

Chelydra serpentina Remedy Overview

Mental Overview

They aren't named "Snapping" turtles for nothing. Famed for their aggressiveness and determination, snapping turtles are known to remove fingers when provoked ([Theme: Ill-tempered](#)). Their large jaws are extremely powerful clamping down with intense force and mindful determination. Snapping turtles have evolved the ability to snap because unlike other turtles, they are too large to hide in their own shells when confronted. ([Theme: Scared Outside](#)) Snapping is their defense mechanism. When given the chance, a snapping turtle prefers to hide and retreat. It has fears of getting trapped and not being able to get away ([Theme: Trapped](#)). They also feel the vulnerability of their head and limbs that they cannot completely pull into their shell ([Theme: Scared Outside: Amputations](#))



Snappers are more at home in the water, where they are more agile. On dry land they are cumbersome ([Theme: Slow-moving](#)). This "denseness" or cumbersome nature is translated to the dazed, spacey and drugged feeling at times ([Theme: Muddy-headed](#)). Spending much of their time dug into the banks of rivers or ponds, there is a "dreamy" feeling.

The importance of their home cannot be minimized. Given their awkwardness on land, they prefer to "stay at home" so to say ([Theme: Home, House](#)). Carrying their home on their back, the concept of home is not only structurally important to them but it is also their protection (aside from biting). The care and condition of their home is important ([Theme: Disgust and Insects](#)). There also seems to be some distress or disorientation when trying to get home or to get to a location.

Day to day a snapper's life is one of efficiency ([Theme: Efficiency, Work](#)). Of utmost importance is eating and food ([Theme: Don't Take my Food](#)). They can get quite angry when food or shelter is concerned. They like to accomplish things and feel better about themselves when they are able to do this. They like things to be simple and straight-forward. Complex things frustrate them and when people don't work efficiently they can get angry.

Besides their famed temper, *Chelydra* is actually a little child-like in nature. They have a simpleness that can be taken as directness or bluntness. They see things clearly and simply and see no problem voicing this. When happy, they have a curiosity about life ([Theme: Curiosity](#)) and can be exuberant and optimistic.

Given that turtles are reptiles we see many common reptile themes. They fear being left out and ignored ([Theme: Forsaken](#)). They may be victims of deceit or be taken advantage of or they themselves may lie or steal ([Theme: Deceit](#)). They feel great guilt and shame when they behave deceptively.

Physical Overview

The Chelydra pathology seems to center on the Mouth, Skin and Stomach. An almost “must see” would be some pathology with the Mouth, Teeth and/or Jaws given Chelydra’s strong powerful jaws. Another confirmation would be flushes of head to the head when angry or emotional. Many areas of the body (areas usually moist) are dry and there is much formication and itching. The formication might feel as if lice. The stomach can be disordered with belching and gas. There also appears to be instances of ravenous appetite and cravings for red meat. (See the complete [Repertory: Physicals](#) for a more complete physical profile)

Curious and Noticing the Details

“It was noticing details I have never seen and being curious about it.”

“I feel very aware and I want to be still and see what I can feel and experience.”

"The flowers appear on the earth; the time of the singing of birds is come, and the voice of the turtle is heard in our land." - *Old Testament from The Song of Solomon*

Chelydra has a curiosity about life. It has a simple, almost child-like curiosity, noticing the flowers and animals. They might feel happy and desire to sing. There can be an openness and desire to help people.

- Really eager to get these CDs I ordered,...I want to experience it and see what is possible. I think that the remedy has made **me curious about possibility too**. It's as if I'm being pulled into a new vortex of energy. ... **I'm so curious,**... (07)
- I seemed to notice something I never saw before and was very curious about it: something by the railroad station. I craned my neck trying to make out what I was seeing and almost stopped the car to look. **It was noticing details I have never seen and being curious about it.** (12)
- Traveling with my mother. Staying in a guesthouse, situated on the top of a very steep hill. Some kids lived near by, kept coming out to see us – **they were curious about us.** ... (04)
- Went to church. Feeling light-hearted and happy. Almost a little euphoria. **Desire to sing. Feel my heart is open and want to express love to everyone.** I am very in touch with my life purpose. Desiring to help people heal and to create a new healing center. (07)
- Feel very upbeat and positive, like I am surrounded by great possibilities and potential for success, that I will succeed. Something is opening up for me. I sense an opening of opportunity. I feel very blessed. **I feel very aware and I want to be still and see what I can feel and experience.** I have a deep desire to go inwards. I desire to meditate. I wonder if I should wait until after the proving, but I don't want to. (07)
- Everything clear, more color, sharper. Caught self looking at flowers on bed cover, **noticing them.** (11)

Deceit, Taking Advantage of, Stealing, Guilt and Shame

“I feel guilty for eating her cookies; I feel sneaky and I don't say anything.”

