat	Dry tickle in throat; water relieves
	22	Throat	Hot water with lemon feels good
	22	Throat	Only want something warm on throat
	22	Throat	Hoarse from coughing; hard to talk
	5	Throat	I had a barely noticeable sore throat during the day.
	22	Throat	Sore throat from coughing
	22	Throat	Throat hurt
	15	Throat	I am getting nauseous. Generalized nausea in throat. > standing up.
	22	Throat	Throat seems sorer
	22	Throat	Just a burning in the throat
	22	Throat	Better warm drinks
	22	Throat	Throat pain may be decreasing a little
	20	Throat	voice temporarily hoarse, have to clear throat to speak, dry vocal chords especially in the morning from 9am-12pm, hot tea helps
	22	Throat	Burning sensation in throat diminished
	22	Throat	Throat still sore
	22	Throat	Still have some difficulty/discomfort talking
	5	Throat	This morning I noticed my throat starting to feel somewhat raw. It wasn't a full blown sore throat, but felt like the beginnings of a sore throat. It didn't hurt to swallow, but just felt a little bit scratchy or wooly in a way that felt like it would almost hurt.
	5	Throat	I felt a slight sensation like the beginnings of a sore throat, but had been out in the yard and exposed to some paint that is used to mark gas lines, etc. This feeling of a pre-sore throat lasted several hours then left suddenly. It was just a feeling of somewhat tender, and a little bit raw or irritated, but did not develop into an actual soreness or painful w/swallowing throat.
	20	Throat	Throat problems and hoarseness is more frequent especially in the mornings before 12pm
	5	Throat	my throat was feeling rather raw and somewhat burning. It wasn't exactly sore, it just felt uncomfortable. That went on for an hour or so.
	5	Urethra	I had some slight discomfort in the area of my left kidney area, somewhat concentrated in the area of my urethra tube. It manifested in the morning then disappeared and returned later in the evening, feeling a bit more uncomfortable.

	5	Urinary	I noticed by midmorning that when urinating, stream came out in a different way, there was considerably less urine in spite of usual amount of liquid drank during day. Urine came out in somewhat less than a constant flow, felt very sparse & diminished...like it was exiting through a flattened opening...not a normal full copious stream, not exactly spurts...but different from usual. This continued throughout the day and into evening.
		Urinary	I sit down to write this and have to urinate, but I sit here pissed and don't care, don't go to the bathroom even though it's quite uncomfortable.
	2	Urinary	I notice last evening and tonight that my urine smells strong. It smells like horse urine or anaerobic matter.
	2	Urinary	Again, I notice my urine is dank, like horse urine. No change in color.
	5	Urinary	I found that I was frequenting the restroom to urinate in spite of the fact that I was not really drinking that much more in fluids. Normally I do not go to the bathroom that often during the day unless I drink more liquid. Stream continues to be slight and amount diminished, rather than my usual full and copious elimination, and still feels differently when voiding...more like it's a smaller orifice or a thinner amount.
	2	Urinary	My urine has a strong odor, like horse urine.
	13	Vertigo	slightly dizzy
	13	Vertigo	dizzy (RS, OS)
	15	VERTIGO	felt briefly carsick when I was looking for something in my car (OS).
	13	Vertigo	Ear pain right ear like a popping in the inner ear (OS), it is like I am going in a downward motion, underwater, like a earache that lasts 10-minutes.
	13	Vertigo	Dizzy feeling (OS).
	7	Vertigo	dizzy sitting and walking around
	7	Vertigo	want to lie down to stop dizziness
	13	Vertigo	Dizzy feeling when I move my head, with a queasy stomach (NS)
	13	Vertigo	continue to feel dizzy and light headed, woozy feeling when I move my head (NS)
	13	Vertigo	Dizzy feeling, light headed (OS, RS)
	13	Vertigo	feeling dizzy
	13	Vertigo	very dizzy
	13	Vertigo	dizzy again
	5	Vertigo	I was sitting in front of computer and when I turned to look at my my husband, I experienced slight vertigo. It came suddenly and then stopped suddenly.
	5	Vertigo	After a seldom indulged in, late night bowl of ice cream while watching television with my husband I became quite exhausted and started to experience some significant vertigo. This was disturbing to me as I have had this before in the past and it was quite bad. The vertigo is very slight, I had it before. It's like being on a merry-go-round. I went right from room and went to bed, when I felt it. It was strange, I felt hung over in the morning. It is like I had been out drinking. The vertigo only lasted for a minute.
	15	VISION	All afternoon I had visual disturbances, I kept thinking I was seeing things out of the corners of my eyes, but when I looked directly there was nothing there. I was seeing blurry moving things