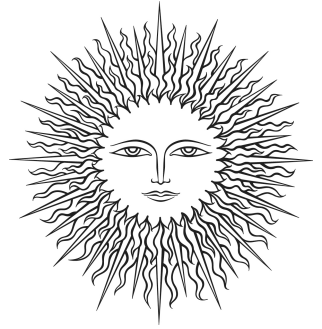




Proving: Red Campion

Date: October 2017

By Misha Norland, Mani Norland & The School of Homeopathy.

Seven provers (six female, one male).



Common name: Red campion

Scientific name: *Silene dioica*

Family: Caryophyllaceae

Habit: attractive medium to tall perennial plant with a downy stem.

Leaves: opposite pairs, with hairs on the leaf.

Flowers: pink-red in colour with five petals that are fused at their base forming a tube that is surrounded by a purple-brown calyx. Red campion is dioecious, a botanical term, meaning the male and female flowers grow on separate plants, hence the species name dioica. The flowers of red campion are important for various pollinating insects including bees, butterflies and hover flies.

Where: native. Look for this species in lightly shaded areas in woodland, along hedgerows, fields, ditches and roadside verges. This species is an ancient woodland indicator, so may give a clue to the history of a wood.

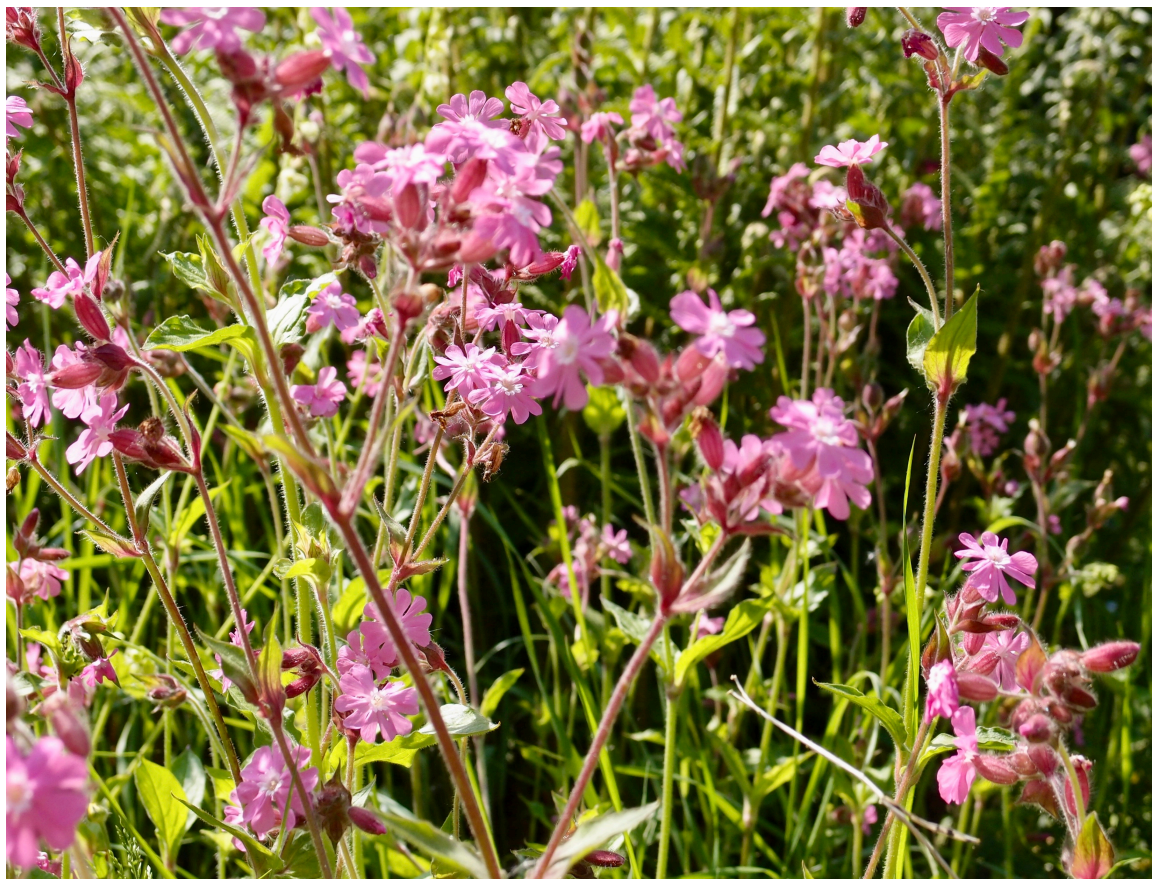
When: a perennial or biennial, it flowers from May to September.

Medicinal: traditional medicines used red campion seeds to treat snakebites.

Folklore and art: a noticeable flower the red campion has been mentioned in various poems, for example 'Summer Woods' by the poet Mary Howitt.

Red campion's genus name *Silene* probably derives from the Greek word *sialon*, which means saliva in reference to the gummy exudate occurring on the stems. It may also derive from Silenus, teacher, faithful companion, and foster father of Dionysus (Greek god of wine) who was covered with foam, referencing the gummy exudate commonly found on stems.

Source: Woodland trust.



Misha Norland: "I had wanted to prove Red Campion for years because it evokes pure happiness, flowering all through the spring and summer, and then again in September. Being a flower of woodland verges and hedgerows, it graces walks into favourite habitats. It had been colonising our woodland gardens at Yondercott, thriving in shady borders. Unlike related carnations, with their

aroma, the campion is, you could say, a poor man's pink, a brave coloniser of poorer soils, that will grow amazingly tall (up to one and a half meters) given a spade-full of manure. And then I learnt that the entire family Caryophyllaceae are a family without a single proving! Therefore we decided to amend that! I crammed a bottle full of leaves and flowers (both male and female, all growth above ground) in May 2017 and filled up to the brim with absolute alcohol. From this tincture the proving was done."

One of the proving supervisors shared this childhood memory of the plant:

"One of my main memories as a young teenager, (about 13) was of hanging, probably wilfully, far out of the family car just so that I could run my hands over the top of an entire roadside hedgerow of Red Campions. Probably demanding my dad to drive closer and closer, just so I could touch them! I remember I did this for what seemed ages, so he 'got it'. Maybe he didn't, maybe he was pissed off and like most safety conscious fathers, worried I'd fall, but all I remember is this blissful moment of connecting to this great coloured flower. We were driving along quiet, scented Norfolk country lanes, on another of our long blissful Summer Holidays spent wandering the countryside. I remember feeling enchanted by the bright reddy crimson colour, intoxicated by their legginess at a time when being a young girl at the edge of youth and freedom a mere wild flower was beckoning me to 'run wild and be free.' The image has always stayed with me. ***These were Red Campions, and even in the edgy red aridness of an Australian desert, that memory is a bookend to youth, female vitality and energy.***"

First verses of 'Summer Woods' by Mary Howitt.

Come ye into the summer woods;
There entereth no annoy;
All greenly wave the chestnut leaves,
And the earth is full of joy.

I cannot tell you half the sights
Of beauty you may see,
The bursts of golden sunshine,
And many a shady tree.

There, lightly swung, in bowery glades
The honeysuckles twine;
There blooms the rose-red campion,
And the dark-blue columbine.

***Silene dioica* By Michal Yakir**

Silene dioica(syn. *Melandrium rubrum*), known as **red campion** and **red catchfly**, is a very resilient herb, native to central, western and northern Europe, and locally in southern Europe. Its lovely pink flowers are rich in nectar, and attracts bees and butterflies and even some moth that feed on its leaves.

It's not a known or proved remedy- until now, although it had some medicinal usage: the crushed seeds have been used by the Celts (as salve) to treat snakebites (hence the Celtic name - *blodyn neidr*).

It was also believed that picking the flower might cause thunderstorm – yet having the seedpod might protect one from the lightning strikes...so, often a bunch of plants in the seed stage would be hanged above the door as guard from thunderstorms, and it was also used as part of protecting charm in Celtic magic.

Silene contain Saponins, which was used in older times as washing soap. (Saponins are a bit toxic to humans, but more so to fishes, thus hunting tribes was putting large quantities of it in the water in order to stupefy the fish, thus killing them more easily...

(The genus name *Silene* probably derives from the Greek word *sialon*, which means saliva in reference to the gummy exudate occurring on the stems. It may also derive from *Silenus*, teacher, faithful companion, and foster father of *Dionysus* (Greek god of wine) who was covered with foam)

In the Table of plants, the *Silene* is located in column 3 – the stage where the utmost importance is put on separation – or one is being threatened to be swallowed up by the feminine quality – the archetypal dragon Mother. Now snakes and dragons are always connected, the snake being the lower aspect of the dragon. Isn't it interesting that *Silene dioica* was used against snakebites?

The *Silene* Genus belongs to the Carnation Family - *Caryophyllaceae*, (along with plants like *Saponaria* and *Stelaria*) and the Order (Caryophyllales, characterized by curved embryo-shaped seed and scanty endosperm (see more in my book about it). Most of the Families in this Order are hardy ones, highly adapted to extremely harsh environments: (i.e. cactuses and other desert or salty area plants). Yet the Carnation Family although hardy, is not typical to hostile environment, rather preferring marshes, hedgerows and fields. Hence the "edge", the hero element of column 3 is not so present, to be replaced by a simple struggle for independence, often accompanied by the responsibility issues and adolescence issues of the 6th row.

The Family belongs to the 6th row in the 3rd column, emphasizing the unstable aspect of adolescence stage: mood swings and instability, (in the extreme cases it ends in reduced mobility, paraesthesia, coldness and paralysis).

The sixth row is a stage before adulthood, thus often characterized by avoiding responsibility and refusing to grow up and take initiative – which tackles the need for independence so important to column 3.... This creates, along with the avoidant behavior (characteristic of Column 3) – a slowing down, heaviness and fluid accumulation as a physical manifestation.

Column 3 attributes

Struggle for individuality: separation vs. symbiosis, struggle with the Mother, quest for independence.

In Column 3 there is an intense, conscious urge to separate and differentiate from the maternal energy (the archetypal feminine) that has been dominant thus far. In simple terms, this involves freeing oneself from the smothering embrace of the Mother or other dominant figure in one's life. At the same time, there is a need to remain contained within, and in biological symbiosis with the feminine. There may be issues with separation from, or struggle with the mother or the maternal element, and antagonism between mother and child, teacher or guru and student, governing ideas and so on, leading to a rebellious streak.

The Dragon archetype, a snake archetype: the matriarchy, overbearing mother. Under strong, compelling influence vs. separation

The snake archetype might be responsible to issues with the Kundalini energy.

OTHER THEMES:

- Between holding on and disconnecting, containing all or avoiding. Avoidance, detachment, isolation
- Pulsation, the heart.

Religious affections, spiritual search, desire to reunite, under superhuman influence

The other side of avoidance/detachment is the recessive need to reunite and merge again with the infinite, feminine qualities; this, with the need for the idolization of Row 6, may lead to exaggerated religiosity, seeking a guru or spiritual path to follow. Feels obliged to pray: (Mind; Praying – morning: Opuntia; Mind; Praying – night: Cereus: an exaggeration of the manifestation of the Dragon archetype of the column.] Yet the ensuing oppressed sense of being influenced will again cause another pulse of reassertion of one's individuality and cause rebellion. In extreme cases, fanatical behavior might be shown: Praying and then Cursing – vacillating between up and down, between the desire to separate and the desire for Oneness.

Statements from the proving relating to Column 3 Themes:

Bold italics have been added by Luke Norland to show the emphasis.

My mother died when I was 21 and being an only child we were a very close knit trio. Overtime I feel that my dad'd girlfriend has ***pushed me out*** slightly and he takes commands from her regarding his daily movements and if things don't fit with her plans she becomes upset. My issue was around the fact that I ***feel unsupported with nobody to fall back on if needed.***

A feeling of ***isolation***. Even though surrounded by others a sense of loneliness, wanting to be alone and the desire to be alone. This was also being felt in dreams – "***I felt like an observer***; I wasn't part of this 'world' but was being allowed to sit in on it and watch it for a while. The feeling was 100% I'm not part of this but it wasn't a negative feeling. I just didn't belong there." Feelings of being a stranger in their own life. "At times, I had a very vacant sort of feeling, like my body was there but my brain was just empty and not functioning."

Lots of trauma for my father from his childhood and also the history of a family displaced by war. I felt instantly nostalgic at the memory of my grandparents; I also felt a real sense of ***being a stranger***

in a strange land. I have felt like a stranger in my own life. I've never felt at 'home' and have led a largely nomadic life. This made me think for the first time I might have roots. ***An unexpected exchange with my father.***

I feel very strongly at the moment that he has to ***take individual responsibility for his feelings***, as do I. I realise I've been carrying a lot of his 'baggage' for him and it's a relief to put it down. The result of this, though, is that he now has to face up to some of his demons.

I feel like I've developed a real sense of boundaries- not only feeling these soften but also become stronger, depending on the situation. It's like ***I can protect myself without shutting myself off emotionally*** or energetically, whilst also feeling myself as an individual. I feel strong collective group connectedness alongside clear, personal safety and individuality... the feeling gets lighter and softer, for a short moment there was a high pitched sound to hear and random things popped into my mind like a ***big green dragon reaching out to infinity*** or being escorted on a conveyer belt against masses of people. All of it felt soft and ***liberating and calming and exciting at the same time.*** ***I felt free.***

I saw a cactus and open plains, buzzing noises like insects, crickets, and heard the words 'wise' and 'wisdom'.

I am inside a womb, it is cavernous. There are several people in white coats like some kind of doctors or scientists (*masculine principle*) and they are busy moving things around - I'm not quite sure what they are doing it's a little vague but they are preparing for something. The atmosphere is one of calm anticipation tinged with a little excitement. ***I am then in a muddy river in Africa somewhere helping a large woman give birth, although her belly is not swollen and there is no baby. I notice she has an unusually large and manly face, almost grotesque. She appears to be having an orgasm which and invisible authoritarian voice is warning us of, saying that this can happen during childbirth.***

Red Champion – by Diana Mossop

Red Champion is one of a wide range of carefully researched essences that we use when producing the Phytobiophysics formulas.

Name: Red Champion

Latin Name: Silene Dioica

Collection Time: June to September.

Colour: Ultra Violet

Summary: The crushed seeds of Red Champion have been used to cure snakebites. It can be very effective in helping the body to cleanse from toxins.

Type of person red champion is suitable for: A person who easily makes friends and is very sweet with people, usually very popular and loved by all.

A person who has become lonely or who has low self esteem.

A person who reads too much into situations and becomes emotional very quickly.

Emotional support for:

When a person is suffering from loneliness and is in need of love. When they have been treated with radiation/anaesthetic.

Post operation.

Petrol and gas poisoning.

Red Campion may be used to assist the elimination of:

Antidote to Barium, Sodium Chloride, Gas, Petrol and Lindane

Red Campion; Key themes from the proving

Mental Themes

Water / watery / runny / waves

Flowing water (and other types of liquid) featured strongly in the proving and this appears to be a central theme of the remedy. Dreams of water were frequent, often flowing through cylindrical pipes and channels. It seemed to feature in a sinister way, posing a threat. There is fear of falling in, drowning, getting stuck, flooding and being unable to breathe. In the waking life of provers there was also an unusual disinterest in going into water with other family members during the holidays.

Power / Energy / Telepathy / Supernatural

The themes of telepathy and communication were expressed both in dreams and in the imagination. The provers who experienced power, energy and telepathy felt they could communicate directly through thought whether it was with another person or an animal. "I feel 'plugged in' to some sort of universal energy; feel energetic and aware of the energy of those around me. Want to reach out and talk and be involved; strong sense of unity... I was running through a show routine in my head whilst out riding and at the exact moment I trotted in my head, my horse started to trot in real life."

Fearful / uneasy / disturbing / bullied / unsafe

The theme of insecurity and a feeling of being unsafe was prominent throughout the diaries of provers. There were concerns about the safety of children, the threat of drowning and various structures that appear to be precariously built or at risk of falling and causing damage. For example, there are dreams about precarious houses and a sense of things being unstable. In addition to structural and physical insecurity, there was a concomitant emotional expression of this. There was a sense of feeling 'like a stranger in a strange land' and of being on the periphery of the group - being disconnected and not belonging. An ominous feeling of danger on the horizon with dreams and fears of being unsafe, feeling insecure.

Alone / detached / unwanted / isolated

Even though surrounded by others, there was a palpable sense of loneliness, or of wanting to be

alone. This isolation was also expressed in dreams – “I felt like an observer; I wasn't part of this 'world' but was being allowed to sit in on it and watch it for a while. The feeling was 100% I'm not part of this but it wasn't a negative feeling. I just didn't belong there.” Feelings of being a stranger in their own life; “At times, I had a very vacant sort of feeling, like my body was there but my brain was just empty and not functioning... There were times of feeling paranoid around others like they didn't like me or I had upset them and I needed to be away from them and as a result, feeling isolated or excluded.”

Unsafe houses / houses

Safety in the house was also a pronounced theme. There were dreams of houses with structural issues, suffering from neglect or of intruders. Interestingly, there were dreams of bright light and cylindrical shapes or the dreams contained aspects within them that reflected this shape – like a pipe or channel. Dirt and mess were also central to many of the houses featured in provers' dreams. There was a desire to clean the houses and put them in order, both in the dreams and in reality. “I had a dream of a wooden house / hut with steep wooden stairs without a banister and the whole thing was wobbly.”

White / light

One prover had several dreams featuring white light pouring through the windows of their house. They described these dreams as taking place at home or in other houses. “I go into our house and its very bright - there's light pouring in the windows and everything is white in terms of decor.”

Sensitivity to sound, rhythm, noise & light

The sensitivity to noise and light was experienced in a bothering and annoying way and also appeared in dreams. Some provers had the delusion they could hear noises whilst others had visual disturbances. “Light from the window is bothering me, feels too bright... I also experienced quite a lot of symptoms related to my auditory senses, such as external noises seeming to come together to form a rhythm, usual external sounds (such as my car) not sounding quite right and auditory hallucinations when listening to music, hearing extra lines that have never been heard before.”

Anger / irritable / annoyed / bad tempered

A great sense of being angry and annoyed came through in this proving. This was mainly brought on by others and different situations but with a couple of the provers they were making themselves feel this way from their own mind set. “Finding that I have no filter and am really just saying whatever I want. This has included swearing more and saying exactly what I think.”

Still / quiet / calm / relaxed

Even though there was a lot of restlessness and hurriedness with this remedy, the polarity was also expressed as a feeling of calmness and relaxation. This was felt through the daily tasks of cleaning, driving and working but carried out in a calm, relaxed frame of mind and body. “Another very relaxed morning. There is no sense of rush; I move through tasks one by one and leave the house with no stress.”

Lack of energy / tired / no focus / not bothered

Provers were tired, groggy, aimless, lacking in energy and found it hard to focus. There was a mental 'woolliness' and lack of concentration. When in this state, the provers did not seem that bothered by it. This was contrasted by a compulsion to clean and tidy. Words were muddled and spelling became unusually difficult. There was also a distortion in the sense of time and an inability to make decisions.

Busy / hurried / industrious / restless / mind chatter

There was a pronounced sense of hurry, urgency and restlessness amongst the provers; many of whom were constantly busy for mindless activities and tasks. "I was busy pottering around constantly (cooking, cleaning tidying etc.) but there was a complete aversion to anything that required any thought whatsoever, I just didn't want to have to think at all." Provers found it hard to sleep and woke with a busy mind, feeling unrested.

Happy / high / hugging / connected

Provers experienced the feeling of being on a "high", engaging more with others and lifting personal boundaries by touching, feeling and engaging physically; enjoying others' company. "I experienced feeling very welcomed by people and getting closer with some that had previously been acquaintances. I received several invites to do things and was more welcomed into the fold in a social group that I am part of."

Physical Themes***Sharp / stabbing / stinging / pinching / throbbing***

All the provers (except one) had sharp stabbing pains and sensations – this was the most prominent physical expression in the proving. This was experienced mainly in the extremities and the left-hand side of the body was more affected than the right. Pains were often worse with movement. "Thought of a nail being hammered into my foot (like a crucifixion), then had the image of an insect being pinned to a board in the way collectors do."

Zig-zag / dizzy / fuzzy / fizzy

Many of the provers experienced sensations of being fizzy, dizzy, giddy and swimmy. There were migraines that interfered with vision. "A real interference with vision, eyes appeared to be working in a zig zag type motion." The dizzy, fizzy spells appeared to come on quickly but then only lasted for a matter of seconds. "Short spell of dizziness... Another spell of being dizzy. They don't last long and feel like losing their balance only for a moment."

Nausea / hunger / restrictive / constipation

Some of the provers had a feeling of nausea which two experienced in the mornings, just like morning sickness. The nausea was accompanied by a feeling of hunger. "Waking up with a strong feeling of nausea, like in pregnancy." Gurgling stomachs and bowel movements were also mentioned. "Very achy stomach with noises, gurgling and movement."

Fullness / swelling / pressure / heat/ inflammation / redness

A feeling of fullness, pressure, inflammation and redness was evident across many of the physical symptoms. Several provers expressed a feeling of pressure in the stomach, abdomen and other body parts. "Still feeling full; wearing tights and the pressure of the waistband around my tummy is uncomfortable... Felt a sensation of increased pressure in my head."

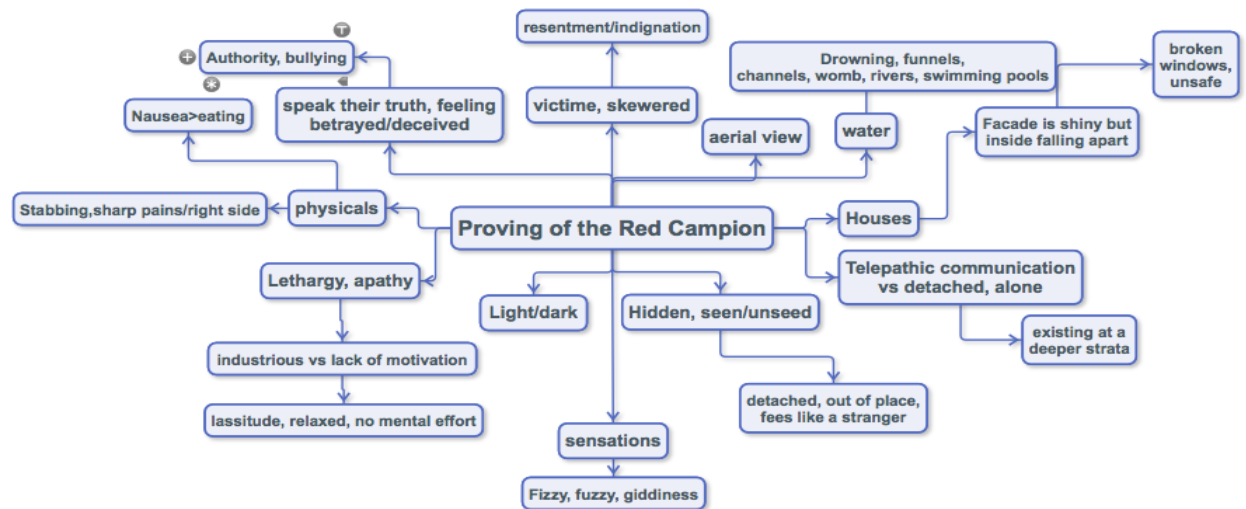
Aching

Almost all of the provers experienced aching down the body from the ears to toe joints. This seemed to be more on the right-hand side of the body. "A painful aching in my hips, felt very deep inside (bone pain?) right side worse than left."

Dryness / itching / crusty

Half of the provers experienced dryness mainly on the skin and eyes. For some, this dryness then cracked and became crusty causing the desire to itch and scratch. "My eyes feel unusually dry this morning; there is lots of gritty, sandy stuff on the eyelashes."

Overview chart from one of the provers:



Another prover shares ideas on 4 key themes

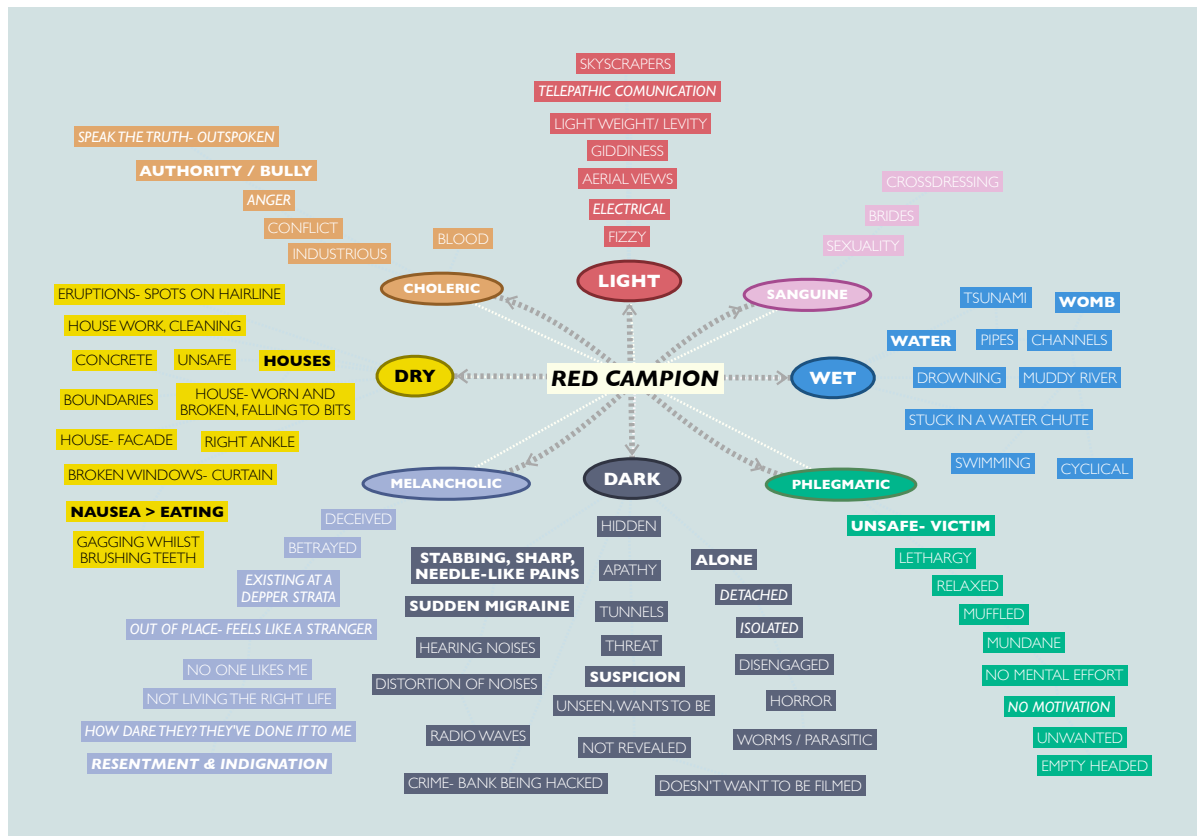
“Communication – I experienced both polarities with this, of communication being blocked, difficult or challenging and not being able to make myself heard and on the opposite end of the spectrum telepathic communication occurring with both animals and people responding instantaneously to my thoughts (wow!!).”