(dream) "...I am old and in a nursing home. Two people are trying to take advantage of me. ...They are quite devious"

The Snapping Turtle is a reptile, so there are certain reptile-like themes like deceit. For Chelydra, like the more passive reptiles, there is shame associated with behavior that is deceitful. They may desire something or express something angrily and then feel the accompanied shame that they did this. In their single-mindedness with food (Theme: Efficiency), they find themselves taking food from others (stealing) and feeling guilt about it. Chelydra feels the guilt for their behavior.

They also can feel the victim. In situations they can feel taken advantage of (dreams of being old in a nursing home and people trying to take advantage of them). They also feel as if they are taking advantage of others. In these cases, one person is clearly trying to "use" or "deceive" the other that has less power.

- (dream) I figure they won't be coming back and I look through her things. There are some of her beautiful art things and some gluten-free cookies she has made. I take some of them and eat one, put the rest with my things. They come back just as I'm getting ready to leave. **I feel guilty for eating her cookies; I feel sneaky and I don't say anything.** She doesn't remember the things she left and I don't tell her because I am embarrassed she will notice the missing cookies. ...She gives me the washcloth. **I feel even guiltier because she is returning something of mine and I have taken her cookies.** (The dream **feeling is shame** that I have gone through her things and taken what is hers without asking or telling....I remember that when I was a child, my sister and I took a package of cookies and ate it, blaming it on the sister who was in the back seat in the dream. She got in lots of trouble for that.) (12)
- **Deception, taking advantage, financial ruin, loyalty, defending.** Two similar situations came up in past several days with friends who I think are being brought into financial problems by someone else. I also **felt that they were deceiving my friends** about the reality of their situation. Very indignant about this, and also have feelings of loyalty to my friends, want to defend them. I want to tell the other people to stop taking advantage of them. (04)
- (dream) **I am old and in a nursing home. Two people are trying to take advantage of me.** I pretend to be out of it. A younger friend comes. I tell him what is happening. He is not sure whether to believe me, but he tells the authorities what is happening. They don't believe him, so he is trying to catch these women in the act of harming me. **They are quite devious,** so he is not sure what to believe. I feel frustrated that no one believes me... (12)
- **Worried about telling a white lie.** Was going to back-date an item by one day that I should have sent off in the mail earlier, but couldn't bring myself to do it. (04)
- (dream) ..., **I realized I had not come to her myself. I felt terribly guilty.** As I opened the door, she was standing at the door and was startled. She had no shoes on, so she fell backwards. It was a soft fall. Thank God, she didn't get hurt! ...(07)
- (dream) I was in a restaurant and there was ethnic food. There was some bread left and I stuffed it in my mouth and ate it. It tasted so good. **(I was feeling guilt that I was doing something I shouldn't do in eating the leftover bread)** (12)
- ... I'm ticked off about having to educate people on **how they are being selfish and not thinking through what other peoples' timelines are.** ...(01)
- ... I felt a physical sensation of sudden heat inside my body, starting in the chest area, when she yelled. **And felt shame and embarrassment,** both for her and the kids. (12)
- **...Sometimes I feel I take advantage of him.** He is so willing to help out with everything. (12)
- Then I had a vision of being with horses. They were lined up on a riding bar, waiting for riders to mount them. I had this vision of being kicked by a horse really hard. Being

crippled by it and feeling that this is good. **I am hurt, crippled, like I have been hurting others. I deserve this.** Make sure that the hurting is really deep, and will last. I have hurt my kids. I am crying now recounting this as I type. (10)

Disgust and Insects

“Also a feeling of disgust about the insects – they’re vermin...”

Chelydra has a theme of disgust. They can feel there is something disgusting about themselves (“a disgusting thing hanging out of my butt”) and be repulsed by disgusting things around them. Since their home is very important to them, they are most disgusted when something happens to their house. The worse, of course, would be an infestation of insects. Insects are disgusting to them.

- (dream) I am in an apartment that I was living in; it was a friend’s house. The walls were crumbling from termites or water infiltration. Felt first some panic that the wall would cave in. **Also a feeling of disgust about the insects – they’re vermin....**(04)
- **The centipedes have started to appear in my house** (it’s spring and very wet). As usual, I **am frightened and disgusted by them**, but more so. Tonight I stood on a chair when one ran past me when my dog was chasing it. I wanted him to kill it, but I was worried it might bite him. Rationally I know nothing would happen, but my worst fear is that the venom would kill him... (04)
- A couple days this week, in meditation, I have an image of lifting off my cranium, seeing my brain covered with black stuff, and I suction it all off and I can see my glistening, **clean brain, free from any debris.** (07)
- Irritated by hemorrhoid that just popped out. **I feel like it is disgusting to have this tail thing hanging out of my butt.** (10)
- ...I am picking up the food; **the house is a mess.** ... (07)
- **My house is a mess** because we have been running all weekend. I need to get motivated. (12)

Don’t take my Food!

