

04/14:15	551	ABDOMEN	14	On my left side I have a radiating pain centered around my ovary, colon, more in the front than in the back. When I rub it it is sensitive.
01/11:37	5	BACK	01	Tailbone was hurting and lasted until one forty pm.(about two hours)
06/07:00	14	BACK	01	Lower back very sore till about noon.
07/07:20	62	BACK	02	Sharp pain under right scapula for a few seconds. I slept in a diferent bed last night, which was softer than what I am used to.I sometimes have pain under the left scapula.
07/19:20	63	BACK	02	My right shoulder hurts, The bottom of the right scapula is hurting, towards the spine . It is kind of stinging pain. Normally it is the left shoulder that hurts.
00/07:38	95	BACK	04	The tingling feeling has moved to upper back and neck.
05/15:00	139	BACK	04	Had tingling again – it was more in the back of her neck – top of spine.
07/04:15	146	BACK	04	A lot of sitting today in class and my lower back is killing me because of period and inactivity.
14/09:30	374	BACK	09	The lower back feels tired, without any obvious reasons.
14/13:40	375	BACK	09	Again my lower back and hip area is tired and sore. I go to bed and fall asleep immediately for over an hour. After that, no back problems. Low energy all day.
56/99:99	623	BACK	21	As if my buttocks were being pulled into it more, in a structured way, my body is like a triangular shape.
56/99:99	624	BACK	21	Triangular shape, blue and green. The shoulder and the lower back is beginning to hurt. I feel like I am on the ground or floor. Like an ant. Tiny. I have a big buttocks like a ball, it's looking up, crawling around.
56/99:99	715	BACK	22	I suddenly became hot, it is mostly on my back, my back is sweating.
02/22:35	49	BLADDER	02	On getting out of the car, there was some urinary incontinence.
02/23:03	56	BLADDER	02	I got out of the car and had a little urinary incontinence. Just a few drops. This is something I have had before but not in a while. It was unusual in the sense that I did not feel the urge.
03/21:00	454	BLADDER	11	I am sleeping through my normal waking to go to urinate at 3 am.
00/17:30	248	CHEST	08	Felt exact same heat from earlier in day happen around this time; started in upper chest and traveled directly towards head, then back down towards shoulder and immediately dissipated; the heat was not a bad feeling but it was a warm feeling inside; the heat leaves her feeling moist and warm on the inside; heat is centered more around front of face.
02/11:00	268	CHEST	08	She had a little episode of the heat starting around her upper chest and moving up towards her head and then working it's way down again; Had some sweat on forehead and upper lip when heat was moving up; The heat was "blooming and then retreating" when it reached back near and above her shoulder area.
04/14:19	552	CHEST	14	Underneath my left armpit it is achy, sensitive to the touch. When I touch it it feels like it is bruised. Only when I rub it. When I don't touch it it is achy in the front. Achy, like a cold in my body there.
04/14:40	556	CHEST	14	The achy feeling I have in my left arm pit can go back and forth between my left and right sides.
56/99:99	565	CHEST	16	There is this constriction here around the chest.
56/99:99	566	CHEST	16	A tightness around my lungs, a tightness. It's not all the time it comes and goes; right here in the center of the breast bone, like it is pressing and dry and tight.
56/99:99	567	CHEST	16	Pressing, dry, tight, like compressed, like being compressed; it is kind of like you cannot get a deep breath; it doesn't feel good. It feels small.
08/07:00	733	CHEST	29	Pain in left side of chest - stabbing pain - pain moving from chest to armpit feels like the lymph nodes in my left armpit is swollen - don't feel any swelling - just feels like that type of pain - Warm bath ameloriates the symptom.
05/18:00	311	CHILL	08	While biking she wondered if she will get sick? Biked from six pm to eight thirty pm. (It's getting colder.)
04/20:00	298	COUGH	08	Around eight pm she had a brief dry sporadic cough which she attributed it to not being hydrated enough.
19/08:00	384	COUGH	09	The cough is deeper. This is the worst cold I've had in three years.
20/08:30	386	COUGH	09	Coughing - deep cough that lost breath - went on for a few minutes.
07/24:00	17	DREAMS	01	Had a dream about doing laundry. Never remember dreams.
02/06:00	45	DREAMS	02	I have a dream that I am looking for my daughter. She was abducted. I feel the panic of looking for her and the frustration when everyone answers me vaguely. When I wake up, I feel a dull, cramping pain in the pit of my stomach.

03/06:00	57	DREAMS	02	I don't remember everything, but I felt somewhat guilty that I left my kids doing stuff on their own, while I was overwhelmed with things. At the end I had someone read my fortune, some kind of Tarot. But I had to find out myself what it all meant. When I woke up I was glad I didn't have to get up.
03/06:00	58	DREAMS	02	In the morning before I woke up I had this dream. I am definitely dreaming more this week. I dreamt I sent my daughter to an art camp and she never came back from it. So I went somewhere and I was doing detective work to find her. Everyone was saying I don't know where she is. I was really scared. There were these videos of her from the camp and she was the most alive one in the videos. I was looking at the videos for some clues where she was. I had a stomach ache from this. I woke up with the <u>panic knot in my stomach from this dream.</u>
15/12:05	75	DREAMS	02	I am not remembering my dreams the way I was in the beginning of this proving.
15/12:07	76	DREAMS	02	My daughter told me she had a dream today that she was in her classroom and that gravity did not work. This is the daughter that was sick while on vacation in New York City last week.
21/06:30	79	DREAMS	02	Dream: I was in Beijing, with my best friend, her brother and his daughter. Later my husband . I wanted to visit with the girl, but she was already on the boat. My friend and her brother, also went on the boat, and we all had to be there in the morning to leave town. I realized that I had been in Beijing for two weeks, and not visited anything. I got really mad at him, and we started visiting the city in the dark.
27/04:30	81	DREAMS	02	I was on a boat with some colleagues, but then was put on a "jail boat", like taken hostage on a pirate ship? Then there was a storm, with the boat rocking. I was inside of the boat which was going up, down, sideways. But it wasn't scary, because it wasn't real: My colleague only recounted what "happened last time" When I woke up, I was too tired to write everything down. But the feeling it left, was this feeling of missing something, having missed out on something. We were going somewhere, but where - and from where?
01/07:15	99	DREAMS	04	I know I had a lot of dreams. The only part I remember was that I was helping someone carry a bunch of packages from a store to their car. The load was heavy and bulky. On top there was a box with boots in it. I decided to put the boots on as they were my size. This seemed a very logical decision in the dream. The boots were a beautiful moss green suede and knee high. As I stepped on to the grassy curb to lift the packages into the car, my feet and the boots sunk into the mud. I was mortified. The boots were ruined and were very expensive. I thought I was going to have to replace them but the woman I was helping was very understanding.
03/06:45	118	DREAMS	04	Woke up after another night of dreams. I remember two quite vividly. One was a dream I have had before-not exactly the same but the same theme. I am flying on a commercial airline and for some reason the flight path takes us very low through the city. The pilot has to be careful not to hit tall buildings and electrical wires. I think the city is Washington D.C. I do not feel afraid. The pilot is very funny and entertaining over the intercom. Once we clear the city the plane whooshes up into the sky like a rocket.
03/06:45	119	DREAMS	04	In the second dream, I am with a group in some Middle Eastern Country. The men and the women have to separated. I am in a group with other women and we all have to cover our heads. There is a party and the women are in one area cooking meat over a fire and the men are in another area dancing and making a lot of noise. The men try to sneak up and spy on the women and catch them out without their head coverings. The mood is festive, but in the dream I feel a sense of foreboding. It is happening at night and she is hiding her face.
08/99:99	156	DREAMS	04	I Know I had a lot of dreams but over the last few days haven't been able to remember them. I have even been present in my dreams saying to myself "you must not forget this in the morning. You need to write it down." But it is all gone when I wake up.
00/00:00	199	DREAMS	04	The night prior to taking the substance, I dreamt of the old house I used to live in on the East Coast. The dream was populated with people from my past and people from my life here in Los Angeles. It was a mixture of two separate lives. A friend's mother was upset with me, but I didn't take it on. At one point I stood up on a precarious structure to water some plants.
99/99:99	223	DREAMS	04	Slept ten hours that night and had wild dreams. Dreamt of a building with red doors. A man went up to one of the doors and knocked. Someone came out and stabbed him in the forehead. I woke up and couldn't shake the image from my mind.

99/99:99	224	DREAMS	04	I had told her about my dream and the last thing she said to me before we hung up was "let's have more wild dreams".
99/99:99	225	DREAMS	04	I dream that my two closest Spanish friends come to visit unexpectedly. We are all very excited to see each other and I am so happy to show them around. They can't get over the size of everything here--big houses, huge portions of food, big cars...When I show them around my house, everything is the same except my garden. It seems much bigger and there is a large pond. Even though it is not summer, my friends want to go into the pond. One friend starts dressing up decorating herself with flowers, leaves and other things she finds in the garden. She looks amazing. My other friend is acting strange--she is not herself. My friend dressed in the flowers says not to mind her as she has left her husband and that is why they came to visit. To get her mind off everything.
00/08:00	233	DREAMS	07	Calm when wakes from vivid,crazy dreams but no recall
07/08:00	236	DREAMS	07	Dreams of cheating on girlfriend, waking guilty. In dream, no hesitation hooking up with this girl. Knocking on door, had to hide this girl. Woke up stressed and guilty. At home, Mom was away so he cared for his eight year old brother, sometimes frustrating and sad.
99/99:99	239	DREAMS	07	Arguing with girlfriend and she kept spraying perfume on her hair. I say what are you doing?? She was so stressed it was dripping on her forehead. It was bubble gum fruity smelling perfume.
01/03:00	252	DREAMS	08	I am looking with my father for a place I have been to. It is London, we kind of recognize the subway stop. We go to a kiosk.
01/03:00	253	DREAMS	08	I am in a house with people I know. A group of us waiting to use the bathroom, Tall friends are lined up I say will go outside they are entertained- it's urban suburbs. I go thru the building looking. There are halls with smaller halls off of them leading to doors. I see a bride and groom enter the building, I want to go somewhere where they won't go but they are right behind me. I enter a room its attic like a balcony there are things on the floor but no good hiding place I hide behind a basket- I feel ridiculous the basket is small. The wedding party rushes in to the level below, the chorus lines up in front of me. At first I think they are Brazilian, but then decide they are Portuguese. The ceremony is amazing- the music is great
01/05:00	255	DREAMS	08	Next dreams of the night/early morning: I am in a village or town, I stop at an establishment, the family eating there recommends we eat at Starbucks - but I want something local. They are eating pasta and I decide to eat there. Something about taking their cases. The boy wants to take mine, we talk about arrangements. The whole time I am not sure whether I should encourage him. Does he know how to take notes? Write fast?
01/05:00	256	DREAMS	08	A friend talks about someone else who is all confused and trying all sorts of things. Like right now she is into Italian. The same is true for her ex girlfriend. I am climbing upstairs with a friend. I am sort of rude to him.
01/05:00	257	DREAMS	08	It's a college campus- small college near a nondescript city lots of sprawl shopping areas. A slim black man African works at the college. He is seeing me or I am seeing him about an appointment. It turns out it is some other time. He is very friendly to husband and me we are both his clients. We are looking at the décor on his walls, there are wood carved caricatures of politicians (Kennedy and or Nixon) and also so of black children- I remark on that and look at him realizing he is black too. He has children, he is pleasant but would rather spend time with his children. Later I see him in drag heading into the city. He is wearing light blue flowered clothes- a light shawl over his head and a delicate shift with medium heels. He is a beautiful thin woman. He comments how friendly people are. I am impressed that he is going into a world where he would be so vulnerable. On the campus he is safe and admired and revered.

01/05:00	258	DREAMS	08	I am trying to leave. I am at a table and a friend of my mother-in-laws sits across from me deep in conversation with a hip young woman. She does not notice me. She seems to have a lot of hip young women friends. I go to a gathering there are different groups performing standing around fires, there is not really enough room for everyone. My mom is busy she wants to see me but I think I will leave. I walk off dragging something behind me into the library. A librarian chides me about this roll and proceeds to roll it back up- she is good at it and doesn't need my help. She talks about me and my personality like she knows my type. She assumes I smoke, I tell her I don't but she proceeds to tell me how bad cigarettes are, I ask her about smoking she has never smoked she is righteous about it and going on and on I finally tell her that in Ayurveda smoking is used as a form of medicine and that smoking might be good for her, that if she took it up it might give her an edge and that she is so proper and good an edge might be just what she needs. She is hurt. I hope never to see her again. But after I leave I see I forgot an important bag- I cannot leave without it. I have to return to retrieve it. And probably she will be there. I will have to apologize and tell her I had no right to talk to her that way.
01/05:00	259	DREAMS	08	I am in a bus full of people. The boys in front of me are having fun, they are teasing people in cars. One of those people is upset but the boys have an advantage they are in a bus and higher up and they have a bottle of water- the upset young man is spitting at them. But the boys realize it's a 'set up' – they have been 'set up'. The bus has to stop. The set up has been confirmed they will be 'trashed'. There is a makeshift stage with a lot of trash cans near by.
02/13:54	269	DREAMS	08	I am at the puppeteers house. My tenants drop by- they don't recognize me. The man looks deathly pale, his face is very pimpled, he looks deformed- crooked, like his spine is in different parts. The puppeteers have one of their parties. Friends and neighbors arrive. Two young women I know give a small concert it turns out they sing in Russian and their Russian is not bad, but then the song gets rock and roll, with a piped in sound track. I'm surprised that they would do something so tacky. A woman who works for my mother is making a piece of art, she is still finishing it. It's a big stenciled in white picture, it looks like a lot of Christmas cards. Its tacky too but I see its hard precise work. I want to leave. It's an awkward party- looks like it will end very early. I am looking for my shoes, they are white sandals. I find one of them then the other. As I am putting them on someone finds a creature, first I think it's a big bleached chicken carcass, but I see it is a big, slick, hairless and very white creature, it is pulled out of a backed up shower stall. Then someone sees another creature and pulls it out. I don't think it is dead. A child grabs on to it. I'm not sure how safe it is. This corpse like creature may be dangerous and hurt the child.
02/13:54	270	DREAMS	08	I am reluctantly taking care of a dog- a small cute black and white toy dog. It keeps falling in the water and drowning. I pull it out of the icy water. This time it needs to be resuscitated. I start pumping its tiny chest with my fingers. It vomits coffee like grounds but we don't succeed in clearing out its mouth. I keep trying to revive it, not sure if I should do mouth to mouth- or I end up doing mouth to mouth- it's hard on such a tiny creature
03/06:00	277	DREAMS	08	A tree is cut down or did it come down on its own- the branches are all cut off, and now are we selling it? My brother-in-law wants me to walk with his friend, maybe it is to see the neighborhood where this friend lives or see his house. We are in a cherry picker, the perspective from here is different than below- especially the way it moves gliding through the air. A young woman is involved in figuring out what to do- she is not all that helpful in the end she is sitting with her husband at a table in a café. I tell her that she is not special, all that makes her extraordinary is that she is with a man who is brilliant- even though what he did was once and he came upon it but still it was something out of him where as she is defined by what is around her. She has written two books already. One is surprisingly technical. She is enthusiastically working on her new book.
03/09:00	278	DREAMS	08	I was walking with my instructor around a pool trying to clean the edges of the inside of the pool. There was a gap on the bottom of the pool's edge that seemed to go into another level. I was using something to brush small objects off the bottom edge of the pool into that other layer but for bigger pieces, I had to get into the pool and take the object out of the pool.

04/06:00	291	DREAMS	08	My ex-husband leads me thru an exhibit holding my hand at one point he puts my hair back and says at my age I should do something different with my hair- it shouldn't be all over the place. We see some mobiles that an old friend of both of ours made. They are lovely. I think I will get one. It is made of pink and purple papers, bits and pieces in a frame- like a hanging picture mobile. It is more abstract and prettier than his usual stuff. One of my best and oldest friends wants me to come and see her work. I will, but it turns out she is asking me to go way out of my way- there is no way to connect the two trips. I will be gone for a few days. My ex-husband says hi to her. At first she calls him my present husband's name then she sees it's my ex-husband .Its true he is looking more like my present husband, his hair is longer less blonde, he's not as tall and skinny.
04/06:00	292	DREAMS	08	Another friend (who was closer to my ex-husband and really looked up to him) is selling books at a table, he is busy talking to his neighbor. My ex-husband says hi at first the friend doesn't notice him, which is strange cause he is very observant and looks up to my ex-husband. My ex-husband tells me he stayed at a woman's house and mentions he slept on her bed. I realize I have to ask him what is going on- what does he want with me exactly. I don't feel jealous. But I expect him to leave and he stays and goes with me.
04/06:00	293	DREAMS	08	I have to go to the bathroom before we go. Its not clear whether it is men's or women's- the stalls have different functions. Some are storage booths- like cages. I go into a metal booth- very modern design shiny tempered stainless steel rounded construction almost looks like a carriage. It has a toilet in it but the toilet is situated awkwardly, it's very difficult to sit on. There are bits of undigested fruit floating. There is a cardboard cap on the outlet which an attendant removes. I have to place a removable oversized seat on the toilet which forces me to have to sit on it with my legs straight in front of me. It is difficult to get on and off this strangely placed toilet. I wonder if my ex-husband will wait. He is there at the edge of the gym. It is evident he wants to stay around. I tell him I need to be on my own at this point in life I don't need a partner (to procreate). He asks me if I am going to be with a woman. I say I don't know. But we go through spaces together- interiors and outside. He is reacquainting himself with the world he left behind- my world
05/08:00	306	DREAMS	08	I am on the lower level of a house with another person could be my husband. We see a young couple on the green outside the window. We are in China, they are native (even though they do not look Chinese). I see she has brought out a huge tractor with mower, this is the way it is done here. Even though she will do the mowing her partner starts it up and does a few rounds. We have to move back from the windows he drives dangerously close to the windows (which are ground level) and the mowing blade is very sharp and fast and extends into the frame of the windows. He proceeds to go around a row of trees and bushes he seems to have cut things down we have planted. I see he prepares to go in a narrow section between the trees and the gardens. I run out to tell him those things won't come back. But the couple counter and say in fact everything they cut down are annuals. I see they know what they are doing and it is true everything here are annuals. But still the tractor looks much too big for the fine trimming along the edges and yet it doesn't do as much destruction as it first appears.
05/08:00	307	DREAMS	08	We have to get off the train, even though it looks like our old house. I realize even though I have packed there are still a lot of odds and ends on the table and surfaces that have to be moved. I end up sweeping up small collections of small things- like monopoly pieces, and other small objects that I sweep in with my fist and stuff into my clothes. Others help- a classmate from homeopathy school, who is so practical has put away an expensive board game that we got for my nephew, a long time ago. She put the game somewhere among his old toys. We will leave the old toys- it has been done before. Just hope they will still be there when we come back. A group of older women friends are going to celebrate one of their past or ancestry. I fashion a skirt from curtains. It turns out to be a beautiful dress- of a petticoat and translucent colorful over skirt- billowing gathered at the waist. Has to be held up with a cord, but I have to find the cord, I think maybe it should be a belt.

