

The Homoeopathic Proving
of
TUNGSTEN

Annette Bond

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Proving Director: Annette Bond RSHom

Proving Committee: Jayne Wilton, Sharon Jones, Debbie Thomas, Clare Relton, Ian Doyle, Shamin Adam, Jean Sharples, Jean Walker, Annie Williams

Edited and collated by: Annette Bond and Lucinda Dyer RSHom.

Please send cases, information or enquiries to:

Annette Bond
The North West College of Homoeopathy
23 Wilbraham Road
Fallowfield
Manchester M14 6FG
England
info@nwch.co.uk

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During the collation of the symptoms from the proving, we found that the mental symptoms fell readily under various headings. Whilst not suggesting that these are the only possible categories, most of them are supported by symptoms from 3 or more provers and so I have presented the mind section in this format.

Disconnection from the feelings
Increased connection with the feelings
Detachment - loss of fear
Fear / Anxiety
Boldness
Sensitivity
Concentration / Alertness
Work aversion / difficulty
Pleasure / Carefree
Awareness / Reality
Dark
Euphoria / Depression
Anger
Pride
Doubt
Other symptoms

Vertigo to Generalities

Repertory, Mind to Generalities

THE SUBSTANCE

The word Tungsten denotes a substance of high density, and is derived from the Swedish "tung" meaning heavy, and "sten" meaning stone.

The metal occurs in nature as wolframite, a tungstate of iron and manganese, and as scheelite or calcium tungstate, both generally associated with tin ores.

The chemical symbol W comes from the word Wolfram, possibly originating from the German "wolf" beast of prey, and "ram" dirt or soot, or from the Swedish "Wolfrig" which means eating. Another possible origin is from the alchemists who called the metal "spuma lupi" or wolf foam. All of these meanings are thought to be associated with the early difficulties of extracting tin when contaminated with wolframite - the wolfram was thought to eat the tin as a wolf eats sheep.

The element tungsten was first extracted by the Spanish brothers J.J. and F. d'Elhujar at the end of the eighteenth century, but the metal remained one of the rare elements for many years.

Tungsten had no industrial importance until 1857 when a patent was taken out describing the manufacture of iron-tungsten alloys, which form the basis of modern high-speed steels. It wasn't until 1904 that the metal itself found a commercial application, when it was used in the manufacture of filaments for electric light bulbs, and it has been the metal of choice since then.

Tungsten is very widely distributed, the highest deposits being found in Asia, America and Portugal.

There are 25 more abundant elements than Tungsten in the earth's crust - if Aluminium, the most abundant is given a value of 100, then the relative abundance of Tungsten is 0.06.

PROPERTIES OF TUNGSTEN

Tungsten is a hard, brittle, grey metal (Atomic weight 183.92) with a colour resembling platinum, but unlike platinum it acquires 'temper colours' on heating in air. It combines readily with Carbon, Silicon and Boron at high temperatures, forming very hard compounds which are used in making cutting tools.

It is highly resistant to acids, is not affected by either Sulphur or Phosphorus, and oxidises in air only at red heat.

It has an extremely high melting point of 3,410 °C, boiling point of 5930 °C, density of 19.2 and hardness of 7. On the periodic table of elements Tungsten lies between Tantalum and Rhenium, in the same line as Platina, Aurum, Mercury and Plumbum, and in the same column as Cobalt and Molybdenum.

USES OF TUNGSTEN

Tungsten is used mainly for the following industrial purposes.

1. In the production of filaments for electric lamps, X - ray tubes and radio tubes.
2. In the production of alloys of great hardness, the most important being the tungsten steels, which are used for tipping and facing cutting tools.

An alloy of 83 - 96% tungsten with copper and nickel forms an effective substitute for lead as protection against ionising radiation.

3. In the tungsten carbide tool industry. Tungsten carbides, obtained by heating tungsten powder with carbon are extremely hard compounds and are used for making cutting tools.

TOXICITY

With many provings it is possible to find a wealth of information about the impact of the substance on the human body from reports of excessive exposure or accidental poisonings, but with tungsten there is very little reported and much of the information is restricted to the effects of deliberate poisoning of animals under experimental conditions.

Tungsten is not a normal component of animal or plant tissues, and so oral toxicity is not a significant problem in man. We did come across an account, reported in the Lancet Vol. 348, Oct. 1996, of a soldier who drank wine from the barrel of his gun which had just been fired (apparently a regimental custom), and who became acutely ill with what later proved to be tungsten poisoning. (The

composition of the gun barrels had been recently changed, now containing tungsten to harden the steel). The signs and symptoms of this case supported evidence from the experimental poisoning of rats and chicks, showing neurological symptoms, seizures and loss of consciousness. Renal failure followed from extensive tubular necrosis, but he left hospital fully recovered after 35 days.

It seems that tungsten is rapidly absorbed from the intestine, retained mainly in the bones, with some in the spleen liver and kidneys, and is eliminated by glomerular filtration.

In experiments it has been shown to be an antagonist to molybdenum and selenium.

Industrial exposure to tungsten arises mainly when wolframite and scheelite are crushed and milled to prepare powdered tungsten and tungsten carbide. It has been difficult to ascertain whether tungsten or cobalt is the causative agent in the pneumoconiosis ("hard metal disease") of the tungsten carbide tool industry. Animal experiments suggest that the effects on the lungs are due less to the tungsten, and more to other components, and most of the people who have studied this disease believe that cobalt is the most probable toxic agent.

PHARMACEUTICAL PREPARATION

60 mg (1 grain) of Tungsten powder was triturated with 5.94g (99 grains) of lactose as in footnotes to paragraph 270 of the 6th edition of the Organon.

1 grain of the 3c powder was then dissolved in 3 mls of water and 3 mls of 95% alcohol and succussed 40 times to give the 4c.

Potentiation continued in liquid form using separate vials, 40 succussions and 95% alcohol as diluent at each step, up to 30c.

THE PROVERS

All provers took up to a maximum of 6 doses, 3 doses per day, for 2 days. The remedy was stopped as symptoms appeared. In most cases one or two doses sufficed.

The prover numbers are the codes used during the proving.

One prover was scheduled to take placebo, but was unable to take part in the proving.

PROVER NO	POTENCY
84 Male	Tungsten 12c
85 Female	Tungsten 6c
86 Male	Tungsten 15c
87 Female	Tungsten 12c
88 Male	Tungsten 30c
89 Female	Tungsten 30c
91 Female	Tungsten 30c
92 Female	Tungsten 6c
93 Female	Tungsten 12c
94 Male	Tungsten 30c
95 Male	Tungsten 15c

Key to document:

e.g. 94 01:02:05 –

Prover No 94, symptom occurred 1 day, 2 hours and 5 mins after proving started

DISCONNECTION FROM THE FEELINGS

INDIFFERENCE / DETACHMENT / LESS AFFECTED EMOTIONALLY

- 87 03:XX:XX Feeling less irritated and less involved in conversation with boyfriend in matters in which I am not interested.
- 87 04:XX:XX Indifference during thunderstorm which usually scares or excites.
- 87 04:XX:XX Shouted back at boyfriend during argument but couldn't get angry or hold onto anger.
- 87 25:XX:XX Not internalising situations as much as before. Not as affected by sad stories even though still moved. Used to cry a lot, haven't recently.
- 87 28:XX:XX Could not relate to old grievances - these problems do not affect me anymore.
- 91 00:03:45 Feeling aloof, floating.
- 91 02:00:XX Vulnerable feeling. Strange feeling of being alien.
- 91 02:XX:XX Feeling very tall as if pulled up through the spine. Felt tall and light.
- 91 05:XX:XX I feel next to myself - not really me.
- 91 06:XX:XX Felt freer, back felt freer and taller.
- 91 39:XX:XX Had a few times during proving : felt as if cut in half at waist line between top and bottom (Had only previously few years ago during yoga).
- 94 00:21:30 From rising, feeling of serenity, calmness.
- 94 01:01:05 A tired sort of serenity, like I've worked hard.
- 94 01:20:30 Woke with a sort of dreamy serenity, which wore off during morning.
- 94 02:10:30 More calm than usual, less wound up e.g. in difficult situation.
- 94 07:XX:XX Felt calm, relaxed, not anxious. Can get over things that anger me much more quickly.
- 94 08:XX:XX Read newspaper, stories of violence usually wind me up but didn't. Still calm, not irritable.
- 94 12:XX:XX Calm all day, weary and content at end of the day.
- 94 18:XX:XX Calm, relaxed, not angry about anything for last two days.
- 94 20:XX:XX Pleasant, serene, blissful, not fully awake.
- 94 21:XX:XX Still relaxed and serene, like in a dream.
- 94 22:XX:XX Still relaxed and serene, like drunk 1/2 pint lager.
- 94 23:XX:XX Happy, satisfied, life's good.
- 92 03:XX:XX Can't be bothered to do anything, wants to be left alone.
- 92 04:XX:XX Felt a bit down, passive about things, no motivation to do anything.
- 92 08:XX:XX Very tired and discontented. Definite lack of interest in the proving. Felt as if I didn't understand what I was doing properly, or as if I'd missed something. Wondering whether I'm in touch with my feelings or not. Lack of interest in everything.
- 92 19:XX:XX Self pitying and irritable with everyone. Gloomy and despondent and angry at

- small things. Couldn't be bothered. Wanted to be left alone. Consolation and company were aggravating.
- 85 09:XX:XX At college this weekend I seem to have very little tolerance for people who normally irritate me, but whom I can normally cope with. Feel I have been quite irritable today.
- 95 03:XX:XX Got job offer today, feeling / thinking that he couldn't be bothered (Previously very excited about the job).
- 95 20:XX:XX Whilst in N Ireland usually quite reactionary, especially at the political situation. This time I wasn't like that, I was much more complacent.
- 93 07:XX:XX Meeting about future of probation services. Feeling don't want to be part of it -can't be bothered, nothing to do with me.
- 93 11:XX:XX A child had isolated herself (on camping holiday), needed TLC. I didn't feel I had it in me to give it to her.
- 93 21:XX:XX Felt totally detached from what people talking about. Would have felt angry before. Don't care feeling. Withdrawing emotional connection from the people I work for.
- 93 22:XX:XX Not angry in situation when normally angry.
- 86 00:04:25 Aware of a kind of unreal feeling and a strange sensation in my head and face.
- 86 02:04:00 Feeling of unreality.
- 86 03:10:00 Sai in a dream and all is unreal and through a kind of invisible veil.
- 86 03:10:00. A quality of detachment, finds it hard to focus.
- 86 10:XX:XX It's a kind of detached state, distant, coldness to my partner who says I seem miles away. It's like an independence of mind, being distant. I feel miles away.
- 86 11:XX:XX The cold detachment is slightly modified and has become a good feeling of self. Feel no encumbrances from others, feels free to say and do as I wish - was very direct to people and said exactly what I felt. Total indifference, just said what I felt and thought without awareness.
- 86 12:XX:XX Tired but clear. Same feeling of freedom and not dependent. Sai things had been cut away from me and I was free.
- 86 13:XX:XX Gardened in the evening. Feel happy to be alone. Strong feeling of independence and freedom is lessened but still there.
- 88 05:XX:XX Hasn't lost temper even though work taking a long time. (Usually loses temper easily if things go wrong - works alone as woodcarver, shouts, swears, bangs and breaks things often.
- 89 05:XX:XX While outside, feeling in my own world.

INCREASED CONNECTION WITH THE FEELINGS

(HEART / LOVE / FAMILY / COMPANY)

- 89 01:XX:XX Re: relationship. I was more intensely affected emotionally than usual. There was no obstruction between me and my feelings. Crying loudly (unusual). When I thought about what I needed to help the pain I was feeling - a very strong powerful feeling - it was LOVE. So powerful the sensation (ache) came down my arm into my left hand.
- 89 01:XX:XX The angst and desperation are not there. Feeling like smooth,clear,

watery, floating. My awareness is heightened in a very undramatic way. I want space, quiet and dark to feel my way through the pain, rather than analyse it which is what I usually do.

- 89 02:XX:XX More aware of what I am feeling, still acting out of guilt and responsibility, but aware that I didn't want to.
- 89 04:XX:XX Anger out of proportion to the incident. Was able to watch how it came and the feelings behind whilst still feeling it. Normally I would try to stop myself from feeling it.
- 89 10:XX:XX Visited family. More able to touch people spontaneously. More comfortable, open, expressive. Less responsible for people. Feel I have loosened my connections.
- 89 21:XX:XX I can't be bothered, I don't have any heart feelings with friend, not in the present, not warmth, very superficial. Feel can't get involved with anybody. If I do, will be a rush and too much emotion - overwhelming - and I won't do it.
- 89 22:XX:XX Felt >talking and being understood (to supervisor).
- 87 00:05:00 Had company at work and felt a little calmer.
- 87 02:XX:XX Feel more protective towards boyfriend.
- 87 03:XX:XX Felt more integrated with boyfriend during sex.
- 87 03:XX:XX Still happy and enjoy having people around me.
- 87 03:XX:XX Don't feel as forsaken from my family.
- 87 04:XX:XX Saw a daddy longlegs and had a feeling of love towards it. I wanted to touch it as it fluttered by
- 87 04:XX:XX Enjoyed socialising in the pub.
- 87 05:XX:XX Feelings of warmth and friendliness towards people. Positive and happy mood.
- 87 06:XX:XX Felt anxious whilst driving fast that we could have knocked someone over or a sheep could have run out. Felt respect for the countryside and didn't like tear-arsing around the lanes.
- 87 06:XX:XX Feels as though my heart chakra has been opened.
- 87 06:XX:XX Cannot bear grudges anymore, I don't feel as though I have to prove anything.
- 87 08:XX:XX Enjoyed being with my family.
- 87 16:XX:XX Enjoyed socialising, feels happy and confident. Wants to go out. Wants to look nice, been painting nails and dressing up.
- 87 19:XX:XX Felt happy and integrated.
- 87 20:XX:XX Touched by peoples kindness towards me.
- 91 00:03:45 Feel full of love. I feel so rich - content. So indescribably content and at one. No borders between body mind and soul.
- 91 28:XX:XX Sometimes feel so love filled - realisation of so many beautiful "state of art" and having to suffer to get beautiful things.
- 93 12:XX:XX Shouted at son and burst into tears - first time in months. Felt relieved at sons reaction because he cried as well. It was a spontaneous thing, emotional, led to really nice cuddles.
- 84 02:XX:XX Objective symptom - Wife noticed that he was more relaxed and gentle

to her as well as less irritable, and he seemed to be more relaxed.