(dream) "...I was worried there wouldn't be enough food, and I wouldn't be able to eat."

Food is important to the snapping turtle. They appear to be pretty persistent and determined when it comes to food too. They want food and they will do what they need to to get food.



- (dream) I was in a restaurant and there was ethnic food...There was some bread left and **I stuffed it in my mouth and ate it. It tasted so good.** (12)
- **Want to lie on my bed and be fed.** Don't want to do any work, or even have to move. Want to be intravenously fed because eating is too much work. (04)
- I keep thinking about salad. I had one for lunch yesterday. **It looked and tasted so good.** (12)
- (dream)someone offered me some food, a great looking salad I think. I **immediately changed my mind and decided to eat the salad instead.** (22)
- In the mid-afternoon, I am craving dense food and feel no guilt about simply shoving something into my mouth.**I cannot seem to get enough.** (03)
- Cravings for anything and everything and nothing satisfies. Go from one food to the other. ...(04)
- (dream) ...I saw someone eating my food. (I was outraged) (04)
- (dream) ... we came to a place where there were lots of people. They were putting chickens in ovens and people were eating. ...**I was worried there wouldn't be enough food, and I wouldn't be able to eat.** I found a chicken that was still frozen and asked someone to put it in an oven. In the dream, **I was mostly worried that I wouldn't be able to eat.** (12)
- (dream) ...about food practices, **making sure foods are properly cleaned....**(12)

Efficiency, Industrious and Single-Minded

"I'm justifiable, blunt and desire efficiency"

"I am a bit resentful that I have to be the one to mediate this all out. But it seems no one else even sees it as clearly as I do."

It appears as if a Snapping Turtle's world is one of efficiency. This may relate to a reptile's need to conserve energy. There is a need to accomplish and a sense of satisfaction when this is done. It's a bit like Calcareia in its normal task-like focus. For the turtle, it appears to equate its worth as a "being" based on what it accomplishes. These tasks might feel like a "man's job," the basic care of a home or house. As expected they can express their anger (Theme: Ill-

tempered) when things do not progress as expected or when tasks are more complex than necessary.

Snapping Turtles are not necessarily mentally complex. There is both a simpleness and directness to their nature. They can make decisions easily because their thoughts behind the decisions are simple enough. Does this make sense? Is this needed and something I want to do? In situations they can see the issues clearly. They are therefore a bit vocally and mentally “blunt.” When they have an opinion they express it clearly and bluntly. When they make a decision or do a task it is with single-minded focus.

Industrious, High Energy

- Now I must get to work. Industrious is a word I keep thinking of. **I want to be industrious. If I am not I feel worthless.** (12)
- ... **I was handling a lot of the practical details. I felt responsible** – not quite motherly; more husbandly, **like I was taking care of the “man’s job” sort of duties** (04)
- **I had an itch to get out in the garden.** I love to see the green shoots coming up in the spring. I still have the urge to be industrious and would have liked to work in the garden all day. (12)
- Reading instead of watching TV; restless, **lots of energy** (11)
- Dose: **like a kick from a horse.** Felt high strung with customers. A little on the edge. **Have more energy than usual.** Sensation in lower back, rushes of energy. Pleasant. Still feels warm. (11)
- Energy much higher in the evening. Would prefer to stay awake until 2:00 a.m. and wake at 10:00 a.m. (04)

Efficiency

- Mood: want to be left alone and **just tell the family to be efficient about whatever they need to do and leave me out of the loop**, but I do want to know what is going on. **I’m justifiable, blunt and desire efficiency.** I’m right in my own eyes. (10)
- Compared to normal, **I am actually thinking quite clearly as I go through this.** Usually my thinking gets muddled because of fear and worry. But this time I feel unusually clear-thinking about this whole deal. I clearly see where everyone is being a poop-head and is misunderstanding the other. **I am a bit resentful that I have to be the one to mediate this all out. But it seems no one else even sees it as clearly as I do.** (01)
- ... **She felt lazy yet efficient.** ... (10s)
- It has been a frustrating day. When I finally got to the phone, I couldn’t get it to dial out. I tried several times, feeling panicky and inadequate ... I got home at 3:45 p.m. and had accomplished hardly anything. I felt anxious. People will think I can’t organize my life, **that I am inefficient, that I don’t have it all together.** ... (12)
- ... **Later I have a great feeling of accomplishment** that I got the whole misunderstanding negotiated and we are on our way. (01)
- What am I going to amount to? If I can’t do the things I need to do, **Where will I get in life? Will I have made a difference?** (12)
- ..making phone calls for kid’s activities, running my daughter to another rehearsal, errands, etc. On days like this, **I don’t feel productive even though I am busy.** (12)

Single-Minded

- **I want him to be more straightforward about his needs/wants.** (12)

- Took a case today. **Once I had done that, all I wanted to do was to dive into it.** I didn't feel like doing anything else. I get so single-minded sometimes. (12)
- (dream) ...I was dressing for a yoga class and then someone offered me some food, a great looking salad I think. **I immediately changed my mind and decided to eat the salad instead. A clear cut decision, no wavering.** (22)
- ... so many choices in the stores; it becomes overwhelming for me. When I need something, **I want to go to one place, find what I need and go home.** ... (12)

Forsaken, Left out

(dream) "I get up to go to the bathroom and come back to find my partner in the arms of a young Asian girl. I feel sad, left out, forgotten. I was only gone a few minutes..."



