

Tyto Alba

Barn Owl Feather

For Karen, and my Grandfather, George.

The Birthright

*We who were born
in country places
Far from cities
and shifting faces,
We have a birthright
no man can sell,
And a secret joy
no man can tell.*

*For we are kindred
to lordly things,
The wild duck's flight
and the white owl's wings;
To pike and salmon,
to bull and horse,
The curlew's cry and
the smell of gorse.*

*Pride of trees,
swiftness of streams,
Magic of frost have
shaped our dreams:
No baser vision
their spirit fills
Who walk by right
on the naked hills.*

Eiluned Lewis (1900-1979) Newtown, Montgomeryshire.

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CHAPTER I LIFE OF THE BARN OWL

Other names: Ghost Owl, Spirit Owl, White Owl, Screech Owl, Old Hushwing.

'Tyto alba' means 'white owl'. White owls belong to the family Tytonidae and are unique among owl species. There are 37 known sub-species found world wide except in tropical forests, deserts and above the snow line (Shawyer, 1998). Tytonidae differ from other owl species in many ways, but the main features are a serrated middle talon, long legs, fused breastbone, and dark eyes. Owl fossils have been found dating back around twenty million years in France. Their remains have also been found at Celtic Iron Age settlements near Glastonbury and Dorset. These are around two million years old (Knowling, 1988).

The secret nightlife of the Barn Owl has become demystified over recent years. Their silent, nocturnal flight and sudden screech, has given them both name and reputation in the past, and their numbers have fluctuated over the centuries in Britain. In the Middle Ages they thrived, partly due to poor sanitation and high rat population, which culminated in the Black Death. Also grazing land increased at this time, which they need for hunting. Owls thrived in the water meadows and abundant hedgerows of the Eighteenth Century, but were considered a threat to game birds and many were killed by pole traps in Victorian times. Their feathers were prized for hats, and they were stuffed as ornaments and displayed in glass cases. Collectors also took eggs from nests. Barn Owls continued to thrive in the hayricks of the 1900s, until the arrival of the combine harvester in the 1950s did away with these. Numbers declined around the mid 1800s due to changing patterns of agriculture and loss of habitat.

Today, Barn Owls are an increasingly rare site in Britain and their current population is fragile. Barn Owls and their nest sites have been protected since 1981, due to their decline in numbers. A fifteen-year study showed that the Barn Owl population of Great Britain is unlikely to recover to former numbers of the 1930s. It is estimated that there are around 4,000 breeding pairs left (Shawyer, 1998). The highest mortality rate by far is due to death on roads. Other hazards include drowning in troughs or water butts, flying into overhead cables, poisoning, and dying in fields from getting wet and chilled. Their average life expectancy is thought to be twenty years or more, but most die between five to eleven years of age.

Habitat

Barn Owls prefer rough grassland that is not overgrazed. This in its turn attracts rodents, their preferred food. They can be found on the borders of woodlands and marshland, or hunting along hedgerows. Over recent years, Barn Owls have been found nesting on much higher ground. They usually do not nest more than 500 feet above sea level (Shawyer, 1990). Our own Barn Owl family seem to be proof of this recent shift, since we live at 1000 feet above sea level. This may be due to climate change, and to lack of suitable nest sites.

Nests and roosts can be found in agricultural or derelict buildings, and on the edge of woodland, often in a lone tree rather than in dense cover. Once established in a nest site they can have great loyalty to the site, rearing their young for many generations.

Barn Owls will live happily in close proximity to man, provided they have a secure nest site. Because they are most active just after dusk and at dawn, they often go unnoticed by their human neighbours.

Diet

Barn Owls consume as much as twice their own body weight of rodents, frogs, lizards, bats, moths and occasional small birds in a day. They consume these head first at favourite perching sites or at the nest. If the prey is too large it is decapitated and disembowelled before being torn up. Birds' wings are broken off and larger feathers plucked out before digesting. Barn Owls have no crop like falcons and the digestive system is less acidic than other raptors, so they cannot digest bone and fur. This undigested matter is disgorged in the form of a pellet. This is a conscious act. Barn Owl pellets are shiny and black and they have a sweet smell.

Reproduction revolves around the cycle of prey availability. Short tailed voles peak in reproduction in the autumn, which coincides with young Barn Owls learning to hunt. Shrews are plentiful in spring when the female is on the nest. Ariel quartering and perching are favoured methods of hunting. The young are taught to hunt with their parents by playing games. Barn Owls have light bodies and can wheel and dive with ease. Major factors affecting hunting and food availability are climate change, especially prolonged snow cover, continuous rainfall, and loss of suitable habitat.

Breeding

Barn Owls will mate for life. Unfortunately many have an average lifespan of five years rather than twenty, so they will seek another mate if one dies. They may not roost together all year as they are solitary in nature, but will reunite in March ready for breeding. The male brings the hen food both as presents to entice her to mate, and when she is on the eggs. The female makes a scrape on a level area, for the eggs, which are laid in March to early June (May 9th is the average), depending on the weather. Dry, safe nest sites are difficult to find but can be old buildings, tree hollows and often nest boxes made for the purpose. Clutches can be large but size generally depends on the food available. In a good year they may have two broods. The second clutch may be laid in the same nest with the hatched brood. Eggs are laid on alternate days and incubation lasts around 33 days. Egg hatching is at staggered intervals so age and size of the brood vary. Barn Owls will destroy the eggs and the chicks if they feel threatened. Their most vulnerable times are just before the eggs hatch and up to two weeks after hatching.

Young

The Owlets are usually three or four in number but broods can be larger if the weather is good and the food supply plentiful. The female tends them in the nest until they are around four weeks old, then she moves to a roosting site. The male moves to a roosting site as soon as they hatch. The young owlets hiss, click and snore unlike other types of owls! The owlets are fully grown at 60 days, with adult plumage complete, having shed neoptile and mesoptile down, unique to the species. They are tended and taught to hunt by both parent birds, flying off to form their own territories in September. Many die during their first year alone, due to inexperience.

Call

Barn owls will shriek if alarmed, defending themselves and the nest site. The young owls hiss like snakes until they reach maturity. Adults are capable of a wide range of calls from snoring and clicking, to screeching, and use these for different purposes.

Plumage

The head, back and wings are a beautiful apricot, speckled with silver-grey teardrops. There are many variations in colouring but generally, the breast and under wings are white but frequently speckled with black in the female Barn Owl, whilst generally, the male remains pure white. The female may also have an apricot necklace around the facial disc. They have twelve tail feathers, which are barred and tipped with an eyespot. Barn Owls fly silently, as velvet pile on the feather surface and a fringe of feathers on wing margins serve to muffle the sound of their wing beats. This feature gives a graceful and ghostly appearance, as they fly through the darkness.

The first moult begins at around eleven months of age. Females moult from May to October and males from July to November. The pattern of moult is from the centre out, and puts stress on the owl, as it requires extra body fat and warmth during this time. Shed feathers can give information about the occupants of the site, their age and sex.

Legs and feet

Barn Owl legs are longer than other species, to enable it to reach into the undergrowth to capture its prey. The two toes can be turned forward and one back, giving it a very strong grip. Scales on the footpad also ensure safe retrieval of prey. The middle toes are of equal length, unlike other owls. They have sharp, strong talons with one longer middle talon. This has a serrated edge that becomes more developed with age. Talons can be used to attack intruders if hiding fails.

Sight

The White Owl's eyes face forward, giving it binocular vision, and are on the front of the face rather than the side. The eye consists of more rods than cones, so it is more sensitive to light and can see only limited colours. They have three membranes that protect and clean the eye. They lower the upper eyelid when they blink, which gives them great character. An Owl's eyes are fixed in place by sclerotic rings of bone, and it can only look straight ahead. However, it has fourteen neck vertebrae to compensate for this, which allow its head to turn through 270 degrees. Barn Owls have sensitive night vision and were thought to be strictly nocturnal. It is now known that they can adjust to daylight, and I have seen them on many occasions in the hot summer, sitting in their roost tree and preening happily.

Bill and Hearing

The bill is flat, unlike most birds of prey. Barn Owls have acute hearing, which allows them to detect the slightest rustle. The pink cere at the base of the bill is covered with bristles, and forms part of the facial disc structure, being extremely sensitive to sound vibration. The ears are off set under the feathers bordering the facial disc. The heart shaped facial disc is unique to the Barn Owl.

CHAPTER II MYTH, LEGEND AND SYMBOLISM



Myth

Owl myth has evolved throughout the centuries. Owl is a contradictory symbol since flight is representative of spirit, yet it is a night creature and therefore associated with death, darkness and destruction. Man fears the darkness, as he cannot see what is hidden. It has been said that White Owl represents Christ as the Light of the World and also Satan, Prince of Darkness (Knowing, 1988). The owl was a symbol for the underworld in many cultures including the Celts, and Egyptians. In Mayan culture, the owl is the messenger from the Place of Phantoms, called Xibalba. In Mexico he is the 'messenger of the lord of the land of the dead'. American Indian folklore reveres the special attributes of the owl but our medieval ancestors feared them, associating them with witchcraft and death. Many local superstitions still abound. Up to the nineteenth century, Barn Owls were nailed to doors to ward off the devil and to protect against lightening. Owl soup was said to be a cure for epilepsy. Today, owl myth draws on many sources, since they are revered as powerful magical symbols and

wise messengers. As we have learned more about the life of owls, much of the fear around them has given way to affection, particularly towards our native Barn Owl.

Lilith

Owls appear in carvings depicting Lilith, dating back to 2000 BC. The Goddess is represented with wings, a horned mitre and the feet of an owl. Protective amulets against Lilith have been found from the 6th and 7th centuries BC. In medieval paintings she is shown with the torso of a snake and the head of a woman. There are many stories reflecting the ancient roots of the Goddess. Although these have many interpretations, the myth has been passed on in ancient texts.

The story of Lilith can be found in the Alphabet of Ben Sira, which was written around the 8th century, although some scholars believe to be much earlier. Lilith can also be found in the Genesis Rabbah, the earliest Midrash. Here we find the story of Adam's first wife Lilith, who refused to be subservient to him and left the Garden of Eden. Three angels pursued her and as punishment for refusing to return, ordained that one hundred of her children would die each day. She gave an oath that she would not harm children protected by the names of the three angels, but others she would cause sickness and death for an allotted time. In Jewish myth she appears as succubus to Adam, and seeks possession of young women through the mirror (Gateway to the Other World) thus leading them into promiscuity and disobedience (Lilith's Cave: Jewish tales of the supernatural by Howard Schwartz).

In the Bible, reference is made to owls in association with waste places, 'the mother of ruins'. The screech owl and Lilith appear synonymous with the terms 'night monster' spectre of the night' and 'arrowsnake' (International Standard Bible Encyclopaedia). Isaiah 34:14-5 is the only reference in the Bible (King James Version) that links Lilith to the screech owl. Reference is also made of her in the Dead Sea Scrolls and other ancient texts.

The Epic of Gilgamesh also associates Lilith with the owl, and the Kabbala connects destruction and ruination with Lilith as the wife of Samael (Satan) and the feminine expression of the Left Emanation (Zohar 3:19a). She was feared as a demoness, stealer of children and seductress. The term 'scarlet woman' comes from the sexual rituals of priestesses. Later it was also linked to red hair, which was thought to signify spiritual power. Lilith was depicted as the Scarlet Woman with red hair. The combination of her sexual and spiritual power were said to be transformational. This is one aspect of the modern Lilith, associated with magic and invocation.

Greek Myth

The Goddess Athene is depicted carrying an owl on her left shoulder. She is the Goddess of wisdom and battle. The owl illumines her blind side (left side) and reveals unseen truths. The Hebrews associated blindness with owls, and an old English cure for failing eyesight included owls eggs (Knowling, 1988). Demeter turned Ascalphos into an owl, as he gave false witness to her daughter Persephone (Graves: 1955). When Hades of the underworld, falls in love with and abducts the beautiful maiden, Core who becomes Persephone (she who brings destruction), Demeter causes the crops to fail until she gets her daughter back. Together Core, Persephone and Hecate (Hades' Mother) represent the Triple-Goddess - Nymph, Wise One and Crone of ancient fertility rites. Over the years, the patriarchs repressed the

creative aspect of the Feminine, whilst the destructive aspect - association with black magic and fear based beliefs were emphasised.

North American Indian

In Indian culture, owls are symbols of wisdom and prophecy, as well as messengers of death. Death is referred to as 'crossing the owl's bridge' by the Ojibway (Knowling, 1988). The Amer Indians refer to the owl as the Bird of the Sorcerers, and it is the spirit messenger of the inner circle of seven stones in the Sundance (Wilson, 1989). The bird is honoured by the Cherokee for its ability to see in the dark. For the Pawnee it is the 'Chief of the Night'.

Legend

The Mabinogian

The Mabinogian (Guest C: 1997) is a collection of traditional stories that have been handed down over centuries. They were first recorded in the Red Book of Hergest in the fourteenth century. These formed part of an earlier book called the White Book of Rhyderch. The tales date back to Celtic times and are full of fantasy, whilst they are set around true places and events. The book of Math, son of Mathonwy, forms the fourth portion of the book and is set in Wales at the time of Roman rule. Its theme is magic and relates the story of Blodeuwedd, the flower maiden who is created from the blossoms of trees and flowers by Math, as wife for Llew. The story is one of murder and deception in love between three people. Llew, the betrayed husband is tricked by his wife and lover. They weaken his magic and believe they have killed him. He is restored to health and happiness, but Blodeuwedd is turned into an owl as punishment for her deception, as she looks back in fear at her persuers, whilst Gilvaethwy, her lover is killed.

In the story, Llew spares the life of Blodeuwedd, perhaps because she had no choice in role as wife for Llew, as with Lilith who was created as wife for Adam, and refused to be subservient to him. Both are cursed and given owl identity. In the story of the Owl Service, Alan Garner (1967) renews the magic of this ancient story once more. Garner breaks the repeating pattern of death and deception when Llew, whose name means 'light', is able to forgive the hurt caused to him and see the greater picture. In the White Goddess (1961), Graves suggests the story of Bloduewedd is repeated from our ancient roots, from Gilgamesh to Delilah, to Achilles, to King Arthur. The story of Blodeuwedd caught in the triangle of love and deception is recreated and recalled from the mists of time.

Arianrhod was the Mother of Llew and Dylan, gods of light and darkness. She refused to acknowledge Llew. Gwydion, her brother, tricked her into giving him a son. She is tricked into naming him and giving him alms. When she refused him a wife, Gwydion and Math made Blodeuwedd out of flowers. This is the only remaining story in the Mabinogian that relates to Arianrhod. She is said to have the ability to shapeshift into an owl, and is known as the Goddess of the Silver Wheel, who carries the dead to Emania. To be in her revolving, Castle is symbolic of awaiting reincarnation (Graves, 1961). In Wales she is known as the Moon Mother and the Corona Borealis takes her name. Much has been written on the hidden meaning of this story.

Blodeuwedd

Hours too soon a barn owl
broke from woodshadow.

Her white face rose
out of darkness
in a buttercup field.

Colourless and soundless, feathers
cream as meadowsweet
and oakflowers condemned
to the night, to lie alone
with her sin.