“Group issues – again I experienced both polarities with this one. There were times of feeling paranoid around others like they didn’t like me or I had upset them and I needed to be away from them as a result, feeling isolated or excluded. On the opposite end of the spectrum I experienced feeling very welcomed by people and getting closer with some that had previously been acquaintances. I received several invites to do things and was more welcomed into the fold in a social group that I am part of. I also experienced anger, irritability and feelings of being abused or put upon.”

“Restlessness/manual activity/hurried – there was also quite a lot of restlessness and hurriedness with this remedy, and lots of busyness, but for mindless active task, I was busy pottering around constantly (cooking, cleaning tidying etc.) but there was a complete aversion to anything that required any thought whatsoever, I just didn’t want to have to think at all. Because of this I suspected that the remedy may have been an insect (which was obviously not the case!).”

“Hearing/noise – I also experienced quite a lot of symptoms related to my auditory senses, such as external noises seeming to come together to form a rhythm, usual external sounds (such as my car) not sounding quite right and auditory hallucinations when listening to music, hearing extra lines that have never been heard before.”

Mappa Mundi suggestion by one of the proving supervisors:



Proving diary entries arranged by Themes

Water / watery / runny / waves

P2 13 08:XX NS Dream:

I was invited to a friends house which had views on all sides over a lot of the sights of my home town, despite having been in the country side. I was the one who got rejected by the others for no apparent reason. Someone tried to kill me with some drug which needed to be injected. It gave me the feeling as if I was zooming in and out like on a wave. They also have given this drug to a junkie so he can kill someone with it. It wasn't the best party I have ever been to. There was also a part in this dream where people were keen to be on the beach to be over rolled by a tsunami like wave.

P7 14 05:46:00 NS Dream

I dove into a swimming pool and swam along the bottom for short time. I swim upwards but I'm quickly out of breath and the surface is not coming. I try to stay calm but the surface still does not come. Eventually I reach the surface and everything seems calm and bright despite the previous sense of panic.

P7 24 XX:XX NS Dreams

I am in a very large square swimming pool that I think is filled with sea water as there are small strands of green seaweed floating around. It is a beautiful turquoise colour. I go under the water and see a large, square, rusting metal object about 15 metres x 15 metres. It is sort of shaped like a giant 'Connect 4' frame except where the round holes would be there are square inlays with shiny metal spheres in them. I am confused and don't know what it is but there is a very mild sense of intimidation or uneasiness in me and it seems slightly menacing even though it is a rusting hulk. I wonder what it was used for and have a feeling it may have had a nasty purpose. I am at the surface of the water again and realize I am in a shallow tropical sea. I fear there may be sharks in the water and I surprise myself by going under again to see if I can see them coming.

P3 14 7.00 NS Dreams

During this dream, I am walking with my mother. We are by the coast; the light is low, darker than dusk but not quite night. The light itself is blue; the ground and everything around me is various shades of blue, ranging from mid to almost black. I'm by the coast. We are walking along what looks like a harbour but there are no boats. The water is very still. Looking towards the horizon I see what looks like a sea wall/bridge stretching across the harbour. Beyond this is a tower and beyond this, my mother tells me, is a large boat/ship. Although the sea is completely still, I'm worried because the wind is picking up and I'm having to hang onto the wall next to me as we walk - it feels like a storm is approaching. My mother seems oblivious to this. I am also very worried about her falling in, as she is walking very close to the water which is almost at the same level as the pavement we're on. I tell her to be careful; she not only ignores me but starts to walk in. I notice the ground is sloped into the sea. I am still both worried and annoyed and tell her to stop it and come back; there is something almost foolhardy about her behaviour. Like she's dicing with death, trying to prove something. I notice some people swimming near to us, to include children, and I am perturbed by this. I am sure the water must be very cold and its too dark to be safe. The children are wearing bright yellow arm bands.

P3 15 9.00 NS Dreams

Had a strange dream before waking at 3am. The main bit I recall was of being on what looked like a back lane with tall hedges either side and lots of trees covering the skyline. At one point I'm with

my husband and we're trying to walk down this lane but we keep getting stuck; there is also an issue with getting covered in dirt, in this instance, bird poo. Later on, I am driving backwards down this lane but I get to a certain point and won't go any further because it's flooded. Although I am driving, my view is of looking up as if I'm a very small thing on the ground. The hedges and trees look huge. Going towards the water is bad and I'm scared about drowning.

P6 2 0X:XX NS Dreams

Had a dream where I was at an old school friend's house with her parents and all of our children. We are no longer in contact and were not particularly good friends. The children were all swimming in the pool with lots of other children and then we went to look at some horses. It was a nice day and I felt pretty relaxed.

P6 3 0X:XX NS Dreams

Weird dream. I was on a building site and I somehow had to drive the car through some cones on the site. I then ended up kind of swimming/ wading through concrete. The concrete was so thick that it was quite difficult to move- as if you are fighting a losing battle as getting anywhere is almost impossible.

P3 31 7.00 NS Dreams

I am then next to the lake. There are dark wood logs/planks that are rising out of the water - the water is dark brown and very muddy looking. My husband is with me, we are trying to get to dry land and are hanging onto these planks. He's carrying me - he manages to swing me round so I can grab onto another plank safely. I am feeling both fearful and anxious and am relieved to be back on dry land. We are splashed with the 'water' and it leaves grey clay-like marks on our clothes. I find us in a 'hanger' close to the lake. We are enclosed and there is no natural light. My children are with me and I'm very worried about them getting near the water and drowning.

P2 9 10:32 NS Eyes

Left eye is running

P6 4 XX:XX NS Generals

I keep finding that I'm spilling water down myself as I am missing my mouth when drinking!

P5 0 55:08 NS Mind

Sensation like my hair was wet touching the left side of my neck, kept looking up above to see if water had dripped on me.

P3 8 7.00 NS Dreams

During this dream, I am on an island with my husband and children. We are in a large clearing, surrounded by trees/woodland. My husband and children are in a car trying to drive, but the ground is soaking wet and very muddy; the car is just slipping and spinning. For some reason I'm outside the car - I'm angry and there's a sense of urgency. I'm shouting at my husband and giving directions. Don't feel safe.

P3 12 14.00 NS Mind

Spent time at the beach with parents, husband and children. Scenery beautiful but I'm strangely unmoved by the sea. I don't go in and paddle which is very unusual - I don't want to get my feet

wet and cold. Took great pleasure in watching my children and dog enjoying the space and water so much.

P3 7 6.00 NS Dreams

At one point during a dream I'm with a group of people at the top of a water slide. A larger lady insists on going down this slide; she's fully clothed. I have a real sense of dread about this - as she goes down the slide, I am watching it from above. I see her move freely at first and then it's as if the slide becomes more narrow and she gets wedged. I am panicked about her not being able to breathe as the water is pouring over her head and face.

Power / Energy / Telepathy/ Supernatural

P3 1 XX:XX NS Mind

I feel 'plugged in' to some sort of universal energy; feel energetic and aware of the energy of those around me. Want to reach out and talk and be involved; strong sense of unity.

P5 12 XX:XX NS Mind

Not quite sure how you would characterize this one but I noticed today whilst out riding that my horse was responding to my thoughts! For example I was running through a show routine in my head whilst out riding and at the exact moment I trotted in my head, my horse started to trot in real life, at first I thought this was coincidence but it happened again a bit later the same ride.

P5 12 XX:XX NS Mind

Further on the same ride we had a minor incident with a huge bin lorry coming down the country lane, and a barking dog in the only farmyard in which I could pull into to give way to lorry, so the bin man started shouting at me because he needed to stop to let me past (dick lol!), anyway afterwards I was replaying this in my head and at the point when I thought about the dog running out at us my horse spooked (not something he does a great deal) and swerved sideways.

P5 20 14:55 NS Mind

Another instance of what appeared to be others responding to my thoughts, this time I was at work and was reading information about an autistic gentleman. I have been there many times over several weeks and never seen him carry out a certain behaviour that I was reading about in his file, the moment I read it, he got up and started doing the exact behaviour.

P6 1 13:50 NS Mind

Suddenly drawn to look at a flash as it looked like the dining room table suddenly lifted up.

P7 22 08:51:00 NS Mind

I'm not sure if this is my imagination or not but as time is going on after the proving I have a sense that I am operating or existing in life at a 'deeper stratum'. There is a sense of pressure and density but not necessarily static or fixed, there is a vague sense of movement through it. I am quite used to it and it feels very impersonal.

P3 35 XX:XX NS Mind

I wake up with the very clear sense that the proving, for me, is over. It is hard to describe, but the feeling I got was of the energy of the remedy making a conscious decision to 'leave' me. It is like I've been possessed - I understand the negative connotations of this word - but it's the one that most clearly came to mind. The remedy was reluctant to be 'proved'; I was given pictures and pointers to it through my dreams, but I wasn't welcome. It wasn't 'happy' about being proved. The dreams made me feel like the remedy was secretive; I was being 'allowed' to see stuff but it was on the terms of the remedy. This feeling was absolutely 100% reinforced this morning as it 'left' me. The parting message was one of me having seen enough and of the remedy having shown enough. I can sense my freedom from it but also a pattern it has left behind. If I focus my mind on it, I can feel it as a ripple through my whole being - one not of 'me' but of an 'other'. It is a very curious and tricky thing to explain!

P5 25 XX:XX NS Dream

I dreamt that my ferret (who has been chronically ill in real life) had been cloned, so I was told that I could use the old one of him for meat. The new versions of him were these sausage shaped lumps of meat that could develop into him. The original version of him was with my son in his bedroom, I then jumped on one of the sausage versions of him in another room to kill him as they were all connected. The old one almost vanished in a puff of smoke instantly, just a few bits left over which I washed down the sink, then the new version grew into the new version of him. I also did this a second time but I decided I didn't like it and it didn't feel right so I didn't do it again. The main feeling of this dream was that this cloning could be done, but after a couple of times it did not feel like the right thing to be doing.

P7 12 XX:XX NS Dream

I am some kind of special agent like James Bond and am on an electric tram in the town where I used to live. I am able to hold myself in a dematerialised state and then rematerialise at a time and place of my choosing. It feels fresh and exciting. It is a double-decker tram and I am going down the stairs pushing against the flow people coming up, telling them to get out of the way and that I'm on police business. I am then in a hotel room with a translucent suspended ceiling and watching a leopard above the ceiling stalking people come in to the room. I am somehow above the Leopard which seems like a painted Leopard like something out of an oriental piece of artwork that has come to life. It is almost ghostlike and its black spots seem to hang in the air as it slinks across the ceiling. The room is quite dark. The atmosphere is a little bit seedy although not malevolent but I'm still not sure whether the people who come into the room are good people or not. I don't warn them about the Leopard.

P3 4 6.30 NS Dreams

In the dream I felt like an observer; I wasn't part of this 'world' but was being allowed to sit in on it and watch it for a while. The feeling was 100% I'm not part of this but it wasn't a negative feeling. I just didn't belong there.

P7 3 XX:XX NS Sleep, dream

Three men were in my house (I did not recognize the house but knew that I owned it). They wanted to insert a strange long, flat metal implement I'd seen in the day into my rectum (I didn't know what it was for). It had already happened but I decided very quickly to go back in time and change the outcome. Having gone back in time I escaped but then thought 'I don't want those

men in my house' and so went back in. One was standing side on to me in the hall and was bending forward so I kicked him as hard as I could in the stomach. He fell down and I realized he was somebody that I knew from school and felt quite ambivalent about. As I remember he was very intelligent but could behave like a bit of an idiot sometimes.

Danger / exposed / bullied / unsafe

P1 3 16:30:00 NS Mind

I stay away for work a lot, this week I'm away all week, not usually an issue, and quite enjoy it, but this afternoon really not happy, feeling of isolation, of being bullied and just want to drive home.

P1 3 XX:XX NS Mind, trifles seem important

Work is difficult. Feels like I'm being "attacked"; everything I do is wrong, or cant do. Desire for someone to talk to me about what I can do right

P1 3 11:30:00 RS Mind, forsaken

Began to feel really deflated, really out of sorts, (not ill), feeling a bit sort of "bullied" even though I'm not being bullied, its really odd.

P3 0 0.3.00 NS Mind

Alone in a room tonight, would prefer company. Don't like the darkness, makes me feel uneasy. Have to sleep with the curtains open.

P2 13 08:XX NS Dream:

I was invited to a friends house which had views on all sides over a lot of the sights of my home town, despite having been in the country side. I was the one who got rejected by the others for no apparent reason. Someone tried to kill me with some drug which needed to be injected. It gave me the feeling as if I was zooming in and out like on a wave. They also have given this drug to a junkie so he can kill someone with it. It wasn't the best party I have ever been to. There was also a part in this dream where people were keen to be on the beach to be over rolled by a tsunami like wave.

P3 4 6.30 NS Dreams

Another dream found my husband and I in what looked like a medical room with another man. We were being told we needed to go and see a certain woman to discuss our relationship. During this conversation, I'm lying on what looks like a bed in a doctor's surgery, trying to untangle plastic webbing which is white with what look like plastic crystals on it. Its the crystals that are causing the problem. The webbing is above me and I know we can't leave or see this woman until I've untangled the webbing. Although I'm fully dressed, I feel exposed. There is a sense of urgency - I need to complete the task before we can leave.

P3 5 6.00 Dreams

In one dream I'm moving through a series of darkly lit rooms. I meet with an older male acquaintance - there is little discussion but an air of expectation that we're going to sleep together. I am both excited and nervous about this. We lie down together on a bed but there are

no pillows or covers and it feels very clinical. The colours are military, lots of dark khaki greens/muddy hues. We keep the top half of our clothes on. This man is lying behind me, hardly touching me. He asks if I've shaved all my body hair off; there is a sense that this is something I'm supposed to have done in advance. I'm embarrassed because I know I haven't - he takes my silence as confirmation that I haven't and gets up. He says he has a wart on his toe that needs a plaster in case he passes it to me. I'm left, half naked feeling both exposed and dirty.

P5 20 05:00 NS Dreams

I had to go across a dangerous metal bridge, something bad was coming and I had to get away. When I crossed the bridge it wasn't as bad as I thought

P7 47 05:07:00 NS Sleep, dream

There are two men by a calm muddy river, a teacher and an older student in his very early 20s, both with bare chests. The teacher is berating the student and saying he cannot celebrate something he wants to celebrate. The teacher then turns into a male lion and is holding me under the water in the river and I'm wondering - quite casually - if I'm going to drown or not. I am then in a square bedroom that looks quite bland with bland furniture and the lion is firing a huge machine gun from the gap underneath the door that is locked and is absolutely ripping everything to shreds. Bullets fly very closely over the top of my head as I hide under a desk and I think to myself 'I should have died then' and I wonder if I can escape out of the window without being shot.

Alone / detached / unwanted / isolated

P2 2 13:04 NS Mind

Feeling of not being wanted, not belonging or being part of it.

P1 1 19:50:00 NS Mind

Felt isolated from the group, not part of the "group love", not so much in a bad way, just content to be on my own. Happy in my own company. Although felt lonely even when with the group.

P3 12 11.30 NS Mind

Have spent two days with my parents. My father was unusually talkative and animated; took me straight up to his office when we arrived to tell me about family history stuff he'd been working through. Turns out on my father's father's side we are descended from Transylvanian Saxons. Lots of pictures and maps were discussed. Sense of missing pieces of a jigsaw being put into place. Lots of trauma for my father from his childhood and also the history of a family displaced by war. I felt instantly nostalgic at the memory of my grandparents; I also felt a real sense of being a stranger in a strange land. I have felt like a stranger in my own life. I've never felt at 'home' and have led a largely nomadic life. This made me think for the first time I might have roots. An unexpected exchange with my father.

P3 27 9.40 NS Mind

Alongside the inability to make decisions, I feel very 'lost' in myself, like I don't know who I am. I don't feel a strong sense of self or connection to myself. Very disconnected.

P5 0 2:30:21 NS Mind

After being with the group since taking the remedy I quite suddenly felt I wanted to be on my own, I felt quite paranoid like I didn't belong in the group or that they didn't like me or I had upset someone.

P5 1 08:XX IOS Mind

Issues with our group keep coming to mind, paranoia, not sure if this is an intensification of an old symptom or a new remedy symptom. I'm wanting to stay apart from the group, feeling separated from the others like I don't fit in or belong or they didn't want me there.

P5 1 18:00 NS Mind

Felt very anti-social, just wanted to be on my own and have a quiet evening. I was ok with this. Still very tired.

P7 5 13:01:00 IOS Mind

Desire to get away from people and be on my own. Don't want to have to interact with people, can't be bothered and happier to just be on my own - it's much easier I don't have to put up with peoples' annoying habits. Don't experience this with great intensity.

P3 7 13.30 NS Mind

My proving supervisor and I make our usual weekly contact. We seem to be having a lot of trouble around this - both pre-proving and since the proving began. There was an issue with my phone; she couldn't get through. I contacted BT but no fault on the line was found. She has been unable to open the diary attachments on two occasions; on one occasion I sent the email without the diary attachment. Every time I've opened my email to send her the attachment, its either not loaded or I've had to close the program and start again. There is a real sense of difficulty in contacting one-another about the proving - something secretive about the source, not wanting to be exposed or watched?!

P3 17 XX:XX NS Mind

My husband is very anxious and unhappy - when I ask him how he is, he tells me he's feeling really low and depressed. He doesn't want to go back to work and is worried about a couple of health niggles. I feel very compassionate towards him but don't try and make him feel better, as I normally would. I hug him and tell him I love him - the situation is odd for us. Normally, as opposed to our argument, I'd try and shield him, protect him, act as a buffer so he doesn't have to experience painful feelings. I feel very strongly at the moment that he has to take individual responsibility for his feelings, as do I. I realize I've been carrying a lot of his 'baggage' for him and its a relief to put it down. The result of this, though, is that he now has to face up to some of his demons. I feel like I've developed a real sense of boundaries - not only feeling these soften but also become stronger, depending on the situation. Its like I can protect myself without shutting myself off emotionally or energetically, whilst also feeling myself as an individual. I feel strong collective group connectedness alongside clear, personal safety and individuality.

P3 4 6.30 NS Dreams

In the dream I identified them as students. I wasn't a student; I wan't really supposed to be there but was more of an on-looker. I noticed a large oversized clock was on the wall. I remember looking

at this clock and thinking how sad it would be to be sat in this foyer for any length of time, just sitting and watching everyone but not being part of it all. The sense I had was that time moved slowly whilst everyone in the dream was moving quickly.

Unsafe houses

P3 7 6.00 NS Dreams

I was visiting a friend in her new house. It was a Victorian, possibly older property. It was terraced but quite grand. Inside every wall was painted a light off-white colour and all the coving was in a very pale green. It looked like there were layers and layers of paint on the walls and I could see where big cracks had been painted over. My friend was really excited about the house - she took great pride in showing me round each room. As I walked around the house I became more and more uneasy. I kept asking her if she'd had a survey done but each time she managed to change the subject or ignore the question. I was really worried about the integrity of the house and about how safe it was for her children to be in. In the hallway was a large ornate metal grate that stood proud of the floor. It was painted the same bright off white colour as the walls. I asked my friend what it was - she said 'its the owl. I don't like it very much' and then waved her hand dismissively. As I looked into the grate, I could see running water. Outside the back of the house was a disheveled garden; a huge plastic oil tank dominated the space. All I could smell was oil and I could see a black tar-like substance covering a pipe that came from it. I was horrified; I couldn't believe that such a thing would exist behind a house. Equally, I couldn't believe my friend would choose to spend money on a house like this. All the time I was having to hide my horror and pretend it was all lovely.

P7 4 09:52:00 IOSMind

Desire for my house to be completely 'sparkly and clean'. I want everything to be completely fresh and like new with no oldness or dirt anywhere. This desire seems somehow detached from me and I don't feel particularly invested in it despite it being there; if things aren't all sparkly and clean things are okay as they are and I can live with that.

P3 31 7.00 NS Dreams

I am on a street - there are very grand houses in terraces on either side of the road. The road is divided into 'channels' and I'm driving down a channel, then I have to turn in a u-shape to drive up the next channel. There are lots of neat, green hedges growing above the walls outside the houses. Later in the dream, I am walking in and out of houses, again in a terrace, next to a large lake. This time the houses are very badly constructed; I notice there are gaps in the walls and I am very concerned about the people living in these houses - they are damp and cold. To get out of the houses I have to step over a sort of reed/woven bridge on to a wide stone step....there is water running under this.

P6 21 0X:XX NS Dreams

Had a dream last night about being at the deputy head's house. We were looking at the windows that need replacing as there was a hurricane coming. The windows were incredibly tall and very elaborate. The house was an old manor house (not the one he actually lives in!)

P2 4 XX:XX NS Sleep

I had a dream of a wooden house/hut with steep wooden stairs without banister and the whole thing was wobbly, could not climb to the top because of my fear of heights. This dream as well as the one from the night before featured people I haven't seen in years. There was the temptation of having sex with one of them but the fear of std stopped me.

P7 3 XX:XX NS Sleep, dream

Three men were in my house (I did not recognize the house but knew that I owned it). They wanted to insert a strange long, flat metal implement I'd seen in the day into my rectum (I didn't know what it was for). It had already happened but I decided very quickly to go back in time and change the outcome. Having gone back in time I escaped but then thought 'I don't want those men in my house' and so went back in. One was standing side on to me in the hall and was bending forward so I kicked him as hard as I could in the stomach. He fell down and I realized he was somebody that I knew from school and felt quite ambivalent about. As I remember he was very intelligent but could behave like a bit of an idiot sometimes.

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P6 21 0X:XX NS Dreams

The dream then changed and I was visiting a friend at work on an industrial estate in some car repair garages. I commented on how untidy it was and how busy. I then returned later in the evening and the whole place was spotlessly clean.

P6 28 0X:XX NS Dreams

Dreamt of an Alsatian dog that was being shown by the owners at a BBQ I was invited to. This was at a house in a village where I used to work. I was also in a secondary school that was a very busy environment with children everywhere.

P6 0X:XX NS Dreams

Dreamt of having a new home in Oxford, along with still keeping our current home in Surrey. We spent time looking around the house and there were still all of the items from the previous owners (students). This house was clearly a family home, but had been lived in by students so was still full of their belongings and even food! I felt confused wondering why we actually bought this house as our lives were in Surrey so how would this work with the school run etc.

P6 8 16:30 NS Dreams

Whilst asleep for 3 hours I had a dream that we found a room in our house that we never knew was there. This was not our usual house, but an apartment on the top floor of a building. The room we found was a kind of store room / laundry and I was very pleased that I had somewhere large to hang up and to dry my clothes! This was not our actual house, but in the dream it was. Friends then came riding by on bicycles and they were going on holiday on the train to Holland!

P6 2 0X:XX NS Dreams

The dream then changed and I went with my best friend to look at a new house for her to buy. The people selling it were still there and there was lots of gym equipment!

P2 28 XX:XX NS Sleep

Dream of being in a house with floor to ceiling double glass doors, which I wanted to cover with paper so I could paint on it. Son of the house offered me a beer which I declined because I'm not keen on beer. They had only warm white wine. To cool it the wife put 5 bottles of white wine into the freezer and told me to take them out in 5-10 minutes. I forgot and they all had exploded by the time I remembered. I felt really guilty and wasteful

P6 0X:XX NS Dreams

Thinking about how lovely it would be to live back in a city where I was very happy (Real life: I went to university in Oxford and lived there for 3 years. These were some of the happiest years of mine).

P6 4 0X:XX NS Dreams

Can't remember the details but I was in an old Tudor manor house

P5 12 XX:XX NS Dreams

I was talking to a man at a party, there was a house and each room had to be cleaned or cleared but some of it couldn't be done, it was blocked in some way. (Sorry couldn't remember any more details)

P7 14 05:46:00 NS Dreams

I am in a very large house belonging to my friend and am tidying something away in one of the spare rooms, by the window.

P7 16 05:XX NS Dreams

I am in a small, white painted house in front of some stairs where my twin sister has placed a small heart shaped Christmas decoration with small lights.

P3 3 11.00 NS Mind

Strong desire to clean the house and get things in order. I find myself in our utility room which is always a mess and this is really bothering me today. Want calm order and clear spaces. Again, I complete one task at a time before moving to the next.

P3 3 7.00 NS Dreams

Vivid dream during the night; I'm at home with the family but its not our actual home from real-life. I'm about to use an outside toilet in what looks like a shed, but there's a big window and lots of light coming in. The wood is painted a soft blue in some places and a deep maroon in others.

P3 3 7.00 NS Dreams

I go into our house and its very bright - there's light pouring in the windows and everything is white in terms of decor. I'm busy packing children clothes into boxes; some of the clothes are old or have been grown-out of but some are their current ones. I'm not sure why I'm packing them and

am getting frustrated that they're mixed up. The children are watching TV and my husband is in the shower. I go to the garage to get something - its very light here too. Even the garage door is white. There is natural light coming in from somewhere.

P3 4 6.30 NS Dreams

Strange dreams during the night - lots of short ones - main one I recall included seeing a shape as if from above. It was a hollow cylinder; I could see inside and to the bottom of it. There were entrances and exits from it. From the image of this shape I found myself in a building of the same shape/construction. It was tall and cylindrical; there was a circular staircase that ran the whole height of the building. It was painted bright yellow; there were lots of windows in it but the windows were small. The light outside had a quality to it like the light you get in high summer in a hot country - like the south of France. It was very 'white' sunlight. I found myself in the 'foyer' of this building. There were brightly coloured sofas and chairs, blues and reds - it was a busy space. People were coming and going, mostly in pairs or groups and chatting.