05/08:00	308	DREAMS	08	The women turn out to be good artists. One is an actress, she is very good at presenting a strong personality, she is good at expressing herself- both physically as well as verbally. The other knows how to paint faces. She does not render them as if copying someone else's work. She does it with real observation and feeling. She gets the deep darks and the lightness of the whites. The eldest daughter of a follower of my dad hobbles down the street on heels, which are not all that high. She is grown up but short and delicate. She is dressed in a short-sleeved lilac colored dress- not something a young woman would wear these days.
06/09:00	315	DREAMS	08	It's around the house of a young neighbor. The place doesn't really look like it, but in the dream it's his place and he wants to sell it- it's too isolated. He is on tour with a friend. A woman who is not very beautiful and does not seem to be a performer- sort of awkward and unsure of herself. I notice though she has nice legs- you can see them through the dark thing she is wearing. The friend seems interested in her, people always couple up. A few other people I know are in the crew. They are happy working together- an odd bunch. They leave tomorrow to continue the tour. They don't have to pack because they have packed already. They talk about various things- people who are transies or are going out with transies. I help by moving a huge ladder- it's not too heavy, I can do it as long as it does not start tipping. There is a large project going on, a lot of building and striking and moving things. It's sort of outdoors, it's in the country.
06/09:00	316	DREAMS	08	I'm leaving, that is what the group thinks. I see photos of one of their projects. A large group of women as gangsters and their molls. They take over the streets of a small city. They fake shooting with very fake guns. There is a picture of them up against a building on the steps of the building- ready to storm it. Great costumes. A beautiful shot and looks like such an exciting thing to be part of. I'm still leaving but as they are eating it looks like a good meal. I ask if I can help myself- they have taken their food without offering to me. It is because I am leaving. Instead I go inside to help myself. I'm not sure if I'm entirely welcome but it looks good and I want to try it.
06/09:00	317	DREAMS	08	It is quiet. The house is like a garden inside- a many tiered garden with strange topiary and a fountain- a vast climbing interior garden facade thing when you open the door.
07/07:00	325	DREAMS	08	She couldn't recall the dreams- they had to do with apartment hunting in a black neighborhood.
08/09:30	330	DREAMS	08	I dreamt that my ex husband called me downstairs to look at some gifts he brought me. So I went downstairs and saw that he got me several pieces of gold jewelry, Indian 22K Jewelry in the latest darker gold styles - kundan styles, and some regular styles.
00/00:00	338	DREAMS	08	Dream: I dreamt that there was a big flood of some sort and I and two other girls survived; don't know who the girls were. We went around looking for survivors and saw this tree branch with a bunch of babies and children just hanging off of as if thrown onto it. They were all on their stomachs and one on top of each other and appeared to be dead. Then we went to houses in neighboring area and went into one to look for survivors. At some point, we heard men's voices and tried to be quiet and hide because we were afraid they might think we were robbers or something. But the men came into the room we were trying to hide in and asked what we were doing in their home. We told them that we were looking for survivors and so they seemed to be ok with that explanation and asked us to sit down. They had gotten us these tall wooden like chairs. I got this distinct feeling that the main guy was interested in one of us (not sure if it was me) and wanted to discuss possibilities. The men seemed of European descent, like Turkish or Egyptian but not necessarily Arab.
00/00:00	339	DREAMS	08	... I saw that there was no real change in my physical appearance. I thought I would be sad but I was actually really happy because I felt that I didn't need to have myself transformed. I woke up feeling happy and very comfortable. I also didn't feel like getting out of the comfort of my bed.

00/00:00	339	DREAMS	08	Dream two: I was with a group of people who were entertaining others (like in a play). At some point one of the members of the play, said they found a spot in the room that could transform them and make them more beautiful and presentable. All they had to do was hold this particular object, stand at that location and close their eyes and in a few seconds or minutes, they would be transformed. So this one girl from the group did just that and I couldn't see the exact moment of transformation but one minute she was like a regular girl and the next she was this gorgeous classy lady and everyone on the stage and audience were amazed at the transformation! I was so amazed that I wanted to have that happen too so I took the object, went to the spot and closed my eyes. A few seconds minutes later, I opened my eyes and I felt special or slightly different but I didn't see any reaction from the other members of my group or the audience so I was confused. Another person went up and they were transformed too and everyone was awed so I was even more confused about why there was no "wow" amazement at my transformation. So I went to find a mirror and when I found one and looked in, I saw that there was no real change in my physical appearance. I thought I would be sad but I was actually really happy.
00/00:00	340	DREAMS	08	She was lying in a hole in a train station in Mumbai; She'd never been in Mumbai so she thought this was unusual for her to dream it; She had gone there to shop but she found herself lying at the station with everyone else in the stations; She did not feel peaceful and felt as if something bad was going to happen but didn't know what. She says when she woke from the dream, she was not feeling badly but she was feeling good and enjoying the comforts of being in bed.
00/22:15	349	DREAMS	09	While falling asleep, I see an image of a shark-like fish with sharp teeth. It wakes me up but still, I don't feel scared.
01/08:30	355	DREAMS	09	At a food service counter in a fancy hotel's restaurant. Also the workers come and get their lunches here. I'm one of the workers. I'm the last one to get my meal. The workers' food platters are simpler than those of the paying guests'. But not mine. A young male cook, very serious and quiet, puts a delicious chunk of roast beef on my plate, without me asking for anything. It's the last piece of that kind of meat. Then my plate is filled with other meats and cold cuts. I'm a little surprised. Feeling upon awakening: This was a good dream, I'm getting rewarded.
02/08:40	357	DREAMS	09	I remember only dream fragments: I have plenty of money in my purse. Some five hundred dollar bills. Also another "abundance dream".
03/08:40	361	DREAMS	09	I'm in Helsinki, Finland. I'm staying with friends. My mom and brother are sad that I'm not spending more time with them. I feel that I'm doing what I have to do. There is an outhouse. All the wooden parts are very rotten. I look in to the hole. I see quite a scene. It's a huge deep drop. Everything is splendidly clean because my husband has cleaned it. My little boy is with me. I warn him not to drop down. Then I'm walking on the street, lost but not anxious. People are friendly.
05/07:15	365	DREAMS	09	A big mansion is on fire. Kids have escaped to the roof. The fire is all around the building. They have to jump down. They make huge long leaps a quarter mile long. They land lying on the road next to each other. They are two boys and two girls. I see all this from far away. I rush to help them.. Then I rush to find a doctor. But the kids are not hurt. They get up and start playing. The girls play they are nursing their teddy bears. When I come back (with or without a doctor, I cannot remember) the kids are gone. I start looking for them. I even go down to the cellar. The cellar is large, warm, cozy and with splendid white walls. There is a section for food preparation but all the workers have gone for a break. There is only one woman who is selling tickets and waves to me. --- There is not any special feeling about this dream.
07/08:00	367	DREAMS	09	I'm on a porch and hear noises from inside. Some boys have a big toy airplane with an engine inside the house. I'm angry and yell: "Get out from here! Never come back!" They are too slow moving. I take the airplane and swing it out. I threaten to call the police and they run away. Feeling : angry. I'm also a little worried because maybe they will retaliate with some pranks. When awake, I think this is a change from the previous amicable dreams, and I remember the concert which made me angry and upset.

08/08:00	368	DREAMS	09	It's my task to teach some rhythm to my friend's ten year old son. It's some kind of a therapy work. I have not bothered to do it because it's difficult for me and I'm not interested. But now the boy's mother has grown suspicious and I have to do something. I have a note book with a verse in it but it's too difficult. I make a verse of my own: " Vocala Ritva, Vocala Ritva...(Vocala is a made up word and means "poor". Ritva is a female name.)The verse continues telling a story of Ritva eating a candy bar and dying but going to the heaven. I'm going to tell the boy that Ritva was my friend when I was young and she died young. This is not really true because she was my friend's big sister who later became a religious fanatic. The only thing I really remember teaching the boy was that I asked him how to spell "satama" --the word means "harbour" in my native language. The boy made two mistakes in spelling one word. But I didn't correct him. I thought , he will learn it anyhow when he grows up. This was a funny dream.
12/08:30	370	DREAMS	09	A mean man moves in to our home and we cannot do anything to protect ourselves. His name is Erbium. He chews my both hands off. Feeling : very unpleasant, worried.
14/08:40	371	DREAMS	09	I see my flower bed. There are nasturtium-like orange flowers. There are many flowers but their stems are short and weak. I understand that the soil is too poor.
16/07:00	378	DREAMS	09	Dreamt of a man with Down's syndrome. He is very short. He cannot speak. I used to take care of him when I was young.
19/08:00	385	DREAMS	09	I park my car on a city street. When I come back it is moved. Now it is in an upright position wheels against a house wall and is pinned. The traffic sign is behind the car so it cannot slide down. The motor is running. I cannot get into the car to shut the engine. Feeling: worried. Cannot do anything to help the situation.
99/99:99	389	DREAMS	09	I'm in bed with another woman . To my surprise I notice that she has a penis. It's quite a feminine penis, not too big and hard. It's just the right size of a penis for that lady.---When I wake up I'm worried about the meaning of the soil being poor and don't first even remember the funny part of the dream.
99/99:99	390	DREAMS	09	No theme that ran through; but there was one of a strange cleanliness, a cellar that was white washed; outhouse that was very clean; I associate these cellar or something underground this represents the unconscious. In the unconscious there are these needs they are not usually something clean and beautiful, in my dreams during the proving they were unexpectedly beautiful.
99/99:99	391	DREAMS	09	White-washed cellar walls were beautiful, very white. Nothing special. Part of the cellar was for food preparation; I was a visitor. It was a place of nourishment.
14/99:99	417	DREAMS	10	Dream about seing a fetus during her ultrasound exam.
02/09:00	445	DREAMS	11	Clear dream telling someone that they should be careful about visiting me on the astral plane because I know what they are doing.
04/08:00	456	DREAMS	11	Woke up anxious and overwhelmed, foggy headed. Did some mediation. Had a dream about an old neighbor, that was present during time I had the perception shift about. She has the qualities of organization, focus, and "good mother" attributes I would like to have more of. Had lots of thoughts of her during the day.
02/06:30	485	DREAMS	13	I am looking for a mouse in a storage room. I keep moving box after box out of the room; but the boxes seem endless. I am wondering why I am searching for this mouse? It was as though the boxes were multiplying.
04/04:00	499	DREAMS	13	I am alone in a very, very large bedroom; the walls are icy cold, the house that I am in is made of stone. I see that the fireplace at the foot of my bed needs tending. I get up and I step onto the ice cold floor. I go to put some logs onto the smoldering fire and as I pick up the logs there are three little mice curled up in one of the logs. I think to myself; well at least they are warm. I stoke the fire. I climb back into my bed and notice that it is a feather bed. Then, as I pull up the covers, I realize that my hands are that of an old, old woman. I touch my head, and it is wrapped in a scarf, I have long, gray hair, braided and put into a bun on the top of my head. I am fascinated and I fall asleep.

56/06:05	539	DREAMS	13	I am catching mice in a live trap. There are so many mice. I look down in this live trap and there are about ten mice. I decide to drive them to a field near my house. When I arrive at the field, I notice that there is now a baseball diamond where the field used to be and behind first base, there is a L-shaped area with the most amazing purple, white, and blue Hyacinths. I am struck by the order and structure of the baseball field. I look down at the mice; they are a bloody mess; as though they've been eating each other; I dump them out in between the flowers. I cannot tell if they are alive or dead; they are curled up. I am wanting to wash my hands. I go across the street to this restaurant. In the restaurant are a group of my friends from a long time ago. I didn't remember that I had friends. I wash my hands and when I come out of the bathroom the owner of the restaurant shows me these icons hanging above the front counter. There are four images of these strange beings; he tells me that these beings are gods. Their shapes look similar but their skin color is different; one is purple, one is white, one is blue, and one is red. I feel confused. He asks me, "Who are you!?" I am uncertain. Then I remember the mice. Then I wake up.
02/07:00	549	DREAMS	14	I could jump and fly. My flying skills have improved. I was with my friend who goes to church with me and is the director of the acting group in the church. I asked her to drive me to town to buy new sheets for the new mattress that I just got. She dropped me off and I was going to meet my sister there. I cannot find sheets anywhere. Then I see this really tall closet and there is no way I can reach this closet. Then I see my sister and she cannot help me. She finishes her shopping and goes away. Then there are some Persian men. I am dressed up like a genie in a bottle and I am flying around and am trying to get home but I cannot. There is something about the wind and the coastline. I have to go back to a coastal city.
03/06:00	550	DREAMS	14	I am with my dog and I am watching this happen. There are these tribal people that throw a lasso over these animals and they catch them. I am thinking about this. I go to this estate sale and I notice that there are these locks on my car tires and my tires are flat. The estate sale is hard to get to and I have to go down a ravine. I can only drive so far then have to walk. When I am coming down I am noticing I am dyslexic. I am having trouble going down this ravine. I think the ground is messy. The house is elaborate and on a lake. I am with my sister and this lake is wonderful and clear and the water tastes wonderful and then my sister jumps into the lake and I follow her.. Then there is a house next door with a fountain and I think that I love fresh water.
04/14:26	554	DREAMS	14	I am living in a western city and something has happened in my life so I am moving back to my home state I buy a condo sight unseen. I move back there and it is really awful. It is part of the lower level of a building. It is like in the basement. The kitchen is barely there. It is really old. They have just put in new carpets. I am talking to the person who has put the carpets in and they think it looks great and I say I would never put in blue carpets in and I am disappointed. It is right around the corner from the church school and the church that I went to as a little girl.
56/99:99	568	DREAMS	16	I don't recall my dreams at all.
56/99:99	625	DREAMS	21	My dreams were of people from my past, old boyfriends, old friends, teachers. My dreams speak to me, I take a lot of meaning from my dream, I am usually really afraid or take meaning from my dreams.
00/00:00	680	DREAMS	21	I dreamed I was in jail. It was a mistake. Then a man I knew put many pounds of drugs in my locker and I was going to be in jail for the rest of my life. They said the three strikes law. I said it was a mistake. I was never convicted of anything before.
00/00:00	681	DREAMS	21	I was on a team. We went to the city. We checked in with the people who were going to feed us. They acted strange, like we were bad. Then, there was a drive by shooting by a military team. None of my team was hurt. I wondered how the people in the place with the food, maybe it was a bar, how did they know the shooting was going to happen. Then I met a woman I know from my home town with her front teeth missing. Then I noticed I did not have my teeth in.
56/99:99	702	DREAMS	22	I went to a Spiritualist, I had company visiting me, my dead mother, my dead sister, my dead aunt and dead uncle. I didn't make this connection before. So to me, that it happened inside this state of being reactivated by my mother yelling at me. The preacher at this Spiritualist Church said, "I see this golden light coming off the top of your head, I rarely see this." Mother, "Everything is going to be okay." Totally accepted and comforted, that my mother really does love me and I am a good kid.

02/99:99	720	DREAMS	24	dreamt I was in a very big home – it was mine and I had laid down this old carpet down the hall and up on the wall and I was thinking that it had a very big uneven seam I should have tried to hide and I was talking to two co-workers and saying we were going to take the carpet out and they thought that was great because they wanted to do some stone work. The rest of the hall was marble. There was a group of us all dressed up leaving the house to go to a reunion and we were getting into limos – my friend and her husband go into one of the limos but my husband wasn't anywhere to be found so I didn't go with them and went back to find him. The front yard was huge by the way. My husband was sitting on the sofa watching television and I said we had to go and he called for a limo and then I was trying on shoes – none of them were right for my outfit and then I looked and had black socks on and thought I had kankles and then I was putting on a really fluffy wedding dress with a head piece that was all way too much and then I looked up and my sons were there and they said it was the next day already. We had missed the party and I was so upset that I missed it – I couldn't believe it!
03/99:99	723	DREAMS	24	Supervisor – dreamt I was in a building that was falling apart – it was like an earthquake. I felt calm in the dream and was just moving with the building to avoid being hurt. I was holding on to a railing and then it fell down but I landed on the ground and then I was in a building and it was rolling and moving and I moved with it. I wasn't hurt and was making sure I held onto my cell phone and keys – then my husband woke me up. I had only been asleep a total of an hour and fifteen minutes and it seemed like such a vivid, active dream in such a short time of sleep.
01/06:30	729	DREAMS	27	Person that I was personal assistant to started shooting a gun at me
99/99:99	759	DREAMS	01	She has been dreaming of family members and friends she hasn't seeing a long time
99/99:99	765	DREAMS	04	Nightmare about a knife red door person gets stabbed in the forehead, cartoon like.
56/00:00	772	DREAMS	10	I was on the edge, like a court case, about me trying to go into something and not really create something but enter it or claim it make it my own and it's not happening. Surprisingly, there's an obstruction, a challenge so that is unusual my dreams are not like that. That was strong, not quite a nightmare, but something that I would try to resolve, to enter – when I was not fully awake trying to resolve it so it doesn't impact my waking life, I had to resolve – not a good thing to just wake out of.
99/99:99	779	DREAMS	100	Vivid dreams of the younger son stabbing older son in his back.
99/99:99	226	EAR	04	Woke up with blocked ear. Lasted all day. Could hear strange noises in ear. Buzzing and Popping sounds.
01/20:30	437	EAR	11	Pain in right ear, dull ache to pain. This happens on occasion.
01/20:30	438	EAR	11	More pain
05/18:00	312	EXPECTOR	08	While biking, she had post nasal drip; It was a thick mucous in the back of the throat that she wanted to spit out but couldn't because she was on a bike and so she just swallowed it. It persisted even after she got home after the bike ride.
04/08:15	130	EXTREMIT	04	Driving my son to school and get the "tingling" again. This time it starts in my back and moves down to my legs.
03/18:30	13	EXTREMIT	01	Bruise appeared in palm of left hand, not painful.
27/08:00	21	EXTREMIT	01	Constant pain in left wrist (near thumb).
28/08:00	23	EXTREMIT	01	Constant pain in left wrist (near thumb). So painful, cannot lift a glass of water.
29/22:00	24	EXTREMIT	01	Constant pain in left wrist (near thumb).
30/10:30	26	EXTREMIT	01	Constant pain in left wrist (near thumb).
31/21:00	29	EXTREMIT	01	Constant pain in left wrist (near thumb), although, pain has decreased.
00/11:00	37	EXTREMIT	02	Went for a walk. After walking for twenty minutes I had to loosen my shoes, because my toes were "asleep". Prickling, stinging feeling. Fine after loosening the shoes.
01/16:10	41	EXTREMIT	02	After walking for twenty five minutes my feet and toes were numb. It was a little weird. I had to loosen my shoes.
11/11:15	69	EXTREMIT	02	On the inside, almost the bones or the ligaments. I had the feeling that the ligaments were wanting to be stretched. I went on my knees with my toes tucked under and stretched my ligaments on the bottom of my feet. I wanted to stretch my feet and my hamstrings. If I was waiting for something I was leaning over trying to stretch the back of my legs and this made it feel really good.