Deprived too of afternoons
in the comfortable sisterhood
of women moving in kitchens
among cups, cloths and running
water while they talk,

as we three talk tonight
in Hendre, the journey over.
We pare and measure and stir,
heap washed apples in a bowl, recall
the day's work, our own fidelities.

Her night lament
beyond conversation,
the owl follows
her shadow like a cross
over the fields,

Blodeuwedd's ballad
where the long reach
of the peninsula
is black in a sea
aghast with gazing.

Gillian Clarke

Symbolism

Yin-yang: The keynote of all owls is magic, wisdom and inner vision. Owl represents the feminine energy or yin, since it is synonymous with the moon and the night (Andrews, 1999). Its element is the air. The Chinese associate the owl with lightening and the drum beat. Its bright energy is yang to the Chinese.

The Spirit Owl or White Owl is depicted throughout our history as the messenger between two worlds. These two worlds are represented by light and dark. For example, the Skidi Pawnee enacted the dance of Morning Star and Evening Star wearing Eagle feathers for the day and Owl feathers for the night. This sacred marriage also represents the balance between the masculine and the feminine energies – the Morning and Evening Star are both Venus. White Owl is known as a herald of death in many cultures including our own. The descent into the underworld is also symbolic of the inner darkness of self. This journey offers an opportunity for renewal of life through the transformational cycle of destruction and new beginnings (Whitmont, 1983). The journey is one of transition from one state to another, and has potential to take us from the darkness of our own suffering to a place of enlightenment and flow.

Barn Owl as wisdom and magic is associated with South on the Medicine Wheel, whilst its' white form and nocturnal habit, connect it with the North (Palmer, 2001). The owl carries the intuitive light of wisdom through the darkness. It offers the gift of perception and the ability to see and hear the inner voice, since it sees through the darkness. It was once believed the owl could turn its head through 360 degrees, therefore nothing was hidden from its view. The Barn Owl alone carries the facial disc of the heart, enabling us to link mind and heart, mirroring to us what we need to see or may not wish to see within ourselves.

Barn Owls will live easily along side humans, creating a symbiotic relationship – they are great hunters and catchers of rats and voles, helping to maintain a healthy balance in the environment. They consume their prey headfirst, ejecting the indigestible parts as black pellets. They absorb the spirit and energy of the prey, and disgorge the unhealthy aspects! In ancient times, carrion eating birds were known as sin-eaters, disgorging and exposing our personal demons (Estes, 1992). When we dismantle the knocks from this predator that represents our own psyche, we can take to heart and work with what is truthful in the message and throw out the rest. This is the action of Barn Owl.

White Owl is the Egyptian hieroglyph for the letter M, and is found in words like 'unite' (sma) and 'come together'. The Barn Owl messenger flies out of desolation and darkness, lighting the way with his white form. His wisdom is born out of darkness, reuniting us from our own duality and self-deception to the lost beloved.

CHAPTER III **OBTAINING THE REMEDY**



The Feather

The feather was acquired on Thursday 23rd August 2003. It was perfect and had appeared as a gift, directly under their box. I had spent time meditating and checking sites for the right feather. Some feathers were soiled, whilst others I was not sure of their origin. Other feathers appeared at this time, including two beautiful tawny owl feathers, kite and buzzard feathers. The Barn Owl feather had that unique stubby owl shape, and a beautiful apricot colour, and grey at the tip. It was full of character, vibrant and fresh. It appeared to be a wing or covert feather. The nest box itself was sited in a secluded spot that was fenced off with hedging and trees on each side. It faced west, down a steep and inaccessible bank, flanked by a stream that tumbled over solid rock. Whilst the site was safe from disturbance, it was less than a hundred yards from our cottage.

This year's brood hatched in early June 2003. I realised they had hatched since I heard their characteristic hissings in the yard in early June. It was the hissing of the young owls that alerted me to their presence the previous year. The inspiration to complete the proving had come suddenly whilst listening to a lecture. I realised that I was in a privileged position to obtain a feather. This had to be timed carefully since Barn Owls will destroy eggs and young if they feel threatened at crucial times of their breeding cycle, so it was important to be aware of their habits and to respect their needs. Also they are protected from disturbance by law, particularly while nesting.

The owlets grew and eventually fledged in August. They had a habit of coming out to play and noisily demanding food from the harassed parents in the early evening. I had found several beautifully marked downy feathers in their play area. The adult birds seemed oblivious to us as they made endless trips to and from the nest site. We went about our work and they with theirs. Their favourite perching posts were clearly marked from use. The day I left for Tunbridge Wells to complete the trituration, there was a large dead vole with yellow teeth, left for later at one such post!

Trituration

I had taken advice on how to store the feather once obtained, and arranged to travel down to Helios, as I wanted to carry out the trituration myself if possible. I had not thought about seriously doing a proving at this stage. I had many doubts but everything seemed to fall into place. I completed the trituration at Helios to the thirtieth potency, with instruction and supervision. The trituration had its own synchronicities and experiences for me. I have included extracts from my own journal notes in appendix IV.

I met with my clinical supervisor to discuss why and how I intended to complete the proving. Dates and frameworks were discussed and I drew up guidelines for provers and supervisors.

Notebooks, guideline notes and the remedy were given out at two meetings (see appendix I) at the beginning of November. Provers took the remedy on the 10th November. The proving was closed with a meeting on 15th December, after all the notebooks were handed in. I was supervised and monitored at each stage of the proving. Helios provided the coded remedy bottles and the code was given on completion of the proving at my request on 23rd December 2003.

PROVER CODE

<i>Prover</i>	<i>Potency</i>	<i>Sex</i>
001	30c	male
002	30c	female
003	placebo	female
004	30c	female
005	30c	female
006	30c	female
007	30c	male
008	30c	female
009	30c	female
010	placebo	male
011	30c	female
012	30c	female

CHAPTER IV
THEMES - MIND

- **Death, darkness, endings**
- **Accidents and injuries**
- **Resentment and rage**
- **Vulnerable, anxious**
- **Weeping, despair**
- **Clarity and reflection**
- **Solitary, indifferent**
- **Content, playful**
- **Confidence, determination**
- **Clearing and sorting**
- **Nature, moonlight, birds**
- **Dreams**
- **Slow/hurry**
- **Forgetful, mistakes**
- **Colours**
- **Numbers**

Death, darkness, endings

P1Day05: 'I am the hidden brotherhood, falling into sleep like falling into death – the arms of Nuit, the 'starry abode'. Total oblivion – so energising, as if switched off, lying in the arms of a Goddess –no disturbance, comic (coma) sleep.'

P1Day 23: Christmas. Move self away from it. 'Black ritual.' The central ritual of religion. I am trying my hardest to drop. The darkness in the whole thing is frightening. It's the darkest time of the year. Nature itself might be what I'm experiencing.

Solstice: the sensible point of the celebration, the rebirth of light, the rising of the sun. Blackness: I imagine Masonic black. Wizards conjuring old tricks. Stinking. Symbols and rituals disgust me. Sentimentality used as a handle on people's emotions – makes me sick – EVIL. The same old black rituals, religions, sheep. People stay in debt all year – suckers feeding the machine.

P2Day 06: (NS) I have two fears – the first is that I will have to leave this house, my home, to resolve this. The second – that I won't do anything, will just muddle through as usual.

P3Day 12: (OS) Big black cloud Cried four times since taking the remedy. Blackness. I couldn't get out of it. If I weren't here it would be better for everybody. Nobody would miss me. It would be less complicated. Terrible black thoughts.

P4Day 02: Poem by Billy Collins, that really struck me at the time.

The dead are always looking down on us
They say
While we are putting on our shoes or making a sandwich,
They are looking down through the glass-bottom boats of heaven
As they row themselves slowly through eternity.
They watch the top of our heads
Moving below on Earth,
And when we lie down in a field or on a couch,
Drugged perhaps by the hum of a warm afternoon,
They think we are looking back at them, which makes them lift their oars and fall
silent
And wait like parents for us to close our eyes.

P6Day 01: All morning I was aware of finality. An ending. That whatever it was that had stopped me from leaving for 8 years and 10 months and 11 days had gone. As if a

door had opened or a key had been turned, not only was I free to walk away, but I was damned well going to and god help anyone who tried to stop me.

P6Day 04: Watching the river from the window – ‘It’s turbulent and moving – there’s lots of stuff in it – lots of rubbish being cleared out. Lots of endings are occurring – stuff that has been left is being sorted out.’

P6Day 06 (OS) Also during the drive I listened to some music I haven’t heard for a while. I became tearful, with feelings of guilt over two relatively recent deaths. Helped me to acknowledge why I feel the way I do – part of the grief.

P7Day 05: Night duty. A lady died before I got there. Lots of deaths there recently. At work – another death – every time I come in there’s another death. Very unusual.

P7Day 28: It’s like I have had my hand in death, like I was in it (relates to traumatic experiences).

P7Day 28: (US) I feel that through the incident of resuscitation, then and now, my person/energy has been partially in death. Not that I am close to it, but more that I could feel it, like a pool of water that I have been partially immersed in.

P8Day 04: Everything’s turned pathetically tragic. Can’t respond in a friendly and encouraging way. I feel dark and removed.

P9Day 17: Client (87) taken into hospital. Will he ever return home?

P9Day 26: (US) The last few weeks I have been thinking regularly about the miscarriage I had in 1983, and actually talked about it last night.

P11Day 06: (NS) 0330am Cough on going to sleep, in my throat. Must cough or I won’t be able to breathe. (NS) Happened again and I had an awful thought of dying in my sleep.

P12Day 01: Just found out that the boy we saw knocked down yesterday is dead – he was 8 years old.

P12Day 04: A lot of death around – boy from accident, dead squirrel in the road, house for sale we were both interested – the woman died there last week-end.

S8Day 19: Can’t sleep. Everything seems so black. Think it would be better if I was dead.

S11Day 17: My Uncle and a good friend seem to be losing their fight with cancer, this is really upsetting me I think.

S11Day19: Death and dying seem to be big in my life at the moment.

Accidents and injuries

P6Day 06: During the journey home I was concerned that I was over steering. I love driving and have never experienced concern but I am becoming wary. I kept wondering what would happen if I did hit one of the other cars.

P6Day 16: Stumbled out of bed, expecting to be in the place I was dreaming about. Found the phone and instead of lifting it to my ear, whacked myself just under my left eye with the pointy end!

P7Day 05: (US) An owl flew into the front screen on the way to work. I was travelling slowly and I hope it wasn’t hurt.

P7Day 13: (US) I slammed my finger in a door and skinned my left thumb separately (carpet burn).

P7Day 14: This evening I came across an accident on the way to work. Lots of blue flashing lights etc. I’m not affected by it.

P7Day 20: I had to fill out an accident form as slight injury to right thumb and left thigh.

P7Day 22: A difficult shift – further staff injuries following client attacks. This is a daily occurrence at present.

P7Day 28: (NS) Strange sensation in my middle finger on my left hand, when I knock it, particularly on the kitchen tap - extremely painful. Between 2nd and 3rd joint only on the outside of the finger. Very localised, as if there was no myelin sheath to protect the nerves at that point.

P8Day 01: NS Yesterday stood hard on a metal door sill and hurt the bottom of left foot – also dropped a pile of books on left foot Bruised toes now hurting.

P8Day 08: Fell on stairs – left knee went from under me and hit my right hand. Yesterday I hit my right hand on the doorframe.

P8Day 24: Drove into the ditch looking at a crow.

P9Day 09: 0830 am witnessed a cat dying. It had just been hit by a car. I thought of my cat that got killed a few weeks ago on the road. I realised you don't have to be driving fast or irresponsibly for that to happen. It stilled my anger with whoever killed my cat.

P9Day 10: Had near miss with pedestrian. Felt bad and shocked.

P9Day 11: I bumped into things, dropped things, and forgot things.

P10Day 0: 00.30am Dropped and broke an old green glass last night about 1230 pm- about the time of the eclipse.

P11Day 0: Remedy taken, tripped over a stone in the garden.

P12Day 0: 4.40pm witnessed accident. B and I saw a boy...he was receiving mouth to mouth...I feel quite shaken up, tearful if I think or talk about it, but no tears.

P12Day 17: Realised one of the children at school had broken his arm and one in my class broke his thumb just as the proving started.

S10Day02: I noticed I've been banging both my elbows a lot.

S10Day10: I am still tender just above my right ankle where I was kicked by a horse nearly two weeks ago.

S11Day 17: Lots of things going on around cars – son's broke down twice, mine bashed, J's stolen, lots of car accidents near to where I live this week. I had two near misses on roundabouts today.

Resentment and rage

P1Day 23: Consumerism is a suckers' game. It's outrageous – playing with kids' heads.

P2Day 06: (NS) I was outraged at his selfishness and said so to him.

P3Day 28: Resent the fact that the proving is linked to harmonic concordance. I think its deliberate and unfair.

P4Day 5: (NS) I feel too exposed and vulnerable. And I feel angry and resentful. I have a strong feeling of wanting to give up the proving now and not hand my diary in.

P4Day 10: An old quandary started up again today, re P..The result is resentment on my side.

P5Day 03: (NS) woke feeling angry, malicious. Didn't act on it. No obvious reason for it. Don't usually wake angry.

P5Day 04: (NS) Not minding the animals but fellow students, children (mine) and partner IRRITATING to a considerable degree.... Don't know what to say and don't feel caring/sympathetic, which I usually would. Can't see any obvious reason for it either

P6Day 0: Again 0-60 in 1 second. I removed his plate, clipped him around the ear and sent him to bed.

P6Day 03: (US) Interview with boss – very stormy and confrontational.

P6Day 04: 10 am but it is unheard of for him to fly off the handle in this way and it is equally as unheard of for me to snap at him!

P6Day 20: at this remark I immediately took offence!

P7Day 21: assertiveness and irritability with some colleagues still today.

P7Day 23: Displaying more anger than usual now. 'As though the volcano is just about to crack through – can I control myself?'

P8Day 07: (US) Misanthropic part is gritted teeth, wanting a fight. Feel dark and sliding towards a fight.

P8Day 11: Threatened violence to someone: 'I feel outraged and shouting.' 'You'll be on the floor in pieces and you won't even know about it!'

P9Day 11: I am tired and fed up. If I could choose now, I would spend 2 weeks away from family and work and do just what I want to do, not what others expect me to do.

P9Day 32: (RS) Irritable at suppertime, very sensitive to noise, better being alone.

P11Day 01: (US) People, friends and family have been demanding, preventing me from getting on

P11Day 02: I feel this week that people want me to do things for them and I need to get on with my own stuff.

P11Day 04: Irritability through being interrupted from my work.

P11Day 27: (RS) Felt hindered and imposed upon.

P12Day 26: Felt this was so unjust!

P12Day 27: I was very annoyed at this.

P12Day 26: I wanted to smash things and go home.

S2Day 0: Anger today...wanted to either punch her or have a go at her...

S3Day 0: Did not write anything. Too angry and resentful of everything and everybody, but felt trapped by the situation, impossible to change it.

S8Day 11: Emotional in a darker way – felt like confronting X when she ignored me, slapping her face and pulling her hair. Confused. Just thoroughly overtaken by a desire to do real violence.

S8Day 21: Feel so BLOODY ANGRY!!!