- 95 03:XX:XX Wife thinks he more "homey" than usual.
- 95 03:XX:XX Feeling close to his son. Spent more time with him than would usually.
- 95 06:XX:XX I seem to be more loving and gentle with my wife and son. I have been happy to give them both more attention and cuddles etc.
- 95 25:XX:XX Less moody. Much more steady and placid than he has been.
- 88 01:XX:XX In a very good mood, calm and cheerful - observed by wife and supervisor.
- 88 02:XX:XX He is in a very good mood, more lascivious than usual, he's more affectionate than usual - his wife reports.
- 88 03:XX:XX Feel quite content, compared to last week I feel very happy, peaceful and content.
- 92 01:23:30 Unnecessarily quick tempered. Lasted about 2 hours.
- 92 17:XX:XX Felt very irritable. I swore at another driver and there was someone in the car with me. That's unusual.
- 86 06:XX:XX Feeling really well in self. Energy good. Positive, achieving lots.

DETACHMENT - LOSS OF FEAR

- 87 04:XX:XX Indifference during thunderstorm which usually scares or excites.
- 87 03:XX:XX Less fearful, but loud noises make me jump more.
- 87 03:XX:XX Woke up with the sensation that there was some kind of giant spider to the right of me with long legs (after a nap in the evening). At the same time the spider appeared to be upstairs in my bed as well. It did not scare me.
- 87 06:XX:XX At night compulsion to walk into a dark field. Lost fear of the dark.
- 87 10:XX:XXFelt no fear but more aware of danger.
- 89 17:XX:XX Very strong desire NOT to be at home. Felt I had NO PROTECTION – felt strong, not like a victim - nothing protecting me.

FEAR / ANXIETY

- 87 00:03:55 Feeling of anxiety associated with heart symptoms.
- 94 03:02:15 Absent minded e.g. stopped at library barrier for walking out with a book. Fear of what they'd do to me.
- 89 05:XX:XX Thoughts in the distance - I might die from this throat thing because so much has happened psychically.
- 85 07:XX:XX Anxious being alone when in bed.

BOLDNESS - CONFIDENCE / ASSERTIVENESS / LACK OF INHIBITION

- 87 00:12:00 Felt more confident and less intimidated.
- 87 01:00:30 My boyfriend said I was bolder in attitude - called me bossy boots.
- 87 01:12:30 Took control of ordering food in restaurant and sent dish back when it

- was not right without a second thought. Feeling of confidence and happiness, like being in control. My boyfriend said I was a new woman.
- 87 02:13:XX Complained that drink was flat and sent it back (in pub).
- 87 05:XX:XX Was able to tell boyfriend to stop play fighting - I wanted to be more romantic.
- 87 13:XX:XX Told boyfriend that his colleague was "full of shit". Felt annoyed at his superficial attitude and creepiness.
- 87 13:XX:XX Confronted a stranger who had stolen a piece of boyfriends musical equipment. Retrieved the item and felt proud of myself.
- 87 16:XX:XX Enjoyed socialising, feels happy and confident.
- 87 18:XX:XX Told someone who was being sarcastic towards my boyfriend to stop being a "miserable fucker".
- 87 24:XX:XX Felt at ease in company with people hadn't seen for a long time.
- 91 13:XX:XX Boyfriend disturbed my sleep and I was able to say "You disturbed my sleep" - often I swallow these feelings.
- 91 29:XX:XX For last 10 days - felt more assertive about myself. Making quicker decisions and sticking to them. Not lamenting on things, much more to the point and positive about myself. Lot of thoughts on what to do with my life and how I can channel my skills.
- 91 31:XX:XX My cousin hurt me last year - contemplating having a moan at family who moaned at me. Yesterday rang my sister and stood up for myself. Decided to write to cousin to say how much she hurt me. (Been sitting on this for a year - like a doormat).
- 91 42:XX:XX More power, more energy, more drive, more assertive, finally wrote to cousin on how she hurt me last year - feel proud I wrote it.
- 89 02:XX:XX > talking about recent experience. More open, more direct.
- 89 03:XX:XX Decreased self consciousness, less negative judgements about self.
- 89 03:XX:XX Able to be very open and direct in conversation.
- 89 10:XX:XX Visited family. More able to touch people spontaneously. More comfortable, open, expressive. Less responsible for people. Feel I have loosened my connections.
- 86 11:XX:XX The cold detachment is slightly modified and has become a good feeling of self. Feel no encumbrances from others, feels free to say and do as I wish - was very direct to people and said exactly what I felt. Total indifference, just said what felt and thought without awareness.
- 86 11:XX:XX Feel I can say anything without inhibitions.
- 95 05:XX:XX Feeling more assertive.
- 95 06:XX:XX Feels more involved at work and doing more than usual. Still feels more assertive around the house and at work.
- 92 00:01:30 Noticed that more people came to talk to me than usual (at mother and baby group).
- 93 09:XX:XX Got bad tempered with people in camping shop. They were not helpful but I got what I wanted in the end.
- 85 31:XX:XX Someone commented I looked more relaxed, certainly feel more relaxed than 3 weeks previous. Very irritable, wouldn't suffer fools gladly.

SENSITIVITY

SMELL

- 87 03:XX:XX Irritation from smell of perfume.
- 87 28:XX:XX Tobacco smoke not bothering me as much as it did before proving.
- 93 05:05:00 Perfume counter agg hay fever symptoms.
- 93 06:XX:XX Sensitive to smell of elderflowers - pleasurable. Realised particularly sensitive to smells over last few days, also sweet peas.
- 93 08:XX:XX Definite sense that my smell is a lot more acute - noticed neighbours ferrets (other people didn't) morning and evening.
- 93 11:XX:XX Smelt a barbecue 3 fields away. Nobody else smelled it.

NOISE

- 87 03:XX:XX Less fearful but loud noises make me jump more.
- 91 02:XX:XX Sensitive to noise. I am usually but is more pronounced.
- 91 03:XX:XX Sensitive to noise : humming of the fridge gets on my nerves makes jaw feel tight.
- 92 01:23:30 Irritable from noise in the morning after just one bottle of lager the night before.
- 92 03:XX:XX Irritable and snappy all day. Irritable from noise. Had to leave room at evening meal to get away from noise of chatter

PAIN

- 95 04:XX:XX Bashed head violently on door, but didn't really hurt at all.
- 95 05:XX:XX Bashed leg quite violently but did not hurt much.
- 93 01:02:45 Bumped knee - excruciating, couldn't bend leg, thought I'd broken my kneecap. After rubbing it, then completely better. Very surprised. Little bump, gone by 6 hrs later, very tiny bruise, didn't hurt.
- 93 03:05:XX Fell on bum. Pain went very quickly.

VISION

- 87 00:00:30 Noticed my eyes were wandering round the room catching sight of colours - red, blue, yellow - particularly bright.
- 87 00:03:30 Whilst in shop colours from shelves jumped at me red, blue, yellow in particular.
- 91 08:XX:XX Eyes felt different - felt different in focusing. Could take in more visually.
- 91 34:XX:XX Eyes sensitive to room lights. Feels as if eyes popped out.

ENVIRONMENT

- 95 05:XX:XX Doesn't feel so sensitive to his surroundings as usual.

DRESS AND APPEARANCE / BODY

- 87 03:XX:XX Body language sexier (observation).
- 87 16:XX:XXWants to look nice, been painting nails and dressing up.
- 91 00:04:35 I was looking and acting sophisticated, like I was acting out a little drama. Put more attention to appearance and dress than I would normally.
- 95 20:XX:XX Has bought some new clothes - been dressing more smartly since taking the remedy - normally a scruff

CONCENTRATION / ALERTNESS

ALERTNESS INCREASED

- 91 06:XX:XX Feel quite alert, awake, speedy even.
- 84 02:XX:XX I felt more alert and my mind was clearer. I was more relaxed.
- 85 20:XX:XX Mind working better, making connections, completed reading and understood what previously was struggling to understand.
- 89 01:XX:XX I feel that my consciousness is heightened, my clarity of vision is higher. I've seen, or sensed very clearly what's happening in my patients today. I'm not using my intellect so much, using something else.
- 89 02:XX:XX Dealt with phone calls without screening them. Able to be in the present without feeling pressured.
- 86 10:XX:XX I'm busy doing all the work necessary. Working 12 hours a day, clearly, effectively, efficiently and with energy.
- 93 22:XX:XX I was feeling very clearheaded and decisive.
- 87 08:XX:XX Sense of direction improved in the car.
- 95 06:XX:XX I became aware that everyone at work "paints" their own reality and how you can influence people around you and bring them into your "play" - cast a spell onto people momentarily.

LOSS OF CONCENTRATION

- 87 00:02:15 Found self drifting into trance-like state while sitting in the bath.
- 87 03:XX:XX Concentration lapses at work, find myself staring into space. Trying to collect my thoughts.
- 87 04:XX:XX Absent minded, forgetting to pass on messages, check the security alarm, left oven door open whilst cooking.
- 87 07:XX:XX Felt tired and foggy in my mind
- 87 10:XX:XX Trouble concentrating, look at words but don't take them in.
- 87 10:XX:XX Absent minded. Had to recheck things.
- 87 13:XX:XX Trouble concentrating.
- 87 19:XX:XX Trouble concentrating at college.
- 89 00:01:15 Feel I can't focus on the case, and that I don't want to.
- 89 00:01:15 After trying to concentrate on a case for 5 mins, got hot flush all over, slight sweat, and all the good mental feelings are gone.

89 00:02:XX Didn't want to go deep and explore or really try to understand the case.

89 00:02:XX Poor concentration, didn't feel I could commit myself to what I was doing.

89 00:04:00 Lack of ability to focus and think deeply all morning.

89 00:08.00 During meditation couldn't let my mind settle. Lack of focus and concentration.

89 01:04:XX Whilst trying to choose remedy potency : stood in the pharmacy and couldn't get earthed about it. Ended up making a decision I wasn't particularly happy about. Unusual for me. Unusual for me not to be able to think something through. Couldn't get the right feeling to determine the right action.

89 01:06:XX Couldn't concentrate - distracted by noise, hard to focus on what client saying.

89 01:XX:XX Forgot to set alarm clock. Forgot to lock front door. Unheard of in prover.

89 03:XX:XX Forgot to put petrol cap back on after filling with petrol.

89 05:XX:XX Wrote wrong date (the 18th instead of 20th and 21st) on patient notes and case notes. Very unusual.

86 00:19:40 Difficulty in thinking. Vagueness. Fluffiness in the head. Never had this before. Lasted all morning

86 02:XX:XX Dullness of the mind - due to cold - like state.

86 03:10:00 A quality of detachment, finds it hard to focus.

86 04:XX:XX Concentration a bit difficult - I feel that my mental stamina not so good. Distant feeling in head. No sharpness.

93 16:XX:XX Fine, then can't string two words together/hold a conversation. Might last half an hour;> change what I'm doing ,> eating.

95 02:XX:XX Concentration not very good. Trying to read books but puts them down.

92 00:07:15 Scatty, starting one thing and finding something else to do without finishing first thing.

92 12:XX:XX Mentally heavy.

92 17:XX:XX Noticed I made a lot of spelling mistakes at the ends of words.

85 00:05:05 Nearly dropped some papers I was working with and got a real shock, seemed disproportionate as if someone stepped behind me and went BOO.

85 31:XX:XX Memory weaker, can't think of words, spelling, forgetting to do things.

94 00:05:00 Simple jobs seem complicated, a struggle, do things wrong. Angry and irritable. Small jobs take a long time. Felt everything going wrong all day.

94 03:02:15 Absent minded e.g. stopped at library barrier for walking out with a book. Fear of what they'd do to me.

94 09:XX:XX Miscalculated money so went to shop with insufficient cash. I'm usually very quick at calculating, faster than the shopkeeper.

94 09:XX:XX Cupboards left open, things not put away. Forgetful, absentminded, gormless, mistakes in calculating << since the proving.

94 09:XX:XX Go from one job to another without finishing the previous one

91 00:03:45 Forgot what I wanted to buy.

- 91 02:XX:XX Worried about doing stuff wrong, definitely don't enjoy shopping. I'm not focused enough to get just what I want. But the mood of browsing is not there, indeed it repulses me.
- 91 04:XX:XX Didn't do my chores promptly, more disorganised than usual.
- 91 05:XX:XX Said to friend that I would be late because the bus takes 2 hours, she said "Why don't you take the train" (train station is next door to my house).
- 91 11:XX:XX Had let mail pile up (unusual for me), and so was dealing with it.

WORK / AVERSION / DIFFICULTY

- 91 00:21:10 Glad not to have to manage responsibilities - not having to give foot massage to client.
- 89 09:XX:XX Great aversion to work. Had to work case and so badly didn't want to.
- 86 02:XX:XX No desire for work all morning and lasted 2-3 weeks. Wishes to sleep and rest. Desire to give up work. Desire to get out and mess about in the garden. Puts things off. Pleasure seeking.
- 92 12:XX:XX Irritable with daughter. Resentful having to entertain daughter > after daughter gone to sleep.