P3 8 9.45 NS Mind

Driving to work, instead of listening to a CD I tune into Radio 4; there is a long piece on it about lighthouses - in my mind's eye I have a really strong image of tall, white cylindrical buildings and it just feels incredibly resonant.

P7 4 09:52:00 IOS Mind

Desire for my house to be completely 'sparkly and clean'. I want everything to be completely fresh and like new with no oldness or dirt anywhere. This desire seems somehow detached from me and I don't feel particularly invested in it despite it being there; if things aren't all sparkly and clean things are okay as they are and I can live with that.

P6 21 0X:XX NS Dreams

The dream then changed and I was visiting a friend at work on an industrial estate in some car repair garages. I commented on how untidy it was and how busy. I then returned later in the evening and the whole place was spotlessly clean.

White / light

P3 3 7.00 NS Dreams

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P3 4 6.30 NS Dreams

Another dream found my husband and I in what looked like a medical room with another man. We were being told we needed to go and see a certain woman to discuss our relationship. During this conversation, I'm lying on what looks like a bed in a doctor's surgery, trying to untangle plastic webbing which is white with what look like plastic crystals on it. It's the crystals that are causing the problem. The webbing is above me and I know we can't leave or see this woman until I've untangled the webbing. Although I'm fully dressed, I feel exposed. There is a sense of urgency - I need to complete the task before we can leave.

P3 10 8.00 NS Dreams

My dreams differ in theme last night - I'm living with my family in a coastal area. We are surrounded by high cliffs, but these are covered in dark green foliage. The seashore is approached via a rough beach with a mix of sand and rocks. The sky is bright and the light gives everything a washed-out quality. My brother and sister-in-law are staying with us but are very unhappy. They are wearing matching pink swimwear - they are complaining to me about the beach not being sandy or nice enough to stay on. They feel like I've misled them about where we live and are cross at me because they've not packed their walking boots, which would have been more appropriate. I find myself confused because to me the beach is fine but I'd never sunbathe there or swim in the sea - too rough. I'm not sure how it is they've got the impression otherwise.

P4 9 XX:XX NS Dream

A vague recollection of a dream in which some people (don't know who but about 2 or 3 people) were encased in a huge white soft ball, a bit like a pom pom. It was not disturbing.

Sensitivity to sound, rhythm, noise & light

P2 2 14:21 NS Eyes

Sitting opposite the window, sun is trying to break through the clouds and it's not pleasant to see the brightness. Doesn't hurt but makes me wanna close my eyes

P5 16 XX:XX NS Hearing

Think I may be oversensitive to noise/sounds. I keep telling my son off for what sounds like yelling and screaming (he is typically very noisy) which is far worse than normal. According to my son he is not making any more noise than normal but I'm not sure who is correct.

P1 0 00:09:00 NS Hearing, acute, noises

Really loud ringing in ears, lasted all evening, quite a nice sound, not irritating at all. Just felt like my head was full.

P1 0 00:02:20 NS Hearing, acute, noises

Became very sensitive to noise levels. Loud noises concerning me, a shreaky type laughing was hard to listen to. Not because it hurt, but seemed to be miss aligned to the loud noise I could hear in my ears. This went on for most of the night. They didn't concern me, on the contrary, it was weirdly cathartic.

P1 21 XX:XX IOS Head

Woke up with strongest most painful migraine. The most painful one Ive ever had. Felt sick, couldn't cope with light, noise, speaking or moving. Was also very tired. Just lay down and drifted in and out of sleep to get away from the pain. It was mostly centred around forehead and behind eyes, but then moved middle of head.

P1 22 XX:XX IOS Head

Migraine ,feeling sick, not able to cope with light, noise, speaking, moving, also tired,in the middle of the head, but slightly easing through the day.

P1 23 XX:XX IOS Head

Migraine, feeling sick, not able to cope with light, noise, speaking, moving, also tired, but easing more and more through the day.

P1 24 XX:XX IOS Head

Migraine continued, from feeling sick, not able to cope with light, noise, speaking, moving, also tired but improving to just feeling sensitive to light/noise, and a little vertigo

P2 0 04:01 NS Head

The feeling gets lighter and softer, for a short moment there was a high pitched sound to hear and random things popped into my mind like a big green dragon reaching out to infinity or being escorted on a conveyer belt against masses of people. All of it felt soft and liberating and calming and exiting at the same time. I felt free.

P2 5 11:XX NS Mind

There was a noise in the car coming from the boot today and I could not explain and it drove my crazy that I was screaming in the car. It was annoying and it pissed me off that I couldn't figure out what caused it. That was nearly worse than the noise itself. I stopped the car several times and pulled on the floor of the boot like a crazy woman. I managed to make it stop but I still don't know how I did it. It's a similar feeling I have with this remedy, not -knowing what it is annoys me because I can't tell anymore what is me and what is the remedy.

P5 0 00:02 NS Mind, hearing

I could hear rhythm, chanting, humming and vibration in my ears. All the noises of people walking around outside the room seemed to form part of the rhythm, like tribal music

P5 0 00:05 NS Mind, hearing

I saw a cactus and open plains, buzzing noises like insects, crickets, and heard the words 'wise' and 'wisdom'

P5 1 12:44 NS Mind, hearing

Ringling/buzzing in my ears. Still very tired, head feels vacant, just staring, not taking much in.

P5 1 15:22 NS Mind, hearing

Vibration or noise behind me, of a rhythm, all the external noises are making a rhythm.

P5 2 16:XX NS Mind, hearing

During the drive home from the school weekend noises and music on the radio sounded altered. The engine sounded too loud, like it was racing so I kept thinking I was in the wrong gear. The radio station kept getting some sort of interference (never happened before) so I could hear two different songs mixing together. Also songs that I knew well were playing but they sounded different, with extra lines added, sounded echoey, trippy sounding, like I was having auditory hallucinations

P5 0 28:47 NS Mind, vision

Sensation of something above my head, closed my eyes and felt like there were black blobs of shapes above my head or at the edge of my vision that disappear when I try to look at them.

P3 1 15:00 NS Vision

Light from the window is bothering me, feels too bright

Anger / irritable / annoyed / bad tempered

P4 6 13:27 NS Mind

Felt disappointed and irritated with my husband when he lost his temper for 15 minutes with my daughter on the way to a family celebratory meal

P4 19:43 NS Mind

Felt angry and upset in the car when my daughter was criticizing me about money and my manner not being 'good enough' in her eyes for about 20 mins. I felt tension in my head and neck with heat and pain behind my right eye.

P5 14 07:55 NS Mind

Really angry again on waking today as having real issues with my son not doing as he is told and not listening to what I say (more than usual!), feel like I am being ignored or can't make myself heard, asking him to do things repeatedly or leave him a note to do something when I'm at work and he is ignoring it or I get told 'yeah in a minute' only to wake up this morning to find it's still not done and the kitchen is covered in cereal where he has made a snack after I went to bed and spilt it then not even attempted to clean it up. Fuming!!!

P7 9 17:2X IOSMind

Feel irritable at having to answer questions if asked and at having to talk to people especially if engaged in something like watching a film.

P5 11 08:55 IOSMind, anger

Had a huge row with my teenage son this morning caused by his dramatics and moaning over having to help me with the horses because of my back pain. Totally lost the plot with him and exploded at his provocation, I felt I could not tolerate his behaviour and selfishness any longer and stormed out of the house preferring to struggle to do the tasks ahead alone.

P5 12 XX:XX NS Mind, anger

The above situation is making me really cross as whilst she's having a lovely holiday I'm having to spend hours exhausting myself looking after her horses as well as my own.

P5 13 08:00 NS Mind, anger

Making me feel really cross again and feel that I am being taken the piss out of.

P5 16 XX:XX NS Mind, anger

Feel very angry again today, ok one minute then fly off the handle at the smallest things, mainly at my son not listening to me, which to me seems worse than normal but might just be my perception.

P5 18 21:45 NS Mind, anger

Feeling very angry again at my son not listening to me

P7 9 XX:XX NS Dreams

I am sitting on bare floorboards in a living room there is a young boy about for five years old and his father who is in the background. The boy wants to come and dump a small pile of rubbish where I'm sitting on the floor, including small bits of screwed up paper and pencil sharpener shavings. I ask him to take it away somewhere else but he refuses so I ask again and he starts to become very agitated and disruptive. His father seems unable to deal with this effectively at which point I see a young tabby cat come into the room. I quickly get up take hold of the cat and bring it over to the child who becomes immediately distracted, has his full attention on the cat and he's very happy and content just stroking it.

Still / quiet / calm / relaxed

P2 3 13:07 NS Mind

After having had the feeling and longing to talk about it all the time I now want it to stop and be totally quiet and also like to switch my thoughts off.

P3 2 22.30 NS Mind

Journey home horrendous - really good until a big traffic jam about 40 miles from home. I am unusually calm about this, normally I'd be angry, frustrated and irritated!

P3 3 8.10 NS Mind

We are running late this morning; I am, however, not feeling rushed or stressed at all. I do everything that needs to be done, including having a shower, with no sense of urgency. I do one task at a time and finish it before moving to the next - I feel a quiet sense of calm purpose. I am surprised by my lack of stress - there's no shouting or getting angry/shouting at the children. I drop them at school then go and do a food shop, again without any sense of urgency or stress. Traffic is bad; again, I remain calm.

P3 3 11.00 NS Mind

Strong desire to clean the house and get things in order. I find myself in our utility room which is always a mess and this is really bothering me today. Want calm order and clear spaces. Again, I complete one task at a time before moving to the next.

P3 3 20.15 NS Mind

Husband and I talking on the sofa - he's been having a few difficulties at work. Finding things challenging. I suggested he may want to chat things through, homeopathically, with me as I've been able to help with stuff in the past. I ask a few questions and make notes as he speaks. He is normally very gruff and defensive; struggles to open up. I wasn't sure we were getting very far so I said I needed to check some materia medica stuff. I went quiet as I was reading. He puts down his work and says he's going to make us a brew and he wants to keep talking - he says he wants me to ask more questions. I am surprised at this; this is unusual for him. In the course of our discussions, he recounts a very significant dream from his childhood - one he's hinted at in the past - but never fully spoken about. We've known one another for fifteen years - I am aware he's telling me something we've not shared before. During this process, I feel very still, very quiet and very calm. When he's got to a point where he feels he can stop, he says he's feeling really low and sad. I just sit quietly; I make no attempt to cheer him up or make him feel better - as I think I normally would, especially as it's because of me he's in that mood. He clears his things and suggests we go to bed. He's not cross or angry - he is quiet and calm. This whole interaction is unusual for us both - my stillness and quietness and his openness and lack of aggression.

P3 4 8.30 NS Mind

Another very relaxed morning. There is no sense of rush; I move through tasks one by one and leave the house with no stress. Take the dog for a walk; feels good to be moving in the open air.

P4 6 09:40 NS Mind

Felt reasonably calm and resigned in a disagreement with my husband that lasted 15 minutes. Felt more disappointed for him getting angry on his Diwali day

P4 6 05:45 NS Mind

Felt calm, determined but resigned when we left the meal to drive 5 1/2 hours home (Should take about 4 hours)

P5 7 15:30 NS Mind

Felt very calm and relaxed once I actually got to work, really enjoying my new job. Just to give the work situation and the feelings of pressure a bit of context, I have had a history of work related stress & difficulty for the last 6 months, which started with the organization I had worked for for several years losing its funding (and me my job) with very little warning. I then got another job (but a minimum wage one) but the employers were awful and actually bullied and abused me until I walked out without having another job because I couldn't stand it anymore and I was left with almost PTSD symptoms as a result. I almost had to drop out of SoH and had to work lots of hours doing seasonal work but this didn't really cover my bills etc and I had a short period of time where I wasn't bringing in any money and had to borrow from my family as I'm a single parent there was no-one else bringing in any money. I now have another job, but am trying to catch up financially

P6 0 00:07 NS Mind Eyes closed during meditation.

Visions of The Wizard of Oz with Dorothy etc skipping down the yellow brick road. Can hear the song "we're off to see the wizard, the wonderful wizard of Oz."

Lack of energy / tired / no focus / not bothered

P2 1 16:30 NS Generals

Feeling really tired, finding it difficult to follow what is being said.

P2 1 08:24 NS Mind

Walking aimlessly and with out purpose from my bed to the window and back and here and there not knowing what to do with myself.

P2 2 11:15 NS Mind

Feeling really low, thinking that I will be never good as homeopath because I do know nothing

P2 2 13:11 NS Mind

Was hearing people talk all morning, but wasn't really part of it and didn't get it, heard the words but they didn't mean anything. Can't connect , focus.

P2 2 15:21 NS Mind

I'm here but not, I hear the others but don't understand the meaning; I'm staring a lot

P2 2 17:XX NS Mind

Took a different route home and then got diverted because of an accident and that obviously delayed me but I wasn't bothered; and after this grist diversion I took a wrong turning. Normally when this would have happened to me I would slightly panic because I didn't know the area, but it didn't worry me at all and neither did the delay.

P2 3 12:38 NS Mind

Switched gas hob on but didn't realize that it wasn't burning; noticed a few minutes later that it smelled of gas!

P2 3 18:40 NS Mind

I keep making mistakes when I'm writing. I put letters in the wrong order or leave them out

P2 8 14:46 NS Mind

I feel torn between reading and actually working on the assignment or the P and D course. Spend all day on reading up on things so far but still have a problem with really waking up and focusing and comprehending what I read. I don't even know at the moment what I feel.

P2 8 17:26 NS Mind

Just found a pen in my cutlery drawer (must have been me who put it in there as I'm alone at home and have been for the last week) and then took out a fork to eat my soup! One day I will look back and laugh about it but now I'm just tired and hungry.

P3 19 11.00 NS Mind

Big issues around focus. Have struggled to find the motivation to sit down to any task that requires sustained concentration - made a start on this month's assignment - managed 300 words. Feels like a massive effort and I'm not really interested in it. The title feels vague and woolly, a bit like my thinking. This is very unusual for me.

P3 26 19.00 NS Mind

Still really struggling to focus on work; I have zero motivation and strangely no sense of desire to get my assignment done. Have considered giving up study all together - it feels like a burden.

P5 15 XX:XX NS Mind

Very tired all afternoon, spent most of it dozing on the sofa

P5 23 XX:XX NS Mind

I've noticed I have been very forgetful during the proving, I've totally misplaced my keys, just putting them down places and leaving them several times over the course of the month but have previously forgotten to record it! This has occurred several times during the proving but I can't remember when, I think it is related to the almost auto-pilot way of busily doing physical things, but nit with the head engage, so I'm not aware of what I am doing.

P6 2 18:XX NS Mind

Whilst driving I have been finding myself drawn to look at birds and especially how they form in groups and create such flowing patterns. Lots of daydreaming whilst driving, not really focused on the road.

P1 0 03:27:00 NS Mind, dullness.

From feeling really light, good, happy, almost instantly at this point, drained, became pale, vision disturbance became stronger, balance affected, felt like I was on "a downer". Completely drained, in an instant, nothing would do, but to get to bed.

P5 1 10:36 NS Mind, generals

Starting to feel very tired/exhausted

P5 2 14:50 NS Mind, generals

Very tired, fighting to keep my eyes open in class as eyelids so heavy

P5 6 14:40 NS Mind, generals

Very tired, struggling to keep my eyes open

P5 1 15:25 NS Mind, head

I feel very heavy in my body, but my head feels vacant

P1 0 04:15:00 NS Mind, loquacity

OMG! Laying in bed feeling comfortable and OK after feeling happy during the proving ceremony and just before bed feeling very low in mood as if drained. Went pale, closed eyes but could not get to sleep, useless, non consequential chatter going on in my head. Nothing concerning or stressing, stupid irrelevant stuff. Felt as if I didn't sleep all night.

P5 19 XX:XX NS Mind, thinking difficult

Have noticed a real reluctance to get going with my assignment or do anything that requires any thought or mental effort. For the first time ever I considered leaving it until later and paying a fee as I can't seem to focus on anything mental, I just can't be bothered and really don't want to do it, or don't think I actually can. I have been very active and am busy doing physical stuff quite happily doing 'mindless' activity but procrastinating on anything mental.

P2 2 10:45 NS Sleep

Feel very tired, could fall asleep, have the urge to close my eyes and if I were at home I would go back to bed

P2 13 08:05 NS Sleep

Had a very uneasy night's sleep, a lot of tossing and turning going on. Feeling very tired now

Busy / hurried / industrious / restless / mind chatter

P5 6 XX:XX IOS Mind, hurried

Felt very speedy on waking, hurried

P5 7 XX:XX IOS Mind, hurried,

Pressure Felt hurried and pressured by the amount of responsibilities, work and tasks I have to do. I just want to be able to stop, but I can't, a restless energy to constantly work and take on more duty even whilst I am feeling overwhelmed by what I have already on my plate.

P5 1 08:XX NS Mind, sleep

Restless night, head felt like it was very busy, like I had been awake even when I was asleep

P1 3 XX:XX NS Mind, time, mistakes in

I need to know the time, all the time. Keep checking the clock, but there is no reason to be doing this. I keep rushing things, and don't need to. Got dressed really quickly but not late for breakfast, rushed to the room in the morning, etc. Always checking the time all day

P1 31 XX:XX NS Mind, hastiness

Took a snap decision to stop drinking caffeine, went completely cold turkey.

P3 2 7.22 NS Sleep

Slept badly again; took a long time to drop off, head full of constant, restless thoughts. Wake up feeling unrefreshed.

P3 3 6.30 NS Sleep

Trouble dropping off again due to rush of thoughts. Feel groggy on waking up.

P3 4 6.45 NS Sleep

Restless night again. Still feel like I've not slept on waking; waking frequently in the night then dropping off again. Notice I'm very close to my husband all night - we hold one-another and cuddle most of the night.

P3 5 5.30 NS Sleep

Wake early feeling groggy and unrefreshed. Restless night again.

P3 6 1.00 NS Sleep

Wake at 1am after a very restless couple of hours sleep; trouble dropping off again after this.

P3 15 3.30 NS Sleep

Wake at 3am; unable to go back to sleep. Head full of a rush of thoughts - get up and read on the sofa. Fall asleep again at about 6am.

P5 8 02:20 NS Sleep

Unable to sleep well, my mind felt like it was busy chattering even when I'm asleep, so I feel like I'm awake

P5 13 XX:XX NS Sleep

Very restless nights sleep again, was awake every hour or so and also felt like my head was busy and not switching off when I was sleeping.

P5 20 00:45 NS Sleep, difficult

Woke up wide awake and unable to return to sleep after just 2 hours sleep

P1 4 XX:XX NS Sleep, disturbed

Woke up every hour to check the time....

P5 21 XX:XX NS Sleep, dream

Another dream of lack, this time of not having enough food to feed my horse and I was trying to get more

P5 2 01:13 NS Sleep, stomach

Trouble sleeping, dozed briefly then woke right up. Some indigestion, acid reflux (but that might be because I ate rubbish for tea!)

P1 1 08:00:00 NS

Sleep, unrefreshing Woke up, and felt as if I hadn't slept at all, still silly stupid stuff going on in head, not stressing or anything like that, just continued internal chatter. All morning!

Happy / high / hugging / connected

P6 0X:XX NS Dreams

Dream, thinking about how lovely it would be to live back in a city where I was very happy (Real life: I went to university in Oxford and lived there for 3 years. These were some of the happiest years of mine).

P7 2 14:30:00 NS Generalities

Noticed my energy levels had been quite stable all day (despite the slight cough) and had felt quite 'buoyed up'.

P2 0 03:42 NS Mind

Lying in bed not being able to fall asleep and getting this feeling like being on a wave or cloud, soft like cotton wool.

P2 1 21:05 NS Mind

Wanted to hug people, even those I haven't been so keen on in the past. Didn't do it though.

P2 2 17:02 NS Mind

Walking out of the college on this beautiful autumn day having the feeling it is spring and I just came out of winter.

P3 0 0.2.00 NS Mind

Feeling 'high'; light, giggly. Spaced-out, buoyant. Really enjoying the company of the group. We all eat together, lots of laughter.

P3 1 10.00 NS Mind

Light and giggly feelings; not feeling at all grounded.

P3 1 14.30 NS Mind

Feeling very giggly again, like I'm going to burst into laughter at any minute

P3 1 19.40 NS Mind

I have strong personal boundaries; not 'touchy feely' and often don't have much physical contact with others - only comfortable with a few people. Feeling like these boundaries have very much softened. Happy to engage physically with others - touch, hugging. Don't feel like I have to protect myself. Resting my head on the shoulder of the person next to me during dinner. It feels good - I feel included. Isolation previously a big thing. I don't want this feeling to go once the proving is over.

P3 2 9.10 NS Mind

Went down to breakfast - had a brief conversation with a yr 1 whilst getting toast, nothing major, just polite small-talk. She sat by me and I noticed she was being very talkative and giggly. I asked if she was OK; she said she'd woken up with a terrible headache but the chat with me had really lifted her up - she kept saying I had a lovely open, warm energy about me. She kept touching my arm then asked to hug me. My friend I share a room with came and sat with us and noticed how this yr1 student and one of my friends from my year were sitting especially close to me. Everyone seemed very hyper and giggly. I was left feeling bemused by the whole event; I wasn't unhappy or uncomfortable, just struck by how very different this situation was for me. As said previously, I like my space and have strong boundaries - generally I only let people I feel comfortable with close to me, physically and otherwise. I don't sense these walls/barriers/boundaries around me at the moment.

P3 2 23.00 NS Mind

In bed with my husband; he comments that he likes 'new wife'. I laugh and ask what he means - he points out since arriving home I've cuddled the dog more than usual, been remarkably not angry about the journey and, since coming to bed, have been cuddling him much more than usual. His words 'I've got a proper squeezy, close hug with you draping a leg over me as opposed to usual frosty hug before you roll over and go to sleep.'

P3 6 18.20 NS Mind

Lots of playful time with my children; lots of cuddling, closeness, giggling. Enjoying being engaged with them and not aloof.

P3 18 18.00 NS Mind

Lovely random moment this evening; we ended up as a family (plus dog) all cuddled up on the sofa watching the TV. Felt really good to be so close and connected - lots of cuddling. Could almost feel the children soaking up the warmth and energy. We are all revitalized by this moment

P5 5 XX:XX NS Mind

Feeling of well-being throughout the day, felt very good

P5 9 XX:XX NS Mind

Good shift at work today, keep feeling how much I am enjoying my new role (agency support worker), I'm finding it so rewarding and so glad I'm no longer doing admin based work. I feel happy with work for the first time in months

P5 14 XX:XX NS Mind

Not exactly sure how to classify this one, but experienced more things relating to social groups, this time a feeling of belonging or being part of the group, being fully embraced or welcomed by those in your social circle.

P5 17 XX:XX NS Mind

Very positive day, felt very well, happy like everything was going well in my life

P5 23 XX:XX NS Mind

Amazing day, really positive feedback at work about how good I am with the service users, so much so that the staff are saying I should come to work there as permanent staff (I'm agency staff). Felt like I was in the zone, happy, positive, everything is right. All my communications and interactions felt very positive.

P5 26 XX:XX NS Mind

I've been guided to doing some chakra work last few days to correct what is a chronic root chakra imbalance which explains all the symptoms I have had over the course of several years, not sure if this is relevant as I do a lot of metaphysical work typically, but have tried the recommended base chakra tattoos and feel a big difference, much more grounded, secure and anchored into myself, almost feel like I have shrunk about 2 feet as I'm more on the ground than normal as a result!

P6 3 14:XX NS Mind

Drawn to leaves swirling around in the wind. Finding it fascinating how they seem to swirl in circles in such a beautiful way

P6 4 XX:XX NS Mind

Feeling very giggly and being quite silly with my children

P6 8 XX:XX NS Mind

Comment from my daughter on how I have been for the last week: (10 years old) She has been behaving in a childish manner, making comments such as smelly farty pants. She has also been giggling at non-funny comments.

P6 8 XX:XX NS Mind

Comment from my husband on the last week: There has been an increase of confidence to make unguarded and flippant comments regardless of the consequences and the frequency of these random comments have risen as well. Comments have been made with little rational thought and when challenged, they were judged to be merely passing statements. On a positive note, there has been even more affection displayed and time taken to have conversations to discuss the day-to-day meanderings in the relationship.

P1 0 00:05:15 IOS Mind, cheerful, company in

Generally felt really great, a little "high", happy, light and really engaged with the group. Enjoyment of being together for dinner, general really good wellbeing.

Miscellaneous

P3 5 9.00 NS Mind

Time seems to be moving more slowly - I keep looking at my watch, expecting the time to have moved on. 5 minutes feels very long.

P2 11 11:XX NS Mind

This morning I was confronted with a problem to do with my new entrance door and I had to go to several shops in the search for this extra bits which were missing or we needed. It was not as straightforward as I thought I should be and at first I felt helpless and hated the situation with all its hassle. It cost me an awful lot of time and I felt helpless not knowing how we are going to sort that out but a little later I decided that there is not much I can do to solve the issue till the joiner comes back tomorrow or Friday. That is a first for me because before I'd just go on and on about it to everybody around me and would have not been able to stop thinking about it either but today after I came back home I wasn't bothered about it. Another thing I noticed this morning was that all the people I had to deal with this morning kept staring at me and I don't know why. I wasn't even behaving badly or yelling or so. I was quite calm even quite cheerful considering the problems I was faced with.

P4 7 00:17 NS Mind

Felt emotional and cried with sadness but also relief when I spoke to my husband about the fights that day.

P5 7 23:15 NS Mind, speech I

noticed I had said a word totally opposite to what I had wanted to say. My cat had come inside after being outside in the rain and rubbed up against my leg, I had meant to say 'Lola you're all wet' but what I actually said was 'Lola you are all dry!'

P2 19 XX:XX NS Sleep

I had the feeling that I spend more time sleeping on my left side since the proving as to before my preferred side was the right side My partner mentioned this fact this morning and with that confirmed it.

P2 3 15:06 NS Mind

Can't stop noticing the dancing of the leaves moved by the wind. It was raining leaves and they were dancing. Was fascinated by their performance. I also noticed other things moving around me, like birds esp magpies, paper and feathers.