11/11:15	70	EXTREMIT	02	I got an extension of the whole back of my legs. This stretching made the whole leg feel relieved from the uncomfortable feeling.
11/11:18	71	EXTREMIT	02	We took a huge tourist approach on the first day. We were here on Tuesday. My feet hurt after that. They hurt a lot towards the back, towards the achilles tendon and the heel, the bottom of the heel. This was like a dull kind of pain. And standing was getting unbearable. My feet and legs started burning and going up my legs. The next day I had to keep my feet in motion as if I was walking. Standing still was totally unbearable. Walking was not a problem. Yesterday, (friday) I had rested enough that I could take it but standing was unbearable. When I am standing it creeps up the legs and is really uncomfortable.
11/11:20	72	EXTREMIT	02	In the morning when I get up I feel the soreness in the achilles tendon that I need to move around a little bit before I move at regular speed. I need to move really slowly . Finally last night I was thinking about that I should talk about it (Friday night)
15/11:57	73	EXTREMIT	02	I have pain two days ago when I was a lot on my feet and it was equally on the bottom of my foot from heel to toe, like one blanket of pain, more on the right foot on the toes. Equal distribution over the whole sole.I had to keep moving, even when standing, I would move my feet as if I was walking made it feel better. Standing was worse. Moving made it feel better but did not make the pain go away. It was kind of like burning, dull, continuous and would go up into my calves. A little bit into the thigh. I have been resting for the last two days and it is not bothering me as much. The right achilles tendon is sore a little bit. (Before the proving I had a little pain when I step on my right ball of the foot when I put the weight on it, I had a pain in the foot above the ball in the middle)
15/12:09	77	EXTREMIT	02	I fell asleep on the plane from New York City to Los Angeles for two hours. When I woke up I was really stiff. When I got up I was really stretching the back of the legs. A good hard stretch that felt really good after that. I felt like I had to stretch.
17/10:00	78	EXTREMIT	02	Going for a walk in the streets, I had the same issue as before: my toes started to tingle, I had to loosen my shoes
00/00:00	88	EXTREMIT	02	Pain / cramp at the top of the left arm, pulling down the arm
99/99:99	89	EXTREMIT	02	Still feel the pain in shoulder and arm
00/07:27	94	EXTREMIT	04	Feel a tingling in my legs. An excited feeling, not unpleasant.
01/08:11	102	EXTREMIT	04	Driving and felt a tingling – it started in legs and moved up my back to my neck. Not an unpleasant feeling – a feeling you get when you are excited about something. It didn't stay, it dissipated.
01/19:00	103	EXTREMIT	04	Shoulder feeling fine – (baseline-gets achey_ – Not as achey as usual. She had an appointment before the proving for a massage and thought that might be why she was feeling less achey.
09/99:99	161	EXTREMIT	04	Having shoulder pain – felt that she was very stressed today – more than any other day – her shoulder is really bothering her – the pain goes down left arm and hip
56/99:99	179	EXTREMIT	04	I usually suffer from left shoulder pain, during the first ten days or so, that was much better.
56/99:99	180	EXTREMIT	04	Early on I would get this sensation tingling in my legs and go up my body into my back and neck. Late morning while driving. This was the first three or four days.
56/99:99	181	EXTREMIT	04	Sensation of tingling, an effervescent, bubbling feeling, not like formication, effervescence going up the body; it's not scary, it's almost pleasant. Bubbling up, tingling.
99/99:99	203	EXTREMIT	04	When she took the remedy her shoulder felt better – it is hurting her again – it's her left shoulder – so her left shoulder felt better when she took the remedy.
00/17:30	249	EXTREMIT	08	Tops of fingers are very white and developing blisters unlike what she expected; There is no pain like before; feels numb when touching something and like no nerves at tips of finger; burn seems to be receding only to finger tips. She recalled to me when she was eight years old when she did something similar, she had a skillet on an electric stove and she had a desire to put her hand in it; while she was putting her hand to touch it she knew she shouldn't but she did it anyway.
01/16:54	262	EXTREMIT	08	The burned fingertips are healing extraordinarily fast, there is a blister on the fourth finger the other two are entirely healed- no sign of the burn on those two fingers.
01/16:54	263	EXTREMIT	08	She noticed that the sore foot was less painful; Usually when she stands up she winces but she did not do that today.
02/16:54	272	EXTREMIT	08	She did a lot of walking today- her foot was getting kind of stiff by the end of the day (this is not unusual) but her left hip was really aching for a bit around 5pm- this is also a sensation she has had before but not for a while (since last July).

02/16:54	273	EXTREMIT	08	The burn on her fingers are disappearing rapidly; third finger's blister popped and can barely see the other two; She has sensations back in her other two fingertips.(pinky, ring is her forth finger and middle finger is the third finger)
03/21:00	281	EXTREMIT	08	The scarring on her fingertips from the burn is almost gone- the finger with the blister is healing fast- there is no discoloration anymore;
03/99:99	287	EXTREMIT	08	She took it easy with walking so no real pain noticeable.
04/99:99	302	EXTREMIT	08	Her foot pain got worse throughout the day and included a tight heated pulling pain on the sides of the right knee extending in to the hip- by the end of the day, even after coming home and not woking, the pain did not go away- this was very unusual in her mind.
04/99:99	303	EXTREMIT	08	The burn on the fingers is going away. The fourth finger, right hand, where the blister popped, the skin is healing, but the area is still visible on the other fingers nothing is visible- the skin is just harder there.
05/12:00	309	EXTREMIT	08	Feeling pain in my left hand; Initially started around noon eastern time from elbow to wrist area- a burning and aching and constricting kind of sensation. This feeling moved up to my upper part of the arms between shoulder and elbow. When this happened didn't feel it in the lower part of arm. Moving my arms and pressing on it did help a little but the pain would come right back when I stopped moving or rubbing the arm; Brushing the arms with fingers did not feel good; it felt like someone scraping against an open cut or a cut that hadn't healed properly. The pain in the upper arm was on the meaty side of the arm (biceps?) and not the side nearer to body.
05/23:30	313	EXTREMIT	08	She got a spasm in the left palm under the pinky and fourth finger; felt it through the hand- a stiff tightness; She couldn't really open the hand normally and thought "oh is this the way the onset of paralysis feels?" Movement of her hand was impeded by this pain. It lasted about a half hour and diminished with time.
05/23:30	314	EXTREMIT	08	She noticed that the pain in right foot and through the leg continued today; This was unusual; She did not do much walking, rode a bike but still the pain persisted.
06/13:00	319	EXTREMIT	08	The heated pain on my left arm came back but it wasn't as painful. The pain was more like a heated constricting kind of pain.
06/99:99	320	EXTREMIT	08	Her foot and leg felt better today but didn't do much exercise that day either.
07/99:99	328	EXTREMIT	08	Her foot was not sore but she felt a pulling heat- it is heated and there is an energy in the right foot.
08/20:00	332	EXTREMIT	08	I didn't notice the pain in my left arm much today.
00/00:00	341	EXTREMIT	08	Friday night she had a pot with butter in it on the stove; She used the flame under that pot to light the oven and forgot to turn off the flame; She came back later and reached into the pot to get the butter and she burned three fingers badly. At the time the pain didn't register but she knows she burned it very badly. She tried to use ice packs and took camphor and arsenic; The first seven hours were very painful. Later she couldn't sleep because it was throbbing painfully so she went to get tylenol PM, five hundred mg, from the drug store and took two to get some sleep. She has not taken drugs in a while and she woke up on Saturday very groggy.
00/22:35	351	EXTREMIT	09	There is a pinching in my toe. Left foot, fourth toe, outer side. I'm thinking, which meridian starts there?
14/09:15	373	EXTREMIT	09	I'm giving a massage to my client. There is a strong tingling in the fingers in my left hand. It lasts only 5 minutes. This is a new symptom.
00/00:00	387	EXTREMIT	09	Pain in left shoulder - tearing pain - that moves up in to the left side of neck when I move my arm
01/99:99	442	EXTREMIT	11	Hands are sore, left wrist pain. Is this mine, the remedy, or someone I will be working on soon?
03/09:00	451	EXTREMIT	11	Left ankle pain, like a bite brief.
00/00:00	470	EXTREMIT	11	Pain in my left shoulder which is new. It feels deep. Concerned it could get worse...two co workers have had ongoing issues with shoulders, I don't want that
03/12:00	491	EXTREMIT	13	My calves are cramping and tingling. The only thing that brings me relief is someone squeezing me tightly.
02/22:07	613	EXTREMIT	21	Very sharp pain in big toe joints - extends down the bottom of foot half way to heel. It especially hurts shifting gears in car or stepping on toes.
02/22:07	614	EXTREMIT	21	Pain above right knee that feels like a mass of something.

03/16:32	620	EXTREMIT	21	Both of my thumbs hurt if I grab anything that is even a little bit heavy. This feels like the same kind of pain that I am having in my feet. It is sharp and has me not want to pick up anything.
11/14:50	621	EXTREMIT	21	I no longer have problems with my feet hurting. My right knee hurts a lot in a couple of different ways. It hurts when I step down going down the stairs. It hurts on the front outside of my knee and it feels like where the ligament attaches to something. My right knee feels swollen in general. It also hurts on the back of the knee. This is where the pain is the worst. It especially hurts if I straighten out my leg so that the knee is locked. then it hurts like two steel rods going up through the back of my knee. Last night while sleeping it woke me up. And it hurt for the first time in my hip. right at the top of my femur bone. It hurt when lying on my back. It does not hurt to walk unless I go up an incline or down. Especially it hurts when going down. If I squat, which I am prone to do, It feels like it is super tight and that I have to stretch it out. It hurts on the top of the knee when I am in a squat oposition and it hurts on the back when I get up. There is not anything I can see that I did in my life that would explain why my knee hurts like this.
56/99:99	626	EXTREMIT	21	My left index finger, my knuckle was hurting and swollen, I usually massage it.
56/99:99	627	EXTREMIT	21	As if my left shoulder or arm is being moved upward, like the shoulder blade is upward, the arm is just, just there. There is a slight pain in my shoulder, but it is not really pronounced.
56/99:99	628	EXTREMIT	21	Deep breath. Now I see a cobra, first it looked like a mushroom, but now it becomes a cobra. My body is falling more and more. My left shoulder is hurting more. Like a sharp, poking pain, that is warm. Warm and pulling sensation. My hands feel cold. Deep breath.
56/99:99	629	EXTREMIT	21	The more I move or breathe, the pains come. I feel as though my body is going into a hole that is dark, a sinking motion. It's down, it's like a tunnel, below me, it's like I am floating into it... ..stomach, the word stomach came into my mind, I am falling deeper into it, the left shoulder pain is more pronounced.
56/99:99	630	EXTREMIT	21	The shoulder is still hurting. I am beginning to feel I am expanding again, like a spirit coming up, coming up, it's bigger than the ant, I am also on the floor, I am here and there, there is a lightness, weightlessness, a brightness, it is trying to pull me up, my body is slowly coming up to the sitting up position, it is doing so, little by little, the pain has begun to move from my shoulder to the lower left side of my back, into my leg, its dissipating, a light pulling me up, it's blue, now it's reddish pink, the pain has remained on the waist area on the left, from the side to the front, a pain in a small spot, in my hip joint area.
56/99:99	631	EXTREMIT	21	Left hand is warmer, my right hand is colder. I feel like I am coming to sit up more. The pain is still focused in the left hip.
56/99:99	632	EXTREMIT	21	It is trying to move my hips, as though my hips are shaking, shivering from cold, but I am not cold, only my right hand is cold. It is intensifying.
56/99:99	633	EXTREMIT	21	Warm, like a deep warmth, my feet are a little bit cold.
00/00:00	682	EXTREMIT	21	Pain in hips - hard to walk
11/15:25	688	EXTREMIT	22	One of the ways I experience it is that I have had problems with my feet and knees and hips in the past but it is not at all like what I am experiencing with this proving. The quality of pain is completely different and how I am with it is different
13/23:39	695	EXTREMIT	22	The pain in my knee is much better today.
99/99:99	735	EXTREMIT	29	For me it was quite interesting in the beginning, my left shoulder was very sore, my shoulder was stiff from the top of the shoulder into my neck, even before the opening session.
99/99:99	736	EXTREMIT	29	Pain on the inside of my leg, right leg, ascending all the way up, it was only ameliorated if I walked around.
99/99:99	737	EXTREMIT	29	Right shoulder pain, stiffness, my arm cannot move, like a double ache, it is continuous, it invariably ends up like a headache. This has been a lot better.
99/99:99	766	EXTREMIT	04	I had tingling in my legs, when I was driving, like an effervescent feeling up to my neck it wasn't scary
00/00:00	683	EXTREMIT	21	Pain in my left hip especially when getting up. This is the second day of this pain and it is very hard to walk. It is a cramping pulling pain.
00/00:00	684	EXTREMIT	21	.Pain in my left knee that makes it hard to walk . It is a cramping pulling pain.
03/15:10	11	EYE	01	Headache in left eyebrow that lasted for fifteen minutes
03/16:00	12	EYE	01	Headache in left eyebrow that lasted for one hour.
03/20:00	61	EYE	02	On turning my head to the left, I had a sharp,stabbing pain in my right eye. I had to close the eye for a second, and couldn't move it.

56/99:99	182	EYE	04	Like a knife is going through your eye.
02/09:00	446	EYE	11	Twitch on left eye at brow bone.
56/99:99	569	EYE	16	Eyes have been itchy, burning, rims, dry itching burning, not so that I scratch, but dry and burning.
56/99:99	570	EYE	16	Stye in the left inner canthi, that came up this morning.
56/99:99	634	EYE	21	The past three days my eyes have been really red. Dry and red.
04/09:30	294	FACE	08	She woke up with several small pimples on her chin.
56/99:99	571	FACE	16	Face feels heavy, really heavy. My face feels droopy, like it's drooping down, sagging, drooping, everythings falling down like it's, what's it called that keeps you connected to the earth? I am searching for words.
56/99:99	572	FACE	16	Gravity is pulling on my face.
06/99:99	144	FEMALE	04	Said it is around the time of her period – may that is why she has a headache and isn't feeling well.
07/06:45	147	FEMALE	04	Wake up after a good sleep to find my period has started. Unusual that it did not wake me up during the night.
07/99:99	149	FEMALE	04	She said her menses have been regular and usually only gets cramps the first day.
07/99:99	150	FEMALE	04	She said she wasn't feeling as bloated and grumpy as she usually gets – it (menses) came on good.
08/06:45	155	FEMALE	04	experienced cramping in the afternoon
16/19:30	423	FEMALE	10	The prover got her period, she is having some cramps. Headache is gone. She is in a good mood and enjoying her weekend. Dry mouth and lips. Has to drink water constantly.
19/19:30	425	FEMALE	10	The prover is concerned about unusually heavy menses. No cramps.
02/99:99	448	FEMALE	11	I had cramps on and off all evening, it woke me and kept me awake. Early, the pain was so severe and I was so light headed, I thought I may pass out.
04/04:00	500	FEVER	13	I have tremendous chills and yet my back feels very hot.
06/15:57	562	FEVER	14	My ears are hot. The inside of my ears and the outside of my ears. I am not sure If I have a fever or not.
00/08:30	96	GENERAL	04	Feel cold. Go back to bed for a while. Take hot shower and feel better.
03/10:00	120	GENERAL	04	Played tennis and didn't feel as tired and achy as I normally do afterwards.
02/12:15	6	GENERALS	01	Feeling exhausted, overly tired all day.
02/22:59	55	GENERALS	02	I ate some bread and cheese and when I was driving after that I was feeling like I was going to fall asleep.
09/08:00	65	GENERALS	02	In the morning, my ten year old daughter is complaining she doesn't feel good. Towards the afternoon, she gets a fever, her lower legs and feet hurt. She coughed, which hurts her throat. Short coughs, with a little expectoration, though nothing we get to see. Headache on top of head, better with cold application. She drinks constantly, water and vitamin water, but has no appetite. Initially I gave Aconite, then moved to Ferrum Phos, After one dose of Belladonna she seems to finally fall asleep. Later the next day at night she started to drool, and I gave her Mercurius which finally broke the fever. I was getting worried, that the fever could mean something else, so I didn't sleep much- also to make sure she was OK. Even though I wasn't sleeping, I was not panicking, I kept a certain serenity.
01/19:00	105	GENERALS	04	Change in eating – not that hungry – everything tastes different. Egg with toast doesn't taste like normal. Has not been craving salt. Usually crave chips in the afternoon.
01/19:00	106	GENERALS	04	Thirst is normal.
56/99:99	194	GENERALS	04	Sleep would make it better
00/00:00	200	GENERALS	04	Before I took the substance, the spelling difficultly started then. I had this weird sensation of being pulled back, like on a roller coaster, a whiplash, my body was going backwards, or my head especially. Sitting in the chair, I felt this pull, this gravitational pull, going backwards, it wasn't scary, but I definitely was being pulled backwards. Weightlessness, my head was weightless.
99/99:99	204	GENERALS	04	follow up conversation with prover – she said after the first 10 days she wasn't paying attention as much – she has felt more tired – she said she felt like she had more energy the first 10 days after taking the remedy.
99/99:99	207	GENERALS	04	Her eating is the same – no cravings – still feels taste effected – still eating bland foods, bread, soup and cheese.

99/99:99	209	GENERALS	04	Her thirst is back to normal – in class drank a lot of tea and water
99/99:99	211	GENERALS	04	Her sense of taste and smell are coming back
99/99:99	212	GENERALS	04	busy day – she has had no more tingling
99/99:99	213	GENERALS	04	eating picking up – haven't been snacking as much as normal
99/99:99	215	GENERALS	04	Her appetite is normal and drinking is normal for her. She is feeling more stressed than she did when she took the remedy.
99/99:99	216	GENERALS	04	A few days before we had talked she experienced the sensation of a bubbling feeling going up – her body. She described it as feeling bubbles under her skin – starting at the base of her back and going up her hips to her arm pit. It was an effervescent feeling that traveled from the base of her spine up her body.
99/99:99	240	GENERALS	07	Health excellent
00/10:30	245	GENERALS	08	Felt a heat that started in upper chest just above the breast, that traveled up; the movement of heat did not spread around chest or shoulder but went straight up the neck towards the head; felt beads of sweat on upper lip as heat went up the face; felt beads of sweat on forehead when heat went up to head; then heat traveled down towards shoulder and immediately dissipated; The heat was not like the hotflash heat she sometimes gets.
00/21:15	347	GENERALS	09	Eating bread and butter, it tastes delightfully strongly. I taste some strawberry jam just to test if it tastes better than usual: yes it does.
03/08:40	360	GENERALS	09	Lower energy not feeling
03/15:00	362	GENERALS	09	Milk - drank a cup and half of milk in the afternoon half hour
03/20:00	363	GENERALS	09	Feel bored that there are no more physical symptoms
16/99:99	379	GENERALS	09	Very active both days but increasingly sick with runny nose, sore throat.
17/20:00	380	GENERALS	09	Feeling sick and very tired. Some cough. Taking Echinaceae, vitamin C and zinc.
18/09:00	382	GENERALS	09	Went to work AM, cancelled PM work.and took a nap instead.
18/16:30	383	GENERALS	09	Took a bath with hyddrogen peroxide in the water. It was refreshing. Doing a little better.
99/99:99	392	GENERALS	09	During the day and the evening start feeling tired a - not feeling healthy - has been feeling like this since coming back from Vancouver. Fresh air makes her feel good and taking a nap.
04/17:30	404	GENERALS	10	The prover calls back and leaves a message saying that she didn't hear my call yesterday because she was resting and she put her phone on silent. The symptoms are all the same:
04/17:30	405	GENERALS	10	Feels tired. Desire to rest.
09/09:30	412	GENERALS	10	The prover calls back and leaves a message saying that she is doing good, all the symptoms are the same:
19/19:30	426	GENERALS	10	Increased appetite for the past few days. Yesterday she woke up at four am to eat.
00/21:30	435	GENERALS	11	I am thirsty, and hungry. Ate left overs, drank mangnesium.
04/08:00	455	GENERALS	11	No headache or cramps, had kids, enjoyed them.
05/22:00	459	GENERALS	11	Felt really good today. No depression or anxiety or fatigue. Beginning of migraine in the late afternoon. Took imitrex. Typical symptom after my period...although it is usually days after the bleeding stops, not the case today.
06/21:00	463	GENERALS	11	Energy level was good today. Very busy, completely out of sorts, productive but feeling scattered, hard to get started on things, once I got going on a project it was ok. Very stop and go all day. The ankle pain showed up in a couple of people today. One customer was asking for help with her daughter with nerve damage in her left ankle. then my friend showed up and ankle she thinks may be broken (I had an odd pain in my ankle within the last week....I sometimes will experience symptoms of people I will be working with or am working with.)