S11Day 17: Feeling very negative about my future at – I am really sick of it at the same time. I feel like it's taken over my life. I feel really ANGRY about all the homework we've been given and..It doesn't allow individual expression...so bloody boring. ANGRY!

Vulnerable, anxious

P1Day 23: Not committing thoughts to paper – more fearful of dyslexia since a kid.

P2Day 23: (US) I think that I 'feel' more. More inclined to cry, generally feel more emotional. (NS) Feeling more highs and lows, not as flat as I used to be.

P2Day 29: (NS) Feel like I kept my emotions on an even keel and now I'm feeling again. Gone from straight line to wavy line.

P3Day 07: I have been feeling sensitive, exposed, jelly-like and unsteady. Couldn't put my finger on it before, since the remedy.

P3Day 08: (NS) I don't normally notice how I'm feeling. Slightly sinister and creepy feeling. I'm not keen to live on my own. I'm hardly ever scared. I could have a housekeeper.

P3Day 17: I try to live to a set of patterns. I'm terrified of slipping into an abyss. I've become more aware of my rigidity since the proving.

P4Day 03: (NS) Feeling guilty because I didn't get up first. It is a feeling of never being good enough. I've got to worry about him (husband) in order to keep him well.

P4Day 03: (NS) I am feeling confused and bad about myself and also panicky. The panic is in my solar plexus. The feeling is something bad will happen (to my husband) and it will be my fault.

P4Day 05: (NS) I have felt low and strange all day. I can't come to terms with what happened to R. I feel so weighed down by it. I didn't see it coming and couldn't stop it – and that makes me feel so scared.

P4Day 07: (NS) I set off to go swimming tonight – our usual Monday night thing, but I turned back half way there and came back. I just couldn't leave him with the babysitter. The further away from home I went the more I panicked.

P6Day 06: During the journey home I was concerned that I was over steering. I love driving and have never experienced concern but I am becoming wary. I kept wondering what would happen if I did hit one of the other cars.

P7Day 25: (NS) the apprehensive feeling of yesterday returned, emotion welling up.

P7Day 26: Apprehension, particularly in the afternoons, with no apparent reason, and weepy welling up feelings, but still no tears.

P8Day 32: Feel very scared in the house alone. Alone for the first time in ages.

P8Day 32: Looking in the mirror I get scared and fixated. I am not the person looking else I am not the one I see.

P8Day 32: I keep thinking someone is going to try and frighten me. I have brought the torch with me and locked the door.

P11Day 19: 845am (NS) huge gusts of wind – storm outside this morning. Don't like it. I'm afraid of damage being caused to my car.

P12Day 26: (NS) I was frightened going to sleep – F had a mask and scared me, thought vampire was going to bite my neck.

S8Day 19: Feeling awful. So tense and anxious. Feeling like something dreadful is going to happen.

Weeping, despair

P2Day 01: Didn't want to get up. I feel very depressed, sullen. (Supervisor comments on long silences between speaking).

P2Day 12: (NS) Cried when I finished the book I was reading

P2Day 29: (AS) Cry or feel like crying if anyone says anything nice or horrid to me.

P2Day 35: (AS) Very emotional still. Cry at sad films.

P3Day 22: My partner has noticed that I am more irritable, depressed and quieter

P3Day 08: (NS) I discussed astrological alignments with a friend. They said I had been more emotional this week. I burst into tears. I felt stupid. I hardly ever cry. I felt like a wimp.

P3Day 09: Feeling low and depressed. Likely to cry at the least thing.

P3Day 11: Feeling fantastically low today. Weeping.

P4Day 07: (NS) Phoned help line. Didn't want to speak in case I started crying. I kept crying this morning and felt better for crying.

P5Day 08: (OS) I screamed at my daughter, who was rude to me, not to use the phone during the day.... I cried feeling alone and in despair. This is the sort of thing that used to happen when I had my period 2 or 3 years ago. I hate myself. Tonight I feel lonely and sad.

P6Day 05: (US) The waitress arrived to take the order and I had tears pouring down my face as I gave my order.

P6Day 05: (US) Between 4.15/4.30ish I became almost tearful again, I was thinking about the row I had with my son yesterday and the fact that my eldest is moving out. I was wondering what I could do to improve things and suddenly realised that I hadn't

been a very good mother to either of them. This isn't exactly a new thought but it's new that I should be nearly in tears over it.

P7Day 02: (NS) On waking today I have a kind of sadness feeling.

P7Day 24: (US) Late afternoon I had felt apprehensive and weepy. I don't know what about. Weepy but no tears.

P7Day 26: (NS) Tears rolling down my cheeks, hard to see the page, eyes stinging, particularly the right (recording notes in the diary about a traumatic incident)

P7Day 26: (NS) This remedy seems to have released more youth, more self expression, more confidence to be me, and more and more, the need to cry

P8Day 04: Afflicted with blubbering misery and tearfulness after yoga – during, felt awful – polar opposite of how I normally feel in yoga.

P8Day 06: (US) Crying because I felt sorry for fish after goldfish stories.

P8Day 22: Despair – can't stop crying.

P8Day 23: I just want to give up – very overwhelming. Wrote 3 pages of self-torture.

P11Day 03: (NS) Crying on seeing ex mother-in-law. Feeling of having no control over feelings.

S310-02-04: No idea how long I will have to put up with the intrusion. Despairing.

S11Day 33: Feeling more even now, depressed and feel alone.

Clarity and reflection

P2Day 06: (US) I am beginning to doubt my own judgement, to question whether I should have done things differently. To have regrets – usually I don't. I just accept and get on. **(NS)** I feel like an ostrich – feel like I live with my head in the sand. I only see what I want to see (ref relationship).

P3Day 14: I'm a bit more detached from what is going on around. I'm more inward focussed.

P4Day 02: A friend and colleague came round....she was talking about the way you become in a marriage. Made me look at myself. The 'not good things about me.'

P6Day 0: AM (NS) while I was getting ready for work there was a period of 'clarity'. Visually and mentally everything was clear this lasted until we, (my 7 year old son) left the house.

P6Day 5: (US) The whole thing has made me question my understanding. Am I seeing it all wrong?

P6Day 14: (NS) May be I've had some moments of clarity – perhaps that's getting better

P7Day 07: Pensive, thoughtful, introspective re relationship.

P7Day 15: (NS) I seem to have the ability to visualise pictures etc. I close my eyes and there was a person in a woodland garden, or perhaps a cottage garden – it was like I was really there, really clear.

P7Day 19: Whilst working on a paper case, not able to draw any conclusion so decided to approach again with more feeling and less brain. The solution became very clear.

P7Day 28: (US) Aware of periodicity in life. There seems to be a trauma early in each decade. 'I am not good at reflection.'

P7Day 24: (US) A lot of the distancing has probably been my fault. **(INSIGHT)** I am never at home, always out and about doing something.

P7Day 28: (NS) 'I am a Virgo, very self-critical...but not usually reflective, although much more so now!

P8Day 33: I saw some things clearly and sorted them out.

P9Day 22: Absent minded at times, in which I could not focus properly (both mental and eyes)

P10Day 15: I have felt less calm and a little anxious. Diminution of general awareness to surroundings and what's going on. I'm finding it more difficult to self observe, and hence be aware of my own state. Feeling less balanced and knowing I would find it more difficult to transmute negative emotions. I have found it relatively easy in the past few weeks, not to react mechanically to situations and emotions – this ability seems to have diminished.

S3Day 06: Woke up with a start. Wind blowing. I felt this must be an Aconite proving, I could recall every specific detail, big realisation at night everything seemed so clear. Can't put any of it into words today. Clear at night. Suddenness.

S3 (10-02-04):I felt keenly an awareness of things I have always really known.

S8 Day 07: I saw her, as if clearly for the first time...I was just going round in ever decreasing circles and felt the feelings were never going to get better.

S8Day 08: Feel fantastic. Energy fab, working hard, clarity of mind.

Solitary, indifferent

P1Day 23: 'I feel SINGLE in myself, not wanting to do group things. It feels like an intrusion.'

P1Day 23: Intrusion, into daily routine, that someone will be reading notes. I'm not shy. It just doesn't feel like I should be doing it. As if I haven't got enough space to devote to it.'

P1Day 23: Mission: truck. To be on my own in space. To take the vehicle to a remote land.

P2Day 03: Feel very introverted.

P2Day 10: (NS) I felt very 'remote' at Aikido. I was fully involved and 'there', but remote at the same time.

P3Day 07: (NS) I am indifferent to eating – I'm not bothered.

P3Day 12: (NS) My partner has commented that I am much quieter than normal and I keep forgetting or not hearing things he tells me.

P3Day 22: (NS) Resentful of proving for first time today. Felt very detached.

P4Day 7 (NS): Did not contact supervisor from day 7-17. 'Spoke to my supervisor tonight and I really didn't want to. I kept saying 'I'm a really private person.'

P5Day 04: Usually I like company, but at the moment I prefer to be by myself.

P5Day 04: Don't know what to say and don't feel caring/sympathetic, which I usually would. Can't see any obvious reason for it either

P5Day 05: (NS) After row with partner – I went to (private view) by myself. Enjoyed evening.. Felt unconcerned, not upset by the row.

P6Day 27: (RS) I was cornered into a group work situation. I felt resentful because the exercise was one, which I would have loved to do independently. I actually felt cornered and unable to express what I really felt.

P8Day 01: 12.30pm feel withdrawn, like hiding. 1.30pm I don't want to be BOTHERED by people,

P8Day 01: NS haven't gone to work, don't feel like going. Not concerned. Heard them laughing on the 'phone – didn't want to be there.

P8Day 02: Realise I am very spaced out – there is a definite membrane between me and the world and definitely other people. Constantly surprised by my ability to communicate in a calm and normal way Feel away away

P8Day 02: Supervisors notes. Noticeable change in attitude – was 'phoning in regularly on time, but in last two days (since taking rx) I had to 'phone her and she's

vague, woolly, very self contained, but in a way, as if everything is too much bother. Huge change in attitude.

P8Day 05: Usual social, jabbering, smoothing talk quite difficult – can't be bothered.

P8Day 25: Relationships with people I am closest to are odd. I push them away. I am not myself.

P8Day 34: Don't know what's going on. Have been totally out of touch with the news etc.

P10Day 04: A great reluctance to write in the journal ('goddam book') – don't put your thoughts on paper, but happy to tell the supervisor all the boring trivia.

P11Day 01: (AS) Not motivated to do anything!

P11Day 07: (NS) 1.30pm No interest in anything today. Apathetic, flat, little energy, not even for eating and drinking. Better 8pm.

S1Day 28: Asking to check his diary is like an invasion of privacy that I don't want to ask! He says he is unhappy about any of what he has written being in the diary.

When questioned on why he had not filled in the notebook, she records 'I have just seen Xs diary and cannot believe there is so little in there, and yet he is still agitated by it. The problem - other people seeing it, fear of people judging/having a laugh at it.

S2Day 07: Prover seems very abstracted. There are long gaps of silence when I ask her questions, a kind of vagueness. Almost like indifference, a kind of levelness.

When over the last week we were to talk every day, there was always something standing in the way, almost an untogetherness, but not quite. An inability to describe things exactly.

S2Day 12: She said on nearly every occasion 'you don't have to put that in the book.' 'Started feeling I had given too much personal information and did not want to do that any more to you and who ever read it.'

S310-02-04: I felt that I had been pushed out of my home – I don't think I sat in my own sitting room for nearly eight weeks, until very late at night when every one else had gone to bed. It was the only way of getting space to myself. I felt completely invaded and pushed out of my own home and family. No idea how long I will have to put up with the intrusion. Despairing.

Content, playful

P2Day 05: (AS) I feel quite content and resigned. I'm not sure which at present, to get on and do whatever I need or am required to do.

P3Day 02: (AS) I noticed I felt very giggly mid afternoon, (panic?). Mentally very 'up' all day, if slightly short tempered. A friend commented that I was a bit 'hyper' on Monday.

P4Day 00: (NS) Nice night time feeling. Lively nighttime feeling.

P4Day 02: (NS) It felt like a playful, excited feeling.

P5Day 04: The total absorption of creative activity is soothing and almost blissful.

P5Day 06: (NS) Woke to an empty house – enjoyed it...enjoyed the silence and peace.

P5Day 12: (US) Went to see/hear band playing and party afterwards. Stayed until 4 am, quite lively, drinking beer.... haven't stayed up so late in years. Only left when did because others were tired. Really enjoyed myself. Dancing with no stiffness, felt really free.

P7Day 05: (US) At a relative's house: has been sitting with three children. Unusual to be sitting quietly as he would normally engage them in boisterous play.

P7Day 11: (US) Watched rugby. Unusual to make time to relax.

P7Day 19: (US) Called in on an old friend I had not seen for two years. We went for a meal – it was just like old times.

P7Day 26: (US) After lunch we went to the beach. I rolled up my trousers and paddled (in December) – I have only done this twice (this being the second time) in 27 years. The water was cold but I felt no embarrassment. (Permission to have fun)

P7Day 26: (US) Good to be home. No strife.

P7Day 26: (NS) This remedy seems to have released more youth, more self expression, more confidence to be me, and more and more, the need to cry.

P7Day 28: It links into the fun thing. I don't let myself go.

P7Day 29: Work: didn't want to go. Was happy at home.

P8Day 10: Feeling happy.

P8Day 11: Lovely day with loads of friends, feel like I've made loads of enemies.

P8Day 11: A colleague said I look glowing – with being up 430am and shouting at my male colleagues all day...

P9Day 04: This week I have had more social life than usual, which is very rare.

P9Day 26: Tonight I dressed up in a tight skimpy dress, fishnet stockings and high heels, boa. I did not feel uncomfortable, but actually enjoyed being dressed like that. In the past I would have felt uneasy. I danced and had good fun.

P9Day 25: Had a swim – the first for one and a half years. It was so relaxing. It helped with letting go of the tension and tiredness that has been building up.

P10Day 03: Sense of being calmer than normal – not getting as upset as quickly as I would. As sense of being more in control of oneself – ones reactions to things Its almost as if the ego is not as active, no that's not right either, the mechanical part is not as active. A glimmer of hope. It's a slightly different space with an upward tendency. Things are moving in the right direction.

P10 Day 13: Still feel better than before the remedy. Optimism – a general improvement to my normal state. With hindsight, over the past two weeks, I would say there was something curative going on.

P10Day 02: Supervisor comment – Prover seemed to be giggling whilst he was talking to me.

P11Day 04: (RS) Tears of laughter were running down my face. I couldn't stop. Laughed at teeth and broken bones

P12Day 04: (NS) 1045am Laughing hysterically at anything. Crying with laughter.

S2Day 0: There is calmness in my house. Everyone seems contented, even me.

S2Day 17: I have realised today that I have been singing a lot to myself and I feel really happy, even though my period has started today!!!

Confidence and determination

P1Day 23: Significant renewed sense of purpose. Invigorated.

P2 Day 07: There is determination to do something but not sure what. To not put up with the status quo.

P2Day 23: (NS) Feel more inclined to say something when things irritate rather than 'sit on them'.

P3Day 00: Mentally I felt very cheerful and 'up' today.