PLEASURE / CAREFREE

- 87 20:XX:XX Having difficulty being serious, wants to be light-hearted all the time.
- 87 14:XX:XX Boyfriend has noticed that I have been more pleasure-seeking since the remedy (in the pub every day).
- 87 20:XX:XX Having difficulty being serious, want to be light-hearted all the time
- 87 22:XX:XX Seem to be more carefree in general.
- 87 23:XX:XX Happy and jovial, Light-hearted, enjoying company.
- 89 00:02:XX Feel like I want to be floating along on the surface, feel lighter somehow, feel less serious.
- 89 00:08:00 Usually I experience a lot of angst, struggle, pain, darkness, and that is there either prominently in a depression or in the background. Now it's not in sight at all. I feel lighter, easier, less pulled downwards and inwards, much less introspective, less battling with myself also. The feeling of being on the surface and being happy there. It feels really deep.
- 86 13:XX:XX Slowly worked throughout the day. Feeling very sensual - desires a day off - sun, love, good food and drink. But went on with work.

AWARENESS / REALITY

- 87 10:XX:XX Whilst walking home at night every time I slipped into my usual daydreaming I caught my head lowering and my mind wandering, something inside me pushed me out of it. I was more alert and aware of my surroundings. Didn't want to risk taking short-cuts, took only sensible route home. Felt no fear but more aware of danger.
- 91 00:03:45 Felt an unclear bridge between body and mind. Bigger awareness of reality - in a spiritual way - like euphoria or like after a very special kind of orgasm.

- 91 00:20:50 Realisation of being material - special. I do appreciate my life very much. Wonderment of the life forces to materialise. Wonder of being born into the material world.
- 91 00:21:10 Feel a bit "tripped". I could imagine it ever so slightly. I feel as if I'm on an LSD trip. The senselessness of modern life. Thought of yesterday feeling lost in the supermarket. "What am I doing in the supermarket". Overwhelmed, disorientated. All the things we have, material things are so useless.
- 91 08:XX:XX Awareness of room / space / time reality
- 91 08:XX:XX Slight faint ideas of reality distortions. Felt as if I had a broader side to me. Could take more in visually. Felt taller than I really am. As if atoms and molecules have broadened in my body.
- 91 09:XX:XX Strong thoughts about reality (reading two books) fascinates me and makes me chemically excited.
- 91 11:XX:XX Sudden realisation that my will power doesn't have to be strong, but can also be subtle.
- 91 13:XX:XX I used to run "blind into the knife" (German expression) but now I realised the situation (awareness).
- 91 24:XX:XX Feel like a small child - not rational - everything is OK and then panicky feeling - feeling lost - a helpless child.
- 91 28:XX:XX Flash of reality "ping" panic.
- 94 30:XX:XX On a high. Appreciate colours, the beauty of the surroundings, like I haven't since a child.
- 89 00:00:05 Increased awareness of the whole body. Very easy going feeling, no pressure, relaxed, quite happy, a bit spacy.
- 89 01:00:45 CLEAR realisation (about my relationship). The first time I've seen this so clearly. Feeling of having no illusions about it. Clarity was SHOCKING - so clear and simple.
- 89 01:XX:XX Realisations (of the connection between love and confidence, about the past, about relationships). Felt like this got down to the bare bones of it for the first time - the original structure of the problem. Accompanied by feet becoming warm (very very unusual).
- 89 01:XX:XX Normally would want to cut off or get desperate, instead feeling of needing to move through. Normally my head obstructs my feelings, now this is not happening.
- 89 02:XX:XX More aware of what I'm feeling, still acting out of guilt and responsibility, but aware that I didn't want to.
- 89 02:XX:XX Angry feelings (PS) - No obstruction in realising them (NS). But what's different is it feels so simple - I get to the bottom of it
- 89 02:XX:XX Feeling that "New light is being thrown on all my stuff".
- 89 03:XX:XX I saw something in a friend I've never been able to see before.
- 89 04:XX:XX Realisation - (that I don't allow myself to feel - the pain is too much - avoids feeling it. Main strategy is to analyse the situation.) "For a moment, in the bath, could imagine being rejected and surviving it."
- 89 04:XX:XX Realisation - about the past - IT WAS REALLY CLEAR. The proving is

producing the ability to access this information very simply without getting into head analysis. The analysis I just made is because I KNOW not because I THINK.

89 12:XX:XX Realisation - that to be high up and spiritual I have to get more dirty and involved. (Previously I've been hiding my nastiness by trying to be spiritual).

89 16:XX:XX Experience.<+#> I saw it really clearly<-#>. I saw what was really going on instead of what appeared to be going on. Felt like I spent most of my life covering this up - exposed to me what my real experience is, and I'm stuck with it, and it's HORRIBLE. I feel and remember feelings about myself (from age 3-4). This is my earliest unhappy memory.(This realisation caused disturbed nights and unhappy feelings).

DARK

87 06:XX:XX At night compulsion to walk into a dark field. Lost fear of the dark.

87 19:XX:XX Walking in the garden in the dark - the darkness seemed magical.

89 01:XX:XX Found myself sitting in the dark, want to be in the dark where I can watch my feelings, feeling of quietness inside and calmness, again its like the angst and depression are not there. Smooth clear watery floating. My awareness is heightened somehow in a very undramatic way, I want space quiet and dark to feel my way through the pain, rather than analyse it which is what I usually do. Sadness

89 06:XX:XX Desire to switch off from everything and go to bed. Would like to be somewhere else, secure, quite dark, where I don't have to think about anything. Averse people, no need for company.

EUPHORIA / DEPRESSION

87 05:XX:XX Felt light and energetic whilst dancing.

91 00:01:20 Felt bubbly and excited, giggly, dropped the kettle, lack of coordination. Happy. Talkative and open, ready to tell the world about me.

91 00:03:45 Feeling very happy EUPHORIC.

91 00:21:50 Strong urge to listen to music - spiritual music (Eastern) - feels very elevated.

91 11:XX:XX Still feel spiritual. High happy, contented, in flow.

91 16:XX:XX Doubting, sensitive and guilty - lustless and desireless, sorry for self. Greyness, "What to do in the world". Depressed for 3 days (very unusual to last for so long) - no energy or inspiration.

94 10:21:30 Played piano with more competence and fewer mistakes, the notes were clearer. So I feel excited, joyful, exhilarated, imagine myself as a virtuoso.

94 15:10:15 Miserable, down, depressed, tired when eyes itchy. Elated with relief when eyes<;>.

86 05:XX:XX Euphoric, blissful feeling.

86 07:XX:XX Feeling euphoric, quite a happy frame of mind.

95 05:XX:XX Singing on bike on way to work, felt on top of the world.

92 00:07:40 A bit light headed ANGER

- 89 04:XX:XX Anger out of proportion to the incident. Was able to watch how it came and the feelings behind whilst still feeling it. Normally I would try to stop myself from feeling it.
- 87 12:XX:XX Slammed doors at work when felt angry which >.
- 87 18:XX:XX Threw things when aggressive but recovered quickly from temper. Felt feelings of happiness after releasing anger.
- 87 26:XX:XX Shouted at top of voice and slammed doors when in a furious angry mood. Soon after felt remarkably better.

PRIDE

- 93 03:XX:XX After a long walk (pushed to limit) felt proud - didn't let others know how proud I felt.
- 87 13:XX:XX Confronted a stranger who had stolen a piece of boyfriends musical equipment. Retrieved the item and felt proud of myself.
- 91 42:XX:XX More power, more energy, more drive, more assertive, finally wrote to cousin on how she hurt me last year - feel proud I wrote it.

DOUBT

- 87 00:10:45 Took second dose. Not sure whether remedy is working.
- 91 01:03:50 Points during day - felt insecure - doubt is the remedy acting or not - symptoms so slight.
- 91 04:XX:XX Insecurity stretches as far as doubting my own judgement. So from time to time think I'm on placebos and all this is my imagination.
- 91 08:XX:XX Lots of self doubts. Even wondered if I'm making the proving symptoms up.
- 89 00:08:00 I'm doubting that it's really happening, I've been battling with the doubt all day.
- 89 08:XX:XX Conviction that the proving is over.
- 86 08:XX:XX Convinced it's sac lac and proving is over.
- 84 XX:XX:XX He was convinced that he had a placebo.
- 88 XX:XX:XX Was convinced that he had placebo.

OTHER SYMPTOMS

- 89 02:XX:XX Nearly had a car accident Near miss. I thought I nearly got killed. Response - violent and loud crying. >> talking about it.
- 89 24:XX:XX DEATH While on 4 hour drive, I noticed every single dead bird and animal on the road.
- 89 26:XX:XX DEATH Thoughts of death. Remembering people who have died. Shock feeling, something very disturbing about it. Feels heavy and a bit disgusting. Someone whose death had no impact on me at the time - suddenly felt the death - like someone had gone. Feel I've connected to what death is. Felt non-spiritual - physical, gross - their body is horrible - all that's left of them.
- 89 00:21:50 "How can we be good here, but not get harmed in the process"

- >89 07:XX:XX No energy to put into the day. Can't plan, get motivated, feel I have to be exactly in the present and I have to be SLOW. This is not depression, but a lot of the characteristics are there. Deep psychic activity, pain especially about the past, feeling I can't resolve it. A sense of getting on with it, with what's happening, rather than indulging in the pain of it. My mind WON'T go to places. I CAN'T get desperate, I don't feel desperate. I feel I've been through something very massive, but I just have to BE, not even masses of feeling with it.
- 89 07:XX:XX I feel like someone who's just been through a major trauma (shock, illness, war) and the acute drama of it is over - but there is still a long way to go (like convalescence). I can't go outward at all, (into the future, or just the feeling of being active / dynamic / extrovert) I want to just be. I couldn't get tense even if I wanted to.
- 89 24:XX:XX Exhaustion - had to do everything very slowly and mind very calm. Nothing going outwards. Sitting and staring a lot. Not energy to move. Nice feeling. > when moves and active - increased energy.
- 89 6 months Return of proving state. Felt taken back to feelings of not being liked and having no friends. As before I'm experiencing directly the feeling instead of intellectualising. Feel deep exhaustion and unhappiness. Sitting and not being able to move. Can't go outwards at all. Don't want to move. Can't imagine how I'm going to get through the day or the future or the next thing. Once I do move I seem to be fine.
- 93 03:XX:XX After a long walk (pushed to limit) felt proud - didn't let others know how proud I felt.
- 93 12:XX:XX Should phone supervisor - haven't got the energy. Feeling this has stopped me for a purpose. I take too much on. Feel too responsible for other people. Won't ask for help. Is it the remedy?, or is it the sun?, a bug?, hayfever?.
- 95 03:XX:XX Aware of time, usually very hurried, has slowed down.
- 87 00:XX:XX Time seemed to be passing more slowly in the night.

VERTIGO

- 85 00:01:20 Light-headed, slightly dizzy, feeling as if not there.
- 84 00:00:00 Very slight vertigo and dizziness lasted for 2 minutes and passed away.
- 95 06:XX:XX Dizzy and disoriented, felt in stomach and head.

HEAD

- 84 00:04:00 Feeling of fullness in head lasted for one hour, no pain.
- 84 04:XX:XX Vague heaviness in forehead. No pain, felt on waking at 6.30am.
- 86 02:02:00 Flu' feeling in back of head, lots of catarrh and coughing with fuzzy feeling in the head. Slight headache at top of forehead and top of head. Heaviness of the head.
- 86 03:04:00 Headache over top of forehead, heavy, brought on by study.
- 86 03:10:00 Head fuzzy with tired eyes.
- 91 26:XX:XX Rt. sided migraine (usual symptom), usually can't eat with migraine but could with this one.
- 91 43:XX:XX Rt. sided migraine, could eat breakfast.
- 85 01:02:50 Shooting pain lasting few seconds, front of head above

inside top of right eyebrow.

- 85 05:XX:XX Felt nauseous, cold sweat on forehead with strong sensation to be sick. Lasted 2 mins, came and went, suddenness.
- 87 00:05:25 Headache, back of head, extending downwards.
- 87 00:13:XX Headache, back of head, extending to neck and left side of head.
- 87 03:XX:XX Headache from using spray starch perfume, back of head to left.
- 94 00:00:15 Mild headache, left forehead. Dull, pressing
- 94 00:02:10 Headache disappeared after stool.
- 94 00:08:30 Mild headache, anterior forehead, central, sai forehead being pressed on, > pressure.
- 94 01:08:30 Headache as above, >fresh air.
- 89 16:XX:XX Sensation << morning as if ears blocked and head full of cotton wool. Everything muffled.
- 93 02:23:00 Headache over left eye, 8.00am.
- 93 14:XX:XX Woke with severe headache, 3.00am, over Rt. eye.

EYE / VISION

- 92 26:XX:XX Woke with Rt. eyelid puffy and with some sticky white discharge. Some had dried on eyelashes. Swelling went down after a couple of hours but lid a bit itchy all day.
- 84 01:20:30 Woke at 4.00am, my left eye was itching and I was getting relief by scratching - at the same time I had a cough.
- 86 03:01:00 Eyes tired (and head muzzy).
- 94 00:12:30 Rt. lateral corner Rt. eye slightly sore on going to bed, sai eyelash in it.
- 94 01:01:05 Rt. eye pink sclera lateral but not sore.
- 94 01:20:30 Rt. eye still pink, slightly sore opening and closing, sai something in it.
- 94 02:12:00 Rt. eye >cold water.
- 94 02:22:00 Eyes feel tired on waking, >rising.
- 94 03:10:00 Eye <;><;>. a few red lines, doesn't bother me.
- 94 04:21:00 Eye <;><;>, a few red lines.
- 94 05:08:30 Eye cleared completely.
- 94 15:XX:XX The proving was done while I had hayfever symptoms which we have excluded as present symptoms but ; it's a long time since my eyes itched as much as they have today, (when I was age 9 to 11). << after breakfast, >bathed in cold water. Miserable down, depressed, tired, due to eyes.
- 93 16:XX:XX Eyes feel as though can't open them, very heavy lidded.
- 87 00:00:30 Noticed my eyes were wandering round the room catching sight of colours - red, blue, yellow, particularly bright.