07/21:00	464	GENERALS	11	Woke up early. Felt good. No work today. Had headache, took imitrex seven am. Great interactions with newer developing relationships in the morning and in the afternoon. Great chat with friend sharing important experience to improve the greater whole of a group I used to be involved with, that I experienced feelings of betrayal and disapproval with. Miracle healing there being able to rise above the resentment and see where I can be of service. Miracle healing with view on family I felt shunned by. It's ok to not be invited to dinner with my kids and the ex's family. my view is once family, always family. I can enjoy my day on retreat or doing what ever I want. maybe even have a healing dinner for those in need of healing for the holidays. felt great after crying a bit yesterday about it (my son called in the middle of tears to invite me to dinner...totally cool) Speaking with a friend about the experience, i was invited to a dinner i would really like to go to. So glad it is in the light of not "needing" to be invited. Did an hour of meditation while walking. Energy was really good all day.
08/09:00	466	GENERALS	11	Felt scattered, not sure what to do next in my day. Went back to bed at about ten thirty and slept longer than I had wanted
00/09:00	474	GENERALS	13	I am aware of the slightest temperature change. The slightest breeze chills me.
01/09:21	481	GENERALS	13	I am craving Moroccan Mint Tea. I wonder if this will disrupt the proving?
03/14:00	493	GENERALS	13	Whole body tension, much of this was relieved by the massage; it feels like I have the flu.
04/07:40	508	GENERALS	13	I wonder if I am experiencing an allergy to whey?
04/12:00	512	GENERALS	13	My blood sugar drops suddenly when I get hungry. I am unaware that I am hungry because I have very little appetite.
05/17:00	515	GENERALS	13	Craving Vata tea from the Himalayan Tea Company. It is very grounding for me.
08/10:00	520	GENERALS	13	Almonds; I drank almond milk and ate some almonds.
52/08:30	537	GENERALS	13	I have been having an aversion to meat; I have even thought about returning to a vegetarian lifestyle. The sight of meat, or is it the thought of meat, disgusts me.
52/08:30	538	GENERALS	13	My Trainer wants me to incorporate more lean meats into my diet. I have been having an aversion to meat; I have even thought about returning to a vegetarian lifestyle. The sight of meat, or is it the thought of meat, disgusts me.
56/09:00	543	GENERALS	13	I realized that I have been eating tons of dark chocolate and molasses ginger cookies the last two months, lots of sugar. Sugar, sugar, sugar.
05/17:00	558	GENERALS	14	I got achy all over.
06/14:55	559	GENERALS	14	I took a flu remedy yesterday because I felt like I was coming down with something. I was achy, hot and cold. My ears were really hot. My lower back hurt. My legs hurt and my arms. My calf hurt. Achy pain. Consistent pain.
06/15:00	560	GENERALS	14	I got up and felt really better but when I took my dog for a walk I felt achy again so I took some aspirin.
15/16:40	563	GENERALS	14	I felt like I had the flu for several days last week. It subsided on Thursday (seven days ago)
99/09:00	564	GENERALS	14	I have not noticed anything since getting over what felt like the flu
56/09:00	575	GENERALS	16	Traditionally I feel better from exercise; but I've felt worse from exercise. Worse at night, in the evening. Depressed by two o'clock.
56/09:00	576	GENERALS	16	Gravity is pulling on my body, down toward the earth.
56/09:00	578	GENERALS	16	Niggling pains, sharp shooting pains.
56/09:00	579	GENERALS	16	Craving for toast and marmite.
56/09:00	635	GENERALS	21	This is not my nature to go outside to get air in the middle of the night!
56/09:00	636	GENERALS	21	I am very relaxed, my hands, my shoulders, I am going into a ball, I feel very relaxed, like I am going to fall, my head is in the downward position and my hips are elevated the opposite.
56/09:00	637	GENERALS	21	Shivering, tingles start in my stomach.
56/09:00	638	GENERALS	21	It is trying to move my hips, as though my hips are shaking, shivering from cold, but I am not cold, only my right hand is cold. It is intensifying.
56/09:00	639	GENERALS	21	It is as though my hips are shaking. It has not descended to my feet. Faster, then slower. A light has come from the top of my head down and the shaking immediately stopped.
56/09:00	640	GENERALS	21	My classmate was constantly making coffee, I really wanted some. I am a vegetarian, but I gave into eating meat, and I drank coffee. I just wanted to eat a hamburger. I even went to get one. I would have never do that. I drank coke and coffee, not caring what it would do to me.

13/23:34	693	GENERALS	22	Extreme anxiety about health. Especially marked after eating beef stew with lots of potatoes.
18/11:15	697	GENERALS	22	I have been exceptionally cold since taking this remedy. I have been colder than since I was in the East last winter. I have been wearing wool. I still want my flip flops on my feet, however
18/11:20	699	GENERALS	22	I am hypersensitive to onions. Yesterday I was cutting onions and my eyes burned something awful and I had tears streaming down my face. This is not how I usually am with onions even though I know others are. When I was outside a couple of hours later my eyes still burned. My eyes also were burning when I was eating the onion after it was cooked.
99/99:99	738	GENERALS	29	I have been drinking an awful lot of coffee. Normally I cannot drink coffee, it makes me feel yucky.
00/11:25	3	HEAD	01	Headache in front part of head (constant). Lasted all day.
03/10:57	10	HEAD	01	Felt a hot flash in head and neck for a few minutes, then felt sleepy.
09/10:40	18	HEAD	01	Headache, constant pain in forehead that lasted until noon. (about one and a half hours)
09/15:00	19	HEAD	01	Hot flash in neck & head, lasted about one minute
27/12:00	22	HEAD	01	Headache in front part of head (constant). Lasted all day.
05/03:00	134	HEAD	04	Headache has moved down to base of neck top of spine. Feel tired.
05/06:45	136	HEAD	04	Wake up feeling tired with a dull headache which stays with me all day.
07/99:99	151	HEAD	04	Another student had a migraine that day too.
07/99:99	153	HEAD	04	Terrible migraine – when she woke up she felt it coming on before she had to go to homeopathic class. Half way through she had to leave school and go home. When she got home she threw up and went right to bed and slept it off. She thought maybe the change in weather, stress and her period coming on had to do with getting the migraine.
09/06:50	160	HEAD	04	Woke up and felt a little dull headache coming on behind my right eye.
56/99:99	183	HEAD	04	Heat, like a hot water bottle around my neck would ameliorate the migraine.
56/99:99	185	HEAD	04	Heat, like a hot water bottle around my neck would ameliorate the migraine.
56/99:99	186	HEAD	04	Headaches returned, one over a few months was normal. Migraine starting behind right eye radiating down into neck and an exhaustion I would have to sleep it off.
00/00:00	201	HEAD	04	At one point felt like gravity was pulling my head back. Not dizzy. More like a sensation on a roller coaster or ride.
99/99:99	227	HEAD	04	At one point during the meeting felt like head was being pulled back – like from gravity
99/99:99	228	HEAD	04	I asked her more about the sensation she had the first night of the pre—proving. She has had the feeling since taking the remedy, but not as intensely. She says she has never had the feeling before. She said it felt like the “Simpson” ride at universal studios – it's a ride where you have whip lash but not bad whiplash – not like somebody pulling your headback – more like a gravitation pulling my head back – but the head is not really literally moving back – it's the sensation of it being pulled back.
99/99:99	229	HEAD	04	Very bad headache on right side of head. Behind right eye and radiating down neck and top of shoulders.
99/99:99	230	HEAD	04	She is also getting more migraines now – she used to get them a lot in the past – it's an old symptom for her – she used to get them two or three times a month. Before taking the remedy she was down to getting them maybe once a month around the time of her period.
04/12:30	295	HEAD	08	As she was meditating she sensed heat rise in her head. It is as if a balloon inflates in the head pushing the heat out through the skin, when the perspiration reached the skin the heat abated; She felt this in her face and back of neck up to the base of the head.
02/12:15	358	HEAD	09	Left sided head ache starts. First only five minutes. Later off and on the rest of the day. It's a mild head ache. It changes place, but only on the left side. (I typically get left sided ailments). It's a dull ache and not strong. I didn't notice any modalities. I'm a little low energy.
00/00:00	388	HEAD	09	Pain in left occipital region - sharp stabbing pain.
04/17:30	406	HEAD	10	Dull headache all over the head; feels like after being carsick.
04/17:30	407	HEAD	10	Dull headache which comes and goes, better after resting and sleeping.
09/09:30	413	HEAD	10	Dull headache that comes and goes. It doesn't have any particular location, kind of all over the head.
14/99:99	418	HEAD	10	Headache, which comes and goes, ameliorated by resting. Feels like after being carsick.
01/20:30	439	HEAD	11	Dull head ache.

02/99:99	449	HEAD	11	Headache, took ibuprofen
06/08:00	461	HEAD	11	A bit of a headache on left side. Got worse, took imitrex.
08/08:00	465	HEAD	11	Headache again, took imitrex.
09/99:99	469	HEAD	11	Head ache on and off, not enough to take anything.
05/14:00	557	HEAD	14	I got a headache. A frontal headache. It was a frontal pounding headache.
56/99:99	580	HEAD	16	Headaches, which are unusual for me.
06/12:30	724	HEAD	24	Supervisor – woke up with headache – thought it was because I hadn't had coffee – but after coffee and eating I have the worst headache – in the back of head and at the base of my head – it is really sore – trying not to take anything.
99/99:99	767	HEAD	04	I suffer from migraines and towards the end I had a couple – sharp like a knife in my right eye, or I wan
00/20:30	345	HEARING	09	I hear noises quite acutely. The rain outside, the refrigerator ...
00/08:00	1	MIND	01	Took first dose.
07/03:00	15	MIND	01	Woke up with burst of energy. Washed dishes, studied for school. Went back to sleep around 05:00.(after two hours)
26/08:00	20	MIND	01	No contact with prover days ten through twenty six (per sup 1S)
31/13:55	28	MIND	01	Apologized for not keeping in touch. Felt embarrassed.
31/21:00	30	MIND	01	Has not wanted to communicate with anyone. Feeling lazy.
00/08:30	31	MIND	02	Took first dose
00/08:35	32	MIND	02	I feel an energetic response. I mostly do with remedies.
00/08:40	33	MIND	02	I have had a pain, cramp in my left shoulder for the last few weeks when I move my arm.
00/08:46	34	MIND	02	I forgot a pellet. It got stuck in the corner. (took the pellet)
00/08:50	35	MIND	02	The last few days I have been longing to reconnect with people I haven't connected with in a while.
00/09:04	36	MIND	02	Sense of calmness
00/12.30	38	MIND	02	Talked to my friend in France for one hour, had the urge to reconnect.
01/16:05	39	MIND	02	Every once in a while I feel a certain serenity
01/16:15	42	MIND	02	I keep a very equal mind even though I have bad news about a sick friend.
01/16:17	43	MIND	02	I have a sense of calmness.
01/16:20	44	MIND	02	I have the feeling that I am not as hungry as I usually am and that I can control my intake and that I actually feel better.
02/08:05	46	MIND	02	I walked into my daughter's classroom to give her some lunch money at the beginning of school; I looked around and couldn't find her. I tried to ask some kids where she was, but I when I looked at the ones next to me, they didn't look familiar. They also didn't look at me – as if they didn't know me. The teacher said hello,with a surprise in her voice. It is only when I asked her where my daughter was, that she told me: I was in the wrong classroom. It was last year's classroom. I was very embarrassed, but amused at the time. It was like a wakened dream: Standing in that room, that was so familiar yet different. Looking at the teacher that was not the teacher, but it didn't bother me. Looking at the children who wouldn't acknowledge me. There was a mom in the room who started talking to me about my son who had graduated two years earlier form that school. It was strange, but not enough to make me realize.
02/19:30	47	MIND	02	During a meditative service I got quite emotional. Normally I appreciate the meditative qualities, and the quieting of mind. Today I felt choked up. I have to think about our friend who has cancer. This is a very emotional aspect right now, and will be for the next months.
02/19:45	48	MIND	02	I got quite upset by two of my colleagues who told me that they don't believe in homeopathy. It took me by surprise.
02/22:48	50	MIND	02	I was singing and in the middle of it I was very moved and felt like crying. This is unusual for me when I am working. (professional singer)
02/22:50	51	MIND	02	I upset when some people I was talking to were strongly putting Homeopathy down and I was trying to defend it.
02/22:53	52	MIND	02	I was vulnerable coming out of work and felt assaulted . I was more upset than usual.
02/22:55	53	MIND	02	I was surprised by their reactions. When I went upstairs I was starting to laugh at myself and wondered did I provoke them to behave this way.

02/22:57	54	MIND	02	The whole rehearsal was totally disheveled. Nothing really worked. This is the weirdest thing.
03/08:00	60	MIND	02	I went to the wrong room at my daughters school looking for my daughter. I asked where is my daughter and the kids did not know. The teacher looked at me and told me I was in the wrong class. It was like this dream. Like everything is the same just a little different.
07/19:20	64	MIND	02	I am still pretty even in my feelings.
09/08:00	66	MIND	02	Worried about sick daughter- didn't sleep much. Even though I wasn't sleeping, I was not panicking, I kept a certain serenity.
11/11:01	67	MIND	02	My daughter has gotten a severe flu. I was pretty calm until last night. It started on day nine of my proving. Night ten to eleven I got a very intellectual worry. At some point, when she was lying next to me and I could feel the fever going up again, I was thinking about other ways to deal with it. I gave her a couple of ibuprophen. Then I said to my husband, it is better to let these things run their own course. In the whole fever we gave her three ibuprophens. The fever started going up again I gave her an ibuprophen and I started doing cold wraps on her calves. I don't have a thermometer and don't know how high it is and my mind started saying, what is next, should I go to ibuprophen or childrens aspirin. She has not eaten for two days and so I DECIDED TO KEEP AWAKE TO CHANGE THE WRAPS AND SEE WHAT WAS GOING ON. I asked the question, how were you different with your daughter being sick this time than other times she has been sick. HARD TO SAY BECAUSE OF THE DIFFERENT SITUATION. I FELT BAD FOR HER. THE THINKING THAT WAS REALLY ASTONISHING FOR ME WAS HOW SICK SHE GOT. SO I FELT REALLY BAD BECAUSE
11/11:01	68	MIND	02	HERE WE ARE AT OUR DREAM VACATION IN NEW YORK AND SHE CANNOT GO TO I feel really bad. Bad for her. Wondering if I am doing the right things.
15/12:03	74	MIND	02	Yesterday when I was driving home I was thinking to myself "Wow I still know how to drive home." It was a dream like sensation. It lasted just for a minute. I asked "Where am I?" Then I recognized where I was. It felt like I was gone for a really long time. I had this sensation when I was driving home from work not when I went to work
21/06:30	80	MIND	02	I woke up, only to turn off the alarm automatically. Even though I turned it right back on, it wouldn't ring anymore, and I fell asleep for half an hour, almost missing the wake up time for my kids. Dream about Beijing. I woke up with this feeling of missing out on this one time opportunity, mad at my husband, then at myself for turning off the alarm. I had drunk some wine on Saturday night (this is Tuesday AM), and had not felt any effects on Sunday. Now I feel like I have a hangover. I have to concentrate on getting everything going. Breakfast, coffee, etc.
35/18:22	82	MIND	02	I am having a hard time concentrating.
35/18:28	83	MIND	02	I think think this is a total space remedy. I have not been dreaming much lately.
35/18:32	84	MIND	02	Oh I haven't done anything .. OH it's almost Christmas. Did I do any Christmas shopping? Where did the time go?
35/18:35	85	MIND	02	All this stuff that did not write down. I realize I have been living my day to day life but I haven't done anything productive. I have been somewhere in space. You live but you don't really go anywhere. It is not totally uncommon for me I have done that before.
35/18:37	86	MIND	02	It was weird that at first it was serenity feeling and then I don't want to do anything.
35/18:40	87	MIND	02	I had a lot of issues with cleaning up. Everywhere I walked in my house it was not clean. I have not been doing much and not only am I not doing it no one else is doing it and then I totally exploded and yelled at everyone about this.
00/16:10	97	MIND	04	Feel Good. On reviewing day, have felt very mellow and in the moment. Was a little "buzzy" in the morning after taking the substance but it didn't last long. Folded laundry and arranged things on shelves in an unfocused "buzzy" sort of way.
00/99:99	98	MIND	04	Have been thinking about my brother on and off all day. Also pondering what to do with my large fern. It is difficult to water and is not doing great.
01/19:00	104	MIND	04	Overall still feeling mellow. Have been listening to a lot of music in the car--putting on CD's and singing along which is not something I normally do.
01/19:00	107	MIND	04	Had a very busy day.
01/19:00	108	MIND	04	One thing unusual – listening to music in car - normally listen to talk radio or whatever channel my son likes on the radio. Today I was listening to cd's and singing along while driving and then I was looking for more discs to bring to my car and thinking what would I like to listen to – very unlike me to do this.