The Chelydra female lays her eggs in the sand. The baby turtles hatch and have to make their way to water and safety as they can. Chelydra has the theme of being forsaken common to reptiles. They are very sensitive to feeling left out and left behind. They can feel ignored and

forgotten. They have dreams of people ignoring them or of teachers not noticing them. They have fears that they will be "kicked out" and everyone will go on without them. They are sensitive to abandoned children. They want to care for and protect these children left defenseless by their parents.

- **I was so sure I would be kicked out of the proving!** I couldn't bear the sound of that. Why? Not being a part of the group. Not going to be a part of the bigger project. **The accomplishment would go on without me. I would be left behind. A nothing. While they would go on to grand & great things, I would be this worm left behind. It was as if I could see them take off into the sky and I was left behind....** (01)
- (dream) I'm left out (04)
- (dream) I am sitting at a rectangular table with my husband and two other women. I am trying to say something, but the woman, an older Asian woman facing me, is talking so softly that the other two women lean in to listen to her. **(I feel ignored, left out.** I am angry. Both dreams were same night.) (07)
- (dream) I get up to go to the bathroom and come back to find my partner in the arms of a young Asian girl. **I feel sad, left out, forgotten. I was only gone a few minutes.** (07)
- (dream) ... My teacher is seated and teaching us. .. I move my chair out of her way. She never says a word. I wonder to myself; she never even asks me how I am doing, or how some of the patients she has consulted on with me are doing. **I feel totally ignored, not noticed.** Everyone is leaving. I am trying to find the keys to the car I borrowed. (Theme: being ignored and unable to make a connection with the people I wanted to) (07)
- (dream) **I dreamt last night of seeing an abandoned child on the street** and needing to help him because his mother was sick. (I felt very sad when I woke up. The feelings I had about finding that abandoned child in my dream were very frustrating, but

basically protective. ...**I was sad because I knew his situation was somewhat hopeless....** (03)

- **.... It seems lonely with no one around here today.** (12)
- It was warm and comforting with all the people inside. **Outside seemed cold, desolate, and lonely.** ... (04)
- ...; I was cheering for the underdog. I was saying, "It serves you right, you nasty blue jay, **always chasing the other birds away.** ... (12)

Home, House

"...Our homeopathy clinic was in a house that we had all to ourselves. ...Enjoying being able to almost live in the place I worked."

The snapping turtle lives in his home. He carries his shell and protection around with him on his back. Dreams and just normal thoughts relay the importance of home. People dreams of being in houses, thought about their houses, noticed more in their houses and recognized the significance of home. Often they desired to return home. Home is a place of comfort and protection (Theme: Scary Outside).

Chelydra has issues getting lost and finding home as well. They may find themselves disoriented and wandering looking for their car or a house. This may also have to do with the theme or dazed or muddy-headed (Theme: Muddy-Headed).

The care of their home is equally important. They might spend time straightening it, cleaning, organizing, gardening.

There are times when this state just prefers to be alone, preferably at home.

Going Home, Being at Home

- (dream) ...Our homeopathy clinic was **in a house that we had all to ourselves.** We had a meeting there, and afterwards I stayed behind to take a shower and clean up. I felt a strong feeling of community – close to a family feeling, but more just of community closeness with others. **Enjoying being able to almost live in the place I worked.** (04)
- **Driving home** from working out this morning ... (07)
- ... **I have decided to sleep in the car** so I can be up early to go somewhere ... I wake about 3:30 a.m. in the dream. My car is still running with the air conditioner on. I can't believe I slept in my car with it on. ...**Finally, I find them and drive off back towards my home....** (07)
- ... Restless, wants to stay home and inside the house....(10)
- ... **He will be leaving home** for most of the summer and going away to school, so things will really change for us. I am feeling very sad about that right now. It makes me cry. I will miss him. (12)
- ... so many choices in the stores; it becomes overwhelming for me. When I need something, I want to go to one place, **find what I need and go home.** ... (12)
- (dream) ... We embraced. I wanted to spend time with her, **invite her to my home.** ... (12)