P4Day 00: (NS) Noticing an interested feeling – alert but not manic

P6Day 02: (NS) Went to the interview..I was very outspoken.

P6Day 03: (US) Interview with boss – very stormy and confrontational.

P6Day 08: (NS) What I am noticing though is a tendency for me to act first and think later. Also I am normally very honest, but if needed I cannot say something. I appear to have lost this knack!

P6Day 08: (NS) This time I felt cold determination. **(NS)** The difference is this week that I've done things, rather than just talk about them.

P6Day 20: (NS) I have felt recently that I have been on some kind of truth serum.

P7Day 02: (US) 'I couldn't believe the feeling of confidence and it's still there!'

P7Day 04: (US) I tend to speak my mind now (re disputes at work).

P7Day 06: (NS) Lately I've been getting things done. There are things to do and suddenly I want to do them.

P7Day 14: (US) I have noticed I am more efficient and in control more than usual.

P7Day 20: (US) I was very assertive with colleagues, this morning.

P8Day 09: (NS) I FEEL CONFIDENT! Like a small piece of growing up has occurred. Said 'no, I've got too much on.'

P8Day 16: (NS) I feel I'm in a position of received strength. A kind of confidence. I am nervous about it, or shell shocked a bit, but it's all been transformed.

P8Day 17: I shock myself by the things I am saying.

P10Day 04: Mentally I felt very good today, a sort of optimistic feeling that things could or would be better. Day to day things that one would normally react to. The feeling that one could take things in ones stride.

P11Day 05: (RS) Great lack of confidence in my ability to continue homoeopathy. Feel tearful 7.45 pm.

P12Day 09: (RS) Very busy in school – 'I will take no messing today.'

Clearing and sorting (mental and physical)

P1Day 23: Today I did a 'banishing ritual.' It gets rid of dross from life, or certain thoughts and ideas. Duality dissolving into Unity, then nothing.

P3Day 14: I'm remembering things from the past – the past winding up on me. Last week remembering childhood. Did I do the right thing? Like a spring – its curling up to meet me - the past. I'm seeing it a more detached way I'm not blaming myself so much I feel quite cross about it. I've never seen it that way before. It's very interesting. It's interesting to take time out to review it. Like sorting out a drawer, you take stuff out and put it back but it's a bit neater.

P3Day 14: I must have a blitz and sort things out, clothes I think. I'm going to throw out all the clothes that I haven't bought for myself.

P4Day 15: (NS) In such a tizz today. Completely overwhelmed by the amount of stuff I have to do. Felt almost a sense of panic because I've got so much to put in order. I am very aware of things not being in order – chaos. I can feel it in my sternum and lower throat just thinking about it.

P6Day 10: (US) Carried on with decorating new office room. Got hubby to take a table to the tip that I have had for years. It is an old table but not a good serviceable one. It was my Gran and Granddads. I have wanted to get rid of it for years but because it was theirs I haven't liked to. Today I thought for goodness sake, I still have the old chest of draws of theirs, stop being so silly. I have the urge to get rid of all the old dusty things and have a clean organised area.

P6Day 14: (NS) I've always hated throwing things away. I still think – I ought to keep this, just in case, but then another part of me just says 'bin it!' Managing to be tidier and more efficient. Although I've done quick blitzes before I don't often sustain it. I don't often throw stuff out.

P6Day 30: A thought, which keeps repeating in my head and has done for a while is ‘categorise, organise’; I have done a lot of both – yet the house remain in chaos!

P7Day 04: (US) Still clearing things – sorted my workbag during the night, lots thrown out.

P7Day 07: (NS) I have been more efficient in tasks I have to do for the last few days. ‘Getting my house in order.’ Normally I procrastinate.

P7Day 14: (NS) Still clearing and sorting papers relating to traumatic times. No emotion doing this, just want to get rid of it all. **(US)** I’m not used to this. I’m used to hoarding and storing. **(US)** This room I am tidying has been piled high with books, papers, computer and golf equipment, never throw anything away. The room is very nearly tidy and everything has a place and can be easily accessed. This is extremely unusual for me.

P7Day 15: (US) Still tidying and discarding packaging etc. **(US)** Bought a trolley and assembled it immediately. P is very pleased! **(US)** Put up curtains, assembled kitchen unit – these jobs usually wait for days...months!

P7Day 22: More clearing of a different nature re work related issues.

P8Day 00: (NS) 7.45pm Speedy, sorted out lots of things in the house. Tidied up – unusual after an illness. (evening)

P8Day 01: Again, weirdly industrious in the evening.

P8Day 01: Initial flurry last night and this morning of tidying and organising (things which had needed to be done a long time, got done) Cleaning, washing up Thought of asking housemates to pay me for being a housewife and not going back to work anymore.

P10 Day 00: 00.30am. Then I started cleaning the floors. I went bananas in the middle of the night - felt energised. When I did retire to bed it took 40 minutes to go to sleep **(US)**.

P10Day 03: I didn’t have any deadlines today. They were only self-imposed deadlines. I have done these sorts of things before where I’ve said ‘O stuff it’ or I can’t be bothered. It was different last night as I was bothered.

S2Day 28: I am still well motivated and doing lots of DIY at home – sorting out finances.

S3 Day 05: (US) Getting things done – unusual for me recently.

Nature, moonlight, birds

P2Day 05: (OS) The only overwhelming desire I have is to go outside... This is me anyway but more accentuated.

P2Day 13: (OS) Went for a walk to the lake. Amazed and delighted by all the colours in the sunlight. The beautiful earthy smell of leaves. I felt very alive.

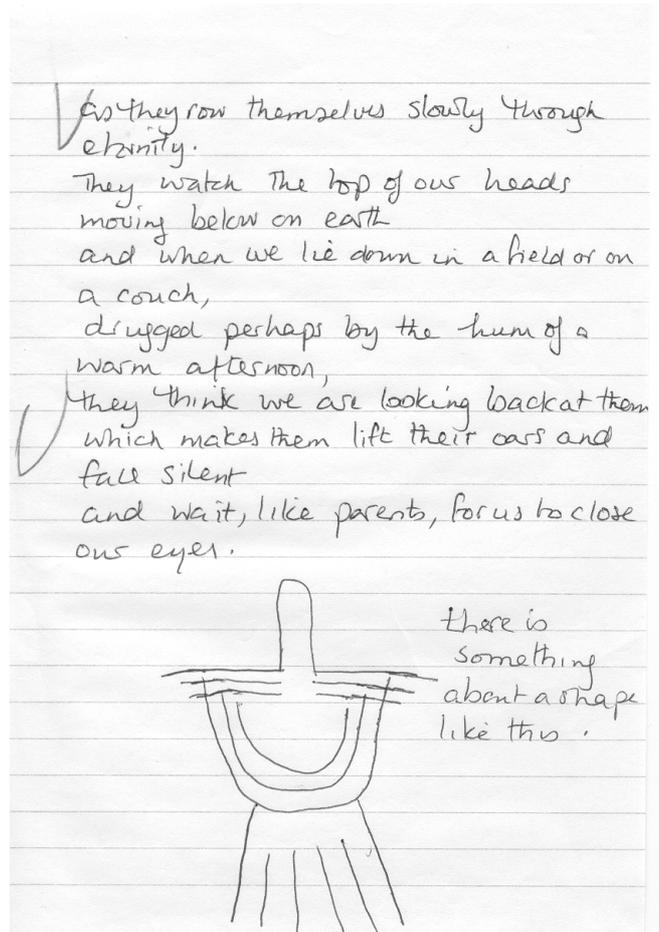
P2Day 28: Full moon last night. I went for a walk after dark yesterday – the moon was so beautiful, I didn’t want to go in.

P3Day 07: Prover sent in a note dated 17th Nov. that read ‘I think the remedy we have been proving is related to the moon. Luna, Luna eclipse or moon dust!’

P4Day 00:(NS) Driving home, I thought ‘wouldn’t it be nice to lay down outside and look at the sky’. I noticed that loads of birds were singing, even though it was nearly midnight.

P4Day 02: The idea of birds felt familiar. I felt like I knew more about the feeling of birds, but it wasn’t about flying really, but about knowing how great the sky is.

P4Day 02: (NS) Prover drew picture – ‘there is something about a shape like this.’



P4Day 02: (NS) Last night, when I was in bed – about 11.30 pm, I had some music on (Sting, singing). The word ‘sky’ was in the lyrics. I immediately picked up on it and got really excited and thrilled about the idea of it. I could feel it in the pit of my stomach every time I thought of ‘sky’. It felt like a playful, excited feeling. I had a strong image of floating around in the sky on my back. A bit like a leaf- but kind of basking in it and laughing. It made me smile when I thought of it (picture drawn here). I realised it (Sky) is as exciting as the ocean – so much to explore in it and see. A feeling that it is a place, not just an empty space.... The sky is the real place and the ground is just a place to land. There was a comical feeling about it – it is comical that we’ve ended up living on a place that is just there to land on.

P4Day 02: (NS) I went to see The Matrix (film) and a part of that really hit the nail on the head – Neo and Smith were fighting and Neo said there is only one place to go – The Sky. Now that really made sense... I thought – they know what I know!

P6Day 0: PM (US) On the way home, a beautiful white owl flew across the front of the car. It was so close I had to brake.

P6Day 08: (NS) Also this morning I looked at the Heron who sits by the river at the bottom of our garden through the binoculars.

P6Day 10: At some point while out, I noticed a pair of ringdoves.

P6Day 18: While we were out in the afternoon, saw a buzzard on the way there and 2 buzzards on the way back, sitting on lampposts. Another one flew over the car.

P6Day 18: Whilst dusting the fireplace I noticed a clock, it had stopped and a piece of the ornament that it is set in was broken (it’s a figure of a woman with two birds and the birds’ heads had been broken off at some point). I have never really liked it but it was a present and so I’ve kept it ‘cos I thought it was the right thing to do. I looked at

it this evening and thought keeping this has nothing to do with my relationship with the person who gave it to me. I picked it up, handed it to my husband and said 'bin this please'. Felt a bit 'naughty' but liberated afterwards (my mother gave it to me!).

P6Day 26: Wild and windy, but very light – full moon (or almost). Beautiful white sand – well worth the walk.

P6Day 31: Owl day – found an owl ornament, which had been lost, also messing around with candle wax, created a wax owl. Realising that I am becoming nocturnal. I have noticed birds. We have a heron that flies past the bottom of the garden.

P7Day 00: (NS) watched a total eclipse of the moon while walking on the beach at the weekend.

P7Day 28: Much more aware - the words of a song, 'Breaking free to fly' (?liberated)

P8Day 06: Little bluetits come to say hello. Right by me.

P8 Day 19: Think proving is grey squirrel... a little scrofulous, egocentric, shameless grey squirrel or a tree rat, or a ground rat, but the trees did look ever so inviting.

P8Day 21: Have thought about red kites and buzzards by accident – like the squirrel.

P9Day 25: When I arrived in Wales I went for a brisk walk... felt melancholic for being back in Wales and realise how much I miss green fields and tranquillity of Wales.

P10Day 06: Attracted and fascinated by the light coloured veins extending through the rock formations on the beach – are these the life giving arteries of the rocks.

P10Day 23: Whilst on a cliff top walk I saw this large bird on a rock. I watched it for 15 minutes. It looked so majestic, yet isolated and exposed, just standing there looking out to the horizon.

P10Day 26: I caught sight of a robin in a bush whilst on a lakeside walk. We stopped and watched each other. I was about 4 feet away. Then suddenly the robin flew towards me and hovered like a humming bird fluttering its wings about 2 inches from my solar plexus. After about 30 seconds it returned to its branch only to repeat the action again. It made me wonder – what vibrations were emanating from my naval to make this little creature behave in this manner? I continued on walk only to find the robin was following me a flying next to me on my right side. We parted company after a few minutes.

S8Day 02: Noticed two magpies feeding on a pheasant beside the road. All their feathers gleaming in the sun. Birds are also very noticeable at the moment.

Yesterday it was seagulls. Present for W school – a flying seagull.

S8Day 11: Emotional, I feel like crying about the beauty of nature interacting with humankind in the form of potentised substance.

Dreams

Anxious/threatening

Childhood home

**Children/protecting children
exploring**

Crowds

Journeys/ lost

Stone – buildings, paths, rocks

Water

Wild places

Windows/glass

P2Day 00: Two strange dreams: one about using someone else's shower, which had yellow, sunny water. Very busy dream with lots of people.

P2Day 00: was collecting rocks for something. My small child went off collecting and I followed up a lane I used to go in childhood. It used to be very muddy and overgrown. Now full of huge, oblong, grey rocks everywhere. Some were in rows, some scattered. Explained to someone it used to be the bridle path to W.

P2Day 10: Busy dreams, unremembered specifics.

P2Day 35: Feel I am having unremembered dreams.

P3Day 01: Strange dream last night I was trapped in a very small house with a customer I don't like, and his three children and Mother. I felt squeezed and breathless.

P4Day 02: (US) Can't remember my dreams. This is unusual for me.

P4Day 04: (NS) The only part of my dream I can remember is someone talking to me about my baby (son) and explained that he'd found it hard to thrive because he was born with no lips. I was thinking to myself 'but he wasn't born with no lips.'

P4Day 07: (NS) I remember one! I realised the window cleaner arrived. I was very happy about this.

P4Day 09: (NS) We were on holiday with a close friend and she fell out with us and started ridiculing us and being really malicious. I was very confused and bewildered in the dream.

P4Day 12: (NS) I dreamed about eggs last night. Finding eggs that have been pecked open. They were very warm and I commented on how warm they were. P was there and he was saying that how sometimes you thought the egg was still good and useable, but if you looked closely they could have worms inside.

P4Day 16: I'm missing my vivid dreams, which are usually so easy to recall.

P4Day 18: (NS) I was going past our old house (when I was a child). I thought I had not stopped to see my brother. Waiting at a bus stop. I was in someone's house and they were very arty and posh, and the husband was making me feel uncomfortable. I recognised some of our old furniture in their home. I was carrying a big blue teddy. When I woke up I thought I should ring my brother.

P4Day 19: A very vivid dream that I was in a foreign supermarket. I went in but decided it was too busy so I wouldn't bother. I tried to get out but a sign said you couldn't exit that way. The door was blocked with two slabs of concrete resting on each other. I flowed the signs...the floor became glass and then it was flowing like a river. Then there was a room where people were queuing – I thought they were exchanging currency.. I'd just lost my way and the bloke was menacing, like last night's dream. It was because he knew something I didn't. I tried to go back the way I came, but there was a high wall, like a foreign town. I started to cry and get really frightened and I started shouting for my Mum.

The bloke was smiling at me in a bemused way, and he explained the way ahead. I was to fill in a questionnaire and depending on my score, I would get tickets, which would protect me on the way ahead. He said a mad creature would be stalking behind me in the dark, but he would have to stop if I showed him a ticket. Myself and another woman just walked out and went back the way we came. It was like a large cinema foyer. As we stepped onto the carpet I thought – this will turn into water and it did. We both went straight down a long way, but kept walking. We came up to the surface, our heads just underneath the surface, but still in an upright position. We kept checking that the other was OK. We walked out. We were in back streets. It still looked foreign. Suddenly a mad man, like a psychopath, shot out of a house wielding a sledgehammer, with half a head. He ran straight to us to hit us as hard as he could. Suddenly another man ran out and he turned to deal with him and left us alone. We walked on past an old tree house.