02/99:99	117	MIND	04	Still enjoying my music in the car and singing along. Have been making time to talk to friends I haven't spoken to for a long time. Today was a day of technical difficulties. Our land lines and internet connection at the house went down.
03/99:99	123	MIND	04	I am concerned that I haven't had much time to study and when I do pick up my books, I don't seem to be retaining stuff as well as normal.
04/17:00	131	MIND	04	She said she feels like she is living more in the moment – enjoying it as it happens. She is usually planning ahead or thinking about the past – when she thinks of the past she gets nostalgic – even though she has been super busy she is enjoying it.
04/99:99	132	MIND	04	Was thinking of her brother again and was also thinking of her parents – often it is painful, but it wasn't today. She said she was driving to the dentist and she saw a man who had gray hair, hard hat, suit case, and she thought he must be an architect – made her think about her dad – he was an architect – but she didn't get sad like she usually does.
05/03:00	135	MIND	04	She enjoyed the tour of Boiron she said it was really great – they saw the lab and the shipping area and one of the pharmacist gave a whole presentation while they had a really good lunch.
05/08:45	137	MIND	04	Felt rushed to get going. Arrive at meeting place for field trip carpool and nobody is there and there is no way into the building. It is cold waiting outside and I am very frustrated that nobody is on time.
06/09:30	142	MIND	04	Go to dinner to celebrate my husbands birthday. We are with friends and his cousin and wife. The wife has just had bunion surgery. Towards the end of the dinner, cousin's wife asks me to help her to the rest room as she is on crutches. She starts to feel very bad and collapses on the bathroom floor. She is overcome with violent nausea and diarrhea. We eventually get her back to our house and she continues to be very sick I give her a remedy and she starts to feel better. Everyone in our party is very worried and anxious. I stay calm and go about taking care of her as if I am not in my own body.
06/09:30	143	MIND	04	Everyone in our party is very worried and anxious. I stay calm and go about taking care of her as if I am not in my own body.
06/99:99	145	MIND	04	Full day of class. No time to record. Nothing strange or unusual.
07/99:99	152	MIND	04	On Sunday feeling ok -went to homeopathic class all day – she had trouble spelling which is not like her, she is a very good speller now – she was dyslexic with spelling, but got help – she felt like she was reverting back to that state. Concentration was good – kept stumbling over writing notes – had to keep rewriting her notes.
07/99:99	154	MIND	04	Had trouble spelling again while taking notes. So strange.
08/99:99	157	MIND	04	A day of communication difficulties both with people and with devices. Ongoing problems with phone and computer. Spent hours with technical support trying to figure out. My new best friend is tech support guy in Mumbai!! Had three confrontations with people today. In each case I felt I needed to stand up for myself but at the same time be diplomatic.
10/17:26	163	MIND	04	She finally got her internet working – she e-mailed Master Prover today.
15/99:99	164	MIND	04	She was also thinking a lot about her plants – whether to move them, water them, trim them – if she should move them inside or outside.
15/99:99	165	MIND	04	She said that she had a really nice day – was very in the moment – enjoyed time with her family – felt happy and relaxed
15/99:99	166	MIND	04	Day was good until she got home – mood overall good – she has been annoyed w/husband and son
15/99:99	167	MIND	04	She is excited tonight because the Prince of Wales announced his engagement – “it's official”. Her friends from London have been calling – she said “that it is a big deal for Brits - excited!
15/99:99	168	MIND	04	Overall feeling good – haven't been feeling grumpy by the end of day
15/99:99	169	MIND	04	She thinks the remedy has made her calmer
15/99:99	170	MIND	04	Her husband has been working hard – but he has noticed that she is sleeping better.
15/99:99	171	MIND	04	Her driving is wacky – angry with people driving – getting mad at other drivers.
15/99:99	172	MIND	04	She has still been driving and singing in car.
15/99:99	173	MIND	04	Also, that day in class – they had been studying Symphinum – remedy for healing bones and my prover thought that that was serendipitis thing because her cousin just had this bone surgery.

15/99:99	174	MIND	04	Had a lot of confrontations today – was on the phone with ATT for two and a half hours – got very upset – had to be aggressive – asked to speak with a supervisor
15/99:99	175	MIND	04	Also had a confrontation with a father of one of her son's friends – had to defuse the situation.
15/99:99	176	MIND	04	And a friend sent her a text – felt like she had to call her and set the record straight
15/99:99	177	MIND	04	She was thinking of not having people take advantage of her.
15/99:99	178	MIND	04	She was thinking a lot about homeopathy – she feels very tired.
56/99:99	184	MIND	04	Technical problems with communication, my telephones and internet.
56/99:99	187	MIND	04	The fact that somethings were better and some were worse.
56/99:99	188	MIND	04	Or you want to put a knife through your eye. That kind of intense pain.
56/99:99	189	MIND	04	Excited in the beginning; and then definitely wanting it to be over; I didn't get sick. It was a very interesting experience.
56/99:99	190	MIND	04	As though you are anticipating something exciting, an excited bubbly feeling, tingling.
56/99:99	191	MIND	04	I couldn't spell through the entire proving. I had a terrible time spelling (dyslexia).
00/00:00	202	MIND	04	During proving meeting was taking notes and was having trouble spelling and gathering my thoughts. At one point felt like gravity was pulling my head back. Not dizzy. More like a sensation on a roller coaster or ride.
99/99:99	205	MIND	04	Today she took time to talk to friends – she took them time to contact them and talk on the phone. And she had coffee with a women that they have been saying they should get together – today she said let's go get coffee and chat now.
99/99:99	206	MIND	04	Her landlines are still not working and we have to talk on cell phones
99/99:99	208	MIND	04	She said that when she was talking to the other first year students who are involved in proving – they are all having trouble concentrating and getting work done – trouble focusing and getting it done. One of the students who is very good about getting her work done was having trouble too.
99/99:99	210	MIND	04	She was saying because of work she wears a lot of black and gray – neutral colors
99/99:99	214	MIND	04	She is working on a book report on the “lady bug” remedy. She is reading a book called “Transformation Between Realms” and is really interested in insect remedy and is really enjoying the book.
99/99:99	231	MIND	04	She said she was ready for the proving to be over. I asked her about her overall feeling about the proving. The negative for her was the whole communication thing – she felt very strongly about that. During the proving she had a lot of problems with her phones, internet and computer in her home, problems with e-mails and misunderstandings. She had some confrontations with people during the proving and she said that really wasn't like her. On the positive side of communication – she also made contact and got together with people she had been wanting to spend time with for a long time. Her husband wants to buy her a new i-phone, but she doesn't want a new one until after the proving because she thinks it will be better than. Again a positive was better sleep, remembering dreams, her shoulder not bothering and feeling less stressed. She was singing in her car to old songs when she first took the remedy and not being bothered by driving a traffic -which she normally does.
00/14:00	234	MIND	07	Confrontation with girlfriend, pouring out all emotions. Wanted to call it quits, not holding back, wanted to get it of his chest and start new. They worked it out.
01/17:20	235	MIND	07	Very happy, optimistic at work where would be depressed, pretty positive, higher spirits, showing at work, getting complements
08/17:10	237	MIND	07	Nothing bothering him. Normal stress at work feels fine, alert. Not getting to him on a personal level right now.
20/17:00	238	MIND	07	Everything is mellowed down, really calm about everything. Nothing getting to me. Girlfriend gets to me all the time. We fight , but we work it out, we have a system to work it out. Stress with not enough sleep and Christmas party at work. Not hanging out with friends as much. Everythings's pretty calm but not enough sleep.
99/99:99	241	MIND	07	His supervisor called him only twice.
99/99:99	242	MIND	07	He said he didn't notice anything.
99/99:99	243	MIND	07	I didn't notice anything change in him.
00/08:00	244	MIND	08	Took dose -two pills

00/17:30	250	MIND	08	She said that she felt calm but at night she was actually fuming from her thoughts when she had woken up from sleep and thinking of her mother in law.
00/99:99	251	MIND	08	When she was looking at apartments, she asked questions that made the agents and tenants ask "what?" as if they couldn't understand her; She felt that she was being so indirect with her questions
01/16:54	264	MIND	08	Have been feeling frustrated, so many things to do and not being able to focus on any one thing- been saying argh a lot- that's unusual. Things feel like they are one on top of each other;
01/16:54	265	MIND	08	She was very frustrated; Doesn't know what to do and she had a lot to do. Things feel like they are one on top of each other; Not focusing at all; trying to do all "six things" at once but not doing it; Not unusual but she felt it was escalated.
02/16:00	271	MIND	08	Strange experience on subway I was rushing to see an apartment and got on the train without looking which one it was, I sat and read a magazine. After a few stops a man got on he spoke in a loud demanding difficult voice- I wanted to avoid him he was asking about the train where it stopped (I was thinking I knew where it stopped) people instructed him to get off at one hundred forty fifth street. I was still immersed in my magazine but was like I don't have to get off here. It turned out I needed to get off there I was the train where I had to get off and change and one hundred forty fifth was my last chance to do so. In retrospect that demanding voice was one I should have paid attention to.
03/21:00	282	MIND	08	She was feeling clear today; Had a homeopathy call and she felt she understood things better than usual, was able to participate fully, was light and not critical about how the talk was conducted, felt like she got something out of it.
03/21:00	283	MIND	08	She was feeling really good today- productive and healthy, clear headed, able to focus well- could be due to a good nights sleep after several nights of disturbed sleep; She meditated earlier in the day and tried to feel the remedy; She felt empowered by the homeopathic remedies.
04/21:00	299	MIND	08	Felt heavy and down and by the end of the day that feeling grew- along with same sensation in body- actual pain emanating from right foot to knee then through leg to hip; this fed into the mental state. Was looking forward to spending time with nephew but he was dissatisfied (more tired and hungry) so their visit started off badly; She ended playing and that's when she really noticed the slowed condition of her body. She used to love throwing him and other nephews around they would play hard together but she couldn't really do that anymore and it made her sad. She's not as strong and vigorous as she was even five years ago or three years ago; She was going to go to a fundraiser and got to the neighborhood but was sort of late and feeling less up for it so decided to walk cross town back home and just felt the aches and pains grow as she walked (usually the stiffness and tightness in the feet diminished and went away as she moved); By the time she got home she was very tired and experiencing physical pain in the leg. So she felt disappointment and sadness with herself and her body. Earlier that evening she tried on some clothes in a store and realized even though she had lost some weight she still had a long way to go.
04/21:00	300	MIND	08	Felt heavy and down and by the end of the day that feeling grew- along with same sensation in body- actual pain emanating from right foot to knee then through leg to hip; this fed into the mental state. Was looking forward to spending time with nephew but he was dissatisfied (more tired and hungry) so their visit started off badly; She ended playing and that's when she really noticed the slowed condition of her body. She used to love throwing him and other nephews around they would play hard together but she couldn't really do that anymore and it made her sad. She's not as strong and vigorous as she was even five years ago or three years ago; She was going to go to a fundraiser and got to the neighborhood but was sort of late and feeling less up for it so decided to walk cross town back home and just felt the aches and pains grow as she walked (usually the stiffness and tightness in the feet diminished and went away as she moved); By the time she got home she was very tired and experiencing physical pain in the leg. So she felt disappointment and sadness with herself and her body. Earlier that evening she tried on some clothes in a store and realized even though she had lost some weight she still had a long way to go.
05/12:00	310	MIND	08	I have not been able to study for my classes. I kept telling myself almost every night for the last three weeks that I had my classes coming up but I just could not concentrate on my work; I'm usually studious but I just couldn't get myself to read the material; I'd open the books and then just stare at it and then put it away.
06/99:99	321	MIND	08	She was annoyed and angry with her husband because of all the traffic when they went to look at an apartment But she feels she being annoyed and angry is her usual state.

06/99:99	322	MIND	08	Earlier in the day when she took a patient's case, she felt trepidation about taking the case but once she started taking it, she felt good afterwards.
08/09:35	331	MIND	08	My dream was a slight shock to me as I woke up because my ex husband had never bought me gifts since he didn't really work and was in school most of our married life. I had resented him for a long time after the divorce about this and even more so because our divorce had occurred around the time that he was finally finishing up his medical licensing. I wasn't unhappy when I woke up from the dream and was mostly surprised in a good way.
09/07:30	335	MIND	08	Wires in apartment got heated and so there was an electrical fire This had her feeling worried; there was no major fire but she was worried because she was on the fourteenth floor. She didn't panic but it did get her out of bed fast. Later in the evening her husband had an accident where he smashed into a pedestrian; Husband will probably get a bruise from his injuries. She forgot to give him arnica.
09/22:00	336	MIND	08	She started to think about the feeling she was getting in the middle of her throat and she came to the conclusion that it felt like it was a portal from her head into her body. The portal was not made up of tissue or muscle but was more like a machine that allowed food and waters to get into the body via swallowing and not so much for breathing. She felt as though the voice also came and originated from the portal but the voice did not come from below the portal. She also feels that the heat that she used to feel also came from this portal area. She saw this portal like a camera lens letting in and out light. She doesn't feel that this makes much sense but this is what she feels the sensation she was getting from that space for the last few days. The portal was the size of a fist and the opening was the size of a quarter. She had never felt this particular sensation before the remedy so this was interesting to her.
09/22:00	337	MIND	08	She felt her mind was clearer when she was taking her patient's case. She felt she was able to take the case correctly; she feels she's not able to take the cases well on most days.
00/20:15	343	MIND	09	took the first dose.
00/21:25	348	MIND	09	I notice that the transparent purple in the frame of my eye glasses is really beautiful.
00/99:99	352	MIND	09	It was striking that something started happening instantly after taking the remedy I started noticing that it was very fast acting as if within minutes I became aware that my senses were clearly more acute; maybe two days after that it was nothing except I was able to remember my dreams much more than usually. During the proving I remembered so many dreams and that was different; perhaps this would be true with any remedy. Being more sensitive to remedy; perhaps this was the placebo effect.
01/02:00	354	MIND	09	I'm very sad about my son who has Asperger's syndrome and about the fact that I didn't know how to help him. I actually cry about it. This is the first time I ever cried about this issue. My son is twenty years old.
01/12:00	356	MIND	09	I go jogging. This is first time in three months that I go jogging.
04/08:00	364	MIND	09	I have a heavy argument with my husband. Our eleven year son is having a "cold" and cannot go to school. I tell my husband not to worry because this is only an aggravation from a remedy I've given him. My husband is furious. For him sickness is sickness and has to be avoided if possible. I think I was a fool to tell him about the remedy. I should have known that he doesn't understand.
06/20:00	366	MIND	09	I'm in a concert and I cannot stand it. The sounds make my chakras move. Then I get palpitation and feel awful. I have to walk out. This makes me upset because I really wanted to stay but could not. I think the other people in the concert must be numb.
08/99:99	369	MIND	09	One incident, I always dislike this New Age author, someone sent me another book of his, during the proving one Sunday, while lying in bed that very book talked to me; I took it out and read out of it and it was wonderful; it was a translation; it was a self-help book very simplistic; dumb simplistic, but that book called to me and I took it down and read it; it was something very beautiful very inspiring. I do not remember much of what it was; it was not important on the thought level but on the feeling level; that was an exceptional book experience.
99/99:99	393	MIND	09	She had some interesting dreams
99/99:99	394	MIND	09	Excellent mood, happy and enthusiastic.

99/99:99	395	MIND	09	It is morning. There are people asleep. I choose to help the young man with Down's with his morning toilette. I can smell that he has poop in his depends but I'm not wimpy about it. I'm looking for clean clothes for him. All the shirts and pullovers are too long for him. They reach to his ankles. I'm loving towards him but I'm very angry towards his regular care givers who have not taken care of his needs.
99/99:99	396	MIND	09	Nourishment, concretely food, beautiful, rich, lovely food. I have nothing special that comes to mind.
99/99:99	397	MIND	09	I only wrote that which was different. I became pretty clear of what was my own. I remembered more dreams.
99/99:99	398	MIND	09	For me this proving was very fast and ending very fast; now it feels that it is from a long time ago and I am very very detached from it.
00/00:30	399	MIND	10	Took first dose
01/19:30	400	MIND	10	No symptoms.
05/19:30	410	MIND	10	The prover is not picking up her phone. I left her a message.
07/19:30	411	MIND	10	The prover is not picking up her phone. I left her a message.
13/19:30	415	MIND	10	The prover is not picking up her phone again. I left a message explaining that now I will be calling only twice a week and I really need to talk to her.
14/19:15	416	MIND	10	The prover calls back. She is concerned because for two days in a row she had experienced an episode of morning sickness after having intercourse two nights before. She is very concerned about being pregnant, though a contraceptive was used. She even was dreaming about a fetus. The other symptoms are all the same.
14/99:99	419	MIND	10	Some situation at work made her angry, but she calmed down easily.
14/99:99	420	MIND	10	Worried about being pregnant.
19/19:30	427	MIND	10	The prover is concerned about her privacy during the proving; she wants to make sure all the information provided by her stays strictly confidential.
23/19:30	429	MIND	10	The prover is having a "lazy" weekend. She has been on the couch for the most of the day, watching television. When asked if it is the way she usually spends her weekdays, she said - sometimes. Still dry mouth. Didn't have anything else to report. Asked me again about keeping private the information provided by her.
23/19:30	430	MIND	10	Concerned about her privacy.
27/19:00	432	MIND	10	The prover is not picking up. I left her a message with the request to call me back. She never returned the call.
33/19:30	433	MIND	10	The prover is in a good mood, looking forward to the holidays. She has been very busy at work lately. She also started going to a gym, and noticed that she sleeps better after a workout. Dry mouth.
00/20:10	434	MIND	11	Took first dose:I wanted to be able to focus on the feelings coming up after taking the remedy. I received a phone call and made it short, then choose not to engage with my room mate when she arrived home. I immediately felt it important to clean up. Granted I just moved into a new room in a home so it needs organizing, but it had to be done now. Made my bed, put away files, stacked things to be sorted, picked up all the little stuff. I want it to be clean, neat and organized (I have been challenged with that in the past, actually a great source of shame, guilt and judgment has stemmed from being disorganized, loosing things, what do people think of me, feelings of being unworthy, unintelligent, lower class, overwhelmed by stuff, fear of disabling my life and my families life due to it. I have gone to great lengths to create systems that keep me organized. When I have had difficulty staying up with it I may get depressed and give up. I was diagnosed with ADD at one time. This has all been a great source of low self esteem material. Ok so tonight it felt very simple, just get it put away or looking good for now. Self assured, don't do too much or start something that will take you to long, it is late. I was being logical without feeling overwhelmed, or like I was procrastinating. I think the remedy is

01/99:99	443	MIND	11	I saw several things in a neighborhood I go through regularly that I had not noticed before. I have fear of not paying attention to my intuitive knowingness about correcting habits of mine. I have fear that I will not do what I need to do to change the habits and will pay huge horrible prices for it, like in the past. Oh god don't let that happen again. (what did I get myself into,I sound like a nut) Very teary this morning. was overwhelmed with gratitude for the new friends I have met in my intuitive classes. I am not alone, I feel alone, (no more ex husband energy). God and guides are always with me. Will I connect with that or be depressed. Was on time to three things the past three days...that is a walking on water miracle for me. Insight: Being late allows me to not be fully present at events, with groups and people, life long major issue...tardiness. I hope it lasts. Having an insight means nothing without some kind of follow up action. Clarity on how my dishonesty with finances, and failure to meet my obligations affects my entire being. I am skating on thin ice and willing to do anything I need to do to resolve it, and I believe I can. Feeling overwhelmed with what I need to do today. It will be fun when I get there. Beautiful day. I just want to lay down and stay under the covers. Contrary action
01/99:99	444	MIND	11	And then I read this: "Your sophisticated physical body exists because of the intelligence of your cells. And the intelligence of your cells exists because of their Connection to Source Energy. When doctors and scientists try to find cures for diseases without taking into consideration the Vibrational relationship between the physical Being and Source Energy, they are looking for cures in all the wrong places. If the resistance that disallowed the Well-Being to begin with is not released, it will show up in the form of another and another disease. Your cells, because of their connection to the intelligence of Source Energy, know exactly what to do in order to become the incredible variety of functioning cells in your magnificent physical body. And in the absence of the hindrance that is caused by your resistant negative thought, that communication stays open to clear, up-to-the-moment interaction, keeping your physical body at peak and perfect performance. In the absence of negative emotion—and therefore the allowance of complete alignment and communication with Source Energy—your physical body can reclaim its balance and recover from any imbalance. And once balance has resumed, it is easy to maintain with consistently good-feeling thoughts.--- Abraham I think I am just too intense. Is this too much insight? and then to have to write all down... thank god
02/09:00	447	MIND	11	I wanted to go back to bed again today I meditated and went to an AA meeting. In meditation I was taken back to a time when I had severe depression and was chemically dependent on medications. I had just created a beautiful new living space and family. The relationship was dysfunctional on many levels, ultimately I ended up not being able to care for my family and home Went to AA meeting I have fear of recreating a similar pattern. I have just moved into a beautiful new home and am looking forward to creating financial abundance, and a fabulous career. The strongest feeling that is new is "Why couldn't I have all that wonderful stuff?" What my ex-husband did at the time and how it affected me was really awful. My feelings earlier were "How could you do that to me? I was sick and you were suppose to take care of me and love me and you betrayed me....there was a huge emotional release with it. Feelings of anxiety depression.
03/09:00	452	MIND	11	Anxious and depressed feelings when I woke up. Got kids off to school. Felt very disorganized and overwhelmed
03/18:00	453	MIND	11	Had an amazing perception shift. Saw at a very deep level I was doing the best I could with what I had to work with, at a very difficult time in my life. I have done much work on forgiveness of self in the past. This shift put a lot of things together for me. Minor feelings of depression and anxiety during the day. Wanted to do a bunch of stuff after work, geared up for it, and did none of it. Became tired, went to bed. Very disappointed in myself, fear that I will continue with this pattern as I have done in the past. I can't go on like that.
04/99:99	457	MIND	11	Feelings of depression and anxiety much during the day. Went to AA meeting. Missed call with supervisor Felt scattered. Take five htp, gaba and one theanine and kava. Not much change. General fatigue and low motivation. Very upset that I did not get fund raiser info to co workers earlier for my daughter....bad mom thoughts and feelings. Had kids, enjoyed them, slept well, no headache or cramps.
05/08:00	458	MIND	11	Not anxious today. Woke early five am. Had great mediation time. Cleared very dark energies similar to what my husband when I was with him, oppressive, abusive, and mean.
05/99:99	460	MIND	11	All my emails regarding this proving have disappeared from my email list.
06/08:00	462	MIND	11	Stayed up late, slept well but not long enough. I felt anxious again this morning. Very scattered. No time for meditation. Physically I feel good