P2 4 17:XX NS Mind

Went to a spa and after I got out of the whirl pool I was highly amused that my bikini bottom has stored some air between the material layers and was blown up like one of those air cushions in boxes to protect stuff in it and was as thick as a full nappy. Even when I pushed my fingers into the trapped air pockets it would not come out. It was quite funny. don't want to know what the people around me must have thought as I was standing there with my air filled bikini and giggling away by it not going back to normal..

P3 1 8.15 NS Mind

Feeling very soft and feminine.

P3 1 8.15 NS Mind

Noticing the colour pink; wearing a pink top (rare) and my toenails are also painted bright pink. Pink feels nice!

P3 8 20.15 NS Mind

Feeling sad and low this evening. Husband says I haven't been so close or cuddly at night. I'm upset by this; feeling that things are 'wearing off'. Don't want to go back to how I was before the proving. I take myself off to bed - desire to curl up and cocoon myself away from everything.

P5 12 09:10 NS Mind, anxious

Very anxious/nervous, emotionally uncomfortable, restless, jittery, didn't feel nice at all (making me want to eat which is my coping mechanism)

P5 13 08:55 NS Mind, anxiety, chest, rectum

Sudden intense wave of anxiety, whilst I was stood waiting for the door to be answered to let me into a place where I was working for the day, I have been there before and it is lovely, so no external reason for this. I had palpitations which felt like my heart was jumping around or shaking in my chest, nausea - sick in the pit of my stomach and legs felt weak and shaky, and felt like I needed to open my bowels, almost turned around and went home as wanted to run away and thought I wouldn't be able to get through the day if this continued. I used some rescue remedy and also asked my guides & helpers to take this away or calm it down as I had a job to do.

P5 13 09:55 NS Mind, anxiety, chest

Above symptoms still remain but now my left arm is also feeling weak and a bit numb. Although I knew this wasn't an issue with my heart this came to mind as I was having the palpitations then also the left arm symptoms which are associated with heart attacks.

P6 12 22:XX NS Mind

Had a disagreement with my dad today (well me crying and putting my point across and him listening!) This is very rare as we get on very well. This is the resurfacing of old issues that I usually ignore. My upset feeling is around him only being around when it is convenient for his girlfriend's diary. My mother died when I was 21 and being an only child we were a very close knit trio. Overtime I feel that my dad'd girlfriend has pushed me out slightly and he takes commands from her regarding his daily movements and if things don't fit with her plans she becomes upset. My issue was around the fact that I feel unsupported with nobody to fall back on if needed (My husband is away this week so this feeling may be exacerbated)

Mind rubrics

MIND - ACCIDENT-PRONE
MIND - AFFECTIONATE
MIND - AILMENTS FROM - quarrelling
MIND - AILMENTS FROM - reproaches
MIND - AIR; IN OPEN - amel.
MIND - ALONE; BEING - desire to be alone
MIND - AMUSEMENT - desire for
MIND - ANGER
MIND - ANGER - beside oneself; being
MIND - ANGER - contradiction; from
MIND - ANGER - husband; towards
MIND - ANGER - trifles; at
MIND - ANTICIPATION
MIND - ANXIETY
MIND - ANXIETY - sudden
MIND - ANXIETY - working, while
MIND - AWARENESS HEIGHTENED
MIND - AWARENESS HEIGHTENED - birds; of the presence of
MIND - BOUNDARIES; LACK OF
MIND - BROTHERHOOD; SENSATION OF
MIND - CAREFREE
MIND - CARES, FULL OF
MIND - CHEERFUL
MIND - CHEERFUL - alternating with - dullness
MIND - CHEERFUL - company, in
MIND - CHILDISH BEHAVIOR
MIND - CLAIRVOYANCE
MIND - CLEANNESS - desire for cleaning
MIND - COLORS - pink - desire for
MIND - COMPANY - aversion to
MIND - COMPANY - desire for
MIND - COMPANY - desire for - alone agg.; when
MIND - COMPASSIONATE
MIND - CONCENTRATION - difficult

MIND - CONFIDENCE - want of self-confidence
MIND - CONFIDENCE - want of self-confidence - support; desires
MIND - CONFIDENT
MIND - CONFUSION OF MIND - identity, as to his
MIND - CONFUSION OF MIND - identity, as to his - boundaries; and personal
MIND - CONNECTION; SENSE OF
MIND - CONTACT; DESIRE FOR
MIND - CONTENT
MIND - CUDDLE - desire to be cuddled
MIND - CURSING
MIND - DARKNESS - agg.
MIND - DEFIANT
MIND - DELUSIONS - appreciated, she is not
MIND - DELUSIONS - belong here; does not
MIND - DELUSIONS - criticized, she is
MIND - DELUSIONS - division between himself and others
MIND - DELUSIONS - dragons, of
MIND - DELUSIONS - floating - air, in
MIND - DELUSIONS - forsaken; is
MIND - DELUSIONS - hearing - illusions of
MIND - DELUSIONS - hearing - sounds
MIND - DELUSIONS - insects, sees
MIND - DELUSIONS - lost; she is
MIND - DELUSIONS - music - hearing music
MIND - DELUSIONS - music - thinks he hears
MIND - DELUSIONS - obstacles
MIND - DELUSIONS - offended people; he has
MIND - DELUSIONS - outsider; being an
MIND - DELUSIONS - persecuted - he is persecuted
MIND - DELUSIONS - selfish; others are
MIND - DELUSIONS - separated - group; he is separated from the
MIND - DELUSIONS - separated - world; from the - he is separated
MIND - DELUSIONS - sounds - listens to imaginary sounds
MIND - DELUSIONS - voices - hearing
MIND - DELUSIONS - wrong - done wrong; he has
MIND - DISCONNECTED FEELING
MIND - DISCOURAGED
MIND - ESTRANGED
MIND - ESTRANGED - cut-off; feels
MIND - EXCITEMENT
MIND - EXCITEMENT - alternating with - sadness
MIND - FEAR - happen, something will
MIND - FEAR - sudden
MIND - FEMININITY - increased sensation of
MIND - FORSAKEN FEELING
MIND - FORSAKEN FEELING - beloved by his parents, wife, friends; feeling of not being
MIND - FORSAKEN FEELING - isolation; sensation of
MIND - FREEDOM
MIND - FRIVOLOUS
MIND - GIGGLING
MIND - HATRED

MIND - HATRED - husband; of
MIND - HATRED - persons - offended him; hatred of persons who
MIND - HELD - desire to be held
MIND - HIGH-SPIRITED
MIND - HURRY
MIND - INDEPENDENT
MIND - INTOLERANCE
MIND - IRRESOLUTION
MIND - IRRITABILITY
MIND - IRRITABILITY - trifles, from
MIND - MIRTH
MIND - MOOD - changeable
MIND - MOOD - changeable - quickly
MIND - NAKED, WANTS TO BE
MIND - NATURE - loves
MIND - NOISE - agg.
MIND - NOSTALGIA
MIND - OBSERVER - being an
MIND - OPEN
MIND - ORDER - desire for
MIND - OVERBURDENED
MIND - OVERWHELMED
MIND - OVERWORKED
MIND - PLAYFUL
MIND - POSITIVENESS
MIND - PROSTRATION OF MIND
MIND - QUARRELSOME
MIND - QUIET DISPOSITION
MIND - QUIET; WANTS TO BE
MIND - RESIGNATION
MIND - RESTLESSNESS
MIND - RESTLESSNESS - anxious
MIND - SENSITIVE - criticism; to
MIND - SENSITIVE - noise, to
MIND - SENSITIVE - quarrels; to
MIND - SENSITIVE - rhythm; to
MIND - SOCIABILITY
MIND - SOCIAL MEETING - amel.
MIND - SPACE - desire for
MIND - SPACED-OUT FEELING
MIND - SUSPICIOUS
MIND - TALKING - desire to talk to someone
MIND - TASK-ORIENTED
MIND - THOUGHTS - rush
MIND - TIME - slowly, appears longer; passes too
MIND - TORPOR
MIND - TOUCHED - desire to be
MIND - TRANQUILLITY
MIND - TRANQUILLITY - conflict; during
MIND - TRANQUILLITY - problems; not bothered by little
MIND - TRUTH - telling the plain truth

MIND - UNIFICATION - sensation of unification
MIND - UNIFICATION - sensation of unification - animals; with
MIND - VULNERABLE
MIND - WEEPING
DREAMS - ANGER
DREAMS - ANIMALS
DREAMS - ANIMALS - killing
DREAMS - BUILDINGS
DREAMS - CALM
DREAMS - CHURCHES
DREAMS - CLEANING
DREAMS - CLOSET
DREAMS - COLORED
DREAMS - COLORED - bright
DREAMS - COLORED - green
DREAMS - COLORED - white
DREAMS - COLORED - yellow
DREAMS - COUGH
DREAMS - CRYSTALS
DREAMS - CYLINDERS
DREAMS - DELIVERING A BABY
DREAMS - DIRTY
DREAMS - DOGS
DREAMS - EMBARRASSMENT
DREAMS - FAMILY, OWN
DREAMS - FEAR
DREAMS - FLOWERS
DREAMS - GARDENS
DREAMS - HOME
DREAMS - HOSPITALS
DREAMS - HOUSE
DREAMS - HOUSE - bright; very
DREAMS - HOUSE - dirty
DREAMS - HOUSE - looking around in
DREAMS - HOUSE - old
DREAMS - HOUSE - old-fashioned
DREAMS - ISLAND
DREAMS - LIGHT; OF
DREAMS - MEN
DREAMS - MICE
DREAMS - MILITARY
DREAMS - NAKEDNESS
DREAMS - OBSERVER
DREAMS - OIL RIGS
DREAMS - PEOPLE
DREAMS - ROOMS
DREAMS - SEPARATED; BEING - people
DREAMS - SEXUAL
DREAMS - SEXUAL - disgust
DREAMS - SLIDING
DREAMS - STAIRS

DREAMS - SUN - being in the
DREAMS - TIME - exaggeration of time
DREAMS - TOILETS
DREAMS - TRANSFORMATION
DREAMS - TREES
DREAMS - UNSUCCESSFUL EFFORTS - shriek; to
DREAMS - URGENCY; OF
DREAMS - VOMITING
DREAMS - WATER
DREAMS - WATER - leaking
DREAMS - WATER - muddy; of
DREAMS - WEDDING
DREAMS - WET PLACES
DREAMS - WINDOW
DREAMS - WOMEN

SUGGESTED NEW RUBRICS-

MIND – TELEPATHIC

MIND – DELUSION – life – existing in life at a deeper stratum

MIND – DELUSIONS – Wizard of Oz

MIND – DELUSIONS – cactuses

MIND – DELUSIONS – open plains

MIND – DELUSIONS – voices hearing – saying ‘wise’

MIND – BOUNDARIES – Strong

Physical Themes

Sharp / stabbing / stinging / pinching / throbbing

P1 38 8:30 NS Extremities, pain lower limb, calf, right

Excruciating pain in my right calf, not arthritic pain. It was debilitating, I couldn't walk, and on the only relief I got was laying on the sofa, it felt like there was something stuck in my blood vessels and it was getting bigger and bigger.

P2 0 00:07 NS Extremities

Slow pumping/ throbbing going down my calves

P2 0 00:16 NS Head

Slight throbbing headache on the front of my head

P2 1 14:14 NS Extremities

Stabbing in left shoulder, like a slow throbbing or pumping

P2 1 20:28 NS Skin

Stinging on my right bottom cheek like nettles, this is already the second time today, first time was around lunch time

P2 3 15:XX RS Extremities

Over the last hour I felt a stabbing throb in my left shoulder, this sensation also occurred under my right breast and also a bit below the breast. It started in the shoulder and then just jumped from place to place

P2 4 09:XX RS Extremities

The stabbing , throb sensation (I can't call it ache or pain as it is not strong enough) in my left shoulder keeps coming on and off for hours. doesn't hurt, I'm just aware of it. sometimes there is the same sensation in different area diagonal opposite from the left shoulder (below the breast above the liver)

P2 5 01:13 NS Mind

Lying on my right side and just before I was falling asleep it felt as if a hand or something is pushing onto my left temple and with that was pushing my head into the pillow.

P2 5 10:49 NS Eyes

There is a stabbing pain in my left eyeball.

P2 5 15:58 RS Mind

A feeling of something is crawling underneath my skin of the sole of my foot. It tickles and I have to scratch it I did have a similar feeling a few days before the proving but never before that.

P2 5 20:05 NS Extremities

Increasing pinching pain on top of my shoulder, like trapped nerve pain but moving over the shoulder as if a hand would grab hold of it.

P2 5 20:10 NS Extremities

This joint pain is getting worse and moves towards the wrist. Disappeared after a little while.

P2 5 23:37 NS Chest

Burning, stabbing pain on the left side in the area of my breast.

P2 7 01:32 NS Mind

Lying in bed on my right side and suddenly felt a pinching on my left temple and it was pulling me upwards or better pulling my head upwards.

P2 9 01:01 NS Extremities, upper, shoulder, right

Nerve pain in my right shoulder, worse when I stretch arm forwards

P2 10 10:XX RS Head

Over the last 10 days I did have head pain which only lasted a second or so and I did not pay much attention to them because they were just like on quick stab and then nothing further. Today there was a headache which felt like piercing or stabbing but in all sorts of directions going outwards, a bit like all the previous headaches coming at once. or another way to describe that is like a star and my head being the middle of it and the pain sparking of it in all sorts of directions. it didn't last long either but was more remarkable then all the little ones before

P2 13 01:40 NS Extremities

Got woken up by a sharp stabbing pain in my left foot

P2 17 08:15 NS Back

Muscles spasm pain on the left side of the lower back to such an extent that I have difficulties bending down now. I cried out loud when it happened, it was that sudden and that sharp. I can only move very slowly and the pain is even there when I'm not moving. Mobility improved after a hot bath, area of cramp/spasm still sore afterwards.

P2 28 12:40 NS Female

Stabbing menstrual pain. Haven't had this type of pain since teenage years.

P3 1 17.45 NS Chest

Sudden stabbing pain in left breast, intense enough to make me notice and try and shift position to relieve it. Passes away quickly

P3 2 15.20 NS Extremities, lower, foot, right

Sharp pain in R foot, running up through my ankle and up my leg. Painful, can't get comfortable.

P3 2 16.10 NS Stomach, left

Sharp, stabbing pain left of umbilicus.

P3 6 19.00 NS Head

Strange pulling sensation on the R side of my head from above R eye out the back of my head just above the occiput. A sharp, pulling pain.

P3 14 18.20 NS Stomach

Feel hungry before tea but really struggle to finish my meal; tastes too salty and I feel very full very quickly. Lots of discomfort in my stomach afterwards - sharp pain under left rib.

P3 14 20.00 NS Genitalia - female

Sharp, stabbing pain in left ovarian region this evening.

P3 15 8.00 NS Neck

Wake up with a horribly stiff neck; severe pain in R occiput - stabbing

P3 15 18.00 OS Head

Headache all day - had to go to work. Migraine level by the time I get home - am forced to go to bed. Severe stabbing pain in R occiput and above R eye, like something sharp was being repeatedly forced into the back of my head/neck. Nothing gave relief - finally managed to sleep. I have had headaches similar to this before, but not as severe or intense.

P3 17 4.00 NS Chest

Wake in the night with severe stabbing pain in heart region, spreading to my left arm. I try to get comfortable and find lying on my back is slightly better. I am not anxious about the pain, only curious. I check my pulse as the pain is severe - its steady and calm. I lie for about an hour until the pain subsides and fall asleep again.

P3 19 6.00 NS Dreams

Husband recounts a dream he had last night - there was a shallow pool with a deep maroon bag. In this bag were about 5 dogs and they were being helped by him out of the bag as if being 'born'; there was also a bag of snakes. The snakes were black and covered in bright colours - like a child had drawn them. There were big, sharp teeth drawn on the outside of their mouths, but their actual teeth were not as big or sharp in reality. He was surprised because he has a big fear of snakes and he wasn't scared in the dream or when describing it to me.

P4 0 NS Extremities

The odd twitch in various parts of my body, randomly

P4 1 17:25 RS Head

Pain in my right temple which was worse for clamping my jaw together

P4 1 22:11 NS Extremities, lower, leg, right

Bone pain at the top of my right leg at the front lasting about 2 minutes. It felt sharp but not excruciating. It was worse for moving it

P4 2 15:15 NS Chest

Sharp stabbing pain in my left breast that lasted a few seconds

P4 3 14:21 NS Extremities, lower, leg, left

Sharp shooting pain in the thigh of my left leg which lasted about 15 seconds

P4 4 23:14 AS Chest, breast, right

Sharp shooting pain in my right breast moving from near my underarm to my nipple. I have had a few of these before but not so intense. I think it is associated with muscle strain with my pectoral muscle from movement of my arm and shoulder. I had done a hard tae bo kick boxing class today

P4 8 04:54 NS Abdomen

Felt a sharp stabbing pain in my groin close to the top of my right leg. It woke me up but went away after about 10 seconds

P4 10 XX:XX NS Dream

Vague recollection of a very disturbing dream involving gangs and my teenage children. My son was skewered right the way through his torso with markings a bit like a spider web on his back as if it was an initiation or a torture. It bothered me throughout the day as I do not remember my dreams.

P4 27 11:30 RS Chest and extremities

Random sharp shooting pains in my breast and legs over the last 2 weeks. They all last just a few seconds.

P5 0 00:08 NS Head, pain, temples, right

Sharp pain, stabbing, right temple, passed very quickly

P5 0 18:25 NS Extremities, upper, armpit, left

Sharp Pain, stabbing, under left armpit, passed very quickly

P5 0 23:45 RS Stomach, pain

Left Sided Sharp pain, twisting, griping feeling, some wind, lower left abdomen and under ribs

P5 0 32:48 NS Head, pain

Sharp pressing pain between my eyes and wanted to squint at the light of my tablet as felt too bright

P5 1 10:33 NS Genitalia female

Right sided ovary pain, sharp stabbing, passing very quickly

P5 1 10:36 NS Head, pain

Sharp stabbing pain right temple

P5 1 11:14 NS Genitalia female,

Right sided ovary pain, sharp stabbing, passing very quickly

P5 1 16:11 NS Eyes, pain, left

Sharp stabbing pain left eye, like a bad headache coming on suddenly, passed in a few seconds

P5 1 17:42 NS Genitalia female

Right sided ovary pain, sharp stabbing, passed in a few seconds

P5 2 10:29 NS Back, pain

Back pain becoming more intense, now have a stabbing pain at the top of left shoulder blade as well, feels like I can't take a full breath.

P5 2 10:43 NS Extremities, lower, foot, left

Sharp stabbing pain in the top of my left foot. Thought of a nail being hammered into my foot (like a crucifixion), then had the image of an insect being pinned to a board in the way collectors do.

P5 2 14:00 NS Back, pain

Back continues to hurt, worst point is between my shoulder blades to the left of my spine, like I'm being stabbed in the back. Eased by laying down flat

P5 2 14:23 NS Head, pain, right

Headache, right sided, temple and eye, stabbing, pressing pain

P5 3 08:15 NS Back, pain

Mid back painful again on waking as before

P5 3 10:45 NS Extremities, upper, hand, right

Sharp pain right hand/palm, at base of my thumb, when trying to use tools to clean up the field when sorting my horse.

P5 6 22:47 IOS Extremities, pain

Sciatica right leg & foot, pulsating, tingling, painful

P5 10 XX:XX IOS

Back, pain Intensification of my lumbar back pain, even walking was uncomfortable and done with a limp. Feeling of weakness in the lumbar area with shooting/sharp pain aggravated by movement

P5 12 17:05 NS

Head, pain Very intense headache, came on very suddenly, sharp stabbing pain in my left eye, was lasting an extended period of time so I had to take painkillers so I could function

P5 29 18:00 NS Stomach, pain

Very windy stomach with some twisting colic type pain, upper abdomen bloated, similar to what occurred early in proving.

P7 0 00:04:00 RS Head

Sharp pain in right temple, passed off very quickly.

P7 0 03:43:00 NS Generalities, sleep

Was woken up with a huge jolt through my body that seemed to penetrate and culminate in my neck. Very jarring. Was pissed off that it had woken me up as it was quite a shock. It felt like most of

my cervical vertebrae had been clanged together between a blacksmith's anvil and his hammer. No reverberation. Interestingly, before I went to sleep that night I had a sense that something would wake me up and that it would be abrupt; felt a little uneasy, in anticipation of being woken but not knowing why.

P7 6 06:59:00 NS Skin, extremities

Stinging, splitting pain in small patch of skin on outer edge of big toe on right foot and also on small patch of skin inside edge of heel of right foot.

P7 6 21:20:00 RS Generalities, face

A Heavy twitching on right side of jaw, on 'corner' of jaw, sometimes extending down towards neck. Twitching seems random and it doesn't last too long, only a minute or so. I find it quite irritating and can even make me feel a tiny bit panicky which I find quite odd. I have had the twitching before but not in that location.

Zig-zag / dizzy / fuzzy / fizzy

P1 0 00:00:12 NS Vision, zig zags. Vertigo fall.

A real interference with vision, eyes appeared to be working in a zig zag type motion, which affected my balance, this lasted most of the evening

P1 0 00:00:19 NS Genitalia, female, ovaries

A butterfly fluttering type feeling or "fizzyness" across my right ovary. Only lasted a few seconds. A bit like the first time you feel a baby kick (if your pregnant)

P1 3 09:30:00 RS Vision, zig zags. Vertigo fall.

Had like a migraine feeling, vision blurred sensitive to light, but not a migraine. Lasted for most of the morning, it affected my balance, and vision was all zig zaggy

P1 36 XX:XX OS Head, pain

Headache, not so bad today, general feeling of fuzziness.

P2 0 00:01 NS Mouth

Feeling of a ball of spikes in my mouth, a kind of fizzing/ prickling was going on

P2 0 00:24 RS Vertigo

Same shaky dizziness like in the afternoon (before the proving started); excited and weak at the same time but happy

P2 2 19:XX NS Vertigo

Arrived home in the car and stumbled around when got out of it like having been drunk. The best word to describe my whole state at this moment is unstable

P2 3 08:52 RS Vertigo

Feeling dizzy again

P2 5 21:05 RS Vertigo

Short spell of dizziness

P2 6 XX:XX NS Mind

Words I picked up in conversations today and which stayed with me for the rest of the day were: 'unearthly', 'coming back down to earth' and 'spaced out'.

P2 6 21:26 NS Mouth

When I make my tongue touch the upper lip, both lip and tongue start tingling. This tingle moves from the area of first contact to the outside and then disappeared. It only takes a few seconds each time. Amusing. Don't know what is more important the tingle or that I thought it is funny.

P2 6 22:10 RS Vertigo

Another spell of being dizzy. They don't last long and feel like losing the balance only for a moment.

P3 0 NS

Fizzy, energetic sensation in the region of my solar plexus

P3 0 0.1.00 NS Vertigo

Sudden dizzy spell; passed quickly

P3 1 XX:XX NS Mind

Fizzy, buzzing feeling inside my body; makes me feel a bit crazy like I need to move. Feeling wired with this intense energy. Its making me anxious. I'm having to make a real effort to focus and keep my feet on the ground.

P3 1 13:30 NS Vertigo

Intense dizzy spell; sudden with a feeling of pressure on the back of my head. Passes quickly

P3 2 14.25 NS Vertigo

Another dizzy spell, sudden, intense then passes

P4 Thurs 5 18:42 RS Head

Still feel a bit giddy and wanting to lie down but no time to do that.

P4 Tues 10 18:41 RS eyes head

Eye strain and slight giddiness from staring at the computer

P4 08:44 RS Mind

Mind very busy. It feels buzzy and fuzzy. It continuously goes back to thinking things through - very persistent. Trying to work out what to do with a difficult relationship issue

P4 0 22:36 RS Head

Giddy so I had to close my eyes to reduce it

P4 1 10:24 RS Head

Giddy at the top of my heads which lasted about 20 mins

P4 1 12:03 RS Head

Swimmy feeling when I move my head

P4 1 13:09 RS Eye, right

Strange feeling between the back of my right eye and my right ear, inside my head. It feels like a swimmy feeling again as after a migraine

P5 2 12:54 AS Extremities, tingling

Tingling, fizzing sensation in my right leg, just below the knee down to the foot, made me want to scratch my leg

Nausea / hunger / restrictive / constipation

P2 1 09:47 AS Mouth

For the first time in a long time I could brush my teeth without gagging.

P2 6 14:37 RS Throat

For the third time over the last two weeks I have got the juice of a fruit I was eating down the wrong hole in my throat that I ended up coughing quite badly. The first time was before the proving and I didn't think anything about it as I put it down to being an accident. but then it happened again and again. the first time was the worst and I was a little worried that if I can't cough it up soon I might suffocate on it. the other times were not as bad and got sorted rather quickly.

P2 11 20:45 NS Throat

This time it was food and not just liquid going down the wrong hole in the throat. No coughing involved no panic at all just the thought " another piece out of place"

P2 22 08:15 AS Stomach

Waking up with a strong feeling of nausea , like in pregnancy. Have not had that since having taken the remedy. Overall, the nausea feeling I had a lot after eating and on waking up in the

mornings and because of worries had been much better since the proving began. Feels like it is slowly coming back now.

P3 0 0.3.00 NS Mind

Strange desire to be naked on the top half of my body; clothing feels restrictive. Want the feeling of air on my skin.

P3 1 8.12 NS

Getting dressed - clothing feeling restrictive again - want my limbs free!

P3 3 7.00 NS Dreams

I notice small 'mice' running around - but they're about half the size of a normal mouse. I'm horrified and scared. I move back towards the door and notice I've stood on two of these mice - I'm only wearing socks. They are dead and squashed into my foot, but there's no blood. I'm really upset by this and try and call out to my husband but no sound comes out my mouth. I keep trying to call his name. I suddenly get a feeling of a big lump in my throat - I'm having trouble swallowing. I run to the kitchen sink and start coughing up lumps that look like porridge. I'm both sickened and fascinated by this.

P3 3 13.20 NS Stomach

Notice that its past lunch and I've not felt hungry or had any desire to eat. Diminished appetite.

P3 4 8.15 NS Stomach

I realize I've not had any breakfast. No feeling of hunger but know if I'm walking the dog I need to eat.

P4 Sat 30 23:50 OS Stomach

Felt sick when I went to bed as the food was rich and a decaf coffee unsettled my stomach. Big family weekend with my husband's family away in the Cotswolds. Need to be on best behaviour.