87 00:03:30 Whilst in shop colours from shelves jumped at me, red, blue, yellow / orange in particular. Vision seems hazy.

87 01:07:30 My eyes feel wide open.

91 03:XX:XX Eyes feel sensitive. Short distance focusing feels overwhelming. Prefer to look into the distance or to look through the objects (into nothingness).

91 03:XX:XX Eyes felt "popped" - feels as if eyes are protruding. Eyes strained.

91 05:XX:XX Eyes feel strained.

91 08:XX:XX Eyes felt different - felt difference in focusing. Could take in more visually.

91 26:XX:XX Rt. eye - migraine like tightness (NOTE Migraines usually common - this is the first sign of migraine since the proving - remedy wearing off?)

91 34:XX:XX Eyes sensitive to room lights. Feels as if eyes popped out.

91 34:XX:XX Felt eyes swimming, protruding.

95 05:XX:XX Stinging whilst indoors, also whilst on bed.

95 16:XX:XX Eyes watery.

EAR / HEARING

89 06:XX:XX Pain in Rt. ear (with sore throat.) Throat and ear pain << coughing.

89 07:XX:XX Rt. ear << late evening.

89 16:XX:XX Ears feel blocked, everything muffled.

94 11:02:30 Wax in left ear thinner, runnier, not thick enough to have colour. First noticed this a few days ago.

95 00:03:15 Rt. ear sharp piercing pain for 5 mins.

95 00:07:XX Rt. ear twinge pain 2am.

95 02:02:30 Both ears painful, sai pressure inside.

95 02:XX:XX Intense pain both ears quite sore. Inside, also top of ear, bony pains, aching extending down inside to jaws, neck, also over top of head to temples.

95 03:XX:XX Pain in ears intermittent, less intense inside, sharp, very painful. Both ears equally affected extending downwards to jaw.

95 07:XX:XX Dull pain in ears.

95 10:XX:XX Pain both ears very intense.

NOSE

85 05:00:00 Lt. nostril very very itchy inside. Whole nose itchy today. More intense than usual.

92 08:23:00 Nose blocked both sides on waking, >steam from shower. Discharge green, scanty. Nose clear 1 hour after shower (10am).

89 12:XX:XX Clear mucous, Rt. nostril.
 89 13:XX:XX Congestion nose on waking. Yellowish thick discharge.
 94 00:00:15 Burning clearing feeling left nostril, extending to mild headache left forehead.
 93 13:XX:XX Slightly bloody when blown.
 87 23:XX:XX Blocked feeling in nose.
 95 02:XX:XX Rt. nostril blocked in morning
 95 05:XX:XX Thick yellow discharge. Sudden appearance / disappearance.
 95 07:XX:XX Yellow spots on top, middle, tip and edge of nostril (upper lip)

FACE

92 08:XX:XX Over last couple days noticed more spots on chin than usual pimples red with white heads.<*7><*7>
 91 04:XX:XX Two spots on my chin (which have very rarely).
 91 47:XX:XX Noticed some spots on face (coincides with feeling in mind section for same day). White small spots.
 95 07:XX:XX Spots, yellow, top of nose towards left eyebrow.
 89 32:XX:XX Spot in angle lips Rt. side, since beginning of proving. Developed white head, which went quite quickly, did the same twice more.
 89 13:XX:XX Hot flush morning (10.45) more in face.
 94 01:11:30 Hot face, shoulders and chest.
 89 17:XX:XX Skin very oily << face.
 89 18:XX:XX Oily skin.
 91 04:XX:XX Face feels a bit more oily than usual.
 93 00:00:45 Dull pain down Rt. side face, in muscles of face rather than head. Felt heavy. (External environment very hot, closed room - unusual). Desire for fresh air to relieve. >after eating, >for not being in that environment.
 93 01:01:45 Slight headache left side and front of face. >Eating.
 93 01:12:00 Slight headache left side and front of face, with stiff neck, and top of spine.
 91 05:XX:XX Sensation of compressed face. Pressure as if taking off in an aeroplane. Power of it is overpowering.
 93 06:07:XX Old symptoms which had been >since the remedy now <<. Jaw locking, unable to open
 93 15:XX:XX Jaw locked. Referred pains up side of face - shooting pains.
 93 28:XX:XX Jaw locked completely. Had gradually got worse since day 6. Felt as if I could open it if I forced it but might do damage - like pushing a door which might splinter.
 91 03:XX:XX Mouth feels tense, as if no control - swimming, babbling, blubbing.
 91 03:XX:XX Frequently in proving jaws felt tight.
 87 09:XX:XX Sore pain on inside of right jaw when moving jaw to left but not when chewing.

87 11:XX:XX Pain in jaw still present.
 93 01:13:00 Think I look unusually pale.
 93 10:XX:XX People said "You look awful".
 93 16:XX:XX Face pale. Friend asked if I was anaemic.
 87 03:XX:XX Face flushed.

MOUTH / TEETH

85 00:04:45 Centre of top lip tingled as if about to get cold sore (Last cold sore 2 years ago).
 92 05:04:00 Slightly dry taste in mouth.
 92 08:23:00 Mouth dry on waking.
 93 01:12:00 Metallic taste (with sore throat / stiffness in neck / headache in front of face).
 Feeling cold / feverish.
 93 01:13:00 Dry mouth. Thirsty. Tongue furry - felt and was. Back of
 tongue whitish / cream, coating came off on finger. Still got metallic taste.
 93 13:XX:XX Tongue coated - brownish yellow all over. Metallic taste in mouth has come back.
 91 00:01:50 Noticed tongue was coated white.
 91 00:04:35 Tongue feels thickly coated - white.
 91 00:09:35 Tongue still feels thickly coated - white.
 91 00:20:50 Tongue feels just slightly coated - white.
 91 03:XX:XX Increased - large amounts of saliva in mouth - as if would vomit (Normally get
 with a migraine but did not get any migraine).
 91 16:XX:XX Strange mouth - gums went wrinkly. Tongue thick and white coated.
 91 21:XX:XX Thick white coated tongue, 45 mins later tongue still coated but less so.
 91 23:XX:XX Tongue feels rough and coated white.
 91 26:XX:XX Tongue feels coated and thick white. Sides of tongue look blistered.
 91 28:XX:XX Tongue feels thick and coated - still there 1 1/2 hrs later.
 91 30:XX:XX Extreme reaction to salad dressing (lot of lemon in it) didn't taste the full aroma
 and almost tingled on the tongue. Rough, acidic, white coated tongue. Tried
 salad dressing again 1/2 hr later, same reaction.
 91 30:XX:XX Tongue feels permanently coated and rough. Diminished sense of taste on
 tongue. Tongue feels as if not my own.
 91 34:XX:XX Tongue very thickly coated all the time as if can't switch it off any more.
 91 48:XX:XX Tongue white and rough (flared up twice in one day).
 91 50:XX:XX Tongue feeling rough and white coated (last ever recording).
 89 18:XX:XX Very small very very painful ulcer / spot in mouth between
 gum and left cheek, bottom. Could hardly see. Sharp pain.
 95 10:XX:XX Very dry, furry and tongue white. bad taste in mouth.
 95 11:XX:XX Bad taste in mouth. Tiny little spot on soft palate, sensitive
 95 14:XX:XX Sharp pain in left, lower jaw, back teeth.

THROAT

- 84 01:20:30 Woke 4.00am with dry cough and sensation of rawness and dryness at the back of my throat (larynx). Not >by sip of water.
- 86 00:04:25 A sore throat at back of mouth. A very unusual feeling, Like a strange feeling. Intense raw sore throat. Dry at back of throat. << coughing. << swallowing. Better by 00:06:40.
- 86 00:19:40 Sore throat >as day went on.
- 86 01:01:01 Sore throat returned with tiredness and sleepiness.
- 86 02:00:00 Sore throat. Dry, sharp, painful on coughing and swallowing.
- 86 02:02:00 Throat symptoms really intense. Raw, painful, dryness.
- 86 03:04:00 Dry throat and catarrhal inside sinuses - posterior nares - very little discharge and phlegm.
- 86 03:11:00 Sore throat when coughs.
- 89 04:XX:XX Slight soreness throat. 9.00pm.
- 89 04:XX:XX 5.00am. Throat <<. Bit red at back.
- 89 05:XX:XX Sore throat on waking >than in the night. >eating and drinking.
- 89 05:XX:XX Sore throat << evening. Slight hoarseness. Slight dry cough.
- 89 05:XX:XX 3.20am. Throat very sore << waking. Pain in ears << Rt. ear. Cough dry, powerful, connected to the throat. >hot drinks. Lasted 2 days.
- 89 06:XX:XX Throat pain << swallowing (empty and liquids).
- 89 07:XX:XX Throat << orange juice. Made me cough. Water OK.
- 95 02:XX:XX Slight pain top of throat, disappeared quickly.
- 93 05:03:00 Sore throat (left) one spot. Sore when swallowing, slightly sharp.
- 93 11:XX:XX Constriction of throat below Adam's Apple.
- 85 00:00:10 Sudden surge of mucous in back of throat. It felt thick.
- 85 00:01:20 Still lots of mucous around, constantly clearing throat.
- 85 00:01:50 Throat getting dry.
- 85 04:XX:XX A couple of minutes after taking the remedy, build up of mucous in the back of the throat.
- 85 07:XX:XX Immediately after remedy , immediate accumulation of mucous in back of throat leading to swallowing. Consistency thick and runny.
- 85 08:XX:XX Throat felt swollen up, not painful but aware of it every time I swallowed, feels slightly numb. Glands not swollen. Numbness lasted 5 hours, followed by an accumulation of mucous at the back of the throat.
- 85 09:XX:XX 8.00am. Mucous flowing down nose into back of throat. Swallowing it. 3.25pm. Throat beginning to get numb, also back of mouth.
- 95 05:XX:XX Thick yellow green expectoration. Sudden appearance and disappearance.
- 95 07:XX:XX Internal foul taste.
- 92 08:XX:XX Catarrh at back of throat on waking. >for steam from

shower. Gone by 10.00am.

- 87 23:XX:XX Glands either side of neck swollen, << left side.
- 91 29:XX:XX Felt swelling of glands under chin - felt swollen and painful - tight.
- 93 01:09:00 After pain in armpit (left) stiffness under chin. Started on left, went to right. Swallowing not affected. Felt as though had double chin. Felt hard, didn't look swollen
- 93 01:12:00 Feeling in neck went to back of head, slightly stiff. Slight sore throat. << when swallowing, after stiffness in neck / back of head / spine.
- 89 13:XX:XX Conscious of neck for a few minutes.
- 89 14:XX:XX Conscious of neck, tight at the sides, tension.
- 89 18:XX:XX Conscious of neck.
- 95 07:XX:XX Sharp throbbing pain in right side neck, intense, lasts 10 - 20 seconds.
- 91 00:03:45 Felt dry and strange - felt as if coming off an LSD trip. Way back at the throat feels as if a link with the brain, with feeling like a chemical reaction.
- 91 00:21:00 Internal trembling - fluttering.
- 91 02:XX:XX Throat - tight yet open. Electro - chemical sensation, maybe even electro - magnetic. Drugged.
- 91 03:XX:XX Dry throat while mouth feels full of saliva.
- 91 03:XX:XX Trembling sensation in throat while eating.
- 91 04:XX:XX Throat - taste - like chemical.
- 91 04:XX:XX Throat - chemical feeling connected to the brain - drugged feeling.
- 91 04:XX:XX Dry throat, "drugged sensation" - adrenaline sensation.
- 91 06:XX:XX Throat - brain drugged feeling again.
- 91 08:XX:XX Throat - slight "tripped" sensation again.
- 91 20:XX:XX Throat "trippy" feeling, reality shift again.
- 91 25:XX:XX Funny turn - strangeness - felt tripped again but only slight.

STOMACH

NAUSEA / BLOATEDNESS / DISTENSION / PAIN

- 84 03:XX:XX 30 mins after lunch, nausea but no vomiting. Stomach, especially middle part of abdomen felt bloated, and felt stomach upset with a little heartburn. Slight itchy burning into the throat. Couple of eructations with no taste and without relief. Lasted 45 mins.
- 84 04:XX:XX Nausea on waking with general stomach upset. No vomiting. Pain in mid abdomen, coming and going. Lasted 5 hours. Nausea after passing stool.
- 92 04:XX:XX Stomach churning on waking.
- 92 05:XX:XX Stomach bloated and churning. More settled after eating.
- 92 36:XX:XX Stomach bloated (with loose stools).
- 91 13:XX:XX Incredible sharp stomach pain, bloated - wind. (Lasted 10-15 mins).

87 01:19:XX Burning indigestion causing waking, after rich pasta dish. > cold skimmed milk.

87 02:05:XX Indigestion from potato salad. Like a stabbing pain just below diaphragm on right side.

85 05:XX:XX Felt nauseous, cold sweat on forehead with strong sensation to be sick. Lasted 2 mins, came and went, suddenness.

85 06:XX:XX Felt nausea again. No desire to vomit. Came on suddenly. No sweat.

93 08:12:XX Nausea after eating biscuits.

93 11:XX:XX Nausea in traffic jam in afternoon, felt hot and cold. sai would be sick at night but wasn't.

93 12:XX:XX Feeling sick at 1.00pm.

87 06:XX:XX Nausea after mayonnaise.

87 10:XX:XX Nausea from thought of pasties, cakes and sweets.

87 18:XX:XX Nausea after eating Brie and tomato sandwich.

95 00:03:15 Twinges of pain after cold drink.