08/99:99	467	MIND	11	Felt depressed on and off all day, till I got my kids. Better energy at night.
09/08:00	468	MIND	11	Felt depressed, an impending doom on and off all day.
00/00:00	471	MIND	11	Decided to do this on Tuesday. Have had low grade nervousness anxiety this week. Felt a bit depressed and an emptiness this week. Realized it may be the energy work I have been doing grounding out ex-husband energy. Learning how to use my energy and focus to create for myself rather than others all of the time. Having things that are good for me happen is not comfortable for me. I want to learn to be comfortable with being happy, content and excited about moving forward for myself. I have had fear this week. Fearful that I will not be able to sustain the life I am creating financially and physically. Fear of repeating my past patterns like that. Felt overwhelmed with alot of things to do and have balance. I did it. Grateful for the owner of the store I work for, seeing that his vision has provided me with a great opportunity to thrive as well as the others who work there.
00/08:40	473	MIND	13	I immediately began to feel self-conscious. Like I wouldn't be able to follow the directions. I don't want to talk to anyone. I want to keep my thoughts to myself.
00/12:00	475	MIND	13	I see a mouse; I had no reaction to this creature in my kitchen. I am aware of it. It is moving slowly without any consciousness of my presence.
00/15:30	476	MIND	13	I invited my family to my home for the upcoming holiday. I immediately wanted to rescind my invitation. I didn't want to bother; I don't want to participate in family gatherings.
01/09:15	480	MIND	13	Impatience. No one in the restaurant wants to sit where they are being seated by the host. I feel like I want to retreat from the world. I see a mouse running past the doorway of the restaurant. This is the second mouse I've seen in two days.
01/09:24	482	MIND	13	I am aware that the server is bringing our meals out one by one in intervals. We are together at this table; five of us, but it is as though we are each eating our own meals.
01/10:00	483	MIND	13	I have the thought that it would be okay if I never saw my friends again. I felt bored by the conversations. I felt like my friends don't really trust each other enough to speak meaningfully to one another. I am annoyed and feeling discouraged.
01/99:99	484	MIND	13	I want to disconnect from superficial conversations and relationships.
02/08:00	486	MIND	13	I knew exactly where the mouse was living in my house; from my dream. I went into an office and there was a box I remembered from my dream earlier this morning. It had a scented candle in it from when I moved and a lavender eye pillow. I saw the little mouse all curled up. It was cute. But, I didn't want the mouse in my house. So I took the box, closed its lid and I brought the mouse, the scented candle and the eye pillow to a park across the street from my house and I let the mouse go and left the other chewed to bits stuff go too.
02/10:00	487	MIND	13	I am thinking about these mice. I wonder what that is about.
02/10:12	488	MIND	13	I unplugged my telephone. I don't want to be that accessible. I wish I could disconnect from my email; but my work requires that I use it.
02/16:00	489	MIND	13	My friend's husband is suffering from a severe depression. His medications aren't working. He doesn't believe in homeopathy. I feel disgusted that people are not open to homeopathy. Why don't people want to heal? Are they invested in their suffering?
02/18:30	490	MIND	13	A good friend of mine invited me over to have tea. I don't want to go; but I said yes anyway. What is that about? This feeling of withdrawing is increasing. I am even questioning whether or not I want to be in relationship to my partner.
03/13:30	492	MIND	13	I decide to get a Chinese Massage.
03/21:00	497	MIND	13	I am irritated by my partner coming to bed. I want to sleep alone. I wish that I had my own room. This is very unusual. I had twenty years of difficult and light sleep. I am sleeping like a log the last four nights. I am even sleeping through my normal waking to go to urinate at 3 am.
04/04:20	502	MIND	13	I immediately woke up after I fell asleep in my dream. I wonder who I was? Where was I? It felt like Colonial times. I go back to sleep.
04/07:00	503	MIND	13	I woke up feeling very, very heavy. I feel that there is a weightiness to this proving. A heavy feeling, something about gravity. Needing to come down to earth. On the other hand, I am seriously considering studying in a Chakra healing program to learn about healing through the chakras.
04/07:00	504	MIND	13	I am experiencing bashful stool. I cannot go to the bathroom unless I have the water running. I feel embarrassed.
04/08:00	509	MIND	13	Screaming with pain.

04/08:00	510	MIND	13	My partner comes running. I begin screaming at him to stay out of the bathroom. I am completely embarrassed that I have to go to the bathroom. What is this about? I usually could care less.
05/06:30	513	MIND	13	I realized this morning that I have really got to stop taking things personally. I am avoiding people because I do not want to hear their opinions. It is not really personal.
07/06:30	516	MIND	13	I want to cancel the holidays. I will not. I will simply observe my behavior. Trusting the process.
08/07:12	519	MIND	13	This is miserable.
08/10:00	521	MIND	13	I must have an allergy to almonds too; first whey, now almonds. I keep thinking everything is an allergy.
10/18:00	522	MIND	13	I received a call from a friend of mine who was just asked to be on a board for an organization that we both belong to. She asked if I was interested in a board position. I felt an immediate revulsion. I don't want anything to do with groups, group activities, organizations, etc.
10/20:00	523	MIND	13	I am struck by my reaction to my friend's simple request. I want to pull my ties. I usually want to belong to the group. I usually try to remain involved and up to date on group activities.
13/05:51	526	MIND	13	A distinct image of an iridescent lavender colored mineral entered my mind upon awakening.
14/10:00	527	MIND	13	My mother-in-law calls she has invited my partner's aunt (her sister) to our Thanksgiving dinner. I am not amused. She informs me that her sister doesn't believe in homeopathy. I pretty much tell her to tell her sister to go to hell. Studying homeopathy is hard enough, not being supported by your friends and family is too much.
16/17:00	528	MIND	13	I am extremely irritated at my partner for not answering his wireless phone; he had a meeting for work and he's coming home late; I am so irritated by the time he arrives home, I am screaming at him. I feel such a rage. It is matter of fact. He says to me, "I am not answering my phone!?! You have not been answering the phone for over two weeks! Listen to the home voicemail, it is completely full with unanswered calls!" My screaming turns to laughter. I think it must be the proving!
16/99:99	529	MIND	13	Irritability and disgust are prominent in this substance.
18/99:99	530	MIND	13	It took me two days to retrieve all of the voicemail messages that I have left unanswered. My mother-in-law felt that I was angry with her. I don't want to take care of her; that's not my job. I am not interested in anything but what is mine to do.
27/99:99	531	MIND	13	The Thanksgiving holiday came and went; I ended up making most of the meal. I feel like my world has become very small; I didn't greet anyone when they came to the door; I just kept cooking. My nephew kept asking me to play with him. I told him not today. Later, he got mad and called 911. The police came to the door. My nephew cried for over an hour and I just laughed.
32/15:00	534	MIND	13	I am disappointed that no one is returning my calls; I have called about 13 people and have received no calls.
47/99:99	535	MIND	13	I want to learn how to dance; so I signed up for a dance class. I want to move gravity. To free myself from these heavy sensations in my body that have to be from this proving.
47/99:99	536	MIND	13	I realized that I didn't set aside money to pay my taxes or my retirement this year! I am totally unfocused and seeming unconcerned about my financial matters. First I lose interest in my friends, then I lose interest in managing my money! What next!?
56/06:30	540	MIND	13	I woke up aggitated and fearful. A friend called me for tea and for the first time in nearly two months I am feeling like I want to connect.
56/06:32	541	MIND	13	I have been washing my hands very frequently over the last two months of the proving.
56/06:32	542	MIND	13	The thing that struck me the most was the iridescent Hyacinths, the purplish hue, purple, blue, white, and lavender. I have also been washing my hands very frequently over the last two months of the proving.
56/99:99	544	MIND	13	This remedy is extremely sycotic; I am usually quite extroverted; but on this remedy I felt like I could not turn inward enough or make myself small enough. I wanted to discontinue any and all associations and I even contemplated leaving my marriage (fortunately I didn't). I also had several dreams about mice. I felt like other people were adults and I was only pretending to be an adult and at any moment someone might discover this pretending. I drank more tea in the last two months than I probably ever have in my whole life.

00/00:00	547	MIND	13	Impatience. I feel like the people around me do not pay attention. I am annoyed by my classmates.
04/14:34	555	MIND	14	Lately I have been more able to remember my dreams in the morning I lay in bed and am able to recall them. I have not been able to do this in a really long time.
06/15:55	561	MIND	14	I have been waking up thinking what is wrong with you? You don't have enough calcium in your diet. So I took some calcium
56/99:99	573	MIND	16	I didn't know that I was supposed to write notes.
56/99:99	574	MIND	16	It felt like wading through sludge; really heavy, weird dream unsettling.
56/99:99	577	MIND	16	This is a terrible remedy.
56/99:99	581	MIND	16	I feel really heavy and I've completely isolated myself from all my friends.
56/99:99	582	MIND	16	Weepy from time to time, not myself, that's for sure.
56/99:99	583	MIND	16	Heavy depressed feeling and staying home.
56/99:99	584	MIND	16	Worse at night, in the evening. Depressed by two o'clock.
56/99:99	585	MIND	16	It is unusual to isolate myself from my friends. I cannot even talk to them. I am too afraid I will yell at them and do some damage.
56/99:99	586	MIND	16	Every two weeks I completely explode at my husband. I am compelled to yell. I feel horribly guilty afterward.
56/99:99	587	MIND	16	A completely dead and flat feeling.
56/99:99	588	MIND	16	Thoughts of I am no good to the world. No good to my children. I actually felt detrimental to my children and my environment.
56/99:99	589	MIND	16	Underneath there is this really heavy energy.
56/99:99	590	MIND	16	A detached feeling from my environment.
56/99:99	591	MIND	16	Isolation, detached, this is kind of nice for a change; like I don't really care that they ah...
56/99:99	592	MIND	16	Like you do not have any space to work in; small, limitations, limitations, like everything is limited compressed, there is no hope for expansion or growth, it is compressed tight, limited and stuck; there is no ray of sunshine.
56/99:99	593	MIND	16	Stress around financial worries, thinking about financial worries. There is no hope, no possibility for change growth or expansion, completely stuck.
56/99:99	594	MIND	16	The Full Moon Total Lunar Eclipse felt terrible; I kept having fights with all of my friends.
56/99:99	595	MIND	16	I gave up alcohol on Christmas day. Wine, red wine, mostly, I felt exaggerated. I have this image of me bouncing around being high and chatty and effervescent, really rageful, fighting, feisty and fighting.
56/99:99	596	MIND	16	Blurting out the truth; no filter, being hard done by, not being treated right by my friends, then leading to being cut off.
56/99:99	597	MIND	16	To not call or not talk to people is not like me at all.
56/99:99	598	MIND	16	Cut off, no hope, it is done, I cannot possibly go back and mend this.
56/99:99	599	MIND	16	I couldn't get through my homework; it really took me a long time.
99/99:99	605	MIND	100	I have also been drinking beer, almost daily, I am normally a one cocktail on Friday person and I never liked beer until recently and I have been having one to three per day.
99/99:99	606	MIND	100	I also started smoking again – and stopping has been no issue at all.
99/99:99	607	MIND	23	In the emotional areas – I made two huge breaks with people who have been quite cruel to me. My sister, who is forty-five and I had a major falling out over the holidays at my grandfather's funeral. The lack of respect that she demonstrated towards me as a mother was more than I could tolerate and I told her I was done.
99/99:99	608	MIND	23	I also moved out of my home and away from the father of my child, we ended our relationship in January 2009 and it took until November 2010 for me to feel strong enough to stand on my own and stand up against four years of emotional abuse.
99/99:99	609	MIND	100	In the emotional area I have never felt so strong – this part of the proving I have really enjoyed. My prover shared her experiences with me that were strikingly similar to what I was going through and it was like a light going on that these ties could be severed permanently and to a good end.
99/99:99	610	MIND	100	I was completely unproductive at work, I would go for days trying to get reports written and just couldn't seem to do it. When I could get something written the mistakes and typos were horrendous. I am a writer by trade, it was terrible! My hand writing was also terrible, it's never been very good but at least it's legible, it isn't even close to that in recent weeks.

99/99:99	611	MIND	100	I was frequently late to work, to meetings, to pick up my son, you name it, I was late for it.
99/99:99	612	MIND	100	I was slow to respond to emails and phone calls, I would ignore the phone when it rang or I just simply wouldn't hear it. There were some emails that I would respond to quickly and then follow up happened several days later, if ever! I have a serious backlog of emails to tend to, things that have been half heartedly attended to.
02/22:07	615	MIND	21	Sad about people in my life who I wanted to be friends with who did not want to be friends with me. They were friends in high school and not in my adult life. I am upset about this.
03/05:00	616	MIND	21	Woke up at five am unable to get back to sleep. I was done sleeping but I did not want to get up. I felt like I should get up but I knew it was not enough sleep and that I really needed more. I had had enough sleep but I still did not want to get up. I t was warm and cozy and non demanding to stay in bed.
03/12:30	618	MIND	21	Stool pass with a fart. Very surprised and panicked. I was driving on the freeway on my way to an overnight vacation day with a friend at a resort and all I could think of was how bad I felt and smelt. I was totally embarrassed.
11/14:56	622	MIND	21	Do not want to be in communication with anyone. And, my business involves communicating with people .Do not want to be writing this journal. The person who I am managing does not seem very interested in communicating and has little experience of anything that is different.
56/99:99	641	MIND	21	I was giddy laughing a lot and I don't express my feelings unless I am really comfortable. That day I was laughing and laughing, this was unusual.
56/99:99	642	MIND	21	I felt something growing inside of me it was like a bubble; I was really happy that you were coming here to help with the proving. This was not gas.
56/99:99	643	MIND	21	For some reason, I simply didn't take notes for the proving.
56/99:99	644	MIND	21	I came back into my room. I felt a presence, like a big white cloud. I felt paralyzed. That hasn't happened to me since I was a child. I felt kind of presence. Its not harmful. It was odd to me, white gaseous, I want to say that there were wings there. It was like a big marshmallow. Serene and calm. It's peaceful.
56/99:99	645	MIND	21	As I am describing this I feel smaller, yet relaxed, I feel like it's overtaking the room, so that makes me feel smaller. I am drifting to the corner, as though my body is vertical, even though my body is horizontal. It wants to tell me something.
56/99:99	646	MIND	21	I see an eye, looking upward, like a pink color around, I feel like my body is sluggish, it is falling, slowly falling, like I am falling asleep, as though I were going to bed. Pink, like a pink elephant, movement, like clouds moving into each other. A lot of movement, not of anything in particular. Like gas or when you are pumping gas you see those waves.
56/99:99	647	MIND	21	The movement is diminishing.
56/99:99	648	MIND	21	It is coming to a stillness, slowly. Now it is just dark. Dark and still.
56/99:99	649	MIND	21	The image of the eye is returning. It's disappeared.
56/99:99	650	MIND	21	Deep breath. Now I see a cobra, first it looked like a mushroom, but now it becomes a cobra. My body is falling more and more. My left shoulder is hurting more. Like a sharp, poking pain, that is warm. Warm and pulling sensation. My hands feel cold. Deep breath.
56/99:99	651	MIND	21	The more I move or breathe, the pains come. I feel as though my body is going into a hole that is dark, a sinking motion. It's down, it's like a tunnel, below me, it's like I am floating into it... ..stomach, the word stomach came into my mind, I am falling deeper into it, the left shoulder pain is more pronounced.
56/99:99	652	MIND	21	Triangular shape, blue and green. The shoulder and the lower back is beginning to hurt. I feel like I am on the ground or floor. Like an ant. Tiny. I have a big buttocks like a ball, it's looking up, crawling around.
56/99:99	653	MIND	21	The shoulder is still hurting. I am beginning to feel I am expanding again, like a spirit coming up, coming up, it's bigger than the ant, I am also on the floor, I am here and there, there is a lightness, weightlessness, a brightness, it is trying to pull me up, my body is slowly coming up to the sitting up position, it is doing so, little by little, the pain has begun to move from my shoulder to the lower left side of my back, into my leg, its dissipating, a light pulling me up, it's blue, now it's reddish pink, the pain has remained on the waist area on the left, from the side to the front, a pain in a small spot, in my hip joint area.
56/99:99	654	MIND	21	There is a purplish, reddish, pink, with yellow tone, it is like a tree, a tree with no leaves. The branches are there but there are no leaves. The Tree of Life.