P5 12 XX:XX CS Rectum

My tendency towards being constipated seems to be much improved since the start of the proving

P5 15 04:00 NS Stomach, nausea

Woke up with nausea, went back to sleep

P5 15 04:58 NS Stomach, nausea

Nausea becoming very intense, feel like I'm going to vomit, mouth watering, nausea felt in my throat.

P5 15 05:37 NS Stomach, nausea, hunger

Still felt really sick, but wanted a drink so opened the fridge to get the milk out and when I saw the food in there my mouth started watering like I was really hungry and wanted to eat, very odd, never experienced that before.

P5 19 07:00 NS Stomach, nausea

Woke with nausea again, passed after a couple of hours

P5 19 13:00 NS Stomach, nausea

Nausea returned and very tired, needed to lay down, lasted until early evening

P5 24 10.15 NS Stomach

Nausea whilst traveling in the rear of a car

P6 6 07:XX OS Stomach

Felt quite nauseous and dizzy this morning, much like morning sickness. Felt like a horrible metallic taste was making me feel unwell, rather than a stomach nauseous feeling. This feels better after eating something sweet. I had jam on toast.

P6 6 10:XX RS Throat

Irritating tickly feeling in my throat, making me cough. Sensation as if there is something gritty stuck in my throat, causing me to swallow lots. Felt better from drinking hot drinks, rather than cold.

P6 9 10:45 RS Stomach

Felt very car sick when traveling with a friend driving. This has not happened for quite some considerable time. Felt hot, nauseous, opening the window made me feel slightly better and eating a cereal bar also helped.

P6 18 19:XX OS Stomach

Very achy stomach with noises, gurgling and movement.

P7 5 18:37:00 IOS Cough, throat

After coughing the back of my throat sticks together when I try to speak causing more coughing, a feeling of choking which eventually leads to dry retching, twice.

P7 11 11:21:00 IOS Rectum

No bowel movement for 2 days, no desire for stool. Lower bowel feels 'empty'.

Fullness / swelling / pressure / heat / inflammation / redness

P1 1 21:40:00 NS Mind, loquacity.

Head, pulsating Felt a pressure in my head, like a pumping sensation which accompanied the noise and the chatter and the dryness.

P2 3 22:00 AS Ear

Over the last few years I kept having these pains in my right ear no remedy ever shifted this problem. Tonight I noticed that the feeling inside this ear has changed from normally feeling warm or inflamed to feeling cool and pleasant. It felt like a relieve as it is finally falling off me.

P2 12 10:29 NS Extremities, lower, leg, shin, left

Left bottom half of shin area got hot from inside out and moved downwards direction big toe. Also felt hot to the touch. Didn't last for long.

P2 14 08:47 RS Extremities

Right thumb still painful when moving. It's also slightly swollen and restricted in movement.

P2 14 22:XX NS External throat

A lymph node looks swollen on the right side of my neck. It looks like a perfect round knob which can be seen from the out side but doesn't hurt. Its half way down the neck and not directly behind the ear lobe. I think it has to do with the cold sore which is on the same side.

P2 16 09:36 RS Ear, right

Internal part of the right ear feels full and hot and is throbbing again like being inflamed.

P3 6 12.25 NS Stomach

Feeling of fullness; struggle to eat my lunch. Tenderness across umbilical area

P3 NS Stomach

Still feeling full; wearing tights and the pressure of the waistband around my tummy is uncomfortable.

P3 7 13.00 NS Stomach

Feel full after only a small amount of food; sustained after only a snack. Not feeling hungry at normal times of day - having meals much later than usual.

P3 16 18.00 NS Stomach

Still struggling with appetite. Have a normal sized tea but struggle to finish; am left feeling horribly full and bloated with sharp stabbing pains right across my upper abdomen. Am forced to sit down and some relief is obtained via a hot water bottle.

P4 Mon 2 13:17 RS Head

Slight headache from physical exertion, as in a sensation of pressure in my head.

P4 Wed 4 21:03 RS Head

Headache started as I was rushing to get to an appointment for my daughter. The ache was felt through the roof of my mouth, through my sinuses to the top of my head. It felt like a cold pressure. Squeezing it helped. The car broke down so the journey took 5 hours. Felt very tired and giddy in the evening.

P4 17:26 RS Head

Felt a sensation of increased pressure in my head. It could well be just from concentrating so hard and looking at the white board so intently in class.

P5 0 2:18:40 NS Face

Upper cheek/under eye area looked bit swollen and puffy

P6 4 XX:XX RS Extremities

Achilles tendon has flared up again and is feeling painful and swollen. It is red and hot and feels tight and restricted. Better from massage and raising, worse when lowered and no movement.

P6 7 22:30 OS Rectum

I noticed that I have a very full feeling in my rectum, but I don't have the power to push it out. After sitting there for a while I was able to empty my rectum, but I noticed bright red blood. This seems to be from piles that I experienced following the birth of my second child (7yrs old) They had become dormant and haven't caused me any trouble for years.

Aching

P1 1 11:00:00 NS Shoulder, stiff

Left shoulder blade ached, and felt stiff. This went on for the whole day.

P2 3 08:37 OS Back

Pain and ache in my lower back

P2 3 13:20 NS Abdomen

Short thumping ache pain like feeling on the left side of abdomen, does do it 2-3x and then disappears to just come back a few minutes later

P2 5 01:06 AS Ear

The right ear is doing aching again, but at this moment I can't tell if it feels hot or cold. I only know that lying on it and keeping it warm feels good

P2 8 22:XX NS Extremities, lower, ankle, right

Right ankle feels like being sprained without injury; and it gets worse when I try to point (stretch it) my foot.

P2 9 12:34 RS Ear, right

Cold feeling inside of the right ear ache

P2 9 23:10 RS Extremities, lower, ankle, right

Pain in right ankle is back after not having been there all day, again it is this sprained feeling which gets worse when moving esp straightening the foot (stretching it out), it is however better than yesterday

P2 12 19:40 AS Extremities, upper, hand, thumb, right

Right thumb joint painful, like the old arthritic pain but this time it is not hot but still hurts when moving

P4 Thurs 28 22:02 RS Extremities

Toe was aching deep in to the bone where it joins on to the ball of my foot. It feels as if it is out of place. This is made worse when I walk or run.

P4 Sun 8 12:56 RS Extremities, lower, leg, right

Pulling pain from an old injury at the top of my right leg, in my groin

P4 Mon 9 23:36 RS Back

Aching lower back and mid back on both sides

P5 0 21:35 NS Extremities, pain

Pain left calve, muscular aching

P5 0 22:28 NS Extremities, pain

Pain, right calve, muscular aching

P5 0 27:20 NS Extremities, pain

Left wrist and back of hand aching, felt like flu type bone ache

P5 0 28:08 NS Extremities, pain

Ankles hurting, bone type aching as above, right worse than left

P5 1 10:48 NS Back, mind, eyes

Pain in the back of my neck, stiff, achey, eyelids very heavy, very tired, not really taking in any information in class

P5 2 11:26 NS Extremities, pain, mind

Muscular ache/pain in the back of my right arm (in addition to the back pain), extending down to my elbow. Flu type ache. Feel like I would just like to snuggle up somewhere comfy and chill out as I don't feel well.

P5 2 12:30 NS Extremities, pain

Hands hurting, aching, painful to move, left hand worse than right on my 2 smallest fingers

P5 6 22:XX NS Abdomen, pain, right

A painful aching in my hips, felt very deep inside (bones pain?) right side worse than left. Lumbar back also continued to hurt as above.

P5 29 XX:XX NS Back, pain

A dull aching pain above left shoulder blade, similar to the very sharp one that occurred on day 2 (in exactly the same place) but less painful and lasted a shorter time.

P6 8 17:XX OS Stomach

General aching in the stomach and round to the back. Much like period pains, although my period is not due and I usually don't experience pain with them. Pain better from heat pack.

P6 18 06:XX OS Stomach

Upset and active stomach this morning. Have been to the loo several times, with aching in the abdomen and loose stools.

P6 21 07:30 OS Female genitalia

Period arrived this morning a few days early. It started heavier than usual and with accompanying lower abdominal aching pain that isn't usually present.

Dryness / itching / crusty

P1 1 08:25:00 RS Nose, dryness

Nose felt dry and blocked, which made the inside of my head feel dry too

P2 1 17:58 AS Skin

Itching popping up on various places over my body

P2 5 08:05 NS Eyes

Both of my eyes were a bit encrusted when I opened them first thing in the morning

P2 12 11:20 RS Eyes

Eyes feel sore and a little dry. They have done this before but more towards the evening after having read a lot or spent a long time in front of the computer. So far I haven't spent more than an hour on the computer

P2 24 20:XX RS Skin

Itch on both shoulder blades, required heavy scratching

P2 24 21:XX NS Head pain, right

Headache on the right side, just slightly, no significant type of pain just hurt on going simultaneously with an itch going over right shoulder. It's a prickling itch, needs loads of scratching

P2 24 23:38 NS Skin

Itch on left leg just above knee, needed scratching

P2 25 23:XX NS Skin

Prickling itch on top of my arms, which I had to scratch really hard with my finger nails to make it stop but it did come back after a little while

P2 26 23:XX RS Skin

Prickling itch on the top of my shoulders (very similar to the itch from previous day, around the same time) down the back to the bottom of my shoulder blades and upper arms, like a cape. Heavy scratching was required again.

P3 10 9.00 NS Eyes

My eyes feel unusually dry this morning; there is lots of gritty, sandy stuff on the eyelashes.

P3 11 6.00 NS Extremities

I notice the skin around my nails is very prone to splitting and peeling - in places it is very sore.

P5 4 XX:XX IOS

Nose An infection in the lining of my nose that I have had for a long time (treated both homeopathically and conventionally with antibiotics but nothing seems to have removed it entirely for longer than a few weeks) is aggravated at the moment and quite uncomfortable, scabs form inside my nose which grow continually and they crack and are sore

P7 2 08:36:00 IOS

Chest, cough Occasionally experienced a very slight wheeze in my chest when breathing in which has become slightly worse and developed into a dry cough and a raw feeling in my chest, as if after a chest infection. Cough worse for lying on my back. Worse first thing when I wake up.

P7 53 08:48:00 OS

Skin, extremities On the outside of left calf 2 inches above the ankle: a small patch of dry scaly skin appeared, very itchy but no colouration that I can see.

Physical symptoms arranged alphabetically by chapter

Abdomen

Loud gurgling noise coming from abdomen. P2, 2, 15:XX. NS

Short thumping ache pain like feeling on the left side of abdomen, does do it 2-3x and then disappears to just come back a few minutes later. P2, 3, 13:20. NS

Bad cramps in lower abdomen on drive to work; strong urge for a bowel movement. P2, 6, 8.00. NS

Continued cramps; strange feelings of fullness and pressure throughout digestive system- better for movement, definitely worse sitting down. Strong desire for fresh air. P2, 6, 9.00. NS

Felt a sharp stabbing pain in my groin close to the top of my right leg. It woke me up but went away after about 10 seconds. P5, 8, 04:54. NS

A painful aching in my hips, felt very deep inside (bones pain?) right side worse than left. Lumbar back also continued to hurt as above. P5, 6, 22:XX. NS

Back

Aching lower back and mid back on both sides. P4, Mon 9, 23:36. RS

Muscles spasm pain on the left side of the lower back to such an extent that I have difficulties bending down now. I cried out loud when it happened, it was that sudden and that sharp. I can only move very slowly and the pain is even there when I'm not moving. Mobility improved after a hot bath, area of cramp/spasm still sore afterwards. P4, 17, 08:15. NS

Stiffness and pain in neck particularly the left side and in the neck muscles extending down towards the clavicle. Worse for movement. The pain is a dull stiff pain. P7, 6, 08:38:00. NS

Trapped nerve in lower back. Had this sort of pain before, always in periods of very little exercise; it normally last several days and sometimes needs an osteopath to fix but this time it just hurt me twice and disappeared again. P2, 9, 00:47. OS

Pain in the back of my neck, stiff, achey, eyelids very heavy, very tired, not really taking in any information in class. P5, 1, 10:48. NS

Intensification of my lumbar back pain, even walking was uncomfortable and done with a limp. Feeling of weakness in the lumbar area with shooting/sharp pain aggravated by movement. P1, 10, XX:XX. IOS

Back pain becoming more intense, now have a stabbing pain at the top of left shoulder blade as well, feels like I can't take a full breath. P1, 2, 10:29. NS

Mid back painful again on waking as before. P2, 3, 08:15. NS

Back continues to hurt, worst point is between my shoulder blades to the left of my spine, like I'm being stabbed in the back. Eased by laying down flat. P2, 2, 14:00. NS

Pain. Pain between my shoulder blades, slightly to the left of my spine, aching. Pressing. P5, 2, 01:18. NS

Pain. Pain between my shoulder blades, slightly to the left of my spine, aching. Pressing, on waking. P5, 2, 07:55. NS

Back continues to hurt as above. Pain now extending down to the bottom of my left lung. Pressing, aching, stiff, hurts when breathing. P5, 2, 10:07. NS

Return of my lower back pain (I have a history of lumbar disc issues), quite uncomfortable. P5, 6, 15:30. RS

A dull aching pain above left shoulder blade, similar to the very sharp one that occurred on day 2 (in exactly the same place) but less painful and lasted a shorter time. P5, 29, XX:XX. NS

Chest

Burning, stabbing pain on the left side in the area of my breast. P2, 5, 23:37. NS

Sharp stabbing pain in my left breast that lasted a few seconds. P4, 2, 15:15. NS

Sudden stabbing pain in left breast, intense enough to make me notice and try and shift position to relieve it. Passes away quickly. P5, 1, 17.45. NS

Wake in the night with severe stabbing pain in heart region, spreading to my left arm. I try to get comfortable and find lying on my back is slightly better. I am not anxious about the pain, only curious. I check my pulse as the pain is severe- its steady and calm. I lie for about an hour until the pain subsides and fall asleep again. P5, 17, 4.00. NS

Random sharp shooting pains in my breast and legs over the last 2 weeks. They all last just a few seconds. P4, 27, 11:30. RS

Sharp shooting pain in my right breast moving from near my underarm to my nipple. I have had a few of these before but not so intense. I think it is associated with muscle strain with my pectoral muscle from movement of my arm and shoulder. I had done a hard Thai kick boxing class today. P2, 4, 23:14, AS

Cough

Occasionally experienced a very slight wheeze in my chest when breathing in which has become slightly worse and developed into a dry cough and a raw feeling in my chest, as if after a chest infection. Cough worse for lying on my back. Worse first thing when I wake up. P7, 2, 08:36:00. IOS

I have a phlegmy cough. I am not feeling prompted to cough very much, but when I do it is loose, rattly and productive. P6, 15, XX:XX. RS

Quite a tight chesty cough with some wheezing. Paroxysmal. I get very red and hot in the face. (NB, am aware that a cough is 'going round' at the moment). P7, 5, 18:36:00. IOS

After coughing the back of my throat sticks together when I try to speak causing more coughing, a feeling of choking which eventually leads to dry retching, twice. P7, 5, 18:37:00. IOS

Ear

Over the last few years I kept having these pains in my right ear no remedy ever shifted this problem. Tonight I noticed that the feeling inside this ear has changed from normally feeling warm or inflamed to feeling cool and pleasant. It felt like a relieve as it is finally falling off me. P2, 3, 22:00, AS

The right ear is doing aching again, but at this moment I can't tell if it feels hot or cold. I only know that lying on it and keeping it warm feels good. P2, 5, 01:06, AS

The itch on the ear lobe was the beginning of a cold sore on it. It is now an open little blister of cold sore. Had this before when I was about 17. P2, 13, 17:26. OS

Dryness. Hearing, acute, A numbness and dryness came back into my ears, and the loud noise came back into my left ear, but not horrible noise, just a loud one. P1, 1, 17:45:00. RS

Lobe, right, right pierced ear lobe (with ear ring in) feels hot and itchy. P2, 12, 10:00. OS

Lobe, right, the right ear lobe which was hot and itchy yesterday is now also red, swollen and throbbing. I had to take the earring out for the first time in many, many years. P2, 13, 09:06. OS

Cold feeling inside of the right ear ache. P2, 9, 12:34. RS

Internal part of the right ear feels full and hot and is throbbing again like being inflamed. P2, 16, 09:36. RS

Expectoration

Mucus scanty and clear, quite thick. Occasionally very thick and viscous with yellow colour. P7, 5, 18:36:00,

External throat

A lymph node looks swollen on the right side of my neck. It looks like a perfect round nob which can be seen from the outside but doesn't hurt. Its half way down the neck and not directly behind the ear lobe. I think it has to do with the cold sore which is on the same side. P2, 14, 22:XX. NS

Extremities

Left shoulder blade ached, and felt stiff. This went on for the whole day. P1, 1, 11:00:00. NS

Big toe joint on the left just started to hurt; it's an old arthritic pain I haven't had for a long time. The joint is red and inflamed and hurts when moved or when I'm walking but it is not hot yet. It used to get hot back then and got better by movement and warmth or heat- hot sand was the best. P2, 4, 20:24. OS

Slight arthritic pain in right thumb joint with the heat and the redness of inflammation which it also had back then (approx.30 years ago) and it's worse when moving (also as it used to be). P2, 5, 20:08. OS

Right thumb still painful when moving. It's also slightly swollen and restricted in movement. P2, 14, 08:47. RS

This joint pain is getting worse and moves towards the wrist. Disappeared after a little while. P2, 5, 20:10. NS

Half the nail of my little right toe has broken right off, down the centre of the nail. P3, 7, 21.20. NS

I notice the skin around my nails is very prone to splitting and peeling - in places it is very sore. P3, 11, 6.00. NS

Left wrist still painful with certain movements, esp. when grabbing and picking things up. not swollen not hot. P3, 15, 09:45. RS

Increasing pinching pain on top of my shoulder, like trapped nerve pain but moving over the shoulder as if a hand would grab hold of it. P3, 5, 20:05. NS

Wake feeling 'toxic'; shaking all over, legs feel like lead. P3, 16, 8.00. NS

Slow pumping/ throbbing going down my calves. P5, 0, 00:07. NS

Stabbing in left shoulder, like a slow throbbing or pumping. P5, 1, 14:14. NS

Got woken up by a sharp stabbing pain in my left foot. P5, 13, 01:40. NS

Over the last hour I felt a stabbing throb in my left shoulder, this sensation also occurred under my right breast and also a bit below the breast. It started in the shoulder and then just jumped from place to place. P5, 3, 15:XX. RS

The stabbing throb sensation (I can't call it ache or pain as it is not strong enough) in my left shoulder keeps coming on and off for hours. Doesn't hurt, I 'm just aware of it. sometimes there is the same sensation in different area diagonal opposite from the left shoulder (below the breast above the liver). P5, 4, 09:XX. RS

Woke up with both ankles really sore, not the usual arthritic sore, but like someone had laid on my ankles all night, once I got up it was fine. P1, 3, 07:50:00. NS

Right ankle feels like being sprained without injury; and it gets worse when I try to point (stretch it) my foot. P2, 8, 22:XX. NS

Pain in right ankle is back after not having been there all day, again it is this sprained feeling which gets worse when moving esp straightening the foot (stretching it out), it is however better than yesterday. P2, 9, 23:10. RS

Sharp pain in R foot, running up through my ankle and up my leg. Painful, can't get comfortable. P3, 2, 15.20. NS

Left bottom half of shin area got hot from inside out and moved downwards direction big toe. Also felt hot to the touch. Didn't last for long. P2, 12, 10:29. NS

Excruciating pain in my right calf, not arthritic pain. It was debilitating, I couldn't walk, and the only relief I got was laying on the sofa, it felt like there was something stuck in my blood vessels and it was getting bigger and bigger, easing off from yesterdays pain in my right calf. P3, 39, 7,30. NS

Right thumb joint painful, like the old arthritic pain but this time it is not hot but still hurts when moving. P2, 12, 19:40, AS

Nerve pain in my right shoulder, worse when I stretch arm forwards. P3, 9, 01:01. NS

Left wrist hurts quite badly with certain movements like clenching a fist and bending the fingers and hand inwards and downwards. It's a very sharp pain. The wrist feels hot to me but isn't when you touch it. P4, 13, 10:XX. OS

Sciatica right leg & foot. Pulsating, tingling. Painful. P2, 6, 22:47. IOS

Tired but feeling well. Had a massage today which alleviated muscle pain in the top of my left hamstring, neck and shoulders. Bone work manipulation massage done on my first left toe (next to big toe) as it is rotating. P4, Tues 26, 21:11. RS

Toe was aching deep in to the bone where it joins on to the ball of my foot. It feels as if it is out of place. This is made worse when I walk or run. P4, Thurs 28, 22:02. RS

Both my ankles ached and were very creaky and stiff. This could possibly be from a long walk yesterday but I have never felt both of them do this at the same time. P4, 11, 09:10, AS

The top part of my right ankle feels strained and slightly swollen. It is worse when I bend it backwards i.e. when I rest on my shins. There is no obvious reason for this. This has continued for 6 days now. P4, 15, 09:55. NS

The pain in my left thumb that I had been experiencing for several weeks appears to have resolved. P5, 7, XX:XX, CS

Achilles tendon has flared up again and is feeling painful and swollen. It is red and hot and feels tight and restricted. Better from massage and raising, worse when lowered and no movement. P6, 4, XX:XX. RS

The odd twitch in various parts of my body, randomly. P7, 0. NS

Sharp stabbing pain in the top of my left foot. Thought of a nail being hammered into my foot (like a crucifixion), then had the image of an insect being pinned to a board in the way collectors do. P2, 2, 10:43. NS

Got my pain back in my toe and left foot. P4, Sat 7, 21:53. RS

Sharp shooting pain in the thigh of my left leg which lasted about 15 seconds. P5, 3, 14:21. NS

Bone pain at the top of my right leg at the front lasting about 2 minutes. It felt sharp but not excruciating. It was worse for moving it. P3, 1, 22:11. NS

Pulling pain from an old injury at the top of my right leg, in my groin. P4, Sun 8, 12:56. RS

Left knee, ankle, bone pain, wandering, moving around quickly. P5, 0, 21:22. NS

Pain, left calve, muscular aching. P5, 0, 21:35. NS

Pain, right calve, muscular aching. P5, 0, 22:28. NS

Pain, Left wrist and back of hand aching, felt like flu type bone ache5, 0, 27:20. NS

Ankles hurting, bone type aching as above, right worse than left. P5, 0, 28:08. NS

Left wrist pain, very stiff. Painful to move. P5, 0, 1:52:29. NS

Hands hurting, aching. Painful to move, left hand worse than right on my 2 smallest fingers. P5, 2, 12:30. NS

Muscular ache/pain in the back of my right arm (in addition to the back pain), extending down to my elbow. Flu type ache. Feel like I would just like to snuggle up somewhere comfy and chill out as I don't feel well. P5, 2, 11:26. NS

Tingling, Tingling, fizzing sensation in my right leg, just below the knee down to the foot, made me want to scratch my leg. P5, 2, 12:54, AS

Sharp pain, stabbing, under left armpit. Passed very quickly. P4, 0, 18:25. NS

Sharp pain right hand/palm, at base of my thumb, when trying to use tools to clean up the field when sorting my horse. P2, 3, 10:45. NS

Eyes

Strange feeling between the back of my right eye and my right ear, inside my head. It feels like a swimmy feeling again as after a migraine. P4, 1, 13:09. RS

Sitting opposite the window, sun is trying to break through the clouds and it's not pleasant to see the brightness. Doesn't hurt but makes me wanna close my eyes. P2, 2, 14:21. NS

Both of my eyes were a bit encrusted when I opened them first thing in the morning. P2, 5, 08:05. NS

Both my eyes are sore as if I had been reading or working on the computer for hours but I haven't done any of it. P2, 5, 10:48. NS

My eyes did have a film over them so that my vision was blurred after I finally woke up and got up. couldn't stop yawning for a while. P2, 7, 10:21. NS

Left eye is running. P2, 9, 10:32. NS

Felt runny after I first opened them, this time it affected both eyes not just the left one as before. P2, 12, 09:47, AS

Feel sore and a little dry. They have done this before but more towards the evening after having read a lot or spent a long time in front of the computer. So far I haven't spent more than an hour on the computer. P2, 12, 11:20. RS

Feel unusually dry this morning; there is lots of gritty, sandy stuff on the eyelashes. P3, 10, 9.00. NS

Visual disturbance of the left side of my vision. The whole left hand side of my vision was moving in swimming type motion for 40 minutes- the worst migraine I have had without pain. I have only had 4 in my life. P4, 0, 21:48, AS

Pain starting behind my eyes and forehead so I lay down to sleep before it got worse. P4, 0, 22:36, AS

There is a stabbing pain in my left eyeball. P5, 5, 10:49. NS

Strain and slight giddiness from staring at the computer. P4, Tues 10, 18:41. RS

Sharp stabbing pain left eye, like a bad headache coming on suddenly. Passed in a few seconds. P2, 1, 16:11. NS

Tired eyes as if eye strain after a 4 hour drive. Had to put on a charity pub quiz, meal and raffle as soon as I got home. P4, Sun 1, 22:27. RS

Face

Dark circles under my eyes. P2, 4, 07:26. NS

Upper cheek/under eye area looked bit swollen and puffy. P5, 0, 2:18:40. NS

A numbness swept across my top lip, very quickly it came and went. P1, 0, 00:02:19. NS

A Heavy twitching on right side of jaw, on 'corner' of jaw, sometimes extending down towards neck. Twitching seems random and it doesn't last too long, only a minute or so. I find it quite irritating and can even make me feel a tiny bit panicky which I find quite odd. I have had the twitching before but not in that location. P2, 6, 21:20:00. RS

Female Genitalia

Stabbing menstrual pain. Haven't had this type of pain since teenage years. P2, 28, 12:40. NS

Menstruation came about 3 days too early. P2, 28, 07:40. NS

Period arrived this morning a few days early. It started heavier than usual and with accompanying lower abdominal aching pain that isn't usually present. P6, 21, 07:30. OS

Period was very heavy this morning with more blood than usual. I also noticed more clots present than I usually experience. P6, 22, 09:XX. OS

Sharp, stabbing pain in left ovarian region this evening. P4, 14, 20.00. NS

Right sided ovary pain, sharp stabbing. Passing very quickly. P3, 1, 10:33. NS

As above several times throughout the evening. P3, 1, XX:XX. NS

Right sided ovary pain, sharp stabbing. Passed in a few seconds. P3, 1, 17:42. NS