- I am in an apartment that I was living in; it was a friend's house. The walls were crumbling from termites or water infiltration. Felt first some panic that the wall would cave in. ...**Then great relief that it wasn't my house,..**(04)
- (dream) ... There were not that many beds. I saw the bed I wanted to sleep in and went to it. My husband ran to the bed and jumped in and wouldn't let me sleep in it. It seemed like he was taking all the beds (I was mad at my husband and confused, because he isn't usually like that. **I WANTED THAT BED!**). (12)
- **Have been wanting to straighten up things more than usual** before going to bed. I have never been a particularly fastidious person about the house unless we are having company (12)
- Traveling with my mother. **Staying in a guesthouse**, situated on the top of a very steep hill. ... (04)

Lost, Trying to Get Home

- (dream) **Lost. I was going to visit my grandmother...Tried to go back to the car, but could not find it.** I had only walked maybe three houses down from my car, but I became very disoriented. I walked up and down the streets looking for the car. I couldn't even remember the name of the street.... (04)
- (dream) ...**Trying to find a bathroom....** It was annoying that I had to waste so much time to find the bathroom. ... (01)
- At one point we were on the wrong road. I just had this sense we were on the wrong track. I went to the map and I was right. It was dark and in the middle of the night, and the road just didn't feel right. I remembered traveling that way before and the road didn't feel right (01)
- (dream) ...This woman dropped me off at my car, but for some reason I forgot about the car and **started walking home.** ... When I was almost home, I realized I had left my car with all of my things in it, **and I had to go back.** ... (04)
- (dream) ... **Someone was looking for her room.** I said I would take them to her room.... I know she is confused as to where she is because there is no candy....(07)
- **Had to ask a woman I was driving home which block and house were hers.** She asked me if I was alright. She said I didn't quite seem to be my usual self. **She wondered if I could get home.** I assured her I could... (12)

Desire to be Alone

- In general, I feel better when I am outside, **not cooped up with people.** I have very little desire to socialize, and the mindless chatter of people is aggravating me more than usual.... (03)
- ... **Had a nice time working alone at home.** ... (10)
- Mood: want to be left alone and just tell the family to be efficient about whatever they need to do and leave me out of the loop,... (10)

Ill-Tempered, Irritable, Angry

c“Extreme irritability. Annoyed with everything. Anyone causing me to make any additional effort is pissing me off.”

“I became furious. I raged around, throwing the lampshade and the bath mat.”

A common expression for irritability, “he snapped at me,” brings to mind the Snapping Turtle. In fact, the turtle becomes quite irritable and snapping when removed from his watery habitat.

Provers did, in fact, experience irritability, anger, resentment and annoyance. They were easily offended and angered. They often felt this in response to people not meeting their expectations, or for being forced to do something they didn’t want to do.

- I am AGAIN stuck in the middle trying to mediate between all the players. **I’m ticked off about having to educate people on how they are being selfish** and not thinking through what other peoples’ timelines are. ...I clearly see where everyone is being a poop-head and is misunderstanding the other. **I am a bit resentful** that I have to be the one to mediate all this, but it seems no one else even sees it as clearly as I do. (01)
- I was very easily and **quickly offended by a conversation at work. I took it personally and felt like I was being insulted.** (03)
- DREAM: Staying at my mother’s house. I went to shower, but she had left a lampshade drying in the shower that she had washed. Water went everywhere, all over everything, and **I became furious. I raged around, throwing the lampshade and the bath mat.** (04)
- **Extreme irritability. Annoyed with everything. Anyone causing me to make any additional effort is pissing me off.** The dog got on my bed and I had to clean it off. A woman asking me to special order something for her. My ISP can never locate the servers that I try to link with. (04)
- My high seemed to come down. **I was irritable with J, driving too slowly.** Even when I saw D, who was **15 minutes late and then asked me to wait 10 days to deposit her check (irritated).** (07)
- Feels **controlling and bossy, blunt, angrier.** Calling names, doesn’t care if she offends people (had to refrain herself from swearing at her daughter over a minor incident). (10)
- I found the prover to be extremely independent with this proving, not giving me information that I needed, not cooperating with communicating with me or following the directions and kind of did what she wanted. **I was very irritated by her (and still am a year later while editing these notes!).** (10)
- Dream: ... I saw the bed I wanted to sleep in and went to it. My husband ran to the bed and jumped in and wouldn’t let me sleep in it. It seemed like he was taking all the beds (**I was mad at my husband and confused, because he isn’t usually like that. I WANTED THAT BED!**). (12)
- I am **feeling very irritated and impatient** with doing all this typing right now. It’s already 8:30 and I’m not dressed and ready for the day. Just like yesterday. I guess this proving stuff is rather time consuming! (12)

Muddy-Headed, Slow-Motion, Drugged and as if in a Dream

“I continue to feel muddy-headed”

“It was like a dream. I was moving in this dream. Like an out of body experience.”