56/99:99	655	MIND	21	I can experience the aura, red, orangish, yellow aura. The color of it now; it is like a rainbow. It's calm, it's uplifting, deep breathing, breathing in the rainbow, my left hand is warmer, my right hand is colder. I feel like I am coming to sit up more. The pain is still focused in the left hip.
56/99:99	655	MIND	21	I can experience the aura, red, orangish, yellow aura. The color of it now; it is like a rainbow. It's calm, it's uplifting, deep breathing, breathing in the rainbow, my left hand is warmer, my right hand is colder. I feel like I am coming to sit up more. The pain is still focused in the left hip.
56/99:99	656	MIND	21	It is as if I could see my surrounding aura, the surrounding of my head, like a wave around it, taking the shape of my head. The elephant returned. I don't see the elephant, but I can feel it. I am not seeing a picture of it, I can see darkness in the background, pink within it.
56/99:99	657	MIND	21	Elephant means power, strength, endurance, it can go through things, clearing obstacles, nothing happens to it, without having negative feelings for the surroundings.
56/99:99	658	MIND	21	I see my aura, there is a darkness surrounding this pink essence. The pink is coming within itself, protecting it from the black-darkness. My body wants to start shaking from my stomach out toward my legs.
56/99:99	659	MIND	21	Now the black and the pink are merging, the pink is in the middle, it is merging like clouds or smoke.
56/99:99	660	MIND	21	It's like they are dancing, coming together and separating. Dancing around the Tree of Life. Above it and outside of it.
56/99:99	661	MIND	21	Now it is just calm.
56/99:99	662	MIND	21	I see your aura, whiteness, pink, a dark pink, like a violet color. Its flat and dull in its color, the pink is not so pronounced, some darkness in the background, like a canvas. Violet in color. It's just in the background. There is no weight to it. It is weightless.
56/99:99	663	MIND	21	A little dot, like a black dot when I first breathe into my heart.
56/99:99	664	MIND	21	It is as though my hips are shaking. It has not descended to my feet. Faster, then slower. A light has come from the top of my head down and the shaking immediately stopped.
56/99:99	665	MIND	21	Now the darkness is enclosing the pink, the pink is small and there and the pink is getting bigger, bigger, the dark is around it. I feel like I am in space.
56/99:99	666	MIND	21	I am whole. I am together. It's together. It's like you are not separated you're complete and still. The eye just came back.
56/99:99	667	MIND	21	I am back in the room; I am relaxed and there was a different brightness in here. Warm, like a deep warmth, my feet are a little bit cold.
56/99:99	668	MIND	21	Did I actually fall?
56/99:99	669	MIND	21	I felt more together, not allowing my surroundings to affect me so much, not taking things personally, I take things personally if someone says negative stuff about someone else, what will they say about me. I was working with someone and she was starting to go negative and I cut the cords, I got out of the dynamic, to not take it personal, I just allowed things and people to be how they are. I allowed my house to be a mess, to not try to be so orderly, to not try to change peoples opinions, but just let things be.
56/99:99	670	MIND	21	Also, tardiness is something that I am trying to work on, that still occurred but I didn't feel bad. If I arrived late, I didn't allow that to bother me.
56/99:99	671	MIND	21	I am not taking things personally.
56/99:99	672	MIND	21	At the beginning of the proving I felt a bubble in my stomach. I was so excited at the beginning, but then once we got into it, I felt what's the use, and I wanted to be done with it; what's the use? Don't be so dramatic.
56/99:99	673	MIND	21	Able to stand up for myself, I always allowed my old boyfriend to reenter my life. I am not being pulled in. I am cautious as to what goes inside of me. I do not take medications. I am even cautious about taking a remedy. I am so sensitive to people, so I have avoided them.
56/99:99	674	MIND	21	I want to concentrate more and not to be so spacy.
56/99:99	675	MIND	21	This proving allowed me to be more open. Open but grounded.
56/99:99	676	MIND	21	I thought that this was out there like some kind of mineral in space, or a particle of an Angel or something, particles.

56/99:99	677	MIND	21	Terrance McKenna came up with the time wave zero, human consciousness that starts from the beginning of humanity. Pretty much the timeline is condensing itself. There are seven days and six nights, corresponding to heaven and hell. Within every cycle there is a large downward slope; in 2008 this happened; since the timeline is condensing we are seeing these rapid slopes happening more often. This year the slope start on 11:11 the Mayan symbol for exponential change. It ends 18 Jan; then a new cycle starts on Feb 11, 2011. You can zoom in on it. It will be like a bigger time gap. I just need to know about it. I just need to know that this exists. All these things that people are talking about; having a full knowledge about it all helps to play into it all. If you can understand how it is all happening
00/00:00	685	MIND	21	Don't want to do anything
99/99:99	686	MIND	21	There are definitely things that I do not express my feelings about.
11/15:21	687	MIND	22	I understand something about the physics of Homeopathy that I did not know before . I get that the way the remedies work is a field phenomena, and I don't really know exactly what that is except on some level now I can see how this is working and I get why I am having such a powerful response to a substance that I have not taken. I am being governed by this phenomena called a proving and everything that is happening in my life is somehow influenced by it.
11/15:25	689	MIND	22	One of the ways I experience it is that I have had problems with my feet and knees and hips in the past but it is not at all like what I am experiencing with this proving. The quality of pain is completely different and how I am with it is different
11/15:26	690	MIND	22	I want to make everything stop.
11/15:57	691	MIND	22	I feel like I finally understand Homeopathy. Like I am on the inside of some kind of consciousness, looking out and I can see, in fact I am like in the Wizard of Oz seeing, or being, the man behind the curtain with my hands on the levers, causing things to work the way they are working.
12/05:27	692	MIND	22	I have a lot of pressure in my head. Like a sinus infection. It makes me tired and I don't want to think or do anything. I would like to sleep all the time. And, it makes me nervous. Like I think I will never be able to think clearly again.
13/23:34	694	MIND	22	Extreme anxiety about health. Unable to think clearly today and just wanting to sleep and not do my work. This was especially marked after eating beef stew with lots of potatoes. I had pressure in my head and it felt foggy and not clear thinking. This was worse during the day and early evening. It started abating around four pm and my thinking was clear by this time.
15/12:23	696	MIND	22	I had the experience of working on a case and having a thought about what the remedy was and thought it could not be that easy (after about four hours of work) This is a way I have of doubting myself for many years. When I was working on this case I would get a pressure in my head and pulsating in my third eye place on my forehead between my eyes. It was almost like starting to get an anxiety attack. Or like thinking was like moving though molasses. And then I said that I was going to pick the symptoms and just go with it then called the person and said this is what you should take. Now, I feel like I just went through the wilderness. Like I really keenly felt like what life is like when I am immersed in my self doubt. When I think I am not good enough and don't belong. This is something I am not going to tolerate any more. I feel like I emerged from something that I have had for a very long time. words like cottony thinking, gauzy vision, gauzy thinking, marshmallow walking. weird things that connote soft, insecure, lost stuff is what is occurring to me.
18/11:17	698	MIND	22	I am very dreamy and I want to sleep a lot.
19/14:10	700	MIND	22	My anxiety is totally elevated. I experience it like a ball of anxious behind my eyes at the top of my nose, actually pushing on my nose making it hard to breathe.
19/14:12	701	MIND	22	At school, everyone seems to be acting like they are in the middle of this foggy bog.
56/99:99	703	MIND	22	It took days to get it started with prover, it just wasn't convenient; then after it was started it was very difficult to get together, to talk, to connect.
56/99:99	704	MIND	22	I had a lot of experience of not feeling like I was doing it right. The prover felt she was was not doing it right. There was a lot of that swirl. I had an increase of anxiety, am I going to do this right? A lot of people's health depends on this. When I talk to the prover, she seemed not to have any awareness of what is going on.
56/99:99	705	MIND	22	This really irritated me, I had to manage my irritation as a function of being a supervisor.

56/99:99	706	MIND	22	I thought, you are a graduate of a homeopathic school, you should know how to do this, it shouldn't be this hard!
56/99:99	707	MIND	22	I could be very upset about this, this was under the irritation.
56/99:99	708	MIND	22	A feeling like a little kid who is just never going to get it right.
56/99:99	709	MIND	22	My mother yells at me.
56/99:99	710	MIND	22	I have a lump in my throat; I would like to cry a lot; I don't want to; I don't think I will; I really miss my mother. Okay, I will cry! I really miss her.
56/99:99	711	MIND	22	I feel regret, how come I didn't understand that this is the way life is and no matter how much she yelled at me, she lived with that love, rather that exclusively with "You'll never do it right."
56/99:99	712	MIND	22	The other thing that happened during this proving is that I decided I am going to be brilliant. I've always resisted this, life is always about struggling and working hard, I am letting it be about other things now. I am willing to let homeopathy be easy. I always felt I was doing it wrong; if something is easy, I am going to let it be easy. Duh!
56/99:99	713	MIND	22	I can see that I did not contact the Master Prover enough in this proving. It didn't dawn on me that I could contact the Master Prover. I am on my own. My relationship to the Master Prover was that I had to turn in completed work done right.
56/99:99	714	MIND	22	This is a total breakthrough for me; last week I used my outlook to schedule my whole week; I got more done last week than I have ever had; I decided I would show up with my homework done. This is the flipside of breakdown, chaotic, disorganized, and detached. A new structure. This is what will allow me to fulfill what I say that I am up to.
02/99:99	721	MIND	24	Note: provers landline and internet are down – have to call her cell phone – she lost internet connection yesterday – no landline phones.
02/99:99	722	MIND	24	Supervisor had a really rough morning with spouse – felt like he was on top of me – I needed space. Felt a lot of anxiety about upcoming trip we are taking. Had an argument about the excursions on the trip and taking them with the cruise or taking them with outside vendors. I felt very nervous to go with outside people – afraid of being left behind by the boat. When I got to work, I had to keep driving around for about forty five minutes talking to myself and calming myself down about my husband and marriage and life. I did talk myself down and once I was at work had a fine day.
06/99:99	725	MIND	24	Unable to connect with my prover – family obligations are going to keep her out of touch all day – she said she will text me later and let me know when we can talk tomorrow.
10/17:06	726	MIND	24	provers phone busy, busy, busy – no answer cell
99/99:99	727	MIND	24	On our last talk we talked a lot about the communication thing. My prover was telling me how the substance has been at the school waiting to be proven for awhile. I know this because I am a former student and we were supposed to do the proving over a year ago – maybe more – but with deadlines of school and people being too hectic, we never did the proving. I was remembering how there was a lot of our director sending e-mails and people not getting them and there were some misunderstanding with some of my fellow students – that were pretty serious. A lot of the misunderstandings stemmed from things done over e-mail on on the internet. I personally have had a lot of problems with communication with my mentor – we have had difficulties connecting and it seems like it's taken a long time for us to come together to discuss cases. This may be a coincidence, but my prover and I had this discussion and I think it is important. Just today while writing my final notes – my brother called and said he had sent me an e-mail on Jan 5 – but I never got it – it is a first – I've never not gotten one of his e-mails. My thoughts went straight to the proving – like of course I didn't get your e-mail
99/99:99	728	MIND	24	It's been twenty five years today since my dad died – before I even realized this, I was in a very emotional and melancholy mood – thinking of old loves and lives, feeling blessed for the life that I have – for my husband and children – crying for the losses in my life – thinking of all that has gotten me this far – and then all at once I realized my dad died the Tues before Thanksgiving – like today twenty five years ago. I was twenty five and I just turned fifty and how in the hell have I lived this long without him. So I talked to him and listened to him and prayed he is well and thought about him deeply.
02/07:06	730	MIND	27	Killed a mosquito today first time
99/99:99	731	MIND	27	Fighting to retain independence from visiting husband who pushes boundaries

12/20:00	734	MIND	29	Worrid about the prover as she seems bored that there are no more physical symptoms, need to try and encourage her to get on board again - storm and snow have impact communication with prover.
99/99:99	739	MIND	29	Email connectivity is not great this week, getting lots of error messages and mails just don't seem to be going through.
99/99:99	740	MIND	29	My dyslexia was even more pronounced; typing emails and noticing that I completely left words out of the messages. Communications with people were difficult; the meanings of things were goofed up.
99/99:99	741	MIND	29	Procrastination was difficult for me. I didn't want to deal with things.
99/99:99	742	MIND	29	However, I felt less anxious less worried about things. My husband kept saying that my favorite response was, "Whatever, I don't care!?" This was quite unusual for me.
99/99:99	743	MIND	29	Overall, this was an interesting experincing; my prover didn't want to be a part of the proving any more, initially she was not interested in carrying on after the first week; I was able to manage her to continue on. She actually wrote me an email saying thank you very much for keeping me going.
99/99:99	744	MIND	29	I have had a positive result, I am much less anxious, I have always been a planner, I feel less stressed and less anxious about what is going to happen; I am much more open to looking at the possibilities.
99/99:99	745	MIND	29	Even with my daughter, I am not fighting with her. Not trying to get her to change. She was asking my opinion, and before I would have tried to guide her, now I just said, "There are many doors open to you, you have to decide your own path."
99/99:99	746	MIND	29	I gave up on my contract; normally I would have been setting up a new contract. My contract was coming to an end. I am not concerned about it; this is interesting to me; I plan ahead, I am always thinking ahead, this time, "What will be, will be!" This is unusual for me.
99/99:99	747	MIND	29	A major shift in my financial concerns. That has always been a big driver for me. Even though my husband earns enough, I want to earn my own money. I am not concerned about it. This is different for me.
99/99:99	748	MIND	29	I have also tried acupuncture. I have had some good results with this. You have to understand I am afraid of needles. I managed to do it.
08/19:30	749	MIND	30	The prover is not picking up her phone. I left her a message that I am concerned about not being able to reach her.. Emailed Supervisor that I am unable to reach the prover.
99/99:99	750	MIND	30	Well, in the beginning it was very hard to reach my prover. She wouldn't pick up the phone, I'd leave her messages. I called the Director. I felt that this wasn't well organized.
99/99:99	751	MIND	30	I am trying to be on schedule; I would set the alarm clock so that I wouldn't forget, so I would call her and then I became disappointed.
99/99:99	752	MIND	30	I also began to worry that something had happened to her. She said that she didn't ever hear her telephone so she didn't pick up.
99/99:99	753	MIND	10	She was very concerned about her privacy; she asked several times, "Will my friend know about my history or my privacy."
99/99:99	754	MIND	30	The communication itself was not too organized. I felt that communication was important. I was disappointed and I became worried. I thought something happened to her that she became very sick. I don't know what she is taking.
99/99:99	755	MIND	30	She did not ever send her notes. This was disappointing.
99/99:99	756	MIND	30	She wasn't sure if she would come to the proving meeting.
56/99:99	757	MIND	34	Prover 14 became really sick with the flu; she started taking allopathic medications, teas, remedies; she and I never could really get into a groove about this. So my experience with her was the first day or two I captured some of her symptoms; after that it was a mishmash.
56/99:99	758	MIND	34	In her life there has been an ongoing dissatisfaction with her partner around the Christmas holiday. That unhappiness in her life became the thing for her.
99/99:99	761	MIND	01	In the beginning, when I took the remedy what I feel first is like walking in the air, just for not too long maybe like maybe half an hour. Great but in a way it was like I don't know how to explain but like not feeling anything.
99/99:99	762	MIND	01	Depression – a lot of sadness, missing her family in Mexico a lot more, I live here alone. She continues with her depression, very sad, because she is working- she is a doctor there and here she gives food samples and she wants to go back to Mexico. It's difficult to love here, I miss my family my brothers, I try, I went here last year because I needed to study homeopathy in English.

99/99:99	763	MIND	02	<p>Well for me it was a very numbing experience in a certain way, when I took it I was talking to my supervisor. I has this sensation of serenity and in a certain way it translated in a way, like what date it is it? what time did we talk, In a certain way the time was, in my day to day – getting up getting the kids ready, but for my own stuff I couldn't do projects but after two months I feel like sleeping beauty like I am just waking up. I did have a lot of dreams I don't remember any of them right now, but I did wake up in the middle of the night, I wrote down a few lines I usually don't dream in away that I remember, that subsided a few days ago. I had two incidents of pain, one way in my eye like sharp as if something was stuck but it only lasted for like 30 seconds it seemed so long and another I had shoulder pains, kind of stabbing stinging quality. I did have, I was visiting New York and it was very difficult to walk after half hour my feel would really hurt, it was like a burning feeling, the sole of, my foot up the calf and into the thighs it would stop when I would sit but when I would stand up. Even if we stopped to look in a shop window I had to keep my feet moving like I was walking to keep the pain</p>
99/99:99	764	MIND	02	<p>What did strike me was the kind of dreamlike state, I would live the life but I couldn't do the thing – write up things but not being able to send them out</p>
99/99:99	768	MIND	04	<p>I really related to his lady here in the front, I was very mellow I felt very in the moment but in the same sense things I had to do alot, study, work projects I just couldn't get to it, I generally felt good</p>
99/99:99	769	MIND	04	<p>Confrontations were big, in one day I had three confrontations I had to be pushy and stand up for myself and I was not always like that</p>
99/99:99	770	MIND	04	<p>I couldn't spell, couldn't do the crossword. A lot of communication problems. We lost the phone in our house, we lost our cell phones, anything to do with communication.</p>
99/99:99	773	MIND	10	<p>I had my doubts, there is nothing, the first 10 days I was monitored daily, someone to had it over to, then I lost all my steam of it, I just felt like there was nothing else to say</p>
99/99:99	774	MIND	10	<p>generally I feel kind of good – not quite confrontational maybe more assertive, not in my character, depression is in my nature but not at this time I definitely noticed that I was not depressed at this time.</p>
99/99:99	775	MIND	10	<p>At new years I went to a lovely gathering, I was tired and sore from skiing I arrived and I didn't feel like I was acknowledged enough. I got more and more irritated. I got a harder edge. Something that I recognized about myself, I couldn't alter it, it was just there and it was like, I had established it and I wasn't going to change my course. This edge, and afterward I was like yeah what was that about? Like not being acknowledged enough and I was not going to make the effort to acknowledge them. I kind of set my course before I arrived, very stubborn and childish. I didn't feel like a resolution at the end of the year – like a conciliatory, very hard, couldn't let things go.</p>
99/99:99	776	MIND	10	<p>There is some energetic – not depression, not pressing down, but it's not I feel like I want to get around it and get going, I am not being stopped by it but I can't get around it, It hasn't pushed me down I am trying to get around it but it's not pushing me down.</p>
99/99:99	777	MIND	11	<p>Communication changes – I kept my notes for maybe three weeks, it was really overwhelming for me and I ended up stopping. I started having shoulder discomfort several days before the proving started, it stayed with me for several weeks, and it's gone now. I have scoliosis and I am in pretty good shape, I don't usually have that trouble in my left shoulder</p> <p>I experienced my dreams have been more vivid, I can't pinpoint them or describe them exactly but they have been more vivid, I feeling emotions in my dreams that I don't normally have. I am feeling more emotions overall. I had a hard time coming back into my body after being in the astral plane for so long, not being there anymore...</p> <p>I had the best holiday season one of the best I have had in many years, more connected to my family – usually I cannot get things done, it has been the opposite, I have been able to move forward in a lot of different areas, getting off flour and sugar. This has been unusually easy for me. I decorated my house, first time in like seven years. I did Christmas!</p> <p>I was able to start doing something about how I manage money, delve into it, to make a shift, something I have wanted to do for years and follow through with it; it's been great to make this shift</p>