Right sided ovary pain, sharp stabbing. Passing very quickly. P3, 1, 11:14. NS

Menstruation very heavy this month, much more so than usual, with a bright red flow. P5, 27, XX:XX. NS

A butterfly fluttering type feeling or "fizzyness" across my right ovary. Only lasted a few seconds. A bit like the first time you feel a baby kick (if you're pregnant). P1, 0, 00:00:19. NS

Generalities

Noticed my energy levels had been quite stable all day (despite the slight cough) and had felt quite 'buoyed up'. P7, 2, 14:30:00. NS

Feeling quite lethargic, can't be bothered with anything, little motivation. P7, 10, 11:24:00. RS

Was woken up with a huge jolt through my body that seemed to penetrate and culminate in my neck. Very jarring. Was pissed off that it had woken me up as it was quite a shock. *It felt like most of my cervical vertebrae had been clanged together between a blacksmith's anvil and his hammer.* No reverberation. Interestingly, before I went to sleep that night I had a sense that something would wake me up and that it would be abrupt; felt a little uneasy, in anticipation of being woken but not knowing why. P2, 0, 03:43:00. NS

It felt like a soft ball was gently bouncing inside my body, touching different parts on the inside. P2, 0, 00:08. NS

Feeling really tired, finding it difficult to follow what is being said. P2, 1, 16:30. NS

I keep finding that I'm spilling water down myself as I am missing my mouth when drinking!. P6, 4, XX:XX. NS

Extremely tired after being out for the day and walking around. Could hardly keep my eyes open so I had a lie down on the sofa under a blanket. P6, 9, 18:XX. RS

Feeling energetic and productive today. Spent some time with friends and enjoyed chatting lots. P6, 10, XX:XX. RS

Feeling incredibly grumpy and despondent today. My cousin came to visit, but I was not very talkative and would have preferred to be on my own and talk to nobody. Also had this overriding pessimistic feeling about not getting anywhere in life. Feeling guilty once my cousin left as she travelled a long way and I was not very good company. P6, 11, 12:00. RS

Again, couldn't be bothered with socializing with friends when we met up with children. I didn't feel like engaging in conversation and felt distracted and distant, not making much eye contact. As soon as we could leave I took the opportunity to come home. P6, 13, XX:XX. RS

Feeling much more energetic this evening, sending e-mails etc and catching up on admin jobs. This included sending texts to friends etc so feeling far more social this evening. P6, 13, 22:XX. RS

Getting dressed - clothing feeling restrictive again - want my limbs free!. P3, 1, 8.12. NS

Head

Slight headache on the right side of my head/ temple, not even a real pain but I'm aware of it. P2, 1, 10:06. NS

Pain in my right temple which was worse for clamping my jaw together. P2, 1, 17:25. RS

Woke up with headache which got worse over the next few hours, kept coming and going all day long, no specific type of pain. Was more like a migraine. P2, 25, 08:10. NS

Strange pulling sensation on the R side of my head from above R eye out the back of my head just above the occiput. A sharp, pulling pain. P3, 6, 19.00. NS

Slight headache from physical exertion, as in a sensation of pressure in my head. P4, Mon 2, 13:17. RS

Headache started as I was rushing to get to an appointment for my daughter. The ache was felt through the roof of my mouth, through my sinuses to the top of my head. It felt like a cold pressure. Squeezing it helped. The car broke down so the journey took 5 hours. Felt very tired and giddy in the evening. P4, Wed 4, 21:03. RS

Still feel a bit giddy and wanting to lie down but no time to do that. P4, Thurs 5, 18:42. RS

Slight pain in the top of my head on the LHS which went in about 30 seconds. P4, 0, NS

Giddy so I had to close my eyes to reduce it. P4, 0, 22:36. RS

Giddy at the top of my heads which lasted about 20 mins. P4, 1, 10:24. RS

Swimmy feeling when I move my head. P4, 1, 12:03. RS

Sharp pain in right temple. Passed off very quickly. P4, 0, 00:04:00. RS

Was calm in a difficult situation sorting out important medicine for my aunt and uncle under a tight time constraint but when I then had to rush in and pack the car to travel for 5 1/2 hours up North I got the start of another migraine. Again behind the eyes and dizzy but fortunately no visual disturbance or pain. P4, 5, 15:25. NS

Over the last 10 days I did have head pain which only lasted a second or so and I did not pay much attention to them because they were just like on quick stab and then nothing further. Today there was a headache which felt like piercing or stabbing but in all sorts of directions going outwards, a bit like all the previous headaches coming at once. Or another way to describe that is like a star and my head being the middle of it and the pain sparking off it in all sorts of directions. It didn't last long either but was more remarkable than all the little ones before. P5, 10, 10:XX. RS

Head, keep getting these very short headaches, only for a few seconds, stabbing or flashing, like in and out again. P5, 11, 18:XX. RS

Headache all day - had to go to work. Migraine level by the time I get home - am forced to go to bed. Severe stabbing pain in R occiput and above R eye, like something sharp was being repeatedly forced into the back of my head/neck. Nothing gave relief - finally managed to sleep. I have had headaches similar to this before, but not as severe or intense. P5, 15, 18.00. OS

Slight throbbing headache on the front of my head. P5, 0, 00:16. NS

Headache, stiff neck and shoulders. Pain rising up and over the head like a hood / cloak. I have experienced many migraines in my life so I feel quite vulnerable when one comes on as I know that is going to prevent me from functioning as normal. Pain is better from heat applied to the neck and from fresh air. The hood feels like pressure bearing down over me. Being vulnerable makes me feel as if I just want to be at home right away in my own space where I am safe. P6, 1, 08:20. RS

Felt a sensation of increased pressure in my head. It could well be just from concentrating so hard and looking at the white board so intently in class. P4, 17:26. RS

Headache on the right side, just slightly, no significant type of pain just hurts on going simultaneously with an itch going over right shoulder. It's a prickling itch, needs loads of scratching. P2, 24, 21:XX. NS

Headache building in intensity during the day, (affects of stopping drinking coffee), felt OK as I knew it was because of the caffeine. P1, 33, XX:XX. OS

Strong headache but not a migraine - caffeine related. P1, 34, XX:XX. OS

Very painful headache, but not a migraine - caffeine related. P1, 35, XX:XX. OS

Headache, not so bad today, general feeling of fuzziness. P1, 36, XX:XX. OS

Very intense headache, came on very suddenly, sharp stabbing pain in my left eye, was lasting an extended period of time so I had to take painkillers so I could function. P2, 12, 17:05. NS

Sharp pressing pain between my eyes and wanted to squint at the light of my tablet as felt too bright. P3, 0, 32:48. NS

Sharp stabbing pain right temple. P5, 1, 10:36. NS

Headache, right sided, temple and eye, stabbing. Pressing pain. P2, 2, 14:23. NS

Headache, frontal and the sides, feeling squeezed, realized I'd not drunk anything all day so likely due to dehydration, but I was not at all thirsty. P5, 3, 16:16. NS

Headache, frontal and the sides, again realized I'd not drunk anything all day, but no thirst whatsoever, so likely due to dehydration. P5, 12, 14:45. NS

Sharp pain, stabbing, right temple. Passed very quickly. P4, 0, 00:08. NS

Noticed I had a red spot in my hairline at the back of my head. P5, 5, XX:XX. NS

Feeling sick, not able to cope with light, noise, speaking, moving, also tired, in the middle of the head, but slightly easing through the day. P1, 22, XX:XX. IOS

Feeling sick, not able to cope with light, noise, speaking, moving, also tired, but easing more and more through the day. P1, 23, XX:XX. IOS

Head pain, continued, from feeling sick, not able to cope with light, noise, speaking, moving, also tired but improving to just feeling sensitive to light/noise, and a little vertigo. P1, 24, XX:XX. IOS

Hearing

Hearing, Think I may be oversensitive to noise/sounds. I keep telling my son off for what sounds like yelling and screaming (he is typically very noisy) which is far worse than normal. According to

my son he is not making any more noise than normal but I'm not sure who is correct. P5, 16, XX:XX. NS

Hearing, acute, noises, Really loud ringing in ears, lasted all evening, quite a nice sound, not irritating at all. Just felt like my head was full. P1, 0, 00:09:00. NS

Hearing, acute, noises, Became very sensitive to noise levels. Loud noises concerning me, a shreaky type laughing was hard to listen to. Not because it hurt, but seemed to be miss aligned to the loud noise I could hear in my ears. This went on for most of the night. They didn't concern me, on the contrary, it was weirdly cathartic. P1, 0, 00:02:20. NS

Jaw, Stiffness and tension in the muscles of jaw, especially right side accompanied by some pain which is alleviated after the jaw clicks. P7, 15, 14:25:00. OS

Migraine, Woke up with strongest most painful migraine. The most painful one Ive ever had. Felt sick, couldn't cope with light, noise, speaking or moving. Was also very tired. Just lay down and drifted in and out of sleep to get away from the pain. It was mostly centred around forehead and behind eyes, but then moved middle of head. P1, 21, XX:XX. IOS

Mouth

Feeling of a ball of spikes in my mouth, a kind of fizzing/ prickling was going on. P2, 0, 00:01. NS

When I make my tongue touch the upper lip, both lip and tongue start tingling. This tingle moves from the area of first contact to the outside and then disappeared. It only takes a few seconds each time. Amusing. Don't know what is more important the tingle or that I thought it is funny. P2, 6, 21:26. NS

Tongue - feeling of a burnt sensation. P5, 0, 00:01. NS

For the first time in a long time I could brush my teeth without gagging. P2, 1, 09:47, AS

Lips, Ulcer-like sore on inside of top lip, exactly in the middle and on border where lip becomes external. Red in colour, not much texture or raising of skin. Not particularly painful or bothersome. P7, 6, 07:06:00. NS

Neck

Wake up with a very stiff neck. P3, 2, 7.22,

Wake up with a horribly stiff neck; severe pain in R occiput - stabbing. P5, 15, 8.00. NS

Woke up with a stiffness in my neck, was gone after I had a shower. P2, 1, 08:05. NS

Nose

Woke up with blocked left nostril. P2, 3, 08:05. NS

An infection in the lining of my nose that I have had for a long time (treated both homeopathically and conventionally with antibiotics but nothing seems to have removed it entirely for longer than a few weeks) is aggravated at the moment and quite uncomfortable, scabs form inside my nose which grow continually and they crack and are sore. P5, 4, XX:XX. IOS

Dryness, Nose felt dry and blocked, which made the inside of my head feel dry too. P1, 1, 08:25:00. RS

Rectum

My tendency towards being constipated seems to be much improved since the start of the proving. P5, 12, XX:XX, CS

I noticed that I have a very full feeling in my rectum, but I don't have the power to push it out. After sitting there for a while I was able to empty my rectum, but I noticed bright red blood. This seems to be from piles that I experienced following the birth of my second child (7yrs old) They had become dormant and haven't caused me any trouble for years. P6, 7, 22:30. OS

No bowel movement for 2 days, no desire for stool. Lower bowel feels 'empty'. P7, 11, 11:21:00. IOS

Skin

Itching popping up on various places over my body. P2, 1, 17:58, AS

More spots arriving, areas affected are under the eye brows and along the edge of my face. The bigger ones under the eye brows aren't filled with anything, they are just red, thick and painful, the tiny ones are filled with pus. P2, 16, 20:XX. RS

Itch on both shoulder blades, required heavy scratching. P2, 24, 20:XX. RS

Itch on left leg just above knee, needed scratching. P2, 24, 23:38. NS

Prickling itch on top of my arms, which I had to scratch really hard with my finger nails to make it stop but it did come back after a littler while. P2, 25, 23:XX. NS

Prickling itch on the top of my shoulders (very similar to the itch from previous day, around the same time) down the back to the bottom of my shoulder blades and upper arms, like a cape. Heavy scratching was required again. P2, 26, 23:XX. RS

Stinging on my right bottom cheek like nettles, this is already the second time today, first time was around lunch time. P5, 1, 20:28. NS

2 more red spots in my hairline, one at the temple and one in the nape. P5, 15, 19:30. NS

Dark purple spot at top of nose right between my eyes. No texture or raising of skin, just like somebody had painted a small Bindi! (it has disappeared by the next day). P7, 2, 07:59:00. NS

Stinging, splitting pain in small patch of skin on outer edge of big toe on right foot and also on small patch of skin inside edge of heel of right foot. P5, 6, 06:59:00. NS

On the outside of left calf 2 inches above the ankle: a small patch of dry scaly skin appeared, very itchy but no colouration that I can see. P7, 53, 08:48:00. OS

Sleep

Feel very tired, could fall asleep, have the urge to close my eyes and if I were at home I would go back to bed. P2, 2, 10:45. NS

Very tired, wanna carry on sleeping. P2, 3, 08:25. RS

Still very tired. P2, 3, 13:10. RS

Still very tired so decide to stay in bed for a little longer. P2, 5, 08:06. RS

Woke up tired, don't want to get out of bed. Lucky I don't have to. Have a snooze for a while. Snooze took about 2 hours. P2, 6, 08:05. RS

Tired again, settling on the sofa for a little snooze; feel powered out but I didn't do extraordinary stuff. P2, 6, 16:35. RS

Woke up tired again. Not wanting to get up. so I didn't. P2, 7, 08:05. RS

Waking up is difficult. Another snooze. P2, 8, 08:05. RS

Woke up tired again. P2, 9, 10:15. RS

Woke up tired again, don't feel like I want to get up and face the day. P2, 10, 07:30. RS

Feel asleep on the sofa reading one of my books, was so tired like I have been doing a lot of exhausting things which I haven't. P2, 10, 17:34. RS

When I don't have to get up I don't even bother setting up an alarm clock anymore and wake up when I wake up hoping I will not feel so tired anymore but I still wake up tired no matter what time. P2, 11, 09:58. RS

Had a very uneasy night sleep, a lot of tossing and turning going on. Feeling very tired now. P2, 13, 08:05. NS

Gentle thumping sensation like being on a wave was in this dream as well. P2, 19, 08:05. RS

I had the feeling that I spend more time sleeping on my left side since the proving as to before my preferred side was the right side My partner mentioned this fact this morning and with that confirmed it. P2, 19, XX:XX. NS

Wake up; don't feel like I've slept. Restless night. P3, 1, 6.45,

Sudden tiredness with an intense desire to sleep. P3, 1, 18.00,

Slept badly again; took a long time to drop off, head full of constant, restless thoughts. Wake up feeling unrefreshed. P3, 2, 7.22. NS

Trouble dropping off again due to rush of thoughts. Feel groggy on waking up. P3, 3, 6.30. NS

Restless night again. Still feel like I've not slept on waking; waking frequently in the night then dropping off again. Notice I'm very close to my husband all night - we hold one-another and cuddle most of the night. P3, 4, 6.45. NS

Restless night again. Still feel like I've not slept on waking; waking frequently in the night then dropping off again. Notice I'm very close to my husband all night - we hold one-another and cuddle most of the night. P3, 4, 6.45. NS

Wake early feeling groggy and unrefreshed. Restless night again. P3, 5, 5.30. NS

Wake at 1am after a very restless couple of hours sleep; trouble dropping off again after this. P3, 6, 1.00. NS

Sleep through the alarm; wake feeling groggy and unrested. P3, 6, 6.30. NS

Husband and I wake early at 5am - not sure what's prompted us out of sleep, it is unusual. We lie and cuddle for half an hour or so before getting up to make tea. P3, 11, 5.00. NS

Wake at 3am; unable to go back to sleep. Head full of a rush of thoughts - get up and read on the sofa. Fall asleep again at about 6am. P3, 15, 3.30. NS

Woke from a dream of lack of money, I went into the vet to ask a question but I couldn't pay and they commented on it. Feeling of not having enough. P5, 1, 07:30. RS

I dropped off to sleep easily for an hour or so but then woke up and couldn't go back to sleep, was wide awake for at least 2 hours. Took a half dose of nytol (sorry!) as had to function tomorrow, even then I kept waking suddenly and seemed unable to drop off properly, was getting very frustrated. P5, 12, 01:20. RS

Very restless nights sleep again, was awake every hour or so and also felt like my head was busy and not switching off when I was sleeping. P5, 13, XX:XX. NS

Feeling incredibly tired so had to have a snooze this afternoon for an hour. P6, 6, 14:30. RS

Sleep, So tired so had to go to lay down and have a sleep. Overwhelming tiredness. Went to sleep for 3 hours!. P6, 8, 13:15. RS

Awoke feeling very groggy and tired like my sleep had not been refreshing. P7, 1, 05:51:00. RS

Difficulty sleeping despite the desire to. Get slightly frustrated and concerned as I want to be fresh for the next day. P7, 3, 23:07:00. RS

Difficult, Woke up wide awake and unable to return to sleep after just 2 hours sleep. P5, 20, 00:45. NS

Disturbed, Woke up every hour to check the time.... P1, 4, XX:XX. NS

Stomach

Feel hungry before tea but really struggle to finish my meal; tastes too salty and I feel very full very quickly. Lots of discomfort in my stomach afterwards - sharp pain under left rib. P2, 14, 18.20. NS

Waking up with a strong feeling of nausea , like in pregnancy. Have not had that since having taken the remedy. Overall, the nauseas feeling I had a lot after eating and on waking up in the mornings and because of worries had been much better since the proving began. Feels like it is slowly coming back now. P2, 22, 08:15, AS

Notice that its past lunch and I've not felt hungry or had any desire to eat. Diminished appetite. P3, 3, 13.20. NS

Stomach, I realize I've not had any breakfast. No feeling of hunger but know if I'm walking the dog I need to eat. P3, 4, 8.15. NS

Feeling of fullness; struggle to eat my lunch. Tenderness across umbilical area. P3, 6, 12.25. NS

Stomach, Still feeling full; wearing tights and the pressure of the waistband around my tummy is uncomfortable. P3. NS

Feel full after only a small amount of food; sustained after only a snack. Not feeling hungry at normal times of day - having meals much later than usual. P3, 7, 13.00. NS

Still struggling with appetite. Have a normal sized tea but struggle to finish; am left feeling horribly full and bloated with sharp stabbing pains right across my upper abdomen. Am forced to sit down and some relief is obtained via a hot water bottle. P3, 16, 18.00. NS

Sudden intense feeling of nausea as I drive home from my daughter's ballet class. There is no pain in my stomach, just nausea. I find I don't want tea when I get home; the thought of food makes me feel even worse. The feeling begins to subside within the hour and I am able to eat a light snack. P3, 33, 18.00. NS

Felt sick when I went to bed as the food was rich and a decaf coffee unsettled my stomach. Big family weekend with my husband's family away in the Cotswolds. Need to be on best behaviour. P4, Sat 30, 23:50. OS

Nausea whilst traveling in the rear of a car. P5, 24, 10.15. NS

Felt quite nauseous and dizzy this morning, much like morning sickness. Felt like a horrible metallic taste was making me feel unwell, rather than a stomach nauseous feeling. This feels better after eating something sweet. I had jam on toast. P6, 6, 07:XX. OS

General aching in the stomach and round to the back. Much like period pains, although my period is not due and I usually don't experience pain with them. Pain better from heat pack. P6, 8, 17:XX. OS

Stomach, Felt very car sick when traveling with a friend driving. This has not happened for quite some considerable time. Felt hot, nauseous, opening the window made me feel slightly better and eating a cereal bar also helped. P6, 9, 10:45. RS

Upset and active stomach this morning. Have been to the loo several times, with aching in the abdomen and loose stools. P6, 18, 06:XX. OS

Very achy stomach with noises, gurgling and movement. P6, 18, 19:XX. OS

Appetite, I've noticed that I am having difficulty sticking to my diet that I have been doing quite well with for last few months. I don't think I would actually classify it as an increase in appetite as I have a history of an eating disorder/food related issues. My tendency is when I feel emotionally ill at ease or uncomfortable I eat, so this is more an indicator that I don't feel quite right or well mentally/emotionally rather than just hunger, not really surprising given the proving but wanted to mention it in case it was significant. P5, 11, XX:XX. RS

Left, Sharp, stabbing pain left of umbilicus. P4, 2, 16.10. NS

Nausea, Woke up with nausea, went back to sleep. P5, 15, 04:00. NS

Nausea, Nausea becoming very intense, feel like I'm going to vomit, mouth watering, nausea felt in my throat. P5, 15, 04:58. NS

Nausea, Woke with nausea again. Passed after a couple of hours. P5, 19, 07:00. NS

Nausea, Nausea returned and very tired, needed to lay down, lasted until early evening. P5, 19, 13:00. NS

Nausea, hunger, Still felt really sick, but wanted a drink so opened the fridge to get the milk out and when I saw the food in there my mouth started watering like I was really hungry and wanted to eat, very odd, never experienced that before. P5, 15, 05:37. NS

Left Sided Sharp pain, twisting, griping feeling, some wind, lower left abdomen and under ribs. P5, 0, 23:45. RS

Very windy stomach with some twisting colic type pain, upper abdomen bloated, similar to what occurred early in proving. P7, 29, 18:00. NS

Fizzy, energetic sensation in the region of my solar plexus. P3, 0,. NS

Stool

Very loose bowel movement; lots of cramping. Stool odorous and burning. - bright orange!. P2, 6, 8.25. NS

Throat

For the third time over the last two weeks I have got the juice of a fruit I was eating down the wrong hole in my throat that I ended up coughing quite badly. The first time was before the proving and I didn't think anything about it as I put it down to being an accident. but then it happened again and again. the first time was the worst and I was a little worried that if I can't cough it up soon I might suffocate on it. the other times were not as bad and got sorted rather quickly. P2, 6, 14:37. RS

This time it was food and not just liquid going down the wrong hole in the throat. No coughing involved no panic at all just the thought " another piece out of place". P2, 11, 20:45. NS

Tickly dry throat overnight with occasional coughing, also very slightly sore. P5, 13, XX:XX. NS

Irritating tickly feeling in my throat, making me cough. Sensation as if there is something gritty stuck in my throat, causing me to swallow lots. Felt better from drinking hot drinks, rather than cold. P6, 6, 10:XX. RS

Throat, Cough has changed from being tickly to more productive, with a small bit of mucous being brought up. P6, 7, XX:XX. RS

Throat a bit sore, the feeling of first stages of tonsillitis, like my glands were swelling and very tired. P5, 20, 13:00. NS

Vertigo

Same shaky dizziness like in the afternoon (before the proving started); excited and weak at the same time but happy. P2, 0, 00:24. RS

Arrived home in the car and stumbled around when got out of it like having been drunk. The best word to describe my whole state at this moment is unstable. P2, 2, 19:XX. NS

Feeling dizzy again. P2, 3, 08:52. RS

Short spell of dizziness. P2, 5, 21:05. RS

Another spell of being dizzy. They don't last long and feel like losing the balance only for a moment. P2, 6, 22:10. RS

Sudden dizzy spell; passed quickly. P3, 0, 0.1.00. NS

Intense dizzy spell; sudden with a feeling of pressure on the back of my head. Passes quickly. P3, 1, 13.30. NS

Another dizzy spell, sudden, intense then passes. P3, 2, 14.25. NS

Vision

Light from the window is bothering me, feels too bright. P3, 1, 15.00. NS

Zig zags. Vertigo fall. a real interference with vision, eyes appeared to be working in a zig zag type motion, which affected my balance, this lasted most of the evening. P1, 0, 00:00:12. NS

Zig zags. Vertigo fall. Had like a migraine feeling, vision blurred sensitive to light, but not a migraine. Lasted for most of the morning, it affected my balance, and vision was all zig zaggy. P1, 3, 09:30:00. RS

Seeing parallel lines - long, black lines next to one another. Feeling of these lines running down the centre of my forehead. P3, 0, 0.0.15

Physical rubrics-

ABDOMEN - DISTENSION - eating - after - agg.
ABDOMEN - DISTENSION - Upper abdomen
ABDOMEN - GURGLING
ABDOMEN - MOVEMENTS IN
ABDOMEN - NOISES
ABDOMEN - PAIN - clothing agg.
ABDOMEN - PAIN - cramping
ABDOMEN - PAIN - cutting pain
ABDOMEN - PAIN - extending to - Lumbar region
ABDOMEN - PAIN - Lower abdomen
ABDOMEN - PAIN - menses - during - agg.
ABDOMEN - PAIN - menses - during - agg. - sore
ABDOMEN - PAIN - pressure - agg.
ABDOMEN - PAIN - pressure - clothes; of - agg.
ABDOMEN - PAIN - sharp
ABDOMEN - PAIN - Sides - Ribs - Below
ABDOMEN - PAIN - twisting pain
ABDOMEN - PAIN - Umbilicus
ABDOMEN - PAIN - Umbilicus - cutting pain
ABDOMEN - PAIN - Umbilicus - Sides - left - stitching pain
ABDOMEN - PAIN - Upper abdomen
ABDOMEN - PAIN - Upper abdomen - cutting pain
ABDOMEN - PAIN - warmth - amel.
ABDOMEN - PAIN - warmth - amel. - heat amel.
ABDOMEN - RUMBLING
BACK - ERUPTIONS - Cervical region - Margins of hair
BACK - ERUPTIONS - Cervical region - Nape of neck
BACK - ITCHING - Dorsal region - Scapulae
BACK - PAIN - Cervical region - blow; pain as from a
BACK - PAIN - Cervical region - pinching pain
BACK - PAIN - Cervical region - Vertebrae
BACK - PAIN - Dorsal region - Scapulae
BACK - PAIN - Dorsal region - Scapulae - left
BACK - STIFFNESS - Dorsal region - Scapulae
BACK - STIFFNESS - Dorsal region - Scapulae - left
CHEST - PAIN - Axillae - cutting pain
CHEST - PAIN - Axillae - extending to - Mammae
CHEST - PAIN - Axillae - extending to - Mammae - stitching pain
CHEST - PAIN - Axillae - left
CHEST - PAIN - Axillae - right - cutting pain
CHEST - PAIN - Axillae - right - stitching pain
CHEST - PAIN - burning