Slow and steady wins the race. - *Aesop, The Hare and the Tortoise*

As Aesop says, slow and steady wins the race. I’ve watched a large Snapping Turtle cross the road. They lumber along at their own pace. They won’t be hurried. The mind of a Snapping Turtle may be determined and single-minded, but it is clearly “muddied.” There is a

abstractness in their thoughts, “as if they are in a dream.” People felt “dreamy” or drugged. They can be dazed or spacey, almost trance-like. Physically they are slow moving, or other people may seem that way to them.

Moving on land is difficult for the snapping turtle. They are agile and more comfortable in the water. On land they struggle. Chelydra has dreams of not being able to get somewhere, of driving on equipment that really doesn't work so well. They may dream of driving on ice or of trying to get up a hill unsuccessfully. They may experience exhaustion or just plain laziness.

Chelydra spend most of its time on the muddy banks of bodies of water. They may dig and hide themselves in the mud in the shallow water on the banks. Chelydra's dreams may be drab, dark or gray. It is also interesting how they may refer to themselves as “muddy-headed.”

As in a dream, Muddy-headed, Dazed, Slow-Motion

- **I continue to feel muddy-headed** (03)
- **It was like everyone else was in slow motion**, or some sort of time warp because they weren't keeping up! ... (01)
- ... This was a very foreign feeling experience. **It was like a dream. I was moving in this dream. Like an out of body experience.** (01)
- Still have this sensation of **dreamy feeling**, like I'm functioning after not having slept all night. I can concentrate and am able to get things accomplished. It is hard to describe, but I feel normal yet when I look up, **it looks dreamy. Something like I'm normal but my eyes is a little dreamy or my vision is a little dreamy.** (02)
- Head feels heavy. **Dazed feeling.** (Spaced-out, had this feeling off and on a bit for last three days) (07)
- **I felt drunk when I got up this morning. My speech seems slurred**, my body heavy, my head feels heavy, and I feel like I can't think clearly. (12)
- (dream) I had a close-up view of the head and **it seemed slow moving.** There was a white mouse in its cage and it snapped at it. It snapped quick and I looked to see if it got the mouse like his snake did, but he missed. The mouse was still there. Then the tail end of the snake moved very slowly and it wrapped itself around the mouse and started to squeeze it. It was strange because his snake moves very quick, so quick you can't even see it. This snake moved very slow as it wrapped around the mouse. Then I couldn't watch anymore. **It was slow and determined, heavy, sluggish.** (22)
- I feel like I am having difficulty grasping everyday tasks. **I stumble over myself** and cannot find the right words at times. (03)
- **The "fuzzy" feeling** in my head has remained, accompanied by an unsteady sensation while standing, **as if I would tip over.** (03)
- (dream) His grandma was there too, but she was sitting in the hallway, staring off into space. I ran after him, but he was **so fast I felt like I was in slow motion.** I saw him go into the street. I hollered “stop!” as loud as I could, hoping if there were any cars coming they would hear the commotion and see the little boy. ... **He looked at me like he was in a trance.** ... This trance-like state stayed with him for a few minutes after I changed his diaper and then he seemed more like himself, and like he could listen to what I had to say. I had to search for his mother and grandmother. They had the same **trance-like** quality. (12)
- (dream) ... Tried to go back to the car, but could not find it. I had only walked maybe three houses down from my car, **but I became very disoriented.** I walked up and down the streets looking for the car. I couldn't even remember the name of the street.... (04)

- Typical average day, feeling pretty good. Nothing weird, no strange, rare or peculiar symptoms. No bells and whistles. **Maybe I'm too dense.** (07)
- **Felt "altered" when driving, like I wasn't quite all there. It's almost like I am on a drug,** and not really connected to what I am doing, but without the grogginess of a drug. It's like I feel as if I am drinking alcohol. (12)

Exhausted, Lazy

- ... She felt lazy yet efficient. (10)
- Very tired, exhausted feeling, and easily overwhelmed. Feeling that I don't want to do anything. Want to lie on my bed and be fed. **Don't want to do any work, or even have to move. Want to be intravenously fed because eating is too much work.** (04)
- I didn't want to give the supervisor symptoms. **It is too much work.** I don't mind telling them, I mind writing them, organizing it (10)
- Could hardly stay awake and just wanted to scream. Just felt like we couldn't make any headway or sense. ... **I have felt consistently exhausted throughout this proving.** ...(10)

Not getting somewhere, "I'm having a hard time getting anywhere"