95 02:XX:XX Nauseous after 3.00pm. Twinging, cramping pains in stomach.

95 04:XX:XX Queasy in warm shower, << cold shower.

95 05:XX:XX Queasy in shower, << cold water.

95 05:XX:XX Intense pains after eating a pear

95 06:XX:XX Dizzy and disoriented feeling in stomach. Odd twinges of pain.

95 07:XX:XX Sharp pains stomach whilst sitting at work.

95 09:XX:XX Intense pains, sharp, mobile, started on left, moved to middle then right. Spasmodic, cramps, disappeared quickly. << right, << pressure, << drinking tea.

95 15:XX:XX Stomach cramps from trapped wind after curry.

HUNGER

85 02:XX:XX Felt hungry all day, had breakfast at 8.45am, felt starving by 12.30pm. Very hungry this evening even after dinner.

85 04:XX:XX Felt very hungry about half an hour after eating. Had sandwich for supper and still felt hungry.

87 00:07:00 Sudden hunger with ball-like sensation in pit of stomach.

87 00:XX:XX Don't feel as hungry as I usually do.

87 01:XX:XX Not eating and drinking as much as usual. Want a banana and bread.

87 02:05:XX Still not as hungry as I usually am.

87 02:08:XX Tried to eat a banana, could only manage half.

87 02:13:XX Could not drink as much lager as usual. Felt full after half a pint. The thought of cider turned my stomach.

87 03:XX:XX Still no appetite. Ate a banana.

87 04:XX:XX Still no appetite. Ate 3 slices of bread at 3.30pm.

87 06:XX:XX Appetite still diminished.

87 07:XX:XX Felt more hungry but full after 2 slices bread at 3.30pm.

87 09:XX:XX Appetite increased but still not eating much.

93 01:08:XX Usually pick at children's tea - didn't even fancy a strawberry. Not wanting food even though thought might be better for eating (head ache and stomach). Not wanting alcohol - unusual - usually have a glass of wine.

93 03:11:XX Very good appetite.

93 04:09:XX Hungry, had a good tea.

93 05:XX:XX Still hungry.

93 13:XX:XX Not hungry yesterday and today.

89 00:02:30 Hunger at 11am . HAD to eat 2 hours after last eaten.

89 01:04:XX Sudden intense hunger 2 hours after eating.

89 20:XX:XX Sudden hunger 11am.

92 02:02:XX Very hungry until ate at 1.00pm. Wanted something filling and savoury. Very hungry all evening.

92 03:XX:XX Once I start eating I want to carry on.

92 04:12:XX No desire for food or drink (with diarrhoea).

92 05:04:XX Hungry and empty sensation.

THIRST

92 01:22:30 Thirst, morning on waking, desire for tea, >drinking tea.

93 01:13:00 Thirsty (with other symptoms, see throat, mouth, back).

93 01:14:00 Extremely thirsty, wanted tea. Unusual to drink 2 large mugs at that time. Made me feel hot sweaty and uncomfortable.

95 02:XX:XX Not very hungry or thirsty.

95 03:XX:XX Thirsty, drinking cold drinks.

95 06:XX:XX Thirsty for water, glugged it down. Desires cold fizzy drinks.

95 10:XX:XX Very thirsty, needs to drink 4 - 5 cups of water and 1 cup of tea

DESIRES AND AVERSIONS

87 01:XX:XX Want banana and bread.

87 01:19:XX Burning indigestion from rich food >cold skimmed milk.

87 02:05:XX Smell of cooking chips turned stomach. Usually eats chips, but had bread, lettuce and potato salad, potato salad caused indigestion.

87 02:XX:XX Did not like taste of ham and salami which I normally crave.

87 02:13:XX Thought of cider turned my stomach. Didn't want ice or lemon in any drink.

87 03:XX:XX Ate banana.

87 05:XX:XX No desire to drink coffee. Desires pulses, white and wholemeal bread. No desire chips or crisps. Desire sparkling rose wine.

87 06:XX:XX Enjoyed eating fresh pasta. Mayonnaise caused nausea. Lost desire for meat.

87 07:XX:XX Desire bread, didn't want rich, spicy food.

87 09:XX:XX Today and yesterday wanted banana sandwiches for lunch.

87 10:XX:XX Ate banana sandwich. Thought of pasties, cakes and sweets caused nausea.

87 11:XX:XX Desire banana sandwich and pasta.

87 14:XX:XX Desire bread and banana for breakfast. Pasta and cheese for tea. Averse to anything containing eggs.

87 15:XX:XX Appetite back to normal, still selective about what is eaten - desires bread, pasta vegetarian sausage, olives, pulses, cheddar cheese.

87 18:XX:XX Felt sick after eating Brie and tomato sandwich.

87 19:XX:XX Could not eat Indian food, too rich and spicy. Felt heavy after drinking red wine

87 21:XX:XX Not had any bananas for 1 week. Desire bland food. Still cannot eat mayonnaise but can now eat chips.

87 25:XX:XX 3.30 pm had 2 slices bread.

87 26:XX:XX Desire banana sandwich.

87 28:XX:XX Craving for coffee returning.

87 40:XX:XX Appetite back to normal. Eating eggs again and drinking cider again.

92 03:XX:XX Wanted more salt.

92 05:XX:XX Averse to normal drink of tea (the milkiness of it - milk in cereal OK)

92 05:XX:XX Desired salty food.

85 00:06:00 Ate fruit for lunch, don't usually eat much fruit.

85 07:00:XX Used to love drinking orange juice, not interested. (Persisted since).

91 39:XX:XX Craving Mars Bars.

89 23:XX:XX Desire chocolate and alcohol for 2 days.

93 05:XX:XX Not drinking alcohol, not wanting, unusual.

93 08:XX:XX Averse alcohol.

93 13:XX:XX Tea tastes horrid, beans on toast tasteless.

STOMACH ANXIOUS

87 01:05:30 Feeling of anxiety in stomach.

87 02:08:00 Stomach feels nervous

ABDOMEN

93 00:01:45 Slight pain left side, in line with waist, extending to groin. Came quickly, stayed, did not move. >firm massage. Went after half an hour.

93 00:12:00 Slight pain groin, top of left leg. Vague muscle ache extending to outside of leg.

92 04:04:00 Gripping pains lower abdomen whilst passing loose stool.

92 04:08:00 Churning feeling in abdomen after eating. Urgency after eating. Rumbling and gripping pains all evening.

92 04:23:00 Rumbling in abdomen on rising.

92 05:02:30 Abdomen bloated and churning.

92 05:04:00 Sensation as if digestion speeded up.

92 06:10:30 Rumbling more than usual during morning.

92 12:XX:XX Rumbling sensation in abdomen, radiating round to back.

94 01:01:05 A few minutes after taking remedy I feel wind moving in epigastrium, towards the rectum.

94 01:07:30 Feeling of wind in abdomen after stool, soon cleared.

94 01:09:45 Took remedy, immediately felt wind moving in abdomen, > moving about. Like a vibrating feeling, towards the rectum.

RECTUM (inc. DIARRHOEA AND CONSTIPATION)

89 05:XX:XX Paler stool for last 3 days.

89 XX:XX:XX Frequent loose stool. Sai had to pass wind, but if did would loose stool too. This happened once - watery brown diarrhoea while passing wind. Stool offensive.

84 03:XX:XX Passed stool twice in morning and twice in afternoon. (Frequent stool usual) Each time unsatisfactory, a small lump, not well formed. Dark brown, no smell. Before going to toilet felt bloated, nauseated, with gas in lower abdomen, spontaneous flatus. Relief on passing the gas and on emptying the bowel.

84 04:XX:XX Bulky stool, loose, last portion well formed with white mucous. Only one stool all day.

84 05:XX:XX Bowel opened only once. (Cured symptom)

85 00:XX:XX Stool seems looser for me, usually constipated. (CS)

85 01:XX:XX Stool looser than usual constipation.

85 02:XX:XX Stool twice today, not constipated, normal stool. (CS)

85 03:XX:XX Stool at 8.00am, 1.00pm and 3.30pm. Felt comfortable, not like diarrhoea.

85 06:XX:XX Stool at 7.00am, 10.00am, soft and normal.

85 17:XX:XX Stool at 2.30pm, soft stool, not constipated.

85 27:XX:XX Stool 10.45am, difficult, when passed covered in blood (looked dark red) Not painful.

85 28:XX:XX 10.45am. Constipated same as yesterday.

92 04:00:00 Loose stool, semi-formed, odour slightly offensive.

92 04:02:00 Urgency on rising. Loose stools. Passed small amounts 3 times before 11.00am.

92 04:04:00 Loose stool with griping pains while passing stool.

92 04:12:00 Loose stool, small amount, semi-formed.

92 04:23:00 Small loose stool on rising.

92 05:04:00 Urgency and loose stool after eating and drinking. No pain.

92 36:XX:XX Loose bowels this morning and almost constant feeling of wanting to go, from waking until 1.00pm. Frequency (4 times). Similar to beginning of proving. Well in self, eating and drinking normally, no pain.

93 02:XX:XX 9.00am Slight diarrhoea, smelly and loose. Hadn't passed stool since started

proving. (Combination of not passing stool with diarrhoea is unusual).

95 03:XX:XX Difficulty passing stool, OK at first, difficult towards end.

95 06:XX:XX More watery than solid.

94 00:02:10 Sudden rush to stool. Several soft lumps, messy on anus.

94 01:07:10 Stool hard, not easy to pass

87 03:XX:XX Passed stool at same time (09.30am) every day since proving started.

URINARY ORGANS

89 15:XX:XX Desire to urinate, only passed a few drops.

94 00:00:15 Call to urinate. This occurred soon after taking each pill.

94 01:01:05 Call to urinate after pill. Urine increased and lighter colour since started the pills.

94 73:XX:XX Frequent urination at night, 5 times.

94 74:XX:XX Urination more frequent, desire at the meatus to urinate.

87 03:XX:XX Have not been waking up during the night to urinate. (Change).

95 02:XX:XX Not going a lot today

MALE GENITALIA

95 04:XX:XX Did not feel up to having sex with my wife tonight.

95 07:XX:XX Sharp pain in Rt. testicle

FEMALE GENITALIA

85 29:XX:XX Menses 3 days late. Less heavy first day.

92 27:XX:XX Menses - first two days heavier than usual.

89 06:XX:XX Menses - Painless - unusual.

89 XX:XX:XX As if menses starting - small amount blood - 5 days early. Menses started 2 days later.

87 13:XX:XX Menses stopped after 2 days.

91 01:07:XX Sour smelling vaginal discharge - strong smell.

91 02:07:XX Sour smelling vaginal discharge - strong smell.

91 03:XX:XX Feeling in vagina as if no control. Swimming, blubbering, babbling.

91 03:XX:XX Cystitis (Old symptom) Normally after sex but hadn't had for 2 days.

89 00:00:05 A sexual feeling, diffuse throughout entire body especially in hands. Sexual feeling increased when sitting still, decreased when doing things. When still, became more aware of it. Pleasant, really nice feeling, like being turned on but not like I have to have sex. Feeling warm, not crude, sensitive, definitely sexual. No urge to do anything with it.

89 00:01:00 Whichever part of the body I take my attention to the sensation (sexual) there becomes stronger.

RESPIRATION / COUGH / EXPECTORATION

95 02:XX:XX Sighing.

89 07:XX:XX Cough << late evening.

86 03:11:00 Dry hacking cough which racked my throat. Painful cough. Throat hurts when I cough. Sore.

86 03:12:XX Cough now producing phlegm - pale yellow from chest. Chest becoming tight in the night

86 04:XX:XX Woke with bitter cough, painful but productive - lots of thick phlegm. Pale yellow. Chest tighter, sai constriction and breathing difficulties.

86 04:10:XX Cough eased and chest better. >rising and being active.

86 05:XX:XX Cough continues. Coughing up thick pale yellow phlegm.

86 06:XX:XX Again woke with cough and catarrh. Chest wheezy on waking. <>on rising. Coughing up a lot of phlegm. (Has had this before but remedy brought it out.)

95 16:XX:XX Expectoration thick and yellow first thing in the morning.

93 13:XX:XX Wheezy and slight cough.

94 19:XX:XX Irritating cough for about 5 minutes. Like a tickle but deeper. Went away but returned for about 5 mins.

94 19:XX:XX Nostrils dry but inside of nose, halfway up, feels sore, like I've HAD a cold.

CHEST

91 00:21:00 Internal trembling - fluttering.

91 03:XX:XX Sternum feels "drugged", fluttering, chemical, as if like adrenaline. Whole chest feels strange, fluttery, butterfly like. Trembling sensation in sternum while eating.

91 05:XX:XX Feel breath is not deep enough.

87 00:00:01 Heart racing with feeling of heavy weight pressing on my chest, making breathing difficult.

87 00:XX:XX Keep having to take deep breaths to expel air because I am feeling a little racy, like adrenaline in my body.

87 08:XX:XX Whilst walking have a heavy tight feeling in chest. More noticeable on breathing in, and relieved on breathing out.

87 22:XX:XX Tight feeling in chest while walking.

89 14:XX:XX Pain all around the heart area, brief, << standing up

93 12:XX:XX Constriction in chest.

93 13:XX:XX Chesty, a real constriction in my chest.

94 01:11:30 Heat in chest.

86 04:XX:XX Chest tighter, sai constriction and breathing difficulties.

BACK

92 00:05:00 Usual backache accompanying menses - lumbar region extending to sacral region - not as bad as would normally have been expected. Backache is usually bruised, aching, << standing, >sitting and << lying, >movement.