P5Day 0: Last night dreamed I was holding some creature, cross between a large (very) moth and a small bird. My son had been trying to kill it by beating it with a newspaper, breaking its wings. It was panting, terrified. I wanted to help it and make

it better, but it was damaged. I decided to crush it and put it out of its misery. I felt very sad and regretful but there was no alternative.

P5Day 03: I am in an overgrown grassy car dump on the outskirts of town. – Birmingham? It is very uneven underfoot. Scared, feel threatened by some men who are there. Want to go home but don't know the way. There is something about dildos used in a threatening way. Feeling of wanting to escape, of feeling alone, frightened, of not knowing how to get away or where home was/is.

P5Day 18: Dream of black dog and grey dog running close together. Have had several dreams featuring the colour black recently, some with grey as well.

P5Day 20: more dreams of grey and black, feet this time, nasty dream of piled bodies – people killed for their skins.

P6Day 17: Dream 2 I had a really weird, totally realistic dream.

My husband and I had the car packed for a journey. We are going to go and live somewhere else. We have the tent, the dogs and the children with us although I didn't actually see any of them except my youngest son in the dream.

We stop somewhere on the way and I find some birds. I don't know what they are. They are very friendly, quite big and they can fly. They are pretty colours. We decided that it would be a good idea to buy six of them and take them with us. Our rationale is that they will have plenty of room in our new place. We decide that they must be cockatiels (although they obviously weren't!) we pay for them and I explain to the person we are buying them from that we are buying a new place, we can't actually live in the property for a year or so but were going to camp by the lake. The cockatiels can have a shed on the lakeside. I'm sure there will be one.

We continue our journey and eventually reach the top of a mountain and drop down into a little hamlet. We park the car and go in search of the owners. The area is like an old castle, although it is not castle shaped. It's a bit like a fortress village. The original buildings have been gradually sold off to different people and so now a small community has formed but some parts of the original buildings have not been converted yet and a spaced out between the ones that have. The buildings are the old grey stone that castles are made of. My husband finds a group of people which includes the owner and I walk off to look at the lake. My son ran off down the cobbled road and I am aware that my daughter has gone off to explore.

I walk back to my husband, feeling happy and confident. When I reach the group I hear a man say 'well I'm sorry about that.' I ask what the problem is? My husband shows me a piece of paper which has £12,000 written on it, he says 'he says its not enough'. I ask what's included exactly and the owner suggests that my husband shows me around.

We start walking down the cobbled road. He points down the road and says the main house is now there on the right. I can see the old house it has two windows upstairs and two down starts but no glass in them and the door is old and broken but of very heavy wood. It obviously needs a lot of work. This is where my mother can sleep, we decide. It will be more comfortable than the tent for her. My husband goes down to take a closer look at this building but I go to the right and onto a court yard of one of the other buildings that has already been cleaned up. It has a stone yard and a small low wall surrounding it. The view is amazing.

An old man come up to me and says 'yes, this is included...' 'What the building?' I ask him. He relies, 'no, look!' and he points towards the view and around, down the

mountain towards a little town below, 'you get this every morning. When you get up and know that you're above all that nonsense. It's yours if you want it.'

My husband comes back and the man has gone. My husband asks me if I have seen the 'old organ room' and I tell him I haven't. We walk off down a cobbled street to our right. An old stone building on our left has an old rickety door. Above the door is a little old wooden nameplate saying 'The Old Organ Room'. We open the door and go in. it is dark and dusty, a couple of old dirty windows high on the left wall give the only light apart from the open door.

The floor is covered in bird poo and it crunches as we walk across it. To our right is a raised up area, which looks a bit like a stage or somewhere a choir, would have stood. In front of us is the old organ. It is one of the very old pipe organs. It too is covered in bird poo. Looking upwards I can see the rafters, old and dusty, whatever made the poo lived up there I thought. I don't know what sort of birds, but not chickens. We decide that our cockatiels can live in here for a while.

We leave the old organ room and make our way down the road, which turns into a grassy track through trees, which almost touch at the top. It takes us to the open mountaintop. All around the mountaintop is lush bright green grass.

There are some houses on the mountaintop and my husband leads me to the edge of one property. I ask if this is included and he says it is. I say, 'what the whole house?' it is a very nice clean looking house with a garage. 'No' says my husband, 'but look at the potential.'

We stand close to the hedge looking across the garden to the open mountainside beyond. On the mountainside are some squarish shapes, marked out in white (like the white horse thing), at each corner of the square is a circle. There are several of these in different sizes. One of them is on what appears to be a piece of land being used by the house owner. The piece of land is triangle shaped and runs along side the actual garden, but is being used by the house owners' children to play in.

A man comes out of the property and asks us what we are doing. We explain about purchasing the property and ask if this is a problem. He says it isn't. We point out that the property includes some land around his house and that the shapes are building plots and one of them is on land he is currently using. He says that this isn't a problem and that he knew it would sell one day.

We say goodbye and walk away. We have a discussion about the value of the building plots if we built the houses on them and how if we did this we would more than pay for the whole project. I tell my husband that I'm not surprised the owner refused his offer!

We walk back through the tunnel of lush green trees discussing what sort of price we can offer when the path open out and a big truck is parked to our right. The truck driver is leaning on a tree smoking a rollie. An old gnarled butler type gentleman is struggling to empty the truck of its load.

I go and speak to the truck driver and explain that we must now hurry as the birds have been locked in the car all this time with the dogs. He says 'I expect them'll be dead by now...'

The old butler is struggling to carry huge, old, gilt edged, heavy framed mirrors out of the truck. They are about 2'6" across and about 8' tall. We are surprised that the truck driver isn't helping, so we offer to help....

P6Day 23: I had a very clear dream again. Very detailed, painted white /green rocks and a gasping fish were perhaps the most sticking things in it. I am in our 4x4 with a friend from work (the hospital). For some reason she is driving. We are going to McCarthy's – a garage that I use and have worked at in the past, between college courses. We are chatting and we pass a turning that we should have taken. Once I realise this I explain that we will have to turn around and I notice Julie wince. She is obviously in pain. I suggest that I drive. She appeared disgruntled at this but pulled over and we exchange seats. I had to drive to the top of the hill before turning and once there had to wait for an ambulance with flashing lights to pass. I turn the truck around and we make our way back down the hill. I turn at the turning we missed. Julie explains that she had been along here and it is not the right way. She had been unable to find the garage. I explain that it is not that straight forward.

After a little while the lane appears to end at a sheer rock face. Julie says that she knew she was right and that this is not the right way. I explain again that things are not always what they seem and that sometimes you have to look around corners for things. I drive right up to the rock face and you can then see that the road turns very sharp right.

I drive a little further and then pull over onto a space on the left and explain that we have to walk from here. We set off through a few trees and then down a sort of pothole. We start walking down the pothole path. The floor was covered in rocks that were painted with glistening bright white/green paint. I explained that we had to follow this path.

It wasn't too difficult at first but the tunnel narrowed and the painted rocks became more spiky and difficult to walk on. The journey down the tunnel was sectioned into four stages. To enter the next stage we had to climb a small stone stile, painted in the same bright, glistening white/green paint.

As we approached the fourth stage I notice Julie looking pained and ask her if she is okay. She replied that she would manage and we continued. I walked as near to her as possible in case she needed an arm, but trying not to be too obvious and offend her.

The painted rocks on the floor were very spiky and uneven and steep downhill. The tunnel path eventually opened up and a small gate led into a sort of wide cavern with even ground. One of the lads who works at the garage was waiting here for us to come down, so he could go up. I explained to him that Julie was having a few problems and he replied 'aye it's a bit of a bugger that path isn't it...'

Julie made it to the bottom and we walked out of the cavern. Before us was a huge expanse filled with cars and machinery and men working in pure white overalls. We walked across the space. There were loads of things to look at...

As they walked away I noticed a huge machine with whirly spikes (like an upside down food mixer). It was turning away and at the same time an object was lowering down to meet it. I wanted to shout out that they were going to collide and I could see the object was going to be damaged, but I couldn't shout. I watched as the blades cut into it, shredding it.

Veronica came past again and I pointed to the scene. Some of the lads were laughing and seemed not to notice the damage they had caused. Veronica explained that it was 'testing day' and reassured me that it was okay. Then I noticed that the 'object' had moved across the ceiling and was now a few yards away and had lowered to the floor. I walked over to it to find out what it was and look at the damage. Some of the lads had come across as well and were saying that they had gone too far this time.

I noticed a fish had fallen out of the object. It was gasping for breath. I wanted to try and save it and started to look for a container I could put water in. I could only find a very shallow dish and no water. I thought it needed the water it had come out of and looked to see if the water had landed in anything. I looked at the fish again and it looked back. I thought perhaps it was too late and I wouldn't be able to save it as it wasn't gasping as much but decided to try and find something anyway. I decided that even if I couldn't find any of its own water that any water was better than none, but I still needed a container. I looked and looked but all I could find were very tall and narrow ones. I wondered if I could put the fish in one of these but thought it would drown in any case if it were upside down.

While I was searching I kept thinking it's too late anyway, it' died anyway... you failed him. Whilst I was searching I was also aware that the lads were going to mock me for trying to save this fish and I was searching covertly. I thought if they knew what I was trying to do they might hurt him. I found a container, which I thought, might be big enough

P7Day 02: (US) During the day I had a dream. Very unusual (work nights) 'seeing a chubby baby's face, very magnified and a bit distorted. Separate image of a pair of eyes and the right eye had what I can best describe as a blue ribbon flowing through it.

P7Day 29: (US) I was designing Port Merion Pottery – Botanic Garden. This is what I have at home. I was making a multipurpose pot with a lid, which had patterns on both sides...causing me the problem was the set had or would have 100 pieces. I had already got 80 of them and was trying to work out what the last 20 would be. – plates? What size and how many did it need to be or could I use multipieces? Little 5x5 plates or dinner plates x 8, or may be 6 or those other multiplates that obviously only exist in dreams!

P8Since proving letter, dreams of kissing handsome men – like the 1940's film Dream: Kittens with labels on.

P8Day 02: Planning with children how they could safely be near a rocky watery environment and look at the wildlife there (bears) without being in danger. I felt happy and relaxed. Also dreamed of a cat with very bad worms.

P8Day 08: Disturbing dream, being cuddled by P continuation of waking thoughts.

P8Day 18: Sitting in bedroom at home and heard dogs growling. A black dog pounced up off the floor.

P9Day0: Near estuary, surrounded by rough grass. My son and some other teenagers want a match, swimming across. They are dressed in wetsuits, helmets, and

life jackets. They want me to join the race. I think it is too dangerous because the water is a bit rough. In the end I go because I feel the boys will be safer with me around.

P9Day 0: Driving on a country road, body of a dead woman with one arm lying next to her...waiting for the ambulance in a field, has certificate in hand 'highly commended' which she will give to T who did all the work. Feeling of distance and no emotions felt.

P9Day 01: About school, a large yellow grey building and the school caretaker. Dream slipped away as I tried to grasp it.

P9Day 02: Dream of old friend whom I have not seen for a few years. She lives in a house/flat, which feels French. I arrive at 7am and will stay to supper. She is still lying in bed and I realise how early I am. Her hair has gone from black to blond and grey. When I comment on this there is mutual embarrassment. I realise that I forgot to put on socks and use this as an excuse to go home again and come back an hour late, so she can sleep a bit longer. When I walk out I see her children, 2 boys and a little girl. The girl comes running up to me to greet me. I have never seen her before. As I leave a couple come into the house that are also early for supper. The flat has got lots of wood, the doors are bluish green, everything is very basic as if the 1950s 60s style. Wooden floor.

P9Day 04: Dream about healthy eating. Saw two big pods like pumpkins, one bright green, and the other orange.

P9Day 05: Group of homoeopathic students are on a cycling tour. When I walk back through the town, I see them at a b& b. They invite me over to join them. Suddenly in the countryside, we are in a margin where we go circle dancing. There is a low hanging strip light...the atmosphere is jolly, everybody is having a good time. I feel privileged to have been invited. The B&B has an extension in which they sell organic food, and tomatoes grow on vines, from the ceiling. Happy dream

P9Day 07: I am cycling and come to a big roundabout. I have to choose where to go for refreshment. There are about 5-6 different petrol stations with restaurants. There are not many people but it had been v busy as there are tables and chairs in the middle of the roundabout. I choose one place where I go upstairs to a terrace. There are bikes parked and lots of people on the terrace. I heard them speak Dutch. I go into a lobby and meet some homoeopaths (P and Q) we are involved in a proving. My elderly neighbour Bill is going to be a prover, but he has got to change his clothes first. I dropped some clothes at his house, which I am going to get. His house is near the roundabout. It is an old stone cottage, which looks very tidy on the outside. It is set right next to the road. Through the window I see vaguely a young woman, dressed in long black dress and white collar, long black hair and pale face (like a ghost from the 18th c). I doubt if I am at the right house. I go in the front door and look around the hall. There are many old wooden things hanging on the walls. I have to decide whether it is Bill's house or not, but I don't know as I have never been there before. I am going out of the house again because I have to get in via the back door because that is where his clothes are. Vivid and slightly chaotic dream

P9Day 08: I was working in the desert and travelled from one small oasis to another –

P9Day 08: Repairing computers. Both dreams distant and not aware of any emotions.

P9Day 09: In a dormitory with L and shy about washing myself... black lace knickers which I like very much, but the lace is coming apart and I realise they are not on me and my knickers are lying in a heap on the floor, and are grey (sexual overtones)...more people are coming into the dormitory. Someone is having a wash.

She wears a light blue bodice with a frilly bit at the bottom, very prudish...the room is full of people now...chaotic dream as far as the interior of the dorm.

P9Day 10: Walking in D where I used to live, sunny day. I walk in the main square past pubs and shops and go into the pub where my friend J is sitting on a bar stool with glass of spring water. Her boyfriend has gone home... friend of my friend, she is wearing lots of jewellery. I notice an earring of a round copper moon, and think how different this one is from my copper moon. The pub was very basic, wooden floor, stools and benches. Atmosphere is relaxed and happy.

P9Day 13: I am in a holiday cottage, which is light and big windows. My Mother and other family members are with me. We go out for a meal. The family is going first to check out the restaurant. I am alone in a room with lots of tiny lions. Some of them have got cubs. My Mother phones to say the roof of the restaurant leaks. I ask her what the atmosphere is and she says 'good'. So we decide to go. Before I leave I look out of the window and see some bright yellow birds.

P9Day 14: Bathing an elderly woman, my boss had already started. Boss leaves, I carry on washing and slip into the water. I do not want to get my nurse's uniform wet. I manage to get out of the water and carry on dressing the patient. The patient does not speak; she gives the impression of having Alzheimer's. A young man comes to help me (neighbour's son in law). The woman needs to wear a dark blue helmet and a mask over the top of the face. The young man says how kind and patient I am in my work. When I put the facemask on I think 'is it worth living if you have to live like her'. Bathroom is a big, light and white tiles on the wall.

P9Day 15: ...Chaotic but I felt OK and calm.