- (dream) ... **I was having a hard time driving, like I couldn't see very well and I was confused about where I was going.** I went around the downtown area several times and every time missed the turn I needed to take. It was really disconcerting. ...I noticed my brake cables were detached and then understood why I was having a hard time stopping on hills... (12)
- (dream) ...Sure enough, it started to get quite slushy and the machine wouldn't dig in. I was afraid we were going to sink in and get stuck. I really gunned it and we got out and went up an incline, where it was more solid. When we got to the top, I picked up the snowmobile; it looked like a large toy rabbit with little feet on it for the tracks.**No wonder it wasn't doing the job.** (12)
- (dream) I am with my daughter in the car, but in a town with steep hills. There is ice and snow. **I try to get up a hill so I can get out of town. I can't get up the hill.** I back down. I find another hill that looks clearer. I get to the top. At the bottom on the other side is a pool of water. A man drives in so he can get out of there. He goes down deep and the pool seems to get larger. It looks like he won't be able to come up. Finally he swims to the top. All of us watching let out a sigh of relief. **I wonder how I will get out of this place. I think I need to call my husband to see if our car can go through the pool unscathed.** (I have a feeling of discouragement, that there is no way to get out of this place) (12)
- (dream) We are seated in two rows facing each other. We are very tightly packed, about knee-to-knee. My teacher is seated and teaching us. A... **She has gotten up and is trying to get out of the tight row of chairs.** I move my chair out of her way. ... (07)

Dark, Drab, Gray

- I feel rather depressed this morning. **It looks gray outside....**(12)
- **There were no colors in the dream, just a kind of drabness** - sort of like a graying-out black and white film. (10)
- (dream This dream was **dark and frightening.** (07)
- ...bats live in the **dark, but they can be deceiving** (04)

- (dream) ... Driving in this very old urban area of the town I grew up in, a very industrial area, with lots of railway underpasses, through the river valley. ...(04)

Scary Outside, Desire to Hide, and Amputations

(dream) "... Then I felt nervous to be walking around out in the world alone"

(dream) " I was in a war, doing everything I could to stay camouflaged and out of harm's way."

For Chelydra home is safety. Turtles pull into their shell when frightened. Going outside can be scary for Chelydra. When frightened they prefer to hide and stay somewhere safe. They may have dreams of hiding and their reaction to scary things will be to stay put.

Some smaller species of turtles are able to close their shell completely when they are frightened. Chelydra's shell is too small for its limbs. Their head is particularly too large for the proportions of its shell. Therefore, they feel a vulnerability of these parts. They may have dreams or thoughts of amputations. My daughter got the part of the Red Queen in Alice and Wonderland while I was working on this proving and we all found ourselves saying "Off with your heads!"

It's Scary Outside

- (dream) **Then I felt nervous to be walking around out in the world alone**, so I started to run. ...Stopped at a coffee shop on the way and really wanted to stay there and not go back outside. **It was warm and comforting with all the people inside. Outside seemed cold, desolate, and lonely. I connected this to the feeling when I woke this morning that I did not want to get out of bed because it was so cold out there. Wanted to stay inside, completely wrapped up. ..(04)**
- (dream) ... **I slept in my car with it on. I feel afraid. I check to be sure my doors are locked.** I see cars parked behind me on the edge of the road...many cars, like it is a Park-n-Ride area....It is dark, nearly dawn. I see a car crash up ahead and people running around shooting each other. I am horrified and afraid. What do I do? First thought is that I need to help them, then see that they are shooting! **Can I pass by them without being shot myself?** I am in conflict. Do I stop and help, or do I keep going? I decide it is too dangerous to stop and manage to pass on the right side. They are still shooting. I speed away. Dream fades. (07)
- (dream) I dreamt last night of seeing an abandoned child on the street and needing to help him because his mother was sick. ...**but basically protective. His mother had some sort of illness and it was up to me to get him to some place safe. ...**(03)
- Last night in bed, there was a rattling of my bedroom door that wakes me with a jolt. I think it is the cat batting the door, but I feel fearful thinking it could be someone in the house. ...**I am fearful and don't want to go out of the bedroom. I think I should go check on my daughter but I am fearful....**(02)
- (dream) I am in the den of my home. I look out the window and see a black woman and two or three men. They are looking at my gas grill. I tap on the window and they don't see me. I open a shade and there are several other people in the backyard. They start tearing down the back fence. I yell to my partner to call 911. She says she will, then she comes down to the den and goes outside to talk with them. **I feel afraid they may harm her. I go up to the kitchen and look out and see almost the entire**

fence has been torn down. I wonder if they might be terrorists. I call 911 myself. The woman is very slow. I feel frantic. "Send the police right now" (10)

- I was working at Early Childhood Family Education. The parents and children were in the room and it was close to time to go. All of a sudden, a little boy takes off running (about two-years-old). **He runs two floors down a spiral staircase and out the door.** As he took off, I looked for his mother to go after him.... I ran after him, but he was so fast I felt like I was in slow motion. I saw him go into the street. I hollered "stop!" as loud as I could, hoping if there were any cars coming they would hear the commotion and see the little boy. **After he got into the street, some other kids broke away from their parents and ran out there.** I finally got to him and the other parents got to their children. I carried him up the stairs. I sat down and talked to him quietly. ... (12)