99/99:99	780	MIND	16	I had no idea I'm so different, so depressed, miserable Christmas, cry, alienated all of my friends, then all of these old friends popped out of the wood work. Have ex-boyfriend I could not let go of him, then I'm finally got rid of him and cold and he is dead to me and I'm like that with all my friends but I don't want to be. I don't want to be dependant on him, I had not hope, can't change, no movement, taking Tylenol a lot for pain a lot to sleep. Has cycle every 2 weeks. Tingling in my face, trying to homework like sludge, I can't do this, I'm not meant to be a homeopath, I was depressed, suicidal thoughts, knives, sharp objects, I have to get out of here, I have to leave my kids they are better off with out me, be very alone, did not want my friends,
99/99:99	781	MIND	16	People would call me and I did not want to answer the phone, I did not want to talk to people, but I always want to talk. Someone said to me why don't you answer the phone?
99/99:99	782	MIND	21	I've reached out to a lot of old people in Facebook and stopped with people.
99/99:99	783	MIND	23	Communication wise we would miss each other, days where we did not connect. Teach a class lot of spelling mistakes. Grandfather died at thanksgiving, sister told me to "f-" off, moved out, split up from boyfriend, ton off stuff going on, I was feeling it and I was getting all of it. Talk to my prover, take her notes, and making my notes, phone dropped, computer crash, emails 4 days late, everything was screwed up, lots days space cadet. Can't eat but today I went through a drive through and needed cow, I don't eat junk food. Thank god it's the proving and it's not just me. Son has not been eating he is three, ex-boyfriend could not make eye contact.
99/99:99	784	MIND	23	Quit smoking years ago and started smoking like a fiend almost a pack a day, it's how I get out, go outside to some, to be away from people. Drinking beer since the proving
00/06:50	90	MOUTH	04	Took substance. Pellets feel big in my mouth, like they are taking up my whole mouth. Taste is sweet, milky and familiar to me. Not unpleasant.
00/06:50	91	MOUTH	04	The taste of it felt familiar to me. The pellets felt large in my mouth. Like the shape of rice pudding, like the pellets were filling my mouth, rice pudding or tapioca or something like that. A thickness to it.
01/99:99	110	MOUTH	04	Not very hungry today. Has affected my tastebuds. Everything tastes different. Not craving salty things as I normally do.
04/04:00	126	MOUTH	04	Woke up hot and bothered – mouth was dry and tasted like sour milk – she drank water and went back to bed.
04/99:99	133	MOUTH	04	Her taste seems to becoming back to normal
05/99:99	140	MOUTH	04	Feeling very thirsty all day – she is drinking water – but her mouth still feels dry – and she said mouth feels dry but she doesn't want to drink.
99/99:99	217	MOUTH	04	I asked her about her sense of taste – she said she usually loves spicey, but she has been eating bland foods – bland things like bread, potatoes regular food.
99/99:99	218	MOUTH	04	Taste still feels off – not sure about smell
04/13:30	296	MOUTH	08	At lunch, she bit into a carrot and her left front upper tooth felt very numb; like after a blow to the tooth; it felt kind of long too. Later she noticed the numbness extend to the bottom center left tooth as well as extending into the chin on that side (this is where she had experienced nerve damage from an injury due to a car accident, but she hadn't felt this pain in years).
01/01:50	353	MOUTH	09	My gums are sore. Both sides, upper gums, around the incissors and also behind the incissors. I put garlic into my mouth. This is a recurrent symptom. It seemed to start very suddenly this time. I've never before had this gum problem on both sides simultaneously. Neither has it started with a feeling of pulsations.
02/19:30	401	MOUTH	10	Dry mouth starting . No thirst. Have to drink water.
03/19:30	402	MOUTH	10	Mouth is dry. There is no thirst. Have to drink water every thirty minutes.
04/17:30	408	MOUTH	10	Mouth is dry. Have to drink water not because she is thirsty, but to alleviate the dryness.
04/17:30	409	MOUTH	10	Mouth is dry; needs to drink water.
09/09:30	414	MOUTH	10	Dry mouth.
14/99:99	421	MOUTH	10	Dry mouth. Drinks at least three small water bottles while at work.
16/19:30	424	MOUTH	10	Mouth is dry; has to drink water all the time.
19/19:30	428	MOUTH	10	Dry mouth.

23/19:30	431	MOUTH	10	Dry mouth. Has to drink a lot.
99/99:99	771	MOUTH	04	My taste was really effected, and my sense of smell. I wasn't tasting my food. I lost, my sense of smell
56/99:99	192	NECK	04	Neck tightness, into my jaw, my teeth would hurt, the whole right side would feel as though it was throbbing.
03/21:00	284	NECK	08	She felt that the base of her neck seemed like an important place to be aware of and that was where the heat originated and emanated from- there is something there.
02/12:25	113	NOSE	04	Sneezing attack
02/14:00	114	NOSE	04	Massive sneezing attack – couldn't stop sneezing –it was over the top – one sneeze after another. Working at studio at the time – Working with her usual materials – nothing new.
02/99:99	116	NOSE	04	My son made me realize that I had lost some of my sense of smell. I usually have a very keen sense of smell but it seems to have diminished along with my sense of taste. I could not smell the stinky manure the gardeners had used to fertilize the lawn.
03/10:30	121	NOSE	04	Sneezing fit again. I am driving and have to pull over I am sneezing so much.
56/99:99	193	NOSE	04	Sense of smell.
06/99:99	323	NOSE	08	She had the same post nasal drip but hasn't gotten sick;
07/20:00	327	NOSE	08	She had some post nasal drip around eight pm. It was a clear mucous type of drip and not very watery. She wanted to spit it out but didn't because she was riding and didn't want to hit anyone with the spit. By the end of the day it was gone.
08/99:99	333	NOSE	08	She notice some post nasal drips but she didn't feel it was something to be concerned about.
00/20:18	344	NOSE	09	my sense of smell is more acute than usually. There is a cabbage smell in the kitchen.
00/20:35	346	NOSE	09	The chick peas cooking smell really strong. I dislike the smell even more than the cabbage smell.
01/11:00	261	PERSPIRA	08	Around 11am she had a heat flush in the upper chest head, shoulders, perspired in those areas; The heat was the one that started in upper chest area, went up neck face into head and then started its way back down towards shoulder. Then the heat dissipated.
02/21:00	276	PERSPIRA	08	At nine pm experienced a flush of heat like the others in the upper chest and moving into the face sweat, moisture on her face and chest.
03/99:99	289	PERSPIRA	08	Late Morning: had a flush of heat late morning- noticed she was "stinky"; sweat smelled later in the day- underarms
03/21:00	498	PERSPIRA	13	Night-sweats.
04/04:00	501	PERSPIRA	13	I am completely soaking wet along my neck and back.
56/99:99	715	PERSPIRA	22	I suddenly became hot, it is mostly on my back, my back is sweating.
56/99:99	716	PERSPIRA	22	My chest is sweating a bit.
56/99:99	717	PERSPIRA	22	My head is not hot.
03/17:20	495	RECTUM	13	Painful straining at stool, internal hemorrhoids. Very painful. Large clots of blood.
04/07:10	506	RECTUM	13	Painful hemorrhoids. Blood clots falling into the toilet bowl.
04/08:00	511	RECTUM	13	It is as though I am passing shards of glass. I have terrible cutting pains.
08/07:00	517	RECTUM	13	Extremely constipated; terrible hemorrhoids.
29/99:99	532	RECTUM	13	My constipation finally cleared, as did the hemorrhoids; it is no longer painful to sit or pass stool.
17/23:00	381	RESPIRATI	09	Much better with fresh air.Slept with window open all night.
04/14:20	553	RESPIRATI	14	One of the things I have been experienciing the last few days is I feel a little winded when I take my dog for a walk or go up the stairs. I feel my heart racing.
56/99:99	718	SKIN	22	Eczema has been aggravated.
99/99:99	732	SKIN	27	Bites around umbilicus
03/02:30	7	SLEEP	01	Woke up with burst of energy. Washed dishes and cleaned for about two hours, then went back to sleep.
07/03:00	16	SLEEP	01	Woke up with burst of energy. Washed dishes, studied for school. Went back to sleep around 05:00.(after two hours)
01/16:08	40	SLEEP	02	I woke up last night and felt like I was doing this wrong. Am I supposed to write everything down. There is not much different.
01/07:15	100	SLEEP	04	Had another good night's sleep. Only woke up once to use the bathroom.
01/07:15	101	SLEEP	04	In the morning didn't want to get up.
02/07:22	112	SLEEP	04	Woke feeling tired. It was hard to go back to sleep after the 4:38 am wake up.

03/16:37	122	SLEEP	04	Had a good night sleep – did wake up during the night
04/04:05	127	SLEEP	04	Wake up hot and bothered. Go to bathroom and put water on my face.
04/06:00	128	SLEEP	04	My son wakes me up and tells me it is seven am. I am angry when I realize he has tricked me. I want to sleep some more.
05/99:99	141	SLEEP	04	She said when she first took the remedy her sleep was much deeper – now her sleeping is not as good – she wakes up feeling “hot and bothered”.
09/02:50	159	SLEEP	04	Waiting to pick my son up from school. Feel so sleepy. Could just close my eyes and take a nap.
10/06:50	162	SLEEP	04	She woke at 6:50 with a dull headache behind her right eye – never came to anything – thought it might be her sinuses. She said she has been waking up thirsty. She also said she has been having a deeper kind of sleep.
56/99:99	195	SLEEP	04	I felt much more rested, lots and lots of dreams. I recorded the ones I remembered.
00/00:00	198	SLEEP	04	Had a good sleep. Woke up excited about taking the substance.
99/99:99	232	SLEEP	04	Slept really well – sometimes can be a light sleeper
01/03:00	254	SLEEP	08	She woke but didn't really have to urinate; had some trouble going back to sleep; When she did wake, she did not want to get out of bed and felt groggy.
01/05:00	260	SLEEP	08	Woke around three to four am couldn't go back to sleep for a bit, usually have to pee but didn't really this time; slept late didn't feel like getting up, was groggy.
02/06:00	267	SLEEP	08	She did not sleep well, a lot of anxious thoughts around submitting an offer on an apartment
03/09:00	279	SLEEP	08	Having a difficult time getting out of bed; too comfortable; Usually am an early riser and out of bed type of person.
03/09:00	280	SLEEP	08	She slept great despite getting up to urinate in the middle of the night; waking up didn't disrupt sleep; She had gone to sleep earlier the night before.
04/99:99	304	SLEEP	08	Woke up thinking she had to urinate but didn't have to go but then woke up later and did have to go; She did not sleep so well after waking up to urinate; she had difficulty going back to sleep, felt groggy and reluctant to get up in the morning- it was difficult to leave the sleeping dream state.
06/09:00	318	SLEEP	08	She slept well even though she had to get up once at night.
07/07:00	326	SLEEP	08	She slept well and woke up earlier than usual.
00/00:00	342	SLEEP	08	Slept like a log. Didn't have to use the bathroom in the middle of the night like usual. Did wake up having some bitter thoughts of her mother-in-law; She thinks that it could have had to do with hearing the Master Prover mentioning mother in law during the lecture; She was thinking how her mother-in-law played favoritism and interfered with her husband's affairs; She remembered that her mother in law even screwed him a few times; she was thinking how unhelpful her mother in law could be and it was making her angry.
01/20:30	440	SLEEP	11	Tired and going to bed early, feel uneasy about it. I have things to do but don't want to.
03/20:00	496	SLEEP	13	I am incredibly sleepy. I want to go to sleep. However, I am afraid that I will wake in the middle of the night if I go to bed too early.
56/99:99	600	SLEEP	16	Unable to sleep a lot of thoughts preventing me from sleeping. I've been watching television in order to crash.
56/99:99	601	SLEEP	16	I was taking really strong Tylenol to sleep, Tylenol-three with Codine; in order to sleep. Sleeplessness.
03/05:00	617	SLEEP	21	Woke up at five am unable to get back to sleep. I was done sleeping but I did not want to get up.
56/99:99	678	SLEEP	21	I had a really bad night last night, I went to sleep at 10:30 pm, it has been very hard for me to go to sleep.
18/11:17	698	SLEEP	22	I am very dreamy and I want to sleep a lot.
03/06:00	59	STOMACH	02	Dream of looking for lost daughter. I had a stomach ache from this. I woke up with the panic knot in my stomach from this dream.
04/02:45	125	STOMACH	04	When I leave the dentist I am very thirsty and have to stop to get something to drink. I stop at "Cost Plus" and end up buying a bunch of English comfort food--digestive biscuits, shortbread, english tea, etc... I feel very nostalgic.
05/09:45	138	STOMACH	04	Feel nauseous in the car. I am sitting in the back--maybe car sick. Hungry and not hungry at the same time.
07/12:30	148	STOMACH	04	Went to lunch with classmates. The spicy Thai food did not sit so well with me today. I only ate half. Appetite definitely up and down.

56/99:99	196	STOMACH	04	Nausea accompanied the migraine; vomiting, dry heaving, no appetite.
56/99:99	197	STOMACH	04	A big change in my appetite, I wasn't as hungry at least initially, as though it affected my taste buds.
03/21:00	285	STOMACH	08	Digestion was good; She felt like she has been eating very well, being healthy, no unhealthy urges; Ate some mustard greens and collard greens and she doesn't really eat that generally.
02/18:00	359	STOMACH	09	Thirsty for cold water. I drink more than usual. I don't urinate more often than usual but the amount is larger.
03/19:30	403	STOMACH	10	No appetite at lunch time. Ate anyway. Usually at this time is very hungry. She doesn't mind not being hungry because she wants to loose weight anyway.
14/99:99	422	STOMACH	10	Nausea on waking up.
01/06:00	436	STOMACH	11	Had diarrhea first thing this morning. (from magnesium or remedy? SJ).
01/20:30	441	STOMACH	11	Low appetite, didn't eat much today.
00/17:00	477	STOMACH	13	I am having stomach pains after drinking a whey protein shake.
00/19:00	478	STOMACH	13	My appetite is really off; I don't want to eat dinner. I am not hungry for anything. This is very unusual for me.
01/09:00	479	STOMACH	13	Nauseated at the sight of bacon. I am in a restaurant and someone ordered a side of bacon.
11/99:99	524	STOMACH	13	Appetite is totally gone, my stomach is totally disordered.
56/99:99	545	STOMACH	13	Appetite has returned! With a vengeance.
00/19:00	548	STOMACH	14	I noticed I had not eaten and was not really hungry. I ate very little this day.
56/99:99	602	STOMACH	16	I ate so much sugar, sugar, sugar, sugar.
99/99:99	604	STOMACH	100	Throughout the proving I have had virtually no appetite, I might eat a little something each day but sometimes it was only a piece of cheese. I was never hungry.
56/99:99	679	STOMACH	21	Woke up around one am with a really bad stomach ache; felt like throwing up. Went outside to get some air.
56/99:99	719	STOMACH	22	Gluten intolerance; eating cookies and breads and mostly that.
01/19:00	109	STOOL	04	Some changes in bowel movements. Usually very regular. Like clockwork every morning. Now feel a little constipated.
02/04:38	111	STOOL	04	Wake up suddenly with need for Bowel Movement. "big" bowel movement.
02/19:00	115	STOOL	04	Feeling better, not constipated.
04/07:00	129	STOOL	04	Wake up and go to bathroom for BM. This is my usual pattern.
99/99:99	219	STOOL	04	Didn't have a bowel movement today – but does not feel bloated or constipated
99/99:99	220	STOOL	04	back to clock work – she did experience the constipation early on after taking remedy – now she is "back to clock work"
00/16:30	246	STOOL	08	Constipation not bad and in same pattern as before; red stools but ate beets so seems consistent with what she ate.
01/16:54	266	STOOL	08	A little less constipated, had a bowel move in the morn which is unusual.
02/16:54	274	STOOL	08	Not as constipated as she has been; She feels it could be a part of her cycle of constipation that she gets.
03/21:00	286	STOOL	08	Had more regular bowel movements; She did mention that she took triphala which might have made her have the bowel movement.
04/99:99	305	STOOL	08	No bowel movement
06/99:99	324	STOOL	08	Still somewhat constipated; had a bowel move in morning but does not feel like a full evacuation in a long time.
07/99:99	329	STOOL	08	She had a bowel movement but doesn't seem to be a full evacuation. No discomfort or pain due to lack of evacuation of stool.
08/99:99	334	STOOL	08	She has not had any movement but she doesn't feel bloated or bad. She's taking triphala for a few days and said if she still does not have any movement, she will try to take a tea that will bring it down.
02/99:99	450	STOOL	11	Had normal bowel movement all day. Headache, took ibuprofen
03/17:00	494	STOOL	13	I have painful stools that are large and stony hard; they have blood clots on them.
04/07:00	505	STOOL	13	I am experiencing bashful stool. I cannot go to the bathroom unless I have the water running.
04/07:15	507	STOOL	13	Finally passed several large painful stools like oval shaped stones.

08/07:04	518	STOOL	13	My stools are like shards of glass or stone. They are so painful upon passing I want to shriek.
12/07:00	525	STOOL	13	Still hard, painful stool. Nearly the whole time of this proving.
31/07:00	533	STOOL	13	Loose and unformed stool; diarrhea.
56/99:99	546	STOOL	13	Stool Normal.
56/99:99	603	STOOL	16	Stools one day was fine, then bits and pieces came our the next. Such a radical change in stools.
03/12:30	619	STOOL	21	Stool pass with a fart. Very surprised and panicked. I was driving on the freeway on my way to an overnight vacation day with a friend at a resort and all I could think of was how bad I felt and smelt. I was totally embarrassed.
00/08:03	2	TEETH	01	Lower left eyetooth aches (pain is similar to teeth that are sensitive to hot/cold).
04/01:45	124	TEETH	04	Go to dentist for routine cleaning. My teeth bleed a lot and the cleaning hurts. Usually not like that. I take good care of my teeth and usually don't have any problems. The dentist tells me I need a crown. I am frustrated because I have just had one done.
04/13:30	297	TEETH	08	At lunch, she bit into a carrot and her left front upper tooth felt very numb; like after a blow to the tooth; it felt kind of long too. Later she noticed the numbness extend to the bottom center left tooth as well as extending into the chin on that side (this is where she had experienced nerve damage from an injury due to a car accident, but she hadn't felt this pain in years).
00/22:20	350	TEETH	09	I feel pulsating in both my upper incisors. I imagine those teeth growing like shark teeth.
00/06:55	92	THROAT	04	Feel a little numbing sensation in back of throat as pellets dissolve.
00/06:55	93	THROAT	04	Back of throat felt numb
09/02:40	158	THROAT	04	Feel sore on right side of my throat.
99/99:99	221	THROAT	04	My prover wasn't feeling well – has had a scratchy throat – was taking homey, tea and lemon.
99/99:99	222	THROAT	04	Right side of her throat felt a little raw when swallowing – she thought it might be because they have been running heat – she wakes up feeling dry. She took some Manuca Hone from New Zealand and that seem to help her throat
00/16:30	247	THROAT	08	A sense of being and awareness in the middle of throat, around the gullet, around the space where adams apple or voice box is; more towards the front of the throat; NO pain or movement felt; no sore throat or constriction; no lumps or anything, just an awareness of a feeling in that area.
02/16:54	275	THROAT	08	She still notices a sensation of something around the voicebox center of throat area;
03/99:99	290	THROAT	08	Morning: this morning while meditating she felt sensation around her throat- middle front part; No specific pain-just a feeling of it being there; there was a heat there that was rising from there.
04/21:00	301	THROAT	08	She still has the sensation inside the throat in the center region around the voicebox area.
14/08:40	372	THROAT	09	My throat is sore all morning but gets better better as the day advances. A raw and swollen feeling.
14/20:00	376	THROAT	09	The sore throat is back for the rest of the evening. It's a little better with a hot drink.
15/11:00	377	THROAT	09	Sore throat all day
00/12:48	4	VERTIGO	01	Experienced a few seconds of dizziness.
03/08:15	8	VERTIGO	01	Felt dizzy for a few seconds.
03/08:26	9	VERTIGO	01	Felt dizzy for a few seconds.
29/22:00	25	VERTIGO	01	Felt dizzy for a few seconds.
30/10:30	27	VERTIGO	01	Felt dizzy for a few seconds. Dizzy spells lasted off and on all day.