92 22:XX:XX Woke with sharp pain in centre of back between shoulder blades, like a knot

- being pulled tight. >shoulders back, <;>walking, << lifting, <<bending,<< sitting.
- 89 00:00:25 Awareness of heavy sensation in upper back, << Rt. side, feeling of heaviness. Sai had been carrying something heavy.
- 89 00:00:28 Sensation in back, focused centrally around upper spine, feeling like a constricting heaviness.
- 89 09:XX:XX Tension at top of spine, below neck. (2 vertebrae higher than felt on 1st day).
- 93 01:13:00 Stiffness top of spine (from stiffness in neck / under chin). When turned head from side to side - "gritty" feeling. Also clicking if turned to right (audible).
- 87 01:05:XX Lower backache while riding in car.
- 87 03:XX:XX Lower backache while ironing.
- 87 15:XX:XX Lower backache extending to right big toe. >after hot bath.
- 87 18:XX:XX Lower backache with stiff right leg. Relieved after hot bath.
- 91 01:18:XX Dull pain left side lumbar region, >after yoga (old symptom).
- 91 06:XX:XX Back felt freer and taller
- 91 29:XX:XX Observation - Noticed over the period of the proving - my posture has improved - my back feels straighter.

EXTREMITIES

- 95 00:03:15 Pain in top right foot.
- 95 00:18:38 Left knee very painful when I walk, pain just below kneecap, Rt. hand side, actually causes me to limp.
- 95 01:20:50 Waves of twinging pain in right forearm, underneath, 1-2" below wrist. Line of pain 3-4" long lasting 1/2 hr.
- 95 05:XX:XX Restless arms and legs causing sleeplessness.
- 95 05:XX:XX Shooting pain in right fingers, middle digits.
- 95 06:XX:XX Sharp pain top of right foot.
- 95 07:XX:XX Pain right wrist, strained feeling. Dull ache inside wrist as if he'd slept on it. It lasted all day.
- 95 07:XX:XX Sharp pain top Rt. foot.
- 95 10:XX:XX Sharp pain left ankle.
- 95 10:XX:XX Sharp pain Lt wrist extending to hand. Line of pain like a nerve, sharp, came on whilst in bed.
- 95 10:XX:XX Inside of forearms weak, strained feeling, sore.
- 95 11:XX:XX Pain on top of foot on walking.
- 95 13:XX:XX Pain Rt. wrist, felt weak, same sensation in both ankles.
- 95 14:XX:XX Pain inside Rt. hand index finger.
- 95 15:XX:XX During night, wrists / ankles restless as if blood not circulating properly.
- 91 00:20:50 Feet tender on waking from standing all previous evening. Feet tired, heavy (OS)
- 91 01:18:XX Right hand, right arm has gone numb. Pins and needles sensation. (OS)

91 03:XX:XX Right arm pins and needles again. (OS)

91 03:XX:XX Trembling sensation in hands and arms while eating.

91 11:XX:XX R. and L. toe nail have been ingrowing, now toe nails growing out. First time since acupuncture treatment 2 years ago.

91 16:XX:XX Ingrowing toenail improved and migraines went away.

91 18:XX:XX Numbness of right thumb.

91 21:XX:XX Left index finger felt very sore. One hour later finger locked, cannot move it. Continued to be locked for 24 hours, suddenly finger felt free and unlocked.

91 25:XX:XX Toenails (ingrowing) are now growing out nicely. (Ingrowing before start of proving). Wart which was on left heel before proving is growing smaller.

91 29:XX:XX Left index finger felt stiff.

91 39:XX:XX Toe nail starting to grow in again.

91 42:XX:XX Wart on left heel almost gone.

88 01:04:00 Left calf just above Achilles tendon started aching, sore inside. Wore off by 01:07:00. (OS)

88 01:04:30 Big toe numb and tingling, slightly itchy, left foot.

88 01:16:00 Big toe still sore - left tip near top of nail, left foot.

88 01:16:00 Calf aches just above Achilles heel, left foot.

88 01:06:00 Left big toe numb and a bit itchy on top.

88 02:XX:XX Area around left Achilles tendon still sore - comes and goes. Like having worn new shoes, aching inside left leg. Better after 4 days.

88 02:XX:XX Toe still tender on left side.

92 09:XX:XX Upper base of left big toe sore after walking, red but not blistered. Bruised feeling <<walking, << touch, >resting. Had to take off shoes. (Not new shoes). >after 2 days.

92 28:XX:XX Base of left big toe swollen and red. Painful to walk on and touch. Pain as if in joint. Felt hot inside. >resting it, >comfortable shoes.

92 29:XX:XX Toe still aching when woke up, but not red. Sore to walk on and joint stiff.

92 30:XX:XX Toe still aching. Can't bend it properly. >in 5 days.

87 18:XX:XX Stiff right leg with lower backache, >after hot bath.

93 12:XX:XX Achy legs. Couldn't get up to go to the loo.

94 02:22:00 Legs feel stiff.

94 03:10:00 Legs ache, feel like I've walked a long way even though I haven't.

94 04:21:00 Legs ache / stiff on waking, wore off during the morning.

94 12:XX:XX In bed felt legs very tired, aching thighs sai had walked 10 miles but I hadn't. So my lower 1/2 was comfortable in bed but top 1/2 sleepless.

89 00:00:20 Aware of sexual sensation in hands. Aversion to using the hands. On writing the sensation disappeared.

89 00:01:00 Increased awareness of left hand.

89 01:XX:XX Feet, usually cold, became warm.

- 89 03:XX:XX Feet hot at night.
- 89 04:XX:XX Hot feet 9.00pm.
- 89 09:XX:XX Intensified PS (not had much since proving started). Increase in sensation in left hand, << thinking negative thoughts, like a fullness, pre - pain, mobile sensation, energy ache. Has to have hand free - not like touching anything - holds up fingers separated, nothing obstructing it, wants to shake it
- 89 20:XX:XX Heat in feet 3.00am. Had to put out of bed. Burning in right sole. Not hot to touch.

SLEEP

- 89 01:00:00 Woke feeling relaxed and at ease, unusual.
- 89 04:XX:XX Have woken feeling good every morning. (CS). Feeling left suddenly each morning quite quickly.
- 89 05:XX:XX Sleepy 2-4pm. (<;>4.00pm).
- 89 20:XX:XX Woke 2.00am. Couldn't get back to sleep.
- 87 00:XX:XX Restless sleep, kept waking in the night.
- 87 33:XX:XX Woke at 5.00am.
- 93 01:18:XX Woke at 3.00am (unusual), from dream.
- 93 01:21:30 Woke 6.30am (unusual), felt ready to get up, looked at clock, went straight back to sleep.
- 93 01:22:30 Woke 7.30am. Very awake. Unusual.
- 93 03:17:00 Woke 2.00am from dream.
- 93 11:XX:XX Couldn't sleep, midnight, wide awake.
- 94 05:12:50 Took half an hour to get to sleep, thoughts keeping awake. Usually sleeps straight away.
- 94 12:XX:XX Head too awake to sleep for 20 mins.
- 94 13:13:XX Tired but couldn't sleep, agitated. Finally slept at 4.00am.
- 94 27:XX:XX Felt sleep coming over me, felt I could get into bed and sleep there and then. Lasted half an hour then I was awake and alert again.
- 94 59:XX:XX Sleepless until 2.00am.
- 86 00:06:00 Very very tired. Sleepiness with heavy limbs. Very tired and clumsy.
- 86 00:19:40 Woke very tired, unrefreshed.
- 86 01:07:40 Great tiredness.
- 86 02:08:00 Unnaturally tired.
- 86 03:04:XX Extreme tiredness gone. Got up at 5.00am and worked hard. Developed headache.
- 86 03:10:XX Tired again. >by bike ride.
- 86 08:XX:XX Woke early, felt tired quickly.
- 92 02:22:30 Woke early, 6.30am and couldn't get back to sleep.
- 92 04:13:30 Tired and went to sleep easily at 10.30. Early.

- 92 08:12:00 Tired in evening.
92 08:22:00 Felt as if slept very heavily. Difficult to wake up.

DREAMS

- 91 04 In Russia, meeting a woman living in hotels, sharing foods. Motorbike on snowy roads.
- 91 05 My mother was in an Indian restaurant, visits us in hotel. Came home at 5am, happy and tipsy, with a stranger. She asks if we can put the stranger up in a bed.
- 91 06 Water, a boat, marshland. I was part of a search party - firstly underwater then looking over water - governments wanted us to find something. We found this boat hidden and found a group of men, rotting and maggoty. Had to find out why they were hidden. I had to dissect the bodies - suit and flesh were moulded together. Felt fine during the dream. The body I was dissecting felt spongy.
- 91 06 On a motorbike at red traffic lights, seeing self from birds eye view.
- 91 06 Driving fast car with pop star, going wild, singing under a bridge.
- 91 07 Took picture of a cat, designed by friend, to a trade hall. Wanted to buy newspaper but didn't have any money. Should have had some money for working on a farm, but I got a hosepipe in the barn and sprayed it into a 4 storey house. A person there got wet and shouted.
- 91 07 Books in a street, a gallery. Man trying to lure people in with the books to see the gallery. I saw some earrings, seahorse shaped in a pink bowl, nice trinkets, and art. As I was going out saw a mask of stone or clay - broken - ancient Roman or Egyptian.
- 91 07 Piano rescuing operation, piano at river and beach, friend and me to rescue it, but the piano wasn't good enough to pull out of the rocks. We got another piano free which was just standing in the street.
- 91 08 Green chameleon came from a gallery, upset that it came from a gallery, took it home and cared for it. It changed colour from brown to green and back - liked water. I rescued it again later at the door of the same gallery, it was green and happy, full of joy. I bathed it in a bucket of water - had to live at a friends house. The friend was cool to us - went to the gallery through a wasteland, nearly couldn't get through with a bike. I was told to go higher to a place where I could slip through.
- 91 08 Berlin - felt so exciting to be there.
- 91 10 Man building a tepee. Made from stone or wood with a modern oven pipe in the centre. He was making it survival worthy.
- 91 10 Parents toilet, door didn't close because carpet crumpled - few yellow items there. I in French cafe bar in New York, showing my pictures. Red and black, very deep, life and death.

- 91 17 Kissing another man while partner is talking to another woman - then he left her - panic, want my partner back. He went to bedroom, but I couldn't find him. Went through labyrinth of building.
- 89 00 Dream of red plants, flowers, big, startling, in a vase.
- 89 00 Walking alone at night to a night club. Club very full. They checking men's ID's on the door. I decide to go to a woman's club I know. I see an old friend.
- 89 02 Old friends, of having a meal.
- 89 02 Of being in the bath, with 2 male friends, open and friendly, not self conscious, not sexual.
- 89 02 I'm in an underground spiritual place like a shrine room, I'm on the toilet in the corner, for stool, worried someone may come in before I'm finished.
- 89 02 I meet some older people and the vicar going to church, towards the right. I say my equivalent is to walk through the big garden which is to the left. Feeling - theirs is the old established way, which is what they are, they may not understand my choice.
- 89 03 Lots of activity in the dreams. Dreams of music going to be performed. Dream of old friend.
- 89 04 Of being criticised - weeping and upset because couldn't express or articulate any defence. Feeling of powerlessness. Go for lunch, can't speak, crying, don't get there.
- 89 04 Dream of festival, of holding a baby.
 Dream of being in a tent.
 Dream of bathing (2 women). Dream of going to the toilet - has to wipe before using.
- 89 05 Dream of a face, a man, combination of innocence and evil, frightening, makes me feel disturbed.
- 89 05 In a toilet waiting to see a film. It happens live in front of me. Man being attacked - he tries to cut / break the hand of his attacker. The 2nd man tries to hack his attackers hand off, he does, it comes shooting over the floor, hits my bare foot which gets blood on it. Have to wash it off in the sink.
- 89 05 Of a swimming race in icy hostile waters. About survival.
- 89 05 In a supermarket - waiting -overhear woman telling how she was attacked - other woman says it happened to her twice.
- 89 06 Dream - refusing a mans advances.
 Dream - lying with a man who needs something.
 Dream - of cutting up chocolate flapjack I give the edges away - I give away

more than is left.

- 89 07 Survival trek in the snow. 9 of us.
- 89 07 Dream of violence without conscience against black native people. Atrocity and terror. Of fire. Extreme cruelty. Survival. Powerlessness. Something terrible buried - the discovery of something in the past never seen before. Uncovering something terrible that has been buried.
- 89 08 Of treasure, to be found in a dump - waste land in a city, big gates. Met 4 travellers who say "come along" - spiritual, dressed in off-white grey. Free, tempting, not belonging anywhere, they say they are going in the morning. Then meet 4 men, solid, darker, more aggressive, not people you want to mess with. They say "This is where the treasure is to be found, but if you want to get it you have to walk through the dump and get shit on your feet."
- 89 08 Food dreams and going to the toilet - interrupts the meal.
- Dream - in a big eating hall. 2 long trestles, a queue.
- Dream of needing a remedy (Lac can), not in the pharmacy.
- 89 10 Small cases conference - someone telling the case. The remedy was POOINUM, a remedy made from the light of a ghost.
- 89 10 Dream of a crowd.
- 89 11 Old school, meeting old teachers, big black man in charge of music dept, raucous pop music, searching for a toilet.
- 89 12 Return to old school. Had to drive across expanse of frozen water to get there. Felt not frozen enough to hold the car.
- 89 13 Cafe bar. Taking case of woman who had been abused. She was going to be a priest. She was quite young, surprised me that she married - didn't seem mature enough. Took all the case but woke before got to the abuse.
- 89 14 Underground, big square cavern, low ceiling, family there. 4 glasses of red and 4 glasses of white wine. A drop of the white was put in each of the red ones. People appeared in a forbidden entrance. Lots of manic people rushing around the sides of the cavern. A good Chinese man - instead of hands he had things that fire DANGER very fast - silvery, bit like a gun. He was disarmed, but ended up still doing it with one hand.
- 89 15 Someone from school, good person, small for his age, annoyed with bad man causing him trouble. He rolled the bad man along the table and out of upstairs window.
- 89 15 Woman had been disguised as a man during a war. Even though the war is over it still has to be a secret.
- 89 15 University campus. Secrecy. Hearing about a woman who was raped and 2 women who were murdered. Feeling of threat. Go to make some food - on my way back aware of danger. Very intense threat feeling. (On waking prover felt frightened, unlike other dreams).