I Want to Hide

- ... **Felt weak, trembling, want to hide and rest.** It's windy and she doesn't like it. Restless, wants to stay home and inside the house...(10)
- ...I was feeling embarrassed, **wanted to hide the test, make it go away....**(12)
- I want to feel freer to be myself, whoever that is. I am not really sure sometimes. **I feel like a chameleon.** (12)
- I was in a war, doing **everything I could to stay camouflaged and out of harm's way.** ...(12)
- (dream) Last night I dreamed I was at some place where **there were many places to hide....** The place where things occurred was a log structure with many steps that I had to hide and crawl around on....(03)

Amputations, Vulnerability of Head and Limbs

- (dream) **I told my partner I was going to cut off the head of a dog.** I wasn't sure whose dog it was. It was a Shar Pei. I think it was older. There was some sense we needed to eat the dog for food. I think I put it off for a while. **Then I did it with a paper cutter.** The dog was still alive and seeming normal. It pressed its head against my back. There was no visible blood. I didn't know if would die immediately. It did not. ...(07)
- (dream) ... Low-lying branches are making it difficult to walk, **so some of us start pruning the limbs back.** There are no leaves on the branches; they almost appear dead. Then we come upon what appears to be a forest ranger or some kind of authority figure, a woman. I ask her if it is okay for us to cut back the branches. She says yes it is. She is standing besides a man who is leaning up against an embankment. He has a suit on and looks disheveled. The woman says she sometimes has to cut things back and then **she takes a chain saw and cuts off this poor man's left arm, right at the articulation of the shoulder...** (07)
- ... She became hysterical and **slapped me on the left cheek** - not just a pat, but a hard slap. I felt stunned, like I was in the presence of insane evil.... (07)



Trapped, Unable to Move

(dream) I dreamt I had multiple sclerosis. Could not bend my knees, my legs felt like wood. (I was scared of not being able to move to get away from something threatening to me”

“I feel trapped in this place where I don’t feel safe”

For Chelydra it is afraid of being trapped and unable to move or escape in a scary situation. They don’t want to be trapped or blocked in. Because they can’t go completely into their shell, there is a certain vulnerability when threatened and they need to be able to move. They feel safer in the water where they are more agile, can retreat or move to deeper water if needed.

Snapping Turtles do spend much of their time burrowed or dug in the banks of water. There is a crawling, underground kind of feeling at times. Like being wedged or packed in areas without much space.

- (dream) I dreamt I had multiple sclerosis. Could not bend my knees, my legs felt like wood. (I was **scared of not being able to move to get away from something threatening to me**, should that happen....(01)
- (dream) ... I see cars parked behind me on the edge of the road...many cars, like it is a Park-n-Ride area. I realize I better leave before I am totally blocked by the cars (**I felt there would be no way out; I would be trapped. Totally blocked and trapped feeling**). ...(07)
- (dream) ... They don’t believe him, so he is trying to catch these women in the act of harming me. They are quite devious, so he is not sure what to believe. (I feel frustrated that no one believes me, but I understand the problem. I am also grateful that my friend is trying to help me. **I feel trapped in this place where I don’t feel safe.**) (12)
- (dream) At the bottom on the other side is a pool of water. A man drives in so he can get out of there.... Finally he swims to the top. All of us watching let out a sigh of relief. I wonder how I will get out of this place... (**I have a feeling of discouragement, that there is no way to get out of this place**) (12)
- Strange sensation **when driving through a tunnel** at night, when illuminated. Felt like I was a cell or **something very small passing through a blood vessel**. (04)
- (dream) We are very tightly packed, about knee-to-knee. My teacher is seated and teaching us... She has gotten up and **is trying to get out of the tight row of chairs**. I move my chair out of her way. ... (07)
- (dream) I was in a war, doing everything I could to stay camouflaged and out of harm’s way....I knew we would soon be discovered because none of us knew the country, so I started planning an escape. **As soon as I saw they were getting close to discovering us, I gave my comrades a signal and we ran....** (12)
- (dream) I was going to a classmate’s house. It was in a remote place. I had a little snowmobile to get there....I was concerned because the area we were going into was wetland... **I was afraid we were going to sink in and get stuck**. I really gunned it and we got out and went up an incline, where it was more solid. ... (12)

Other Themes

Like with many reptiles there may be a sense of clairvoyance, or just knowing.

Chelydra may also have a bit of nostalgia, thinking of things past, dreaming of past boyfriends, etc.

Clairvoyance and Nostalgic

- Saw horses when closed eyes. When got home from work, turned on the TV and found the Kentucky Derby was on. (11)
- I have been very nostalgic this week. Thinking about people from the past. Seeing all those pictures of my ex-husband and my early days in practice, all fond memories. (07)