CHEST - PAIN - cutting pain
CHEST - PAIN - Heart - Region of
CHEST - PAIN - Heart - Region of - cutting pain
CHEST - PAIN - Heart - Region of - extending to - Arm - left
CHEST - PAIN - Heart - Region of - waking; on
CHEST - PAIN - Mammae - left - burning
CHEST - PAIN - Mammae - left - cutting pain
CHEST - PAIN - Mammae - left - stitching pain
CHEST - PAIN - Mammae - right - stitching pain
CHEST - PAIN - stitching pain
CHEST - PALPITATION OF HEART
CHEST - PALPITATION OF HEART - accompanied by - Legs; weakness of
CHEST - PALPITATION OF HEART - accompanied by - Limbs - trembling
CHEST - PALPITATION OF HEART - accompanied by - numbness of left arm and shoulder
COUGH - DRY
COUGH - TICKLING
EAR - NOISES IN - buzzing
EAR - NOISES IN - cymbals and drums, sounds of
EAR - NOISES IN - humming
EAR - NOISES IN - music, he seems to hear
EAR - NOISES IN - reverberating - every sound
EAR - NOISES IN - ringing
EXTERNAL THROAT - SWELLING - Cervical Glands
EXTERNAL THROAT - SWELLING - Cervical Glands - Lymphatic tissue
EXTREMITIES - AWKWARDNESS
EXTREMITIES - AWKWARDNESS - Hands
EXTREMITIES - CRACKED SKIN - Fingers - Nails - Around
EXTREMITIES - HEAT - Legs - Bones - Tibia
EXTREMITIES - HEAT - Lower limbs - sensation of
EXTREMITIES - HEAVINESS - Legs
EXTREMITIES - HEAVINESS - Lower limbs
EXTREMITIES - INCOORDINATION
EXTREMITIES - INCOORDINATION
EXTREMITIES - INCOORDINATION - Upper limbs
EXTREMITIES - ITCHING - Knees
EXTREMITIES - ITCHING - Knees - scratching - amel.
EXTREMITIES - ITCHING - scratching - amel.
EXTREMITIES - ITCHING - Shoulders
EXTREMITIES - ITCHING - Upper arms
EXTREMITIES - ITCHING - Upper arms - scratching - amel.
EXTREMITIES - NAILS; COMPLAINTS OF - falling out of nails
EXTREMITIES - NAILS; COMPLAINTS OF - falling out of nails - Toenails
EXTREMITIES - NUMBNESS - Upper limbs - left
EXTREMITIES - NUMBNESS - Upper limbs - morning
EXTREMITIES - PAIN
EXTREMITIES - PAIN - Ankles
EXTREMITIES - PAIN - Ankles - aching
EXTREMITIES - PAIN - Ankles - Bones
EXTREMITIES - PAIN - Ankles - right
EXTREMITIES - PAIN - Ankles - sore
EXTREMITIES - PAIN - Ankles - sprained; as if

EXTREMITIES - PAIN - Ankles - stretching - agg.
EXTREMITIES - PAIN - Ankles - stretching - agg. - sprained; as if
EXTREMITIES - PAIN - Ankles - waking; on
EXTREMITIES - PAIN - Feet - cutting pain
EXTREMITIES - PAIN - Feet - extending to - Ankle
EXTREMITIES - PAIN - Feet - extending to - Upward
EXTREMITIES - PAIN - Feet - Heels - stitching pain
EXTREMITIES - PAIN - Feet - Heels - stitching pain - stinging
EXTREMITIES - PAIN - Feet - right
EXTREMITIES - PAIN - Hands - cutting pain
EXTREMITIES - PAIN - Hands - Palms - cutting pain
EXTREMITIES - PAIN - Hands - Palms - right
EXTREMITIES - PAIN - Hands - right
EXTREMITIES - PAIN - Joints
EXTREMITIES - PAIN - Knees
EXTREMITIES - PAIN - Knees - left
EXTREMITIES - PAIN - Legs
EXTREMITIES - PAIN - Legs - Bones
EXTREMITIES - PAIN - Legs - Calves
EXTREMITIES - PAIN - Legs - Calves - left
EXTREMITIES - PAIN - Legs - Calves - left - aching
EXTREMITIES - PAIN - Legs - Calves - pulsating pain
EXTREMITIES - PAIN - Legs - Calves - right
EXTREMITIES - PAIN - Lower limbs - stitching pain
EXTREMITIES - PAIN - Nates
EXTREMITIES - PAIN - pulsating pain
EXTREMITIES - PAIN - sharp
EXTREMITIES - PAIN - Shoulders
EXTREMITIES - PAIN - Shoulders - cutting pain
EXTREMITIES - PAIN - Shoulders - pinching pain
EXTREMITIES - PAIN - Shoulders - pulsating pain
EXTREMITIES - PAIN - Shoulders - right
EXTREMITIES - PAIN - stinging
EXTREMITIES - PAIN - stretching out limbs, on
EXTREMITIES - PAIN - Thighs - Bones
EXTREMITIES - PAIN - Thighs - cutting pain
EXTREMITIES - PAIN - Thighs - left - cutting pain
EXTREMITIES - PAIN - Thighs - stitching pain
EXTREMITIES - PAIN - Thumbs - Balls
EXTREMITIES - PAIN - Thumbs - Balls - right
EXTREMITIES - PAIN - Toes - First - stitching pain
EXTREMITIES - PAIN - Toes - stitching pain - stinging
EXTREMITIES - PAIN - Upper arms - extending to - Elbow
EXTREMITIES - PAIN - Upper limbs - extending to - Elbow
EXTREMITIES - PAIN - Upper limbs - Outer side
EXTREMITIES - PAIN - wandering, shifting pain
EXTREMITIES - PAIN - Wrists
EXTREMITIES - PAIN - Wrists - Bones
EXTREMITIES - PAIN - Wrists - left
EXTREMITIES - PAIN - Wrists - left - aching
EXTREMITIES - PAIN - Wrists - motion - agg.

EXTREMITIES - SHAKING - Lower limbs
EXTREMITIES - STRETCHING OUT - Lower limbs - agg.
EXTREMITIES - STRETCHING OUT - Upper limbs - agg.
EXTREMITIES - TOTTERING GAIT
EXTREMITIES - TREMBLING - Lower limbs
EXTREMITIES - TWITCHING
EXTREMITIES - WEAKNESS - Lower limbs
EXTREMITIES - WEAKNESS - Upper limbs - left
EXTREMITIES - WEAKNESS - Upper limbs - morning
EYE - AGGLUTINATED
EYE - AGGLUTINATED - morning
EYE - DRYNESS
EYE - DRYNESS - morning
EYE - DRYNESS - morning - waking; on
EYE - FILMY
EYE - HEAT IN
EYE - HEAT IN - right
EYE - LACHRYMATION
EYE - LACHRYMATION - left
EYE - LACHRYMATION - morning - waking - on
EYE - LACHRYMATION - opening the eyes - agg.
EYE - PAIN - appearing suddenly - disappearing; and - suddenly
EYE - PAIN - appearing suddenly - disappearing; and - suddenly - stitching pain
EYE - PAIN - Between the eyes
EYE - PAIN - cutting pain
EYE - PAIN - left - cutting pain
EYE - PAIN - left - stitching pain
EYE - PAIN - sand; as from
EYE - PAIN - sore
EYE - PHOTOPHOBIA
EYE - PHOTOPHOBIA
FACE - DISCOLORATION - bluish - Eyes - Around; circles
FACE - DISCOLORATION - bluish - Eyes - Under the eye
FACE - ERUPTIONS - Eyebrows - About
FACE - ERUPTIONS - Nose - Root of
FACE - ERUPTIONS - pustules
FACE - NUMBNESS - Lips
FACE - NUMBNESS - Lips - Upper
FACE - SWELLING - Eyes - Under
FACE - TINGLING - Lips
FACE - TWITCHING - Jaws - Lower
FACE - TWITCHING - Jaws - Lower - right
FEMALE GENITALIA/SEX - MENSES - bright red
FEMALE GENITALIA/SEX - MENSES - clotted
FEMALE GENITALIA/SEX - MENSES - copious
FEMALE GENITALIA/SEX - MENSES - copious - morning
FEMALE GENITALIA/SEX - MENSES - early; too
FEMALE GENITALIA/SEX - MENSES - early; too - three days
FEMALE GENITALIA/SEX - PAIN - cutting pain
FEMALE GENITALIA/SEX - PAIN - menses - during - agg. - stitching pain
FEMALE GENITALIA/SEX - PAIN - Ovaries - evening

FEMALE GENITALIA/SEX - PAIN - Ovaries - left
FEMALE GENITALIA/SEX - PAIN - Ovaries - left - cutting pain
FEMALE GENITALIA/SEX - PAIN - Ovaries - left - stitching pain
FEMALE GENITALIA/SEX - PAIN - Ovaries - morning
FEMALE GENITALIA/SEX - PAIN - Ovaries - right
FEMALE GENITALIA/SEX - PAIN - Ovaries - right - cutting pain
FEMALE GENITALIA/SEX - PAIN - Ovaries - right - sharp
FEMALE GENITALIA/SEX - PAIN - stitching pain
FEMALE GENITALIA/SEX - PULSATING
FEMALE GENITALIA/SEX - PULSATING - Ovaries
FEMALE GENITALIA/SEX - PULSATING - Ovaries - right
GENERALS - BUZZING
GENERALS - CONTRADICTORY AND ALTERNATING STATES
GENERALS - FOOD AND DRINKS - sweets - amel.
GENERALS - FOOD AND DRINKS - warm drinks - desire
GENERALS - LASSITUDE
GENERALS - LIGHT; FROM - agg. - artificial light
GENERALS - RIDING - streetcar; on a - agg.
GENERALS - TREMBLING - Externally
GENERALS - TREMBLING - Externally - waking; on
GENERALS - TWITCHING
GENERALS - WEAKNESS
HEAD - ERUPTIONS - Margin of hair
HEAD - ERUPTIONS - Margin of hair
HEAD - ERUPTIONS - Occiput
HEAD - LIGHT; FROM - agg.
HEAD - NOISE AGG.
HEAD - PAIN - cutting pain
HEAD - PAIN - drawing pain
HEAD - PAIN - exertion - agg.
HEAD - PAIN - extending to - all directions
HEAD - PAIN - Forehead - Eyes - Above
HEAD - PAIN - Forehead - Eyes - Above - drawing pain
HEAD - PAIN - Forehead - Eyes - Above - right
HEAD - PAIN - Forehead - Eyes - Above - right - drawing pain
HEAD - PAIN - Forehead - Eyes - Above - right - extending to - Occiput
HEAD - PAIN - Forehead - Eyes - Above - right - extending to - Occiput - cutting pain
HEAD - PAIN - Forehead - Eyes - Behind
HEAD - PAIN - Forehead - Eyes - Behind - right
HEAD - PAIN - Forehead - Eyes - Between
HEAD - PAIN - Forehead - Eyes - right
HEAD - PAIN - Forehead - Eyes - right - pressing pain
HEAD - PAIN - Forehead - pulsating pain
HEAD - PAIN - increasing and decreasing
HEAD - PAIN - lancinating
HEAD - PAIN - light; from - agg.
HEAD - PAIN - light; from - artificial light - agg.
HEAD - PAIN - mental exertion - agg.
HEAD - PAIN - morning - increasing during day
HEAD - PAIN - morning - waking - on
HEAD - PAIN - motion - agg.

HEAD - PAIN - motion - jaw; of lower - agg.
HEAD - PAIN - noise - agg.
HEAD - PAIN - noise - agg.
HEAD - PAIN - Occiput - right - drawing pain
HEAD - PAIN - piercing pain
HEAD - PAIN - pressing pain
HEAD - PAIN - pressure - amel.
HEAD - PAIN - Sides - right
HEAD - PAIN - Sides - right - cutting pain
HEAD - PAIN - Spot; in a small - extending to - All directions
HEAD - PAIN - sudden
HEAD - PAIN - sudden - stitching pain
HEAD - PAIN - talking - agg.
HEAD - PAIN - Temples - motion - jaw; of lower - agg.
HEAD - PAIN - Temples - right
HEAD - PAIN - Temples - right - cutting pain
HEAD - PAIN - Temples - right - pressing pain
HEAD - PAIN - Temples - right - stitching pain
HEAD - PAIN - Vertex
HEAD - PAIN - Vertex - left
HEAD - VACANT FEELING
HEARING - ACUTE
HEARING - ACUTE - music, to
HEARING - ACUTE - noise; to
LARYNX AND TRACHEA - TICKLING - Larynx, in
MOUTH - COLDNESS - Palate
MOUTH - PAIN - Palate
MOUTH - PAIN - Palate - pressing pain
MOUTH - PAIN - Tongue - burnt; as if
MOUTH - PRICKLING
MOUTH - PRICKLING - Tongue
MOUTH - TASTE - metallic
MOUTH - TASTE - saltish - food tastes
MOUTH - ULCERS - Lips; inner side of
NECK - TENSION
NOSE - DRYNESS - Inside
NOSE - OBSTRUCTION - left
NOSE - OBSTRUCTION - morning
NOSE - OBSTRUCTION - morning - waking; on
RECTUM - CONSTIPATION
RECTUM - URGING
SKIN - ERUPTIONS
SKIN - ERUPTIONS - painful
SKIN - ERUPTIONS - pustules
SKIN - ERUPTIONS - red
SKIN - ITCHING
SLEEP - LIGHT - tossing around; much
SLEEP - POSITION - changed frequently
SLEEP - POSITION - side; on - left side; on
SLEEP - RESTLESS
SLEEP - SLEEPINESS

SLEEP - SLEEPINESS - afternoon
SLEEP - SLEEPINESS - afternoon - 14.30 h
SLEEP - SLEEPINESS - waking - on
SLEEP - SLEEPLESSNESS - thoughts - activity of thoughts; from
SLEEP - UNREFRESHING
SLEEP - WAKING - easy
SLEEP - WAKING - frequent
SLEEP - WAKING - jerks, by
SLEEP - WAKING - shocks, from
SLEEP - WAKING - sudden
STOMACH - APPETITE - diminished
STOMACH - APPETITE - increased - accompanied by - nausea
STOMACH - APPETITE - increased - sudden
STOMACH - APPETITE - wanting
STOMACH - APPETITE - wanting - eating - attempting to eat; on
STOMACH - FULLNESS, SENSATION OF - eating - after - agg.
STOMACH - FULLNESS, SENSATION OF - eating - after - agg. - ever so little; after
STOMACH - NAUSEA - eating - after - agg.
STOMACH - NAUSEA - eating - amel.
STOMACH - NAUSEA - eating - before - agg.
STOMACH - NAUSEA - food - thought of
STOMACH - NAUSEA - morning
STOMACH - NAUSEA - morning - waking; on
STOMACH - NAUSEA - night - midnight - after - 5 h
STOMACH - NAUSEA - pregnancy - as if pregnant
STOMACH - NAUSEA - riding - carriage; in a - agg.
STOMACH - NAUSEA - sleep - after - agg.
STOMACH - NAUSEA - Throat, in
STOMACH - NAUSEA - vomit; sensation as if about to
STOMACH - PAIN - eating - after - agg.
STOOL - BURNING
STOOL - COPIOUS
STOOL - ODOR - offensive
STOOL - YELLOW - orange
THROAT - CHOKING - Esophagus - swallowing - agg.
THROAT - CHOKING - Esophagus - swallowing - liquids - agg.
THROAT - DRYNESS
THROAT - DUST IN; AS IF
THROAT - PAIN - sore
THROAT - SWALLOW, CONSTANT DISPOSITION TO
THROAT - TICKLING
VERTIGO - CLOSING THE EYES - amel.
VERTIGO - INTOXICATED; AS IF
VERTIGO - LOOKING - concentrated, focused
VERTIGO - LYING - amel.
VERTIGO - MOTION - head; of - agg.
VERTIGO - PRESSURE - head; on
VERTIGO - SUDDEN
VERTIGO - VERTEX, FROM
VERTIGO - VERTIGO
VERTIGO - VERTIGO

VISION - BLURRED

VISION - BLURRED

VISION - BLURRED - morning

VISION - BLURRED - waking; on

VISION - ILLUSIONS

VISION - LIGHT; FROM - sunlight - agg.

VISION - SWIMMING OF - objects

VISION - ZIGZAGS

All dream entries arranged by each individual prover

P1 3 XX:XX NS Dream

had a timeshare, rented it out to a friend for more than I paid for it. The company I worked for owned the timeshare, and started an investigation against me for making money on their property. There was a discussion about checking the terms and conditions. I didn't feel anything, just remember the dream/story.

P1 4 XX:XX NS Dream

a homeopathy student was getting married, chose her dress which was traditional with red roses on it, her finance said he wanted to wear a dress too, and he chose a ball gown. This all felt normal. He was a prince or a well known person, the paparazzi were at the church saying she was only marrying him for his fame. She was about to respond to them when I ushered her into the church...

P1 0 00:00:00 NS Dream, pleasant

Had a dream of a tall, broad shadow in a dark colour standing back from me, but looking over me. Not in a fearful way, just felt like someone was checking in with me to make sure I was ok.

P3 4 6.30 NS Dreams

Strange dreams during the night - lots of short ones - main one I recall included seeing a shape as if from above. It was a hollow cylinder; I could see inside and to the bottom of it. There were entrances and exits from it. From the image of this shape I found myself in a building of the same shape/construction. It was tall and cylindrical; there was a circular staircase that ran the whole height of the building. It was painted bright yellow; there were lots of windows in it but the windows were small. The light outside had a quality to it like the light you get in high summer in a hot country - like the south of France. It was very 'white' sunlight. I found myself in the 'foyer' of this building. There were brightly coloured sofas and chairs, blues and reds - it was a busy space. People were coming and going, mostly in pairs or groups and chatting. In the dream I identified them as students. I wasn't a student; I wasn't really supposed to be there but was more of an on-looker. I noticed a large clock - oversized - was on the wall. I remember looking at this clock and thinking how sad it would be to be sat in this foyer for any length of time, just sitting and watching everyone but not being part of it all. The sense I had was that time moved slowly whilst everyone in the dream was moving quickly. I felt like an observer; I wasn't part of this 'world' but was being allowed to sit in on it and watch it for a while. The feeling was 100% I'm not part of this but it wasn't a negative feeling. I just didn't belong there.

P3 7 6.00 NS Dreams

In this part of a dream I'm in a field walking my dog. We come across a black and white dog giving birth; I'm shocked about this as she's alone in the middle of the field. There is another dog in the field but no owner in sight - I'm alone. The dog gives birth to maybe five or six puppies all in one go. I'm anxious about my dog and the other dog attacking her or the puppies - it feels unsafe. As I approach the dog I see the puppies in a large amniotic sac on the ground which proceeds to open and expose the puppies - they are soaking wet.

P3 8 7.00 NS Dreams

During this dream, I am on an island with my husband and children. We are in a large clearing, surrounded by trees/woodland. My husband and children are in a car trying to drive, but the ground is soaking wet and very muddy; the car is just slipping and spinning. For some reason I'm outside the car - I'm angry and there's a sense of urgency. I'm shouting at my husband and giving directions. Don't feel safe.

P3 4 6.30 NS Dreams

Another dream found my husband and I in what looked like a medical room with another man. We were being told we needed to go and see a certain woman to discuss our relationship. During this conversation, I'm lying on what looks like a bed in a doctor's surgery, trying to untangle plastic webbing which is white with what look like plastic crystals on it. Its the crystals that are causing the problem. The webbing is above me and I know we can't leave or see this woman until I've untangled the webbing. Although I'm fully dressed, I feel exposed. There is a sense of urgency - I need to complete the task before we can leave.

P3 7 6.00 NS Dreams

Many dreams - one very clear one: I was visiting a friend in her new house. It was a Victorian, possibly older property. It was terraced but quite grand. Inside every wall was painted a light off-white colour and all the coving was in a very pale green. It looked like there were layers and layers of paint on the walls and I could see where big cracks had been painted over. My friend was really excited about the house - she took great pride in showing me round each room. As I walked around the house I became more and more uneasy. I kept asking her if she'd had a survey done but each time she managed to change the subject or ignore the question. I was really worried about the integrity of the house and about how safe it was for her children to be in. In the hallway was a large ornate metal grate that stood proud of the floor. It was painted the same bright off white colour as the walls. I asked my friend what it was - she said 'its the owl. I don't like it very much' and then waved her hand dismissively. As I looked into the grate, I could see running water. Outside the back of the house was a disheveled garden; a huge plastic oil tank dominated the space. All I could smell was oil and I could see a black tar-like substance covering a pipe that came from it. I was horrified; I couldn't believe that such a thing would exist behind a house. Equally, I couldn't believe my friend would choose to spend money on a house like this. All the time I was having to hide my horror and pretend it was all lovely.

P3 7 6.00 NS Dreams

At one point during a dream I'm with a group of people at the top of a water slide. A larger lady insists on going down this slide; she's fully clothed. I have a real sense of dread about this - as she goes down the slide, I am watching it from above. I see her move freely at first and then its as if the slide becomes more narrow and she gets wedged. I am panicked about her not being able to breathe as the water is pouring over her head and face.

P3 9 7.00 NS Dreams

In this dream I am in Lewes which is where my younger sister and her family live. It's a bright, sunny day. I am visiting a flat which I will be sharing with two friends who I did my teacher training with many years ago. They have sorted the rental on the property but I've not seen it yet. As we drive to the flat, we have to go up a steep hill which suddenly turns into a vertical brick wall - we drive up it and I'm really fearful that we're going to fall off. The street where the flats are is full of lovely older houses with lots of character. The flats stand out horribly, the front of them looking like a white plastic box with lots of windows in - I find myself feeling uneasy about living there. We never actually go in, but stand in front of this strange facade. I'm excited because my sister doesn't know I'm in Lewes and I can't wait to pay her a surprise visit.

P3 31 7.00 NS Dreams

I am on a street - there are very grand houses in terraces on either side of the road. The road is divided into 'channels' and I'm driving down a channel, then I have to turn in a u-shape to drive up the next channel. There are lots of neat, green hedges growing above the walls outside the houses. Later in the dream, I am walking in and out of houses, again in a terrace, next to a large lake. This time the houses are very badly constructed; I notice there are gaps in the walls and I am very

concerned about the people living in these houses - they are damp and cold. To get out of the houses I have to step over a sort of reed/woven bridge on to a wide stone step....there is water running under this.

P3 4 6.30 NS Dreams

Strange dreams during the night - lots of short ones - main one I recall included seeing a shape as if from above. It was a hollow cylinder; I could see inside and to the bottom of it. There were entrances and exits from it. From the image of this shape I found myself in a building of the same shape/construction. It was tall and cylindrical; there was a circular staircase that ran the whole height of the building. It was painted bright yellow; there were lots of windows in it but the windows were small. The light outside had a quality to it like the light you get in high summer in a hot country - like the south of France. It was very 'white' sunlight. I found myself in the 'foyer' of this building. There were brightly coloured sofas and chairs, blues and reds - it was a busy space. People were coming and going, mostly in pairs or groups and chatting. In the dream I identified them as students. I wasn't a student; I wasn't really supposed to be there but was more of an on-looker. I noticed a large clock - oversized - was on the wall. I remember looking at this clock and thinking how sad it would be to be sat in this foyer for any length of time, just sitting and watching everyone but not being part of it all. The sense I had was that time moved slowly whilst everyone in the dream was moving quickly. I felt like an observer; I wasn't part of this 'world' but was being allowed to sit in on it and watch it for a while. The feeling was 100% I'm not part of this but it wasn't a negative feeling. I just didn't belong there.

P3 5 6.00 NS Dreams

In another dream, I'm in the kitchen of a friend. It is completely white but there is clutter and filth everywhere. I'm busy cleaning it up, scrubbing black marks off surfaces and throwing out old items and debris. There is a sense that my friend isn't entirely happy about what I'm doing but I keep going, scolding her for the dirt and mess. The dream then moves to a scene where my husband and I are trying to fix a boiler. Again, everything is white. The boiler is a large, white cylinder with lots of different sized pipes coming off it; some are white, some are silver. We are having to connect these pipes and tighten various nuts and bolts to stop water leaking out everywhere - I'm angry at my husband because he pulls too hard on one of the pipes and distorts the shape of it. There is a huge amount of pressure in the boiler and the water is being pushed out of any gap or loose joint. In the dream, we are working very hard with a feeling of urgency to get it fixed.

P3 8 7.00 NS Dreams

During this dream, I am on an island with my husband and children. We are in a large clearing, surrounded by trees/woodland. My husband and children are in a car trying to drive, but the ground is soaking wet and very muddy; the car is just slipping and spinning. For some reason I'm outside the car - I'm angry and there's a sense of urgency. I'm shouting at my husband and giving directions. Don't feel safe.

P3 11 5.30 NS Dreams

During another dream, I find myself with some of my proving companions. I meet them in a room with two large, old sofas. They are covered in a pale green material with a leaf design on them. The cushions are white. There's a large window in one wall. It has a feel of Hawkwood about it, but obviously isn't. Mani and Amanda are there and coming and going, doing various tasks. I sit with my friends; we are very quiet. It's not forced and there's a sense of comfort, but I'm aware of my desire to talk. They've been eating a strange selection of snacks off a large coffee table; I identify what looks like grated lemon rind, huge lumps of butter and meringues - my friends are happily eating this - there's not enough left when I come to it for me to have any.

P3 13 XX:XX NS Dreams

Very mixed dreams; lots of busy activity but the feeling wasn't good. I wasn't achieving anything. At one point I was watching a 'performance' in a school hall. On the stage was a strange scaffold tower and suspended from the tower was the headteacher - he had been encased in a metal pipe with a cement-type substance. He was being lowered into a sort of ditch in the stage floor. It was students who were doing this to him. I was really upset; panicked that he wasn't able to breathe. He was laughing and joking that it was OK but I knew he would die - I also felt utterly helpless.

P3 26 6.00 NS Dreams

During a dream I find myself in a supermarket. The lights in the store are really bright, almost white-washing the colour from stuff, and it's dark, like night, outside. I am looking for flowers with my two children. We can't find the ones we want so we walk to a place in the shop where they grow them - we end up in what looks like a large greenhouse; it is very hot and humid. We walk down narrow rows where there should be plants but there's nothing. We are hemmed in on either side by tall dark wood fencing. There is a sense of urgency and I'm holding on to my children's hands. Because we can't find any flowers we walk back into the shop.

P3 4 6.30 NS Dreams

In the dream I identified them as students. I wasn't a student; I wasn't really supposed to be there but was more of an on-looker. I noticed a large clock - oversized - was on the wall. I remember looking at this clock and thinking how sad it would be to be sat in this foyer for any length of time, just sitting and watching everyone but not being part of it all. The sense I had was that time moved slowly whilst everyone in the dream was moving quickly.