P9Day 16: I am on a big estate with a mansion. I am in a trusted position there and have two young children in my care. Things are not quite right. At some point I am scared, decide to leave. I organise the children to pick up their sweets and nuts found on the estate. As I lock the door of the mansion, a bearded man on the other side of a glass door says 'so you think that I don't see you?' I know I have not done anything wrong so he does not frighten me. Chaotic dream

P9Day 19: Full of people, walked around with a layer of applesauce surrounding me, but not back or front. I did not feel it, realised it was there. I had worked out that the health benefits outweighed the cost. Applesauce is fitted with a window frame.

P9Day 20: Walking in a supermarket. It had a 70s feel to it – walking on a grey tiled floor with a companion. We walked past people waiting for a bus. Walk in the country now, see person waiting for bus, which is quarter of an hour late. She wants to give up, and then it arrives. A bit further we see a black man on the road. My companion tells me he is the President of Uganda.

P9Day 21: Walking on a country road with a friend. Landscape is flat. Aeroplane flies over and my friend tells me to we lie down on the grass verge so it can't see us. I am surprised about this. She points out that the sun is high in the sky so it must be the middle of the afternoon. Jonathan Dimbelby is on the farm. He is going to write about organic farming. He put a bucket of calf food on a hook of some farm machinery...

P9Day 22: It was announced on the radio that M Jackson had died of a heart attack.

P9Day 25: I am in a small fishing boat with my husband and daughter 6/7 years old (haven't got one). We move the boat by a building that belongs to my husband's ex father-in-law. Water is a bit choppy but I am not scared. I look at the house of the ex father-in-law: it is 7 stories high, built from yellowish stone.

P9Day 26: Dream in an office with many desks. A woman with whom I talked before has a baby on the desk. She is writing a letter to the son of her first marriage to

come and visit. The baby nearly falls off the table. I pick him up and notice how tall he is. He only wears a nappy, further naked. Baby is very quiet.

P9Day 26: Dream of being on a train with homoeopathy students. We chat and have fun. We have a music system and play CDs. We walk around the railway station to find the right platform. There are several floors at the station and we are not quite sure where we have to be. Chaotic.

P9Day 28: Going to see Madonna in concert. She has fallen from grace...I am her special guest and am allowed on stage. She is performing half naked

P9Day 31: In a house. Lots of white walls and furniture, and a screen that could be used to distort distances.

P9Day 32: I was in a building that was under construction. I saw my old neighbours; F and B push someone off the scaffolding. They saw me and came after me. I was afraid, had to get into the house where Bs Mother was and I should be safe there. Dream was dark and black and white.

P11Day 01: (RS) Awakened by dream about two people bidding on my china, on the Internet. This was about 2.45am, felt so tired that I couldn't make myself write this until 3.15am.

P11Day 02: Dreamed about my daughter, travelling and Ken Barlow.

P11Day 03: Woke 0430. Dream of mother and the Queen. Travelling again.

P11Day 07: Woke up in early hours, dream of a tray of oranges, silver tray with cut up oranges.

P11Day 08: Dreamed cousin had been shot in the heart.

P11Day 10: Dream of 25 stripes and lights, felt like a premonition. Clock stuck today at 20 to 5, 5s noticeable.

P11Day 17: Dream of mother and sisters in her home. This changed to me being alone and an intruder walking in. He was black and arrived on a bike, which he left on my front lawn.... all the time he was peering through the glass doors, it was horrible.

P11Day 31: Dream my daughter was on a plane, landed in a strange place and I wanted to go and get her. I didn't know the way so I followed two strange cars...they turned off on the left and for some reason I didn't continue but went on to the next but one turning left. Turnings all on left.

P12Day 0: dream looking at brambling birds, a small flock sitting on a grassy path.

P12Day 04: of dogs and houses up for sale.

P12Day 05: dream she went to Spain with Mum and forgot binoculars, I said holiday was ruined.

P12Day 08: my auntie was in a car accident on a roundabout. She was pushed off the road. She had a big yellow retriever dog in the front passenger seat. (Doesn't drive or have a dog in reality).

P12Day 09 (NS) dream of moving house and had nowhere to go and had to share. Husband also dreamed of living in a damp house, pools of water, gloomy and dark.

P12Day 13: It has been very unusual for me not to have any dreams, as I can easily remember three a night normally.

P12Day 15: Dreamed I had to empty a lot of goldfish from a pond and pull out an electrical cable underneath.

P12Day 20: dreamed I went to tea with the Queen, just me. I wasn't that bothered and had nothing to wear.

P12Day 30: I dreamed I was an alien. We were on another planet.

S2Day 28: Dreams of functions of the body, i.e.: the mechanism of passing a stool - move joints.

S8Day03: That we've been proving hydrogen. Everything looked blue. All dreams are immensely vivid, all occur in the morning as I wake at 4 am, then go back to sleep and dream then. All dreams in bright, clear TECHNICOLOUR.

Slowness/hurry

P2Day 03: (NS) I feel very slow, as if I am in a stupor. I find myself sitting thinking 'ah I'll do something and find myself sitting there 5 minutes later.'

P2Day 07: Still felt very slow today.

P2Day 12: (NS) Impossible to hurry.

P3Day 07: Actually aware of things around me – emotions and interactions, everything coming too fast and too close. All too fast.

P4Day 04: (NS) I met with a friend and I noticed I was restless. While we were off chatting I wanted to be off and doing things.

P7Day 04: (US) I am feeling quite relaxed, noticed in my driving, slow and easy, not in a rush.

P7Day 10: (US) Rushed off to play golf and played very fast, better than I've played for months.

P8Day01: I'm ahead as well - in January or February – not November anymore 9.30pm Time feels displaced. It doesn't feel like anything will be normal for sometime.

P8Day 01: (NS) I'll do that in a minute (time thing). Shit! Its 8.45!

P8Day 09: (NS) Pacing up and down at work. Very wound up. 1045pm: More pacing and tooth grinding.

P8Day 21: Feels very tense, rushed. Frantic the whole time but nothing gets done. I feel off centre but I want to be in the middle real soon.

P9Day 17: I am feeling tired and rushed. Constant thinking

P9Day 24: I felt hurried today because there is much to do and organise

P12Day 16: Wish I didn't have to sleep then I could work through the night. Don't think I'll ever catch up with myself, can't see any end to it.

P12Day 31: My sister said to me today that I'm always saying I haven't got enough time.

Forgetful, making mistakes

P3Day 14: (NS) I'm very forgetful. Forgot to call someone back. Forgot food. Worse, forgot dog biscuits.

P4Day 03: (NS) I forgot to ring my supervisor. I am finding it really hard to remember I am doing a proving.

P5Day 04: (NS) Short term memory bad – absent minded walking into rooms and forgetting what I went there for. Having to go back three times before I was ready to leave in the morning.

P6Day 06: (NS) I keep making mistakes – e.g.: bending down to pick something up and picking up the wrong item.

P6Day 09: It has also been pointed out to me that I am saying the wrong word quite often as well, for e.g. I thought I had said 'I've organised and uninterrupted space' but I actually said 'interrupted'. I've done several of these just lately!

P6Day 13: Had another memory problem this evening, whilst sorting out some paperwork for the remortgaging we are doing I got completely confused with the dates on a loan I had taken out several years ago.

P7Day 27: (NS) My wife told me that I rang her on Saturday night and told her that I loved her. **(NS)** Very bizarre, I don't remember ringing her!

P7Day 35: (NS) Last couple of days I have been calling a colleague by the wrong name.

P8Day 06: Can't remember people's names either.

P9Day 14: (RS) Keep forgetting words as I am speaking.

P9Day 22: Absent minded at times, in which I could not focus properly (both mental and eyes)

P9Day 31: Concentration difficult today – baked bread without yeast!

P11Day 05: (AS) Forgot my diary, forgetful increased. **(NS)** Also used wrong toothpaste and doing and saying things wrong.

P11Day 06: (NS) Mixing people's names up with familiar people.

P11Day 06: (AS) Forgetfulness more acute and frequent (called supervisor wrong name at this point!) Getting words mixed up.

P11Day 08: (AS) Forgot where post office was, forgot to see my son but turned back afterwards, forgot to take my Mother home and went to my house by mistake, forgot I'd put keys in pocket. Left some words out of a letter.

Writing

P4Day 04: (NS) I noticed yesterday and today I am having real trouble writing the date. I want to write 14.3.03 and I keep making spelling mistakes.... The spelling mistakes I am making are about leaving off the first and last letter.

P7Day 01: (US) Changed from black to blue ink without noticing, whilst writing proving notes. Very unusual as I never use blue pens.

P11Day 0 (RS): Did homework this pm, leaving letters out of words.

P11Day 04: On writing my list... couldn't understand why I left so many things out.

P9Day 16: (RS) Mistakes in writing, numbers especially.

P9Day 24: (RS) Mistakes in writing, cannot think of words or put words in the wrong place.

P9Day 27: (RS) Mistakes in spelling, cannot think of the right word.

P9Day 30: (RS) Mistakes in spelling, wrote down wrong letters or words.

S3Day 00: I lost the proving notes to check on how to mark the diary. Confusion about this. I have been losing things for the past week I realise.

S8Day 01: Confusion over which day of proving it was.

S8Day 05: Mistakes in numbers and dates – wrote wrong number on case notes. Forgetful about arranging things.

S8Day 11: And I'm fed up with making mistakes in writing. It's a huge conscious effort on the formation of every word at the moment.

Direction

P6Day 02: (US) Took wrong turning and got lost on way home.

P6Day 07: (US) Got lost again – took the wrong turn at a roundabout.

P6Day 08: (US) Got lost trying to leave the car park – this is stupid!

P6Day 09: (NS) On the way there I took a wrong turning off another familiar roundabout

P6Day 11: (NS) 12.35 Walked along the top landing – the bathroom door is directly in front, my son's bedroom is to the left of it. I didn't do it, but I felt I was going to turn left into the bedroom, even though I knew I was going into the bathroom – weird.

P7Day 15: (NS) Missed a turning on the left side on the dual carriageway this evening. I think this has happened before.

Colours

P6Day 0: I noticed that the file he had my return to work interview papers in was orange.

P6Day 03: (US) Wanted and had an orange ice cream on the way home with friend.

P6Day 08: (US) I noticed that the till receipt at B and Q was orange. **(US)** Later I wore my painty sweater to work in and it's orange – I felt awful, pulled it off and felt better.

P6Day 12: Considering blitzing the bathroom and painting it green.

P6Day 18: Green is also becoming very noticeable – almost like an antidote to orange. The new office is now painted in shades of green and is definitely the 'safe' space in the house. I have also taken to wearing green and orange. I prefer blue and black!

P6Day 26: I have distinctly noticed orange things today – little things, big things. I even found myself watching who had the carrots and wanting to keep one on my plate until I had almost finished!?!

P7Day 25: (US) Wearing new Moldavite crystal around neck – it feels right.

P10Day01: Dropped & broke an old green glass last night about 1230 pm-about the time of the eclipse.

P11Day 25: While drying my knees, I noticed they were purple with orange patches on them.

P11Day 07: (NS) Yesterday I wore a yellow jumper, now I'm looking at a bottle of lemonade in my kitchen. Sitting in Dentist with Mum, said she would have her kitchen painted yellow. My house is painted pale yellow too! Everywhere I look I'm noticing yellow, even my bin. Yellow sheet on my bed and my friends have just painted their showroom pale lemon. Even my soap in the bathroom is yellow. Orange is coming up too but not so much as lemon.

P11Day 25: My quilt is yellow and green.

P11Day 25: Yellow is around again. Yellow toaster and matching storage jars. I chose a yellow mug to drink my tea.

P12Day 16: lips very chapped and using an orange lip salve.

S2Day 17: Wearing lots of creams and beiges, burgundies, reds and black.

Numbers

Two/pairs

P6: At some point while out, I noticed a pair of ringdoves. 2 buzzards on the way back.

P4: two slabs of concrete (dream).

P5: pair of dogs (dream).

S8: Noticed two magpies.

S11Day 17: Lots of things going on around cars – son's broke down twice, mine bashed, J's stolen, lots of car accidents near to where I live this week. I had two near misses on roundabouts today.

Three

P3Day 01: Strange dream last night I was trapped in a very small house with a customer I don't like, and his three children and Mother. I felt squeezed and breathless.

P10: Impulsively picked up three stones plus empty crab shell to take home.

P10Day 02: .I walked away three times. It was like a magnet. She pulled me back.

P11: Shoe repairer rang and told me shoes needed collecting after 3 months!

P11: Synchronicity with three who work together all having sisters (or in law) to stay on Friday night.

Six

P6: We stop somewhere on the way and I find some birds. I don't know what they are. They are very friendly, quite big and they can fly. They are pretty colours. We decided that it would be a good idea to buy six of them and take them with us (dream).

P6: Dream house for sale -£12,000

8th/9th November: A Grand Sextile also appeared at the moment of the Lunar Eclipse.

P9: I look at the house of the ex father-in-law: it is 7 stories high, built from yellowish stone.

P7: Dream – 100 pieces, 20 missing.

P11: Dream of 25 stripes and lights, felt like a premonition. Clock stuck today at 20 to 5, 5s noticeable.

S8: Don't like the number thirteen – not normally superstitious at all.

CHAPTER V THEMES - PHYSICAL

- Pain
- Sleepless
- Itching
- Periodicity

Pain

Head/eyes

P1Day 01: (NS) One main feeling was in my head, pressure, like it was going to pop.

P2Day 14: (NS) Headache from ear to ear over the top of my head, just behind forehead. Like a band, a muffled aching.

P3Day 05: (OS/1989) Head pain left side.

P5Day 07: (US) Unusual symptom - strange headache round eye sockets, especially top half from 4.30 pm until dinnertime, 7ish (better for eating I think).

P6Day 0: 0630 am (NS) and about 10 mins later had a very brief left sided head pain.

P6Day 02: (US) Headache settled over and behind right eye and temple, and extended down into my jaw, neck and arm. It wasn't very nasty, not throbbing, just a constant ache. I found myself pressing it but it didn't make it better. Once at home headache became worse. Had ½ hrs sleep to try and get rid of headache. Woke and it had gone but the wrestling match with the dog brought it back! Not an unbearable headache, more a lingering annoyance – across forehead, behind and over right eye – extending to right jaw, with 'stiffness' down neck and into right top of arm.

P6Day 05 (US) 7.05 must get up but I just want to go back to sleep and be free from this headache - tight shoulders with it and jaw.

P6Day 06: (NS) At 10.10 I suddenly experienced a sharp pain in my left eye, inside corner nearest my nose. I was also aware that my eyes felt 'puffy', although no discharge.

P6Day 08: (US) On the way home a headache arrived over the top of my head and across my forehead.

P6Day 9: (NS) Woke with slight headache, (top of head and forehead + behind eyes.)

P6Day 13: (NS) 2pmish sudden very sharp piercing pain in right temple, which shot in and down behind left ear, lingered for a few seconds and went.

P7Day 01: (NS) Tight feeling around the eyes, sensation of a dull pain in the middle of forehead. That feeling of when you press on a bruise.

P7Day 01: (NS) 1830, my head feels heavy with aching across upper back and neck - left side of my back and below and behind my right ear. Spread to the right side.