- 89 15 Having friends round for dinner party. A woman has been threatened at knife point on her way.
- 89 15 Trestle tables with food. Waiting for pudding.
 Dream of old school friend - talking to her about her dissatisfaction with her career.
- 89 16 Cafe. Going downstairs to order. Its getting late. Eating cake called "FIELD". Teachers are checking about lights going out. I said I'd had a bath already.
- 89 17 Like India. Driving in a coach to station across a park where festivals are sometimes held. Atmosphere - poor, unloved, strange, a "no place". Toilet - women's - man with us, he goes in as well.
- 89 18 Cigarettes - rolling them and throwing them into fire outside the front room of the house. Walking to the university I'll be going to in the future, past old clothes shop.
- 89 18 Crowd. Evangelical healing by a man. The ones who didn't believe needed healing.
- 89 18 Of being christened with my sister as adults.
- 89 19 Dream of old friendly elephant who had visitors. I was cleaning out the drain where it ate and drank from, ABSOLUTELY DISGUSTING. Disgusting gunge that I didn't want to touch. Got newspaper to protect fingers. Slug - like. Told the elephant and she didn't mind. She had to have a pint of tea and had to have 3 pints of liquid a day.
- 89 19 Young boy trying to drown himself in the bath. I'm watching and waiting for him to realise he wants to live.
- 89 19 4 of us come down and out through a hole in the wall into a big warehouse life and death situation - we have to jump onto raised hanging platform loaded with sacks of food - rectangular platform. Situation of threat, violence. We will be killed if we do it wrong. A bad person behind all this.
- 89 23 I a very important homoeopath with a very expensive car and an expensive bottle of wine. I'm going to go far away to treat a patient. I can't drive the car properly. Go back into house, a man is very nasty to me about being an important homoeopath. I very upset, go upstairs, tear and scratch self down arm.
- 89 23 Dream of eating at long table with important person who passes me a secret message. A priest arrives who is late, hungry and impatient. Dream of food being cooked, beautiful and skilled by the important person.
- 89 23 My mother is unhappy. myself and 2 sisters in restaurant - round table- they eat, I have water.
- 89 32 Eating at a long table

- 89 33 Dream of cooking.
- 89 33 War situation. Burying ordinary things in a trench, supposed to make the enemy think they were bombs. We may have been prisoners of war.
- 89 33 Dreams - food, old friends, school. Food - a reunion. Baths. Crowd, a party, old school friends.
- Prover continued to have dreams of food and gatherings for months.
- 85 01 8 or 10 rows of vaccinations, medicines, spread out.
- 85 01 Visiting someone, staying in their house. Dancing on the terrace with a man who picked me up, held me over the edge of the terrace during the dance to see how I would react. First time I said nothing, 2nd time I decided I didn't want to do it (no fear, and not because I didn't want to) and stumbled/tripped on being put down.
- 85 01 There were 8 of us trying to get in a car so 2 people were left behind. I had to go in the car to drive and had difficulty starting it, but eventually set off through town, crowded like a market place. Drove down a windy road and passed a lorry in a dangerous place.
- 85 01 Visiting an old man important in the church / head of church. Asked him if he knew all of the secrets - he said librarians knew more and the person above him. Asked me to leave as he was going to wash. Basin was behind screen, and I got the impression he was going to wash his body. I left and another man visited him, put a spell on him, told him to come with him. I realised he was being kidnapped, so I dropped my watch (a delicate gold ladies) and pushed it under the door to leave a clue. Was also another watch lying in the gap between wall and carpet. I was sure kidnapper could see it.
- 85 03 In a room asking female friend if (affair) it was worth it. She replied "No". Then she filled in a mortgage form to borrow money to pay for meat so she could pay off the butcher - she was very excited about it.
- 85 03 Making love to another man, stripping his trousers off and mine. His penis was very long, past knee. Felt like had an orgasm, we only just got finished, got dressed and someone came in. He gave me a reproachful look.
- 85 04 Driving in a crowded street, parked in a cinema, had to squeeze car through an opening, barely wide enough because the other entrance blocked by a van. The fence was a chain on posts.
- 85 05 Living with my parents and family, riding around on bicycles on the beach. Went to my room, thinking of the defence of the house, and that it wasn't good enough. There was a party in the house and I went outside, found someone spying, (he was male, strong muscles, bald) Then I was having a meeting, then dreaming about going to the toilet and the relief after using the toilet. This sequence was repeated several times.
- 85 07 Went out to dinner with 9 friends, had to squeeze round table. Half of us had arrived - old friends I hadn't seen for years. Full restaurant and I had to pass a woman with a baby who already had her meal. Others didn't arrive

so we went somewhere else then everyone drove back to the first restaurant which was almost closed. Lights were out in the restaurant which was downstairs, the kitchen was closed and dark and the owner told his wife he had sent the live in help home, what was he to do. I told the others I didn't think we could get a meal here.

- 85 07 Welcomed friend to my house - hug and kiss. Walking along streets and canals and across a canal. Painted on the side of a derelict building was BELIZE where we are going on holiday.
- 85 07 Friend drove up and parked on drive. Handed me white plastic jug with lots of emulsion paint on inside. I had to clean it on outside tap.
- 85 09 Helping an old lady into a chair which would take her into a home, she was reluctant to go. I was holding a sheet and cushion in the correct place and a man was carrying her to the chair. She twisted out of his grip and was dropped on floor.
- 85 10 Friend and I walking along embankment looking at new building - a very long shopping centre. Lots of kids playing around building site and I felt we should do something to stop them vandalising the building but we didn't. We came to a section where kids had started a fire - went for security man told them what was happening and to send for the fire brigade. Then we were inside one of the shops with lots of other adults who were looting. I asked friend if she wanted a new watch - she said no, it wasn't right. I felt it would have been easy to join in if she hadn't been there and been so moral.
- 85 11 Was told to visit a girl I had known in school who was in room 73. Her brother was there.
- 85 13 Neighbours arguing. Daughter telling her father she was going on holiday with boyfriend, he telling her she isn't. She said it had cost a lot of money, they would loose thousands. The girl on the adjoining property was painting the outside of the upstairs window with me and overheard the argument.
- 85 13 Being driven around where I was brought up by father. We passed a temple - large building with very large windows stretching from ground to 1st floor. Were rooms where people could stay. I asked who lived there. Lots of light coming out of windows.
- 85 14 Someone I knew, hadn't seen for 20 years came to visit my mother and me in my house. Next morning discovered she had stayed the night. Also discovered that a friend and her baby had stayed and she was changing her baby's nappy using a spoon to clean her bottom which was very dirty.
- 85 15 Looking at lists. I think something to do with exams.
- 85 15 About going on holiday and I trying to borrow a camera, walking along streets with suitcase, husband with me, thinking it was nice to go on holiday with two other girls and this year I would be able to get a photo of myself horse riding. I saw a picture in my mind of myself sitting up straight on a dark horse, wearing dark clothes, black denim shirt and jeans.
- 85 16 Trying to get to my room in large hostel. Had been outside to use telephone, gone inside and upstairs to find room then realised that each

block was separate, corridors didn't run through, so had to go back downstairs and in the correct door.

- 85 16 Bandages around wrist. Would people think I had tried to commit suicide? Not true. What could I say to them to let them know it was an accident. Bandages eventually fell off.
- 85 16 Ill at parents home. In brothers bedroom found a big box of black silk condoms. Helped myself to a huge handful, put them in a cupboard in my room. Thought "should I ask him first?" A few were open in the box, coloured multiheaded, hydra like, wondered how easy they would be to use.
- 85 17 Driving car, side road, with cousin to fetch milk. Had to drive across dual carriageway, travel 10 yards in wrong direction then turn off - choice of two side roads - took less used one, rejoined track so OK.
- 85 17 Sitting astride a wall surrounding a pool full of fish - all types, also black slugs and rectangular blocks of dark sponges. Fish feeding on something, one turned to give me a malicious evil look. Pulled my right foot out in case fish attacked me.
- 85 18 In a tower, the bottom of which was set out like a roundabout - i.e. there was a correct way to go and a man who opened a door for me to carry on my journey. I thought it was kind of him to hold the door open for me. There was a steep ramp to top of tower and on reaching top there were two ways down - a vertical ladder in centre of tower, or steep sloping ramp with danger of falling / sliding down.
- 85 19 I walking around a tennis lawn attached to back of house surrounded by fence. A woman walked through side gate. I was frightened because I thought the place was secure. Thanked her for reminding me about the gate.
- 85 23 Woman taking us for Gestalt work. I had to go and have a wash. When I return she says that because I had had previous experience with Gestalt I didn't have to do it and could help keep an eye on what others were doing.
- 85 24 I was at a college weekend and there were a few of us sitting around waiting for lectures to begin. Eventually decided that if nothing was going to happen by lunch time I was going home. Then I suddenly remembered that I had forgotten about attending a tutorial on the Friday evening. Thought it was strange that my friend who also had tutorial hadn't been in touch because we drove to college together. Suddenly realised that the theme for the weekend was rescue. Asked if I could be winched up in the helicopter but one of the service men said no.
- 84 01 I lost my car. I found it again so I was quite relieved.
- 84 04 Was in a medieval castle, people wearing armour in a castle room, with wizard present who made a knife appear. Threw it on the floor and another knife appeared - they appeared in 2 circles and spread around.
- 87 00 I really wanted sex with my boyfriend. He had disappeared. Went upstairs and looked at my vagina in the mirror. It was big and swollen like the inside of a flower. I was holding an orange coloured iris or lily in my left hand.

- 87 01 There was a pack of dogs having an orgy.
- 87 02 Mother and grandmother. Was having a problem with my boyfriend who wanted me to go with my mother to see my grandmother, to get rid of me. (Grandmother is dead).
- 87 03 Dream of a friends funeral. (Died in real life 1 year ago). Dream of old girl friend not seen for 18 months, and old boyfriend, not seen for 4 years.
- 87 06 Mother hurt her arm and had to have stitches.
- 87 12 Dream - I bought some bananas for my supervisor - Was on a weighing scale which told the health of internal organs. Told me kidneys were diseased, but they will get better.
- 87 12 On top deck of bus at front. As the bus moved the front and sides disappeared. Quite scared of falling out.
- 87 18 Being pursued by strange white beings, alive but not human. Later when walking balancing a massive packet of washing powder on my head like an African.
- 87 24 Annette had daughter of about 8 years who couldn't walk. She told me that the substance missing in her daughters body which would enable her legs to move is what the proving remedy is made of. My tutor who is also proving was in the dream. She said she was 45 but she looks younger. She had some lovely amber trinkets which seemed precious.
- 87 29 Dreamed that was camping with 4 family members in one man tent. Felt uneasy, did not want to be squashed in middle.
- 87 29 On a farm, chicks running around but they had human heads with bonnets on, they were very cute.
- 87 31 At a party with other college members. One brought a pet which looked like a 6ft long sausage. It scared me. I didn't like it, couldn't touch it, it was hard. It kept coming at me, I tried to push it away but couldn't. It was like a sexual assault but it did not penetrate me. It then took its own semen and tried to impregnate itself.
- 87 32 Being chased by group of men and had to hide in old empty houses with thatched roofs.
- 87 35 Went past old high school. All windows were smashed.
- 87 35 Went out with lots of friends and forgot to tell boyfriend where I was. Knew he would be worried, tried to phone but no answer. I panicked when waiting for bus, next thing I was travelling home inside Jupiter.
- 87 35 Told boyfriend that I was going off to conceive a child.
- 93 01 Woke from dream 3.00am. Dream very vivid. Something to do with Cannabis. (Never before). Arrows shaped like Clubs (playing cards), associated with cannabis, abstract feeling, not about sitting and smoking.

Arrows all pointing in a straight row, black, not moving. Detached, felt as though observing it. Not good or bad.

- 93 03 Dream of dead father. He was going to teach some children to sail at the swimming baths. They came expectant. Then he wouldn't do it - he was horrible. I had to deal with the aftermath.
- 93 05 Giving a talk on Tea. Late, hadn't prepared, big old room. People sitting expectantly. Anxiety.
- 93 10 Norfolk with sister. Trying to choose where to go - very preoccupied with polluted stream. Feeling responsible for sister.
- 93 10 My sister and her partner arrived with children and no tent - had to squeeze in with us -small tent - others disapproving. Felt she shouldn't be there, not booked, site full.
- 93 20 Rushing around getting ready to go out - frustration - others weren't doing what I wanted them to do. Fighting a losing battle against a lot of other forces.
- 93 23 Contact lens - insects on them, couldn't get them in my eyes - horrible and frightening.
- 94 00 Dreams of soldiers, people doing everyday jobs, like an army camp, not war.
- 94 01 Dream of a lecture on witchcraft, the lecture considered not respectable. Ran through streets to catch bus.
- 94 02 Dreams of places I was trying to find my way through. I at my old job, fear of being late.
- 94 03 In department store, lost sight of parents. I a young adult. (Most dreams take place in rough areas with piles of rubbish)
- 94 04 Prophetic dream describing a course I subsequently went on.
- 94 05 Of painting pictures, then a factory area.
- 94 06 Of work.
- 94 07 Of a cricket match, store, back at school, getting lost and fear of being late.
- 94 08 Dream of rough buildings. Back at school, of being dealt with unfairly, thoughtlessly. Lots of dreams in rapid succession, theme of self or someone else being ignored.
- 94 10 Of pop group, determined I would be better than them.
- 94 12 Of playing the piano.
- 94 15 Of a man dissatisfied with his gender, and being described as being old for his gender at age 42.