P3 7 6.00 NS Dreams

Many dreams - one very clear one: I was visiting a friend in her new house. It was a Victorian, possibly older property. It was terraced but quite grand. Inside every wall was painted a light off-white colour and all the coving was in a very pale green. It looked like there were layers and layers of paint on the walls and I could see where big cracks had been painted over. My friend was really excited about the house - she took great pride in showing me round each room. As I walked around the house I became more and more uneasy. I kept asking her if she'd had a survey done but each time she managed to change the subject or ignore the question. I was really worried about the integrity of the house and about how safe it was for her children to be in. In the hallway was a large ornate metal grate that stood proud of the floor. It was painted the same bright off white colour as the walls. I asked my friend what it was - she said 'it's the owl. I don't like it very much' and then waved her hand dismissively. As I looked into the grate, I could see running water. Outside the back of the house was a disheveled garden; a huge plastic oil tank dominated the space. All I could smell was oil and I could see a black tar-like substance covering a pipe that came from it. I was horrified; I couldn't believe that such a thing would exist behind a house. Equally, I couldn't believe my friend would choose to spend money on a house like this. All the time I was having to hide my horror and pretend it was all lovely.

P3 10 8.00 NS Dreams

My dreams differ in theme last night - I'm living with my family in a coastal area. We are surrounded by high cliffs, but these are covered in dark green foliage. The seashore is approached via a rough beach with a mix of sand and rocks. The sky is bright and the light gives everything a washed-out quality. My brother and sister-in-law are staying with us but are very unhappy. They are wearing matching pink swimwear - they are complaining to me about the beach not being sandy or nice enough to stay on. They feel like I've misled them about where we live and are cross at me because they've not packed their walking boots, which would have been more appropriate. I

find myself confused because to me the beach is fine but I'd never sunbathe there or swim in the sea - too rough. I'm not sure how it is they've got the impression otherwise.

P3 3 7.00 NS Dreams

I notice small 'mice' running around - but they're about half the size of a normal mouse. I'm horrified and scared. I move back towards the door and notice I've stood on two of these mice - I'm only wearing socks. They are dead and squashed into my foot, but there's no blood. I'm really upset by this and try and call out to my husband but no sound comes out my mouth. I keep trying to call his name. I suddenly get a feeling of a big lump in my throat - I'm having trouble swallowing. I run to the kitchen sink and start coughing up lumps that look like porridge. I'm both sickened and fascinated by this.

P3 4 6.30 NS Dreams

In the dream I felt like an observer; I wasn't part of this 'world' but was being allowed to sit in on it and watch it for a while. The feeling was 100% I'm not part of this but it wasn't a negative feeling. I just didn't belong there.

P3 8 7.00 NS Dreams

In this dream I am alone, walking in daylight along a street. I come to a hotel; a small van suddenly pulls up right behind a car parked by the side of the pavement, knocking the bumper of this car. An older lady gets out and pulls from the wall of the hotel what looks like a nozzle and pipe you get at a petrol station for filling a car. I understand that she is going to put oil into a tank in the hotel - the oil is contained in her van. I go into the hotel from a back entrance. I'm not a guest there and I have a very strong feeling of knowing I don't belong there/I shouldn't be there. I don't see any people, but I do hear voices. I know I'm trying to avoid being seen. I move through the hotel - the decor is old-fashioned, with the soft furnishings in a deep, dusky pink and dark red. All the wood is dark brown but the walls are pale, off-white. It's a strong contrast. The place feels a bit neglected and run-down. As I approach the reception area, I smell stale cigarette smoke. Again, I hear voices and am concerned about not being seen or questioned as to why I'm there. As I pass through the entrance of the hotel, I find myself at the top of a spiral staircase in a cylinder-shaped building, a bit like the inside of a tower. I can see right down to the bottom of the staircase, as if I'm looking at it from above. I begin to walk down these stairs. The inside of this building is again a very dark brown, but with lots of small windows letting in light. There is no glass in the windows. There are shields decorating the walls and they have differing combinations of the colours red, blue and yellow. I exit this tower onto a street. It is cobbled and rises steeply.

P3 3 7.00 NS Dreams

As I'm about to sit on the toilet, our dog runs off and pulls up a neighbour's rose bush with her mouth; there were no flowers on it, it had been cut right down. I was worried about the dog hurting herself on the thorns. Our neighbours and their kids are watching but say nothing. I run out to apologise and am met by an older man, the 'head' gardener. As I speak to him, apologizing about the dog, I explain that I'll buy a new rose bush I just need to know the variety - as I'm talking, the gardener morphs from an older man to an older woman and then a younger woman - the hair colour changed from brown (man) to grey (woman) then finally dark brown (younger woman). She is wearing glasses with thick black rims. I feel happy because the problem with the plant has been resolved; I've been calm and wasn't scared to confront/speak to the male gardener. It feels like the younger woman and I are friends.

P3 10 8.00 NS Dreams

In this dream I'm in an old building; there's lots of dark wood and rooms with attractive, older-style décor. The ceilings are low and also covered in dark wood. It feels like a cross between my place of

work with the National Trust and Hawkwood. There are lectures going on and lots of people and a general buzz of activity. I switch from an activity selling items in what feels like a shop to being somewhat 'senior' within the student group. I feel calm and in control - I'm enjoying a feeling of superiority. I move with ease between people and groups and there is a real sense of this being where I belong - feelings of confidence. The feelings I experience during this dream are in direct contrast to how I feel in 'real' life and often in opposition to how I feel in dreams too.

P3 14 7.00 NS Dreams

During this dream, I am walking with my mother. We are by the coast; the light is low, darker than dusk but not quite night. The light itself is blue; the ground and everything around me is various shades of blue, ranging from mid to almost black. I'm by the coast. We are walking along what looks like a harbour but there are no boats. The water is very still. Looking towards the horizon I see what looks like a sea wall/bridge stretching across the harbour. Beyond this is a tower and beyond this, my mother tells me, is a large boat/ship. Although the sea is completely still, I'm worried because the wind is picking up and I'm having to hang onto the wall next to me as we walk - it feels like a storm is approaching. My mother seems oblivious to this. I am also very worried about her falling in, as she is walking very close to the water which is almost at the same level as the pavement we're on. I tell her to be careful; she not only ignores me but starts to walk in. I notice the ground is sloped into the sea. I am still both worried and annoyed and tell her to stop it and come back; there is something almost foolhardy about her behaviour. Like she's dicing with death, trying to prove something. I notice some people swimming near to us, to include children, and I am perturbed by this. I am sure the water must be very cold and its too dark to be safe. The children are wearing bright yellow arm bands.

P3 15 9.00 NS Dreams

Had a strange dream before waking at 3am. The main bit I recall was of being on what looked like a back lane with tall hedges either side and lots of trees covering the skyline. At one point I'm with my husband and we're trying to walk down this lane but we keep getting stuck; there is also an issues with getting covered in dirt, in this instance, bird poo. Later on, I am driving backwards down this lane but I get to a certain point and won't go any further because its flooded. Although I am driving, my view is of looking up as if I'm a very small thing on the ground. The hedges and trees look huge. Going towards the water is bad and I'm scared about drowning.

P3 31 7.00 NS Dreams

I am then next to the lake. There are dark wood logs/planks that are rising out of the water - the water is dark brown and very muddy looking. My husband is with me, we are trying to get to dry land and are hanging onto these planks. He's carrying me - he manages to swing me round so I can grab onto another plank safely. I am feeling both fearful and anxious and am relieved to be back on dry land. We are splashed with the 'water' and it leaves grey clay-like marks on our clothes. I find us in a 'hanger' close to the lake. We are enclosed and there is no natural light. My children are with me and I'm very worried about them getting near the water and drowning.

P3 3 7.00 NS Dreams

Vivid dream during the night; I'm at home with the family but its not our actual home from real-life. I'm about to use an outside toilet in what looks like a shed, but there's a big window and lots of light coming in. The wood is painted a soft blue in some places and a deep maroon in others.

P3 3 7.00 NS Dreams

I go into our house and its very bright - there's light pouring in the windows and everything is white in terms of decor. I'm busy packing children clothes into boxes; some of the clothes are old or have been grown-out of but some are their current ones. I'm not sure why I'm packing them and

am getting frustrated that they're mixed up. The children are watching TV and my husband is in the shower. I go to the garage to get something - its very light here too. Even the garage door is white. There is natural light coming in from somewhere.

P3 4 6.30 NS Dreams

Strange dreams during the night - lots of short ones - main one I recall included seeing a shape as if from above. It was a hollow cylinder; I could see inside and to the bottom of it. There were entrances and exits from it. From the image of this shape I found myself in a building of the same shape/construction. It was tall and cylindrical; there was a circular staircase that ran the whole height of the building. It was painted bright yellow; there were lots of windows in it but the windows were small. The light outside had a quality to it like the light you get in high summer in a hot country - like the south of France. It was very 'white' sunlight. I found myself in the 'foyer' of this building. There were brightly coloured sofas and chairs, blues and reds - it was a busy space. People were coming and going, mostly in pairs or groups and chatting.

P3 4 6.30 NS Dreams

Another dream found my husband and I in what looked like a medical room with another man. We were being told we needed to go and see a certain woman to discuss our relationship. During this conversation, I'm lying on what looks like a bed in a doctor's surgery, trying to untangle plastic webbing which is white with what look like plastic crystals on it. Its the crystals that are causing the problem. The webbing is above me and I know we can't leave or see this woman until I've untangled the webbing. Although I'm fully dressed, I feel exposed. There is a sense of urgency - I need to complete the task before we can leave.

P3 10 8.00 NS Dreams

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P3 5 6.00 NS Dreams

In another dream, I'm in the kitchen of a friend. It is completely white but there is clutter and filth everywhere. I'm busy cleaning it up, scrubbing black marks off surfaces and throwing out old items and debris. There is a sense that my friend isn't entirely happy about what I'm doing but I keep going, scolding her for the dirt and mess. The dream then moves to a scene where my husband and I are trying to fix a boiler. Again, everything is white. The boiler is a large, white cylinder with lots of different sized pipes coming off it; some are white, some are silver. We are having to connect these pipes and tighten various nuts and bolts to stop water leaking out everywhere - I'm angry at my husband because he pulls too hard on one of the pipes and distorts the shape of it. There is a huge amount of pressure in the boiler and the water is being pushed out of any gap or loose joint. In the dream, we are working very hard with a feeling of urgency to get it fixed.

P3 19 6.00 NS Dreams

In my dream, I was traveling in a 'train', a sort of narrow-gauge train with wooden benches and a fully enclosed carriage. I felt in the dream I was bending over or having to keep my head low; I was looking at this long, vertical wooden bench which I was having to straddle. The wood was honey-

coloured. I wasn't particularly looking out of the carriage, but the sense I had was of traveling through tunnels. I wasn't the only person using this train and there was a definite impression of traveling somewhere. We also had to go through an elaborate process in order to turn around/change direction.

P3 33 6.00 NS Dreams

During one dream there are two important rooms I seem to be moving between; in one I am observing a conversation between a man and three women. It feels like I am in a scene from a second world war movie; the décor, clothing and hairstyles all point to this era. There is also a sense of a military presence - I can't tell if the man is a soldier? One of the women sticks in my mind because of her clothing. Her hair is red and she is wearing what looks like a top/leotard of shimmering blue/green/grey fabric. It has a low-cut back, long sleeves and a high-cut front - it reminds me of fish scales or iridescent wings. I can see the skin on her back and I notice I am admiring her and the easy way in which she moves around a table, engaging the rest of the people in a coquettish manner.

P3 33 6.00 NS Dreams

The second room in this dream is a bathroom. I go in to use the shower but the person before hasn't closed the shower curtain properly and there's water all over the floor. For some reason it is really important that I soak up this water with a towel before it runs under the bath; I am cross and swearing about the person before me. When I come to use the shower, the curtain is different. It's like a huge roller blind but it is not secure; I find myself standing in the bath trying to roll the blind/curtain down but too much fabric keeps coming down and into the bath. It's a real struggle and I'm very frustrated by it all.

P4 9 XX:XX NS Dream

A vague recollection of a dream in which some people (don't know who but about 2 or 3 people) were encased in a huge white soft ball, a bit like a pom pom. It was not disturbing.

P4 XX:XX NS Dream

Faint recollection of a dream where I was looking up to 2 people above me who were on the bridge of a ship. It was not disturbing, more 'matter of fact' or normal. I never remember my dreams but gave the intention of remembering them tonight

P5 20 05:00 NS Sleep, dream

I had to go across a dangerous metal bridge, something bad was coming and I had to get away. When I crossed the bridge it wasn't as bad as I thought

P5 21 XX:XX NS Sleep, dream

Another dream of lack, this time of not having enough food to feed my horse and I was trying to get more

P5 20 05:00 NS Sleep, dream

I had a drug fueled night with a friend, she was really enjoying herself and having a good time. I felt jealous because she was having so much fun

P5 12 XX:XX NS Sleep, dream

I was talking to a man at a party, there was a house and each room had to be cleaned or cleared but some of it couldn't be done, it was blocked in some way. (Sorry couldn't remember any more details)

P5 25 XX:XX NS Sleep, dream

I dreamt that my ferret (who has been chronically ill in real life) had been cloned, so I was told that I could use the old one of him for meat. The new versions of him were these sausage shaped lumps of meat that could develop into him. The original version of him was with my son in his bedroom, I then jumped on one of the sausage versions of him in another room to kill him as they were all connected. The old one almost vanished in a puff of smoke instantly, just a few bits left over which I washed down the sink, then the new version grew into the new version of him. I also did this a second time but I decided I didn't like it and it didn't feel right so I didn't do it again. The main feeling of this dream was that this cloning could be done, but after a couple of times it did not feel like the right thing to be doing.

P5 10 XX:XX NS Dream

Vague recollection of a very disturbing dream involving gangs and my teenage children. My son was skewered right the way through his torso with markings a bit like a spider web on his back as if it was an initiation or a torture. It bothered me throughout the day as I do not remember my dreams.

P6 21 0X:XX NS Dreams

Had a dream last night about being at the deputy head's house. We were looking at the windows that need replacing as there was a hurricane coming. The windows were incredibly tall and very elaborate. The house was an old manor house (not the one he actually lives in!)

P6 21 0X:XX NS Dreams

The dream then changed and I was visiting a friend at work on an industrial estate in some car repair garages. I commented on how untidy it was and how busy. I then returned later in the evening and the whole place was spotlessly clean.

P6 28 0X:XX NS Dreams

Dreamt of an Alsatian dog that was being shown by the owners at a BBQ I was invited to. This was at a house in a village where I used to work. I was also in a secondary school that was a very busy environment with children everywhere.

P6 0X:XX NS Dreams

Dreamt of having a new home in Oxford, along with still keeping our current home in Surrey. We spent time looking around the house and there were still all of the items from the previous owners (students). This house was clearly a family home, but had been lived in by students so was still full of their belongings and even food! I felt confused wondering why we actually bought this house as our lives were in Surrey so how would this work with the school run etc.

P6 8 16:30 NS Dreams

Whilst asleep for 3 hours I had a dream that we found a room in our house that we never knew was there. This was not our usual house, but an apartment on the top floor of a building. The room we found was a kind of store room / laundry and I was very pleased that I had somewhere large to hang up and to dry my clothes! This was not our actual house, but in the dream it was. Friends then came riding by on bicycles and they were going on holiday on the train to Holland!

P6 0X:XX NS Dreams

My husband then came home with a bride (in dress etc) who he had just married. I was confused as he couldn't marry someone else as were still married and I was worried about this being illegal. the feeling of this being against the law was greater than my upset of him finding another woman. He

brought her home like he might have an item he had picked up from the shops and there wasn't much emotion attached to this. I told him to take her back and cancel the contract!

P6 2 0X:XX NS Dreams

The dream then changed and I went with my best friend to look at a new house for her to buy. The people selling it were still there and there was lots of gym equipment!

P6 0X:XX NS Dreams

Dream, thinking about how lovely it would be to live back in a city where I was very happy (Real life: I went to university in Oxford and lived there for 3 years. These were some of the happiest years of mine).

P6 4 0X:XX NS Dreams

Can't remember the details but I was in an old Tudor manor house

P6 2 0X:XX NS Dreams

Had a dream where I was at an old school friend's house with her parents and all of our children. We are no longer in contact and were not particularly good friends. The children were all swimming in the pool with lots of other children and then we went to look at some horses. It was a nice day and I felt pretty relaxed.

P6 3 0X:XX NS Dreams

Weird dream. I was on a building site and I somehow had to drive the car through some cones on the site. I then ended up kind of swimming wading through concrete. The concrete was so thick that it was quite difficult to move- as if you are fighting a losing battle as getting anywhere is almost impossible.

P7 9 XX:XX NS Sleep, dream

I am sitting on bare floorboards in a living room there is a young boy about for five years old and his father who is in the background. The boy wants to come and dump a small pile of rubbish where I'm sitting on the floor, including small bits of screwed up paper and pencil sharpener shavings. I ask him to take it away somewhere else but he refuses so I ask again and he starts to become very agitated and disruptive. His father seems unable to deal with this effectively at which point I see a young tabby cat come into the room. I quickly get up take hold of the cat and bring it over to the child who becomes immediately distracted, has his full attention on the cat and he's very happy and content just stroking it.

P7 11 06:XX NS Sleep, dream

I am in a friend's bathroom and I lock the door so I can urinate. My friend still comes in though and is annoyed because I am wearing his bath robe. I am confused as I don't know how I came to be wearing it and worse still I have managed to accidentally urinate on it. It is night time and I look out of the window to see a long stream of cars coming up the country road even though it is a Sunday and I wonder why it is so busy.

P7 19 00:00:00 NS Sleep, dream

Setting is on a street in Second World War Germany although all the soldiers around me have Green uniforms. The atmosphere is tense and there a lot of people. I am manhandling an old woman who could be my mother; I have her in a kind of armlock in order to release something she has in her hand - I'm not sure what it is. I feel vaguely aware of some conflict in me between the love I have for this woman as a human being and my duty as a soldier.

P7 3 XX:XX NS Sleep, dream

Three men were in my house (I did not recognize the house but knew that I owned it). They wanted to insert a strange long, flat metal implement I'd seen in the day into my rectum (I didn't know what it was for). It had already happened but I decided very quickly to go back in time and change the outcome. Having gone back in time I escaped but then thought 'I don't want those men in my house' and so went back in. One was standing side on to me in the hall and was bending forward so I kicked him as hard as I could in the stomach. He fell down and I realized he was somebody that I knew from school and felt quite ambivalent about. As I remember he was very intelligent but could behave like a bit of an idiot sometimes.

P7 7 XX:XX NS Sleep, dream

A colleague of mine is on a stage at some kind of festival or gig, there is lots of sound equipment everywhere. I am on a big screen being interviewed by him, it is live but informal and a bit chaotic. Only the top part of my head is visible on the screen though. Afterwards I am frustrated, I think to myself 'Damn, I could have done that better'. I am then talking to a funny guy outside the event, I am giving him an informal interview. I noticed he has a dark slicked back kind of quiff, is wearing black and has piercings and tattoos. It was very noisy so I can't understand a lot of what he was saying but I get the impression he is being quite racist and belonged to the far right. I begin to feel quite uncomfortable; he seems to have an agenda and isn't being open with what he is saying. I sense a hint of malice in him.

P7 11 XX:XX NS Sleep, dream

I am in a small American town with lots of trees and a small river that seems to turn into a Canal. There are several small houses made of painted wooden panelling. There are sections of these buildings being floated down the river. A couple of men are laughing like they are playing a joke or trying to confuse somebody which makes me a little suspicious. I jump across the river and run along the path towards where the buildings have been and realize I only have my underwear on.

P7 11 06:XX NS Sleep, dream I

am in a bar with some friends and for some reason I get up to leave and walk past another bar - it seems to be any complex of places. I walked past a pool table with some men around it, two of whom are young gay guys. One has a blue ripped T-shirt on and I'm concerned that he may get beaten up. I go to the bar and order a liqueur called Blue Caracao. I walk to another bar and asked to have it topped up with lemonade.

P7 14 05:XX NS Sleep, dream Looked in the mirror to see I had grown a huge clumps of hair on my back and was horrified. I closed my eyes and hoped I was imagining it but when I open them again it was still there.

P7 14 05:46:00 NS Sleep, dream

One of my ex bosses is in the room with me busy doing something and doesn't recognize I am there immediately. She looks up and I ask how her operation went in Bournemouth where she lives, or used to live. She looks quite unwell and then her head and face shrink into her neck, she looks very deformed. It is disturbing and I think to myself, quite callously, 'how will her husband find her attractive now?'

P7 16 05:XX NS Sleep, dream

There is a small alcove underneath the stairs to the right and there is a table with a vinyl tablecloth that needs cleaning. I wipe it with a damp cloth and consider it clean. My father then appears and says it needs to go in the washing machine which I feel is completely unnecessary. I feel belittled, frustrated, a bit like I've been wronged but unable to express this.

P7 47 05:07:00 NS Sleep, dream

There are two men by a calm muddy River, a teacher and an older student in his very early 20s, both with bare chests. The teacher is berating the student and saying he cannot celebrate something he wants to celebrate. The teacher then turns into a male lion and is holding me under the water in the river and I'm wondering - quite casually - if I'm going to drown or not. I am then in a square bedroom that looks quite bland with bland furniture and the lion is firing a huge machine gun from the gap underneath the door that is locked and is absolutely ripping everything to shreds. Bullets fly very closely over the top of my head as I hide under a desk and I think to myself 'I should have died then' and I wonder if I can escape out of the window without being shot.

P7 1 XX:XX NS Sleep, dream

Kissing a female friend. Sense of warmth, safety, love and oneness. Surroundings indistinct. Short duration.

P7 6 XX:XX NS Sleep, dream

Walking up the stairs in a small, scruffy, white painted flat which I am living in. I am accompanied by a female friend and colleague who is at least 10 or 15 years my senior but whom I am intensely attracted to. She is trying to tell me that I like the colour grey and I am arguing that I cannot stand it, it's my worst colour. I am then confused as I find I have two light grey coloured hats. By this time we are in the living room which is on the left at of the stairs and it is full of junk and furniture, it's a complete tip. The atmosphere in the dream is kind of insipid but has qualities of confusion, stagnation and failure.

P7 14 05:46:00 NS Sleep, dream

I am in a very large house belonging to my friend and am tidying something away in one of the spare rooms, by the window.

P7 16 05:XX NS Sleep, dream

I am in a small, white painted house in front of some stairs where my twin sister has placed a small heart shaped Christmas decoration with small lights.

P7 12 XX:XX NS Sleep, dream

I am some kind of special agent like James Bond and am on an electric tram in the town where I used to live. I am able to hold myself in a dematerialised state and then rematerialise at a time and place of my choosing. It feels fresh and exciting. It is a double-decker tram and I am going down the stairs pushing against the flow people coming up, telling them to get out of the way and that I'm on police business. I am then in a hotel room with a translucent suspended ceiling and watching a leopard above the ceiling stalking people come in to the room. I am somehow above the Leopard which seems like a painted Leopard like something out of an oriental piece of artwork that has come to life. It is almost ghostlike and it's black spots seem to hang in the air as it slinks across the ceiling. The room is quite dark. The atmosphere is a little bit seedy although not malevolent but I'm still not sure whether the people who come into the room are good people or not. I don't warn them about the Leopard.

P7 3 XX:XX NS Sleep, dream

Three men were in my house (I did not recognize the house but knew that I owned it). They wanted to insert a strange long, flat metal implement I'd seen in the day into my rectum (I didn't know what it was for). It had already happened but I decided very quickly to go back in time and change the outcome. Having gone back in time I escaped but then thought 'I don't want those men in my house' and so went back in. One was standing side on to me in the hall and was bending forward so I kicked him as hard as I could in the stomach. He fell down and I realized he was

somebody that I knew from school and felt quite ambivalent about. As I remember he was very intelligent but could behave like a bit of an idiot sometimes.

P7 19 6:00 NS Dreams

Husband recounts a dream he had last night - there was a shallow pool with a deep maroon bag. In this bag were about 5 dogs and they were being helped by him out of the bag as if being 'born'; there was also a bag of snakes. The snakes were black and covered in bright colours - like a child had drawn them. There were big, sharp teeth drawn on the outside of their mouths, but their actual teeth were not as big or sharp in reality. He was surprised because he has a big fear of snakes and he wasn't scared in the dream or when describing it to me.

P7 55 05:XX NS Sleep, dream

I am inside a womb, it is cavernous. There are several people in white coats like some kind of doctors or scientists and they are busy moving things around - I'm not quite sure what they are doing it's a little vague but they are preparing for something. The atmosphere is one of calm anticipation tinged with a little excitement. I am then in a muddy river in Africa somewhere helping a large woman (not fat just a very tall with a very large frame) give birth, although her belly is not swollen and there is no baby. I notice she has an unusually large and manly face, almost grotesque. She appears to be having an orgasm which and invisible authoritarian voice is warning us of, saying that this can happen during childbirth.

P7 14 05:46:00 NS Sleep, dream

I dove into a swimming pool and swam along the bottom for short time. I swim upwards but I'm quickly out of breath and the surface is not coming. I try to stay calm but the surface still does not come. Eventually I reach the surface and everything seems calm and bright despite the previous sense of panic.

P7 24 XX:XX NS Sleep, dream

I am in a very large square swimming pool that I think is filled with sea water as there are small strands of green seaweed floating around. It is a beautiful turquoise colour. I go under the water and see a large, square, rusting metal object about 15 metres x 15 metres. It is sort of shaped like a giant 'Connect 4' frame except where the round holes would be there are square inlays with shiny metal spheres in them. I am confused and don't know what it is but there is a very mild sense of intimidation or uneasiness in me and it seems slightly menacing even though it is a rusting hulk. I wonder what it was used for and have a feeling it may have had a nasty purpose. I am at the surface of the water again and realize I am in a shallow tropical sea. I fear there may be sharks in the water and I surprise myself by going under again to see if I can see them coming.

P7 38 06:XX NS Sleep, dream

I open the curtains at my bedroom window to see that a car has been covered in tar, -as has the road and pavement - that had been left by some highway maintenance people. I assumed it had been done by some vandals and felt very saddened.

Cured Cases

In order to fully understand this remedy and to make it useful in practice it is vital that cured cases are reported and published. If you have any cured cases please let the homoeopathic community know about them.

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