P8Day 04: (NS) Headache's getting worse. Whole head now. All over. Twinges of pain in right ear hole, and over right eye Pressure points on my head. Weird, around the crown, like someone jabbing me hard with a finger Pain in spots

P8Day 05: Headache becoming more of a feature. My right shoulder is still painful. Headache comes up from this.

P9Day 01: (RS) dull headache above right eye extending to nasal sinus.

P9Day 02: (US) slight headache forehead above eyes, piercing extending to root of nose. 2pm got worse. Worse indoors and for warmth, better outdoors

P9Day 02: (NS) return of headache from yesterday, forehead above eyes but now extending to temples and throbbing, eyelids feel heavy.

P9Day 04: (NS) 1130 headache returning to warm room, disappeared half an hour later when window was opened.

P9Day 06: (NS) Return of headache on entering warm room. Pain is duller pressing at root of nose. Feels like sinus headache.

P9Day 18: (US) Headache bad today, on forehead, pain extended to temples and root of nose. Better outside, worse inside.

P9Day 28: (US) Stabbing pain in left ear, lasted 15 mins.

P9Day 31: (NS) headache, piercing forehead and extending to bridge of nose, < warm room. Lasted an hour.

P10Day 00: (NS) Tension and stiffness on the right side of head, neck and shoulder lasting for 2 hours

P10Day 10: (NS) 6pm Headache – vertex, pressing. I don't do headaches – don't have them. It became more right sided 8–8.30pm. It sort of blended into the right side of shoulder and neck. I had a late supper at 10pm and this seems to have eased it.

P11Day 12: (NS) Throbbing pain in head above left ear, whilst lying on left side. It went when I sat up.

S2Day 01: Head ache after 1 pm and felt too hot.

S10Day 04: The occasional uncomfortable electricity type feeling in my forehead I had for a brief moment.

Chest

P2Day 05: (NS) sudden pain in the left breast in the evening. - at the top and above nipple, an ache, quite sudden. It lasted may be half an hour. Residual tenderness left behind, plus constant noticing or awareness of left breast because of slight ache.

P2Day 06: (OS) My chest hurts all down the sternum.

P3Day 03: Day 05: 1045 am: (NS) Sharp pain in the left side of my chest.

P5Day 01: (OS) sore, bruised sensation in both breasts when walking. It is worse on the right side, feels as if nipple rubs on clothes (possible return of old symptoms). I used to have this premenstrually. Haven't had this for 6 months.

P5Day 09: (NS) Evening pain, (digging?) at level of lowest left rib, but round to front slightly. Comes and goes. Unpleasant sensation, don't remember having it before.

P7Day 20: A stabbing pain just below the right nipple, lasted a minute and repeated 6-7 times over the next 2-3- hours.

P8Day 02: (NS) Rib ache worse, of course I have been coughing like mad

P8Day 02: (NS) left breast, feels like a fist in left breast coming out from inside or underneath it.

P8Day 11: (NS, US) Ribs aching, upper third feel as if I need to take very deep breaths and move my ribs a lot. Twitchy and short breathed.

P8Day 16: (NS) Feels as if wearing a nasty waistcoat with spikes on the inside. Spikes go in between ribs. TIGHT.

P8Day 23: Breathlessness left lung – hurts on inspiration. Knife under shoulder blade.

P11Day 01: (RS) Breasts tender underneath and heavy. Had it occasionally last two months.

P11Day 02: (RS) Breasts tender on waking. (RS) Feel tender on the sides

P11Day 02: (RS) Ache in sternum or behind sternum, like stiffness, which is worse for bending down and sneezing.

P11Day 12: Sharp pains – stabbing towards left side of chest near my heart again, 2pm. Is my heart aching?

Extremities

P2Day 03: (OS) My finger joints are all very achy.

P3Day 01: (AS) Tingling and numbness spreading further up my leg to groin area.

P3Day 17: (OS) Old shingles symptom - hot and itchy down right leg

P4Day 16: (NS) Shooting pain in my right inner upper arm – top inside elbow. It was sharp. I had it 3/4times during the day.

P5Day 00: (AS) stiff ankles have improved.

P5Day 02: (AS) think there is slight improvement in Achilles tendon (right), which has been tender and painful since running on a road in sandals in early July.

P5Day 03: (AS) swelling on right knee is smaller, making standing up making sculpture less tiring and ache inducing than usual. Knees less stiff on bending down after standing.

P6Day 10: On the way home I suddenly felt a strange pain in my left hand. It started near the knuckle joint of my little finger and seemed to travel across the back of my hand to near the knuckle joint of my thumb. It felt very near the surface, so much so that when there was enough light I looked to expecting to see something visible but there wasn't. It was a dull pressing upwards pain. With the spot near my little finger and thumb knuckle joints seeming like the centre points with the line between them. It is still there faintly now 3 hrs later. It lasted 20-30 minutes.

P6Day 26: (NS) After lunch got a dull ache in my left forearm, which switched after 15 minutes or so to my right. A bone ache. Lasted about an hour.

P6Day 29: (NS) Sharp pain in right knee walking up stairs. No ache afterwards - pain on weigh bearing, behind the kneecap.

P7Day 02: (NS) 1900, went to stand up and had an intense sharp pain in the left knee. It remained for about half an hour. Very difficult to weight bear on my left leg. It was in my knee, the top part of my kneecap - worse on first movement. This was VERY painful.

P7Day 05: (AS or RS) Cramp in left foot, usually in calves. Lasted a few minutes and was painful. More aching in left knee in the morning.

P7Day 09: (NS) Left arm aching. Felt jarred, a bit like after banging ones funny bone.

P7Day 17: (NS) Left arm had the vibration in it again today. Like the residue of banging one's funny bone - lower forearm, inner: like an electric shock running down from the elbow to fingers. It lasted about half an hour.

P8Day 00: 7.45pm weird cramping with pins and needles. Lots of tingling fingertips Wondered where I'd had my hand, if it had been trapped - but it's gone on too long for that

P8Day 01: (NS & US) Pricking and shooting pain travelling up from my left ankle
Later in day: **(NS & US)** Feeling as if someone was pushing a skewer up behind my right anklebone - intense.

P8Day 02: NS Front of legs aching like mad - long muscles and knees. I can't relax them.

P8Day 03: (NS) Left shoulder, like having worn arm in a sling – that's what it feels like, I've been wearing a sling for a long time.

P8Day 04: (NS) Now a bad tingling pain in hand as I write my diary, travelling up the arm, ouch, will have to become ambidextrous. It's my right hand, very sore. Never had it before. **(US)** Wrist also clicking a lot. Usually have very good wrists, now pain in both wrists. Stiff wrists, stiff fingers of right hand.

P8Day 05: Incredibly stiff left knee after sitting.

P8Day 16: (NS) Electric shock up right arm – like a shock exactly.

P9Day 01: (RS) 1630, middle joints of fingers left hand feel arthritic **(NS)**. Joints look red. Right hand later

P10Day 00: (NS) Tension and stiffness on the right side of head, neck and shoulder lasting for 2 hours

P10Day 02: Some tingling in my feet last night – last thing. Almost as if I’d smoked a joint. Something to do with my right hip – I was made aware of it on three or four occasions a feeling, a sensation, almost like a weakness. If it got worse I couldn’t walk on that foot – as if its giving way.

P10Day 07: (US) 8am Pain at the top of my right thigh when I was sitting, almost near the scrotum, but more at the thigh. It happened 5 or 6 times during an hour. Pain more like tearing – it was unusual. 8pm. Pain at the back of the right knee on straightening and whilst walking. It felt like a damaged ligament. It’s gone now.

P10Day 16: (NS) Intermittent cramp in the right calf – started at 11.30am whilst pushing trolley around Tescoes – lasted until 3.30 pm

P10Day 21: (NS) Occasional sudden short bursts of pain at the back of the right foot all day – only when standing or walking -connective tissue?

P11Day 01: (NS) Limbs felt heavy, debilitated. Legs don’t really belong to her

P11Day 02: (NS) 7.15pm very itchy left ankle – scratching like mad and top of left foot.

P11Day 06: (RS) Stiffness in back of neck.

P11Day 22: (NS) About 4.30 pm whilst out in the car, I noticed my right leg from the top down was aching. Like aching legs during a period, but all the way down and just the right leg. It lasted for a few hours.

P12Day 0: (OS) Pain in left knee this morning. Twinging pains in my left kneecap. I have had this before but some time ago.

P12Day 0: (NS) 3pm pins and needles (warm) right arm and elbow.

S10Day 03: The back of my neck twinges occasionally as though I’ve pulled it doing some explosive sneezes.

Sleepless

P2Day 02: Difficult to wake up and get up. Awoke suddenly.

P2Day 35: (NS) My sleep has never been so bad, so regularly in my entire life! Waking 0230 am/ 3 amish. Can’t get back to sleep – ‘Restless in head and in body.’

P3Day 06: I have been going to bed much later than normal because I cannot settle.

P3Day 07: I don’t want to settle down at night. Bedtime is drifting. I am feeling more lively at night.

P3Day 13: (US) Slept really well until 6.30am

P4Day 00: (NS) Nice night time feeling. Lively nighttime feeling.

P5Day 05: (NS) woke at 0430 am for no apparent reason. Went back to sleep at dawn. I felt wide-awake.

P5Day 05: having some difficulty getting to sleep at 11 pm, which is quite late for me to go to bed.

P5Day 12: (NS) went to hear band playing.... I stayed up until 4am...only left when I did as others became tired.

P5Day 20: (OS) The last few nights, and especially last night, waking a lot for no obvious reason. Feeling as if I had drunk black coffee. Think this is due to full moon (returned old symptom of 2 years plus).

P6Day 13: 2am. (NS?) Strange. I didn’t get to bed until gone 4am last night (day 12). I was up at 10, late but not that late and now at 2am I am not really tired!

P6Day 15: Woke late and didn't want to be awake. Lots of very late nights recently (US) Became suddenly very tired at about 1pm. Decided to have an hour's sleep and then do some work. My daughter woke me at 4pm!

P6Day 19: 3am, still working on homework. Went to bed about 4.15. Not especially tired.

P6Day 23: Felt very tired at about 11am and went to bed...Woke at 3pm. It is now 2.10 am, I am going to bed.

P6Day 24: Last night – I couldn't get to sleep for ages...I think given the choice I would sleep all day and be awake all night.

P6Day 30: The plan to stay awake all day and be tired at a reasonable time – worked in part! I stayed awake all day, although between 1 and 3 it was touch and go! But now it is 1.20am and I'm wide-awake!

P7Day 10: (US) Arranged golf with brother-in-law. Fell asleep with a plate on lap and missed meeting.

P7Day 14: Slept well in the bed not the chair.

P7Day 15: (US) Tired again, especially mid afternoon.

Day 20: (US) Felt very tired and fell asleep in the chair as soon as I got home – very unusual. Normally I fall asleep when I think I need rest.

P8Day 01: Got very, very tired. Almost catatonic around 2.30pm. Wanting to sleep and sleep and not get up.

P8Day 06: (US) Falling asleep at 3pm in class. Also not being easy to wake in the mornings.

P8Day 23: I keep waking very early and having to go to work very early and do a lot of work. It's quite different.

P9Day 17: Did not sleep well. Woke up 8-10 times.

P9Day 18: (US) Woke up 4am, did not go back to sleep till 5am.

P9Day 21: Very tired 3-5pm with slight pain in back.

P9Day 28: Had trouble waking up this am. Have been feeling tired – even missed dancing.

P9Day 32: (RS) Sleepy in afternoon, worse indoors. Had a short nap after lunch, felt that I could sleep for hours.

P10Day 01: Took 4th pillule of remedy in bed at 9am in morning. Fell asleep again until 3pm, unintentionally, as I had planned a busy day.

P10Day 05: I didn't get to bed until 3am I woke up at 5am and was ready to get up – full of beans – but I didn't get up.

P11Day 0: (OS) Went to sleep for quarter hr at 2.20pm as I was dozing over my work.

P11Day 02: (RS) Had another nap 220-245pm. Falling asleep over book again.

P11Day 03: Woke 0430.

P11Day 10: (RS) Restless body and mind 4am.

P11Day 19: Woke at 1am and at 230am. Don't think I was able to go back to sleep at all.

P12Day 15: (NS) Very difficult getting to sleep last night, unlike me.

S2Day 02: Difficult to wake. Don't want to work.

S2Day 03: Very tired, no energy - better doing something and in the evening.

S2 Second week: Even though I am tired, I am not sleeping early. Difficult waking.

S8Day 07: Working really hard. Until 11pm at night, starting 0530-600ish. Love It!

S8Day 22: Slept without waking up in the middle of the night. Slept so much... boys missed bus.

Itching

P2Day 01: (AS) Rash on bottom much worse, more sore and broken into lots of spots – weeping and itching. Better towards the end of the day.

P2 (NS) Spot on left cheek (see face).

P2Day 03: (AS) Skin on bottom has flaked off. The sores are very dry.

P2Day 05: (AS) Although my skin is usually fairly dry, especially on my hands, it feels much drier than normal.

P2Day 23: (OS) Athlete's foot started itching again on left foot.

P2Day 23: (NS) I noticed a lump the size of a finger tip on perineum, close to anus, hard and a bit sore, red. Feels stretched and smooth. Could be affecting episiotomy scar tissue.

P3Day 17: (OS) Old shingles symptom - hot and itchy down right leg

P6Day 06: (NS) Last Friday (day 04) a rash appeared on my right hand at the base of my thumb, like the one on my foot – watery spotty things. 1430 today they began itching.

P6Day 21: Firstly the itchy eruptions on my right foot and right thumb joint have gone dry and rough. The foot one is the most 'interesting' the skin has dried and peels off in circles where the original 'spot' was. The area on my right thumb joint gets more attention I suppose and has turned into a slightly red (dark pink) area of new but rough skin. It did go dry the same as the foot but got 'picked' quicker!!

P6Day 34: I have had itchy on my feet and right thumb but these are patches of eruptions. However there has been another itchy as well. Just a general 'itchiness' – usually when I go to bed, I have needed to scratch. Anywhere – mostly my back and legs, but arms, tummy, all needed to be scratched – no visible reason why.

P7Day 05: (NS) Itchy under middle toe of foot (which. Broke the skin scratching.

P7Day 07: (NS) Itchy abdomen worse for heat. Hot and sweaty.

P7Day 06: (RS) Itchy on top of head.

P7Day 19: (NS) I noticed a large scabby area on top of my head.

P7Day 28: (NS) Itching in a line around the head, over both ears.

P8Day 00: 7.45 pm (NS) Itchy head - like nits, the way it spreads down and makes face itchy too.

P7Day 09: (NS or RS) Itching on head, left, better for scratching.

P7Day 01: 1830, itching on left ankle.

P7Day 10: (US) Inner thighs itchy during the afternoon, > scratching but it doesn't go.

P7Day 08: (NS) Lots of itches through the night, down the sides of my abdomen, upper back and arms as well, and head. Body itches, felt as though I had insect bites, but nothing visible.

P7Day 14: (NS) Scar from human bite has been itchy this morning, on left arm. Less pronounced in the morning but quite red in the evening.