- 94 17 That I could fly.
- 94 18 Of a woman being offered work.
- 94 19 Of being in a posh hotel and not sure if I was welcome, room mix - up, at which I shouted.
- 94 20 Dream of flower arrangement.
- 94 24 Dream of work.
- 94 28 Dream of hotel, theft, police and a mini riot.
- 94 30 Dream of sea, jumping from boat onto jetty. Of our old dog.
- 94 34 Dream of seaside.
- 94 41 Scruffy streets and waste ground. Of long dead dog.
- 94 42 At school, buildings weird. Befriended fierce dogs. Wandered around looking for my books.
- 94 48 Dreamed of royalty, embarrassed at having exalted myself.
- 88 01 Dream of lawnmower.
- 88 04 Cellphone saleslady giving me the hard sell over the phone.
- Dreamed my wife had kicked the alarm clock into her eye and her whole eyeball had swollen up - she was quite blasae about it - I woke with a start.
- 88 07 Dreamed had an oozing spot on face, thinking "can I get a medal for this".
- 86 00 Black crow, like God. Air raid shelter - the whole of civilised society is in there and "I am the voice of God". Two people have to be taken, one male. Prover is with a woman at the doors of the shelter. Prover feels he has to be the one to be taken.
- 86 02 Dream of old decaying windows. Father appeared in the background.
- 86 03 Dream of baths. Stole a bath and was being escorted by police as an "expert witness".
- 86 03 Of meeting a friend who was a teacher at school.
- 86 04 Weird dream about old friends.
- 86 06 Broke glasses. Lost my way with a walking group, doing wild things, leaping about.
- (repeat proving)
- 86 01 With an old friend hadn't seen for years, I had brought loads of pasta in big dishes and we were eating.

- 86 02 I'm on the beach. 3 men threatening to upset our scene, they came swimming from the sea. I go for a gun (in basket). Someone else has gone to fetch a gun so I wait.
- 92 01 Sad and angry dream. Husband took daughter swimming without telling me and we argued. Angry at having to walk across the street to the pool in swimming costume twice.
- 92 04 Working in an office with an older woman and a girl I used to know, who'd just come back after long unexplained absence. Then I had to shave either this woman's beard off or my own with electric razor.
- 92 05 Getting lost in hospital corridors. Going home on bus past the hospital saw it was covered in bright coloured flashing lights displaying congratulation messages.
- 92 06 Swimming in sea. Stayed on houseboat overnight. Really cold, wet and cramped. Some men got on and started arguing among themselves.
- 92 07 Got a present of essential oils with 2 strong mints. In a quandary about what to do with them because of the proving.
- 92 07 Travelling very fast, as if on a bobsleigh through an underground tunnel.
- 92 13 Group of friends and I needed an operation to remove a lump of fat from the back of our hands.
- 92 17 On a course. Met a woman who assumed I recognised her but I didn't. Told me her friend was pregnant, assumed I knew which I didn't. The friend came to speak to me but I didn't recognise her either.
- 92 21 Waiting outside teachers house for her to give talk. Rows of chairs faced the back of her newly built house. Wandered about waiting for a long time, when the talk began it wasn't her. It rained and we had to put the chairs inside by climbing through a cat flap in the top of the door. A struggle, and I felt stupid because I couldn't do it.
- 92 25 Of a spirit who was watching over things. A dark haired woman was telling me what the spirit had told her about some event.
- 92 25 At a college. People working inside and outside decrepit old buildings even though was summer holidays. No one knew what they were supposed to be doing, tense atmosphere, didn't think I was doing very well. Then I was with other people in the corner of a church. Lots of banners. I was lined up with other people with my back to the wall. The leader was looking at the banners and he suddenly shouted "FISONS" in a frightened horrified tone. Then a bomb seemed to explode in the corner and we all ran out of the church. I seemed to have superhuman strength and was carrying an injured man as I ran. He said "Thanks, girls aren't so bad". It was a really vivid frightening dream.
- 92 25 Climbing a really tall bookcase and at the top of it was another small one really near the ceiling - so I was squashed up trying to climb up to it. I was really pleased when I got to the top. It felt like a real struggle - very high up.

- 92 29 College, studying outside and watching someone inside a ruined house doing it up. The window glass was being painted black. Anxious hurried dream.
- 92 31 Studying in classroom. left room, when came back notes were missing. Frustrating search for them.
- 92 33 At college, doing arts and crafts. Told to make more pottery, couldn't find anywhere to paint pots so did sewing instead.
- 92 34 Mother looking after man who having sex change operation. Also looking after another woman who was donating her uterus. We were making them milk jelly and also raising funds.
- 92 37 College site had been changed. Went with a friend and got lost in the building, ended up in the toilets in the basement. When found rest of students we were all together on the floor in a big room. We were divided into 4 groups and we had to make up a play. I found it quite easy and was pleased and excited.

CHILL/FEVER

- 86 01:XX:XX Flu like Sx all night of day 2.
- 86 02:XX:XX Morning - Still has cold like state. Clear watery discharge which didn't <;>. Sinuses seem blocked and posterior nares. Dull feeling of the mind.
- 92 05:02:30 Felt hot, temp seemed slightly higher than normal.
- 93 12:XX:XX Slight temperature.
- 93 13:XX:XX Similar, alternating hot and cold.

PERSPIRATION

- 89 32:XX:XX Perspiration stronger and more concentrated throughout the proving.
- 86 07:XX:XX Sweats. Smells of onions, copious.

GENERALITIES

- 89 00.00.28 Whole body feels heavy.
- 92 12:XX:XX Heavy feeling.
- 89 02.XX.XX The sexual feelings coming and going, in left hand and body all through the day. More aware of when still.
- 89 04:XX:XX Tired.
- 89 05:XX:XX Tiredness, <;> outside.

93	01:09:00	Felt like sitting watching Wimbledon, not like doing a lot. But got up and did the tea and washing which did not aggravate.
93	01:13:00	Increased energy. Tidied room, sorted out diary, put clothes away. Unusual time to have energy.
93	05:XX:XX	Plenty of energy.
93	05:XX:XX	Very tired after swim.
93	11:XX:XX	Felt shivery after a swim, no energy.
93	11:XX:XX	Incredibly tired. Felt sick, hot and cold, in traffic jam.
93	13:XX:XX	Exhausted after gardening.
93	16:XX:XX	Fine, then can't string two words together/hold a conversation. Might last half an hour <;> change what I'm doing ,> eating.
92	00:08:00	Feel better than I normally do on 1st day of period, not quite so tired and lethargic.
92	02:XX:XX	Usually feel lethargic on hot clammy day, but feel I have a lot of energy.
92	03:08:XX	Lethargic generally all evening.
92	02:XX:XX	Rushed feeling all morning, wanting to be busy and couldn't sit around. Wanted to get on with something, but not knowing what to do. Restless to be active.
92	04:XX:XX	Weak and lacking in energy after diarrhoea.
92	04:XX:XX	During morning weak and tired, a bit achy and flu like. A bit warmer than usual. By the afternoon just a bit weak.
92	08:XX:XX	Edgy and restless. Tidying things up that didn't really need tidying. Half finishing things. Being busy wasn't satisfying because I was tired. Couldn't relax and keep my mind on anything. More mentally restless than physically. Gave up in the end and went to bed.
87	00:00:30	Physical movements faster than thoughts. Whilst writing my hands were faster than my thoughts. Opened fridge door before I had actually thought about it.
87	00:03:55	Pulse 100.
87	00:XX:XX	Feeling a little racy like adrenaline in body, and keep having to take deep breaths to expel the air. Pulse accelerated.
87	01:07:30	Feel as if I have taken a stimulant. Feels like nervous energy. I am keeping busy.

87	01:11:35	Pulse accelerated immediately after remedy. Became hyperactive.
87	02:11:00	Pulse still accelerated (94 sitting down). Feel as if on stimulants. A friend thought I looked agitated and as if I had taken drugs.
87	02:XX:XX	Still feeling hyperactive with lots of energy.
87	03:XX:XX	Still increased energy and keeping busy, but not quite as hyperactive.
87	04:XX:XX	Wanted to keep busy outside. Enjoyed being in the hot sun.
87	06:XX:XX	Felt uneasy sitting around chatting with friends, wanted to be doing something, even though I knew I should rest.
87	14:XX:XX	Pulse constantly between 100 and 80 for last 9 days
87	07:XX:XX	Felt energetic in the morning.
87	16:XX:XX	Pulse now normal.
87	22:XX:XX	Felt tired, irritable and ill humoured on waking.
87	21:XX:XX	Very little energy.
87	28:XX:XX	Dragging myself about and could not work at any speed.
84	01:XX:XX	Feeling more energetic all day.
84	02:XX:XX	I felt more energetic.
86	03:10:00	Desire to sleep yet can't lie down, must be busy in a kind of drunken distant way.
86	07:XX:XX	Energy quite good (has been knackered).
86	14:XX:XX	Woke 5.30am, cleaned, tidied till 8.30 and now feels a bit flat as if coming down from a high.
91	03:XX:XX	Trembling, fluttering sensation.
91	04:XX:XX	Feeling of internal trembling.
91	05:XX:XX	Feel strange. Energy feels sapped. No coordination as if drunk.
91	16:XX:XXDepressed for 3 days, no energy or inspiration.
91	35:XX:XX	Less interested in sex (General throughout, more specifically now).
85	21:XX:XX	General energy better, higher.

85	28:XX:XX	Less energy than last week but still more than when proving started.
85	31:XX:XX	Energy much less, gradually going down again, hit by waves of tiredness.
95	02:XX:XX	Generally felt weak.
95	04:XX:XX	More energy than usually, evening.
95	06:XX:XX	Lots more energy.
95	08:XX:XX	Very tired today, got up very late, had rest late afternoon for 1 hour, got up felt groggy.
89	05:XX:XX	When not working feels exhausted, > activity.
89	06:XX:XX	Don't know how I'm going to manage the day (am). TIRED. Completely in the present due to this. Don't know how I'm going to get through it all. OK when driving or playing the flute.
89	07:XX:XX	Energy <;> late evening, <;> company.
89	24:XX:XX	Exhaustion - had to do everything very slowly and mind very calm. Nothing going outwards. Sitting and staring a lot. Not energy to move. Nice feeling. <;> when moves and active - increased energy.
86	03:10:00	Tired but desires to ride bike. Did so, very pleasant, <;> tiredness.
86	03:10:00	Hard to resume work, but did so and worked well.
89	00.01.15	Hot flush all over, slight sweat under arms.
89	01.00.50	Hot flush accompanied by disappearance of feeling of relaxation and ease.
89	02:00:XX	Hot flush and sweat (9.15 am).
89	03:XX:XX	Hot flush and sweat (9.30am).
89	04:XX:XX	Felt warmer, hot flushes in afternoon, unusual to be warm when tired, usually I freeze.
89	08:XX:XX	Hot flushes every day through the proving.
89	13:XX:XX	Hot flush morning (10.45).
89	16:XX:XX	Hot flush 11.30am.
89	19:XX:XX	Hot flush with perspiration after breakfast .
89	00.01.XX	From 9.30am, all morning, sensation of coldness coming and going through the trunk of body (belly and back).

89 03:XX:XX Sensation of heat all over body.

89 12:XX:XX <<<< Heat. Couldn't concentrate in the sun.

93 01:08:00 Felt hot and sweaty, not sweating but felt feverish. Didn't know whether hot or cold. Felt hot but 1/2 hr after remedy chilly, fleeting. External temp very warm.

93 05:XX:XX Oppressive feeling in department store, sai no air anywhere, (very hot day).

92 04:XX:XX Desired hot bath in am (unusual).

92 04:XX:XX Felt hot, light-headed and faint. <;> cold drink, <;> outside.

92 05:XX:XX Felt faint for 1/2 hr, <;> eating crisps. Faintness after sitting in sun and in hot car.

87 04:XX:XX Wanted to keep busy outside, enjoyed being in the hot sun.

91 34:XX:XX Woke up feeling as if drunk. Felt out of control, wobbly, tipsy. Feeling as if seasick on a boat. 9 1/2 hours later felt better, less wobbly.

95 03:XX:XX Feeling the heat, wanting to get out, <;> outside, <;> cold drink, <;> cold air.

95 04:XX:XX Bashed head violently on door, but it didn't really hurt at all.

95 05:XX:XX Bashed leg quite violently but did not hurt much.

93 01:02:45 Bumped knee - excruciating, couldn't bend knee, thought I'd broken my kneecap. After rubbing it, then completely better. Little bump, gone by 6hrs later, tiny bruise, didn't hurt.

93 03:05:XX Fell on bum. Pain went very quickly.

91 06:XX:XX Sharpened knife, while wiping cut my finger.

92 05:XX:XX <;> late afternoon. Suddenly <;> 4.00pm.

92 14:XX:XX Wet weather more depressing than usual.

92 22:XX:XX Strong feeling all day that I wanted to be by the sea, somewhere like Cornwall with big waves, fresh air and high cliffs.

87 14:XX:XX Enjoyed walking in the rain.

94 01:01:20 I find the dull damp weather quite relaxing.

87 12:XX:XX Slammed doors at work which made me feel better.

87 18:XX:XX Threw things when aggressive but recovered quickly from

temper. Felt feelings of happiness after releasing anger.

87 26:XX:XX Shouted at top of voice and slammed doors when in a furious angry mood. Soon after felt remarkably better.

Tungsten has been put into the repertory Synthesis using the strategy adopted by Jeremy Sherr with Scorpion, Hydrogen and Chocolate. Synthesis has been used as it incorporates more rubrics than Kent, whilst keeping the traditional format.

All page numbers (to the right of each rubric) refer to Synthesis.

As we had 11 provers, gradings have been given as follows:

Grade 1 1 - 3 provers

Grade 2 4 - 7 provers

Grade 3 8 + provers