P7Day 15: (NS) A dog bite from some 10-12 years ago has been itching, on right inner elbow.

P7Day 15: (US) Scar on left arm very very itchy and red (2230). Little red spots have arrived around it. Odd. Other scar of dog bite is itching and had little red spots around it.

P7Day 17: (ROS or US) Inner thighs itchy. Felt like an insect bite but nothing there.

P8Day 00: 7.45 pm NS Itchy left leg

P8Day 01: Itching all day yesterday. Thought it could well be nits as I had spent the weekend with eight school age children

P8Day 03: (NS) Itchy but no eruptions. Feels like ‘nits’. Crawling. Scratching spreads the itch, < thinking about it.

P8Day 05: Lots of itching – arms, legs, face, chin. ITCHY!

P8Day 06: (US, NS) Eczema left ear. Quite ‘angry.’

P8Day 06: Rash: contact with other provers flares symptoms up immensely. Get really hot talking to supervisor.

P8Day 21: (NS) Dark sore patch under right nostril. Lots of dry patches and flaking on face – unusual.

P9Day 03: (NS) Spot on back, lumbar region, red and painful to touch.

P9Day 03: (NS) Fingers and hands v itchy – scratching ameliorates.

P9Day 23: (US) Intense itching on chest > getting out of bed.

P9Day 02: (NS) 7.15pm very itchy left ankle – scratching like mad and top of left foot.

P9Day 02: 730 pm (NS) Skin in general itching – got to SCRATCH! Better for scratching. Occurred again at 1055pm when I moved to go to bed – on both arms.

P9Day 10: (RS) Woke up at 4am – skin irritating, > scratching.

P9Day 15: (RS) Spots on face and cheeks, plus (NS) small spots in hair line, red and yellow with white discharge, tender to touch.

P9Day 18: (RS) Spots on side and back of neck, raised and pinkish, small, feel tender.

P11Day 09: (RS) Spots on scalp.

P12Day 10: (NS) 9.15 pm very small spots on my back – nowhere else - from small of back up to shoulder blades. It’s not at all itchy, slightly pink raised pimples.

S2Second week: Eczema on right hand returned mildly, at the end of the week.

S811-11-03Day 01: Nettle rash 1.25 on backs of hands and neck

S8Day 05: 0745 Still really itchy. Eruptions on skin now on rib cage under boobs. A crawling sort of itch.

S8Day 06: Talking to prover 9amish left hand started itching, intensely on the back. Redness still visible at 2pm. Contact with prover makes symptoms far worse.

Eye

P2Day 00: (NS) 1045 pm noticed eyes were sore and stinging. Keep rubbing them. Keep blinking.

P4Day 07: (NS) Left eye sore on inside corner. Feels like a sty but nothing to see.

P6Day 15 (NS) Had an itchy left eye. Slight redness in the inside corner. Felt better after washing with cold water

P6Day 26: (NS) My left eye is itchy! Along the top lid, lash line and it has been itchy off and on all day and has felt like there was something in it, but there isn’t.

P7Day 01: (NS) At 1140pm I noticed a burning sensation around my eyes, in the eyes, towards the outer edges, as if from inside the eye. By 1240 eyes are feeling warm as if sunburnt. Burning sensation has extended to top of cheeks. Watery and burnt feeling lasted throughout the day but isn’t intense.

P7Day 02: (US) Itching around the right eye 0945. Both eyes itching within a few minutes and need to rub, which made them water.

P7Day 03: (NS) Eyes watering last night at midnight and 2am for no apparent reason.

P7Day 04: (US) 1230-Left eye itching again as if a piece of sand or grit in it. I have to rub it and then it waters. Really annoying.

P7Day 06: (NS) Sharp pain over left eye lasting about ten minutes.

P8Day 02: (NS) Both eyes get very itchy. Right is still worse. Found myself rubbing them unselfconsciously.

P9Day 09: (NS) Lachrymation of left eye on waking, lasting for approx 1 hour.
.P11Day 02: (RS) Eyes started itching about 8pm. Rubbed them and now they are a bit red.
S2Day 00: Tiredness and burning eyes.
S2Day 05: 0730 sore eyes, intense, worse right. Feels like grit lodged on lower lid.
S10Day 00: Tear duct of right eye sore – maybe a sty coming
S10Day 03: My eyes feel full and watery.

Ear

P7Day 09: (US) Itching in right ear. Was left ear. I don't get itchy ears.
P7Day 11: (US) Right ear still itchy.
P8Day06: (US, NS) Eczema, left ear, quite angry.
P9Day 27: (RS) Intense itching in left ear for 10 mins.
P9Day 32: (RS) Itching inside left ear lasting ten minutes.

Periodicity

P6: Noticed the following symptoms around the full moon (30th August) and last new moon (14th September) - not sleeping at night, wanting to sleep in the afternoon. Wanting to organise things. Went out at 2.30am and two owls screeching round the house.

P8: March 16th 2004 – for past week have proving symptoms back - headache and itching skin and wound. Mentally dull and asleep at 3pm, awake at midnight, 5am. Triggers thought to be stress and talking to other Barn Owl provers. Symptoms also reoccurred in June 2004.

P9: March 7th itching legs and feet. Difficulty getting up in the morning especially at full moon. Itching especially on inside of leg returns at new moon, menses irregular and scanty with small amount of black blood. Had not had this before proving.

Mp: I have noticed a return of proving symptoms September 2004. March, June and September are all active times for Barn Owl as they mate in March, hatch chicks in May/June, and they disperse in September time to form their own territories. Other active times are just after dusk and before dawn. The following November after the proving, there appeared to be a strong return of Barn Owl symptoms in some provers.

CHAPTER VI **REMEDY PROFILE**

AFFINITY

MIND. SLEEP. *Bones, joints, muscles (extremities). Skin. Chest and heart. Eyes.*
Left side, right side.

MIASM

Psora Syphilis (sychosis)

MODALITIES

Worse: suppressed emotions, suppressed eruptions, afternoon, heat.

Better: evening, night time, discharge, outside.

LEADING SYMPTOMS

Themes

DUALITY DARKNESS/LIGHT

Despair and thoughts of death and feelings of loss in life. Indifference and irritability to others and wishing to be alone. Active and awake in the darkness, sleepy daytime. Clearing and sorting of mental and physical world, things not dealt with and not seen – *Clarity and insight.*

ACCIDENT prone, injuries often to extremities

PAIN – head, extremities, chest – stabbing, aching, tingling, stiff.

M RAGE and resentment of loosing space for self. Destructive and sudden outbursts.

M Weeping and despair - GRIEF

M Love of nature

M Confident/confused. - memory weak and making mistakes

M DREAMS of childhood home, of caring and protecting children, of journeys

P SLEEPLESS and busy night time, sleepy afternoon

P Headaches frequent, crown, frontal, varied

P *Skin eruptions and itching*

P Respiration difficult and cough in throat pit

G Flushes of heat

G Energy increased. Weariness

FOOD

Desire: alcohol

Aversion: eating, tea

Better: eating

Worse: eating

COMPARE

Stramonium, lycopodium, silicea, calcarea carbonica, luna, placenta, red.

CHAPTER VII Repertorium of Rubrics

MIND

Absentminded P3/4/5/6/7/9/11/S8

Accident prone P7/8/9/S10/11/mp (See Extremities, awkwardness)

Alert P1/4/7/10

Alone, being

desire to be alone (see Company aversion)

ANGER P1/3/4/5/6/7/9/S2/S3/S8/S11/mp

- **destroy things, with tendency to P5/12**
- husband towards P2/4
- interruption P8/9/11
- **sudden P2/5/6/8/12/mp** (see Rage)
- trifles at P3/6/12

Anxiety P2/4/6/7/10

- **afternoon P7**
- conscience; anxiety of P4/6
- family; about his P4
- future about P2

Busy P3/4/6/7/8/10/S2/mp

- **evening in P6/7/8/mp ?4**
- **night in P10**

Calmness (see Tranquility)

Change - life in P2/6/7

- desire for
- life in P2/6

Cheerful P4/5/8/S2

Clarity of mind P6/7/8/S3/S8/mp

Colours - cream S2/mp

- **green, desire for P6/7/11/mp**
- orange desire for P6/11/12
- burgundy, desire for P2/mp

Company - **aversion to P1/5/8/S3/mp**

Concentration

- **difficult, driving while P6/8/S10/S11**

Confident P7/8/10/12

Confusion of mind P1/3/4/6/8/9/11/S3/S8

- knows not where he is P6/7/11??
- mistakes (See Mistakes)
- writing while (See Mistakes writing)

Content P2/5/7/8/10/S2

Darkness

- **agg: P1/8/12/mp**

DEATH

- **awareness in life of P6/7/9/11/12/mp**
- **desires P3/S8**
- **THOUGHTS OF P1/3/4/6/7/8/9/11/12/S8/S11/mp**

- child, the death of her unborn P6/9/mp
- Delusions P1/2/4/6/S3/S11/mp**
 - *duty, neglected he has P2/4/6/S11*
 - *one's space is being invaded P1/4/6/S3/mp*
 - scattered about, body was P4
- Defiant P1/2/6/8**
- Despair P3/5/8/S3**
 - blackness with P3/8
 - death
 - thoughts of, with P3/S8
 - others about
 - oneself and P5
- Detached – from daily activity P2/3/7/8/9/11**
- Determination P1/2/6/7/10**
- Excited P3/4/8/10**
- Fear P1/3/4/6/8/11/12/S8/mp**
 - **night in P8/12/mp (Darkness agg:)**
 - alone, of being P3/8
 - control, losing P3/4/11
 - dyslexia P1
 - happen something will P4/6/S8
 - reflection, own of P8/mp
 - sudden P4/8
 - suffocation P8/11 or respiratory complaints with?
 - storm P11
- Firmness P2/6/7/12**
- Forebodings P4/6/S8 (see Fear, happen something will)
- Forgetful P3/4/5/6/7/9/11/S3/S8**
 - names (See memory, weakness)
 - streets P11
 - words while speaking P6/8/11
- Forsaken feeling**
 - *isolation, sensation of P3/5/8/mp*
- Giggling P3/10
- Grief P4/6/7/9/S11/mp**
 - *past events about P6/7/9/mp*
 - weeping (See Sadness – weeping, weeping – sad thoughts)
- Guilty as if (See Anxiety of conscience/Delusion duty neglected)
- Happy (see Cheerful)
- HATRED Resentment) P3/4/5/6/8/S2/S3/S8/S11/mp**
 - **persons**
 - **offended him, hatred of persons who**
- P2/3/5/6/8/S2/S3/S11/mp**
- Hurry, haste P7/8/9/12/S11/mp**
 - *always in a P8/9/12/S11/mp*
- Indifference P3/5/8/9/11/mp**
 - *loved ones to P5/8/9/mp*
 - everything to P3/11
- Industrious, mania for work P6/7/8/10/S3/mp**
 - *evening P6/7/8/mp*

- night P10
- Insightful P4/7/10/S3**
- Introspection P1/2/3/7**
- Irritability P3/5/6/7/8/9/11**
 - noise from P9
 - **people with P3/5/7/11**
 - sadness with P3
 - trifles from P6/8
- Jealousy P7/11
- Laughing P11/12
 - weeping, at same time P11/12
- Malicious P5/8/12/S2/S8**
 - anger with P5/12/S2
 - injure someone, desire to P8/S2/S8
- MEMORY WEAKNESS P3/4/5/6/7/8/9/11/S3/S8**
 - **expressing oneself for P6/9/11/S8**
 - names for P7/8/11
 - **words for P6/8/11/S8**
- Mirth P11/12
- Mistakes, making P4/6/7/8/9/11 /S8/mp**
 - **driving P6/8/9/S11**
 - missed turnings P6/7
 - left P6/7
 - locality in P6/7/11
 - names in P7/8/11 (See Memory weakness, names)
 - organising in S8/mp
 - speaking P6/8/11
 - time P8
 - **writing in P4/9/11/S8/mp**
 - **numbers P4/9/8/mp**
 - omitting letters P4/11
 - first and last letters P4
 - transposing letters mp
 - wrong letters P9/mp
 - wrong words P9/11
- Moonlight**
 - **loves P2/3/6/7/mp**
- Nature**
 - **loves P2/6/8/9/S8/mp**
- Order**
 - **desire for P3/4/6/7/8/S2/mp**
- Optimistic P1/10/S2
- Playful P4/5/7/9**
- Prostration, of mind P2/3/8/9/12/S11/mp**
- Quarrelsome P6/8
- Quiet**
 - **wants to be P2/3/6/7/mp**
- Rage P2/5/6/8/12/mp**
- Reflection (see Introspection)
- Resentment (see Hatred/Malicious)

Reserved P1/2/4/5/8/10/mp (see Company, aversion to, Indifference, Quiet disposition, Secretive)

Restlessness P4/8

- busy (see Industrious)

Sadness P2/3/4/5/6/8/11/S11/mp

- *weeping P2/3/4/6/7/8*

Secretive P1/2/4/6/8/10

SENSITIVE P2/3/4/5/6/7/8/9/10/S8/S10/mp

- *birds presence of P4/6/8/10/mp*
- *emotions to P2/3/4/5/7/10*
- *nature to P2/4/6/7/8/S8/mp*
- surroundings to P3/10
- want of P5/8

Sighing - involuntary P6/11

Slowness P2/7/8

- thought and action, delay between P2/8

Solitude desire for (see Company, aversion to)

Spaced-out feeling P2/9

Suspicious P1/2/3/4/6/8/10

Thoughts P1/3/8

- black thoughts P8
- childhood of P3/1
- scattered P3/8

Time

- *quickly, appears shorter, passes too P8/9/S11/mp*

Tranquility P1/2/5/7/8/9/10/S2/mp

Truth

- telling the plain truth P2/6/7

Weeping P2/3/4/5/6/7/8/11/mp

- despair from P5/8
- *easily P3/6/7/8/11/mp*
- forsaken feeling P4/5
- laughing at same time (see Laughing – weeping)
- *sad thoughts, at P2/3/5/6/7/8/mp*

PHYSICALS

- **VERTIGO**

(no entries)

- **HEAD**

Eruptions P7/11

- scalp P7/11

Itching of scalp P7/8

PAIN P1/2/3/5/6/7/8/9/10/11/S2/mp

- **left P3/6/8/11**
- right P6/7
- left to right P6/7/8
- eating amel P5/10
- open air amel P5/9
- sneezing with P7
- warm room agg P9

Head pain accompanied by

- neck pain in P7
- stiffness neck P8/10
- **shoulder stiffness P6/8/9/10**
- right P8/10

Forehead P2/6/7/S10

Occiput P7/8

Temples P6/9/10/11

- left P6/11
- P6/10 right

Pain in spots P7/8

Pain extending to ears P2/6/7/11

- left ear P6/11
- right ear P6/7

Pain eyes P5/6/7/8/9/mp

- left eye above P6/8
- **right eye above P6/7/8/9**
- eyes around P5/7
- **eyes behind P5/6/7/mp**

Vertex P2/6/10/mp

Head pain

- aching P2/6/7
- dull P9
- lancinating P6/8/9
- pressing P1/9/10
- throbbing P6/9/11

Tingling

- sensation P9/S10

- **EYE**

Itching P6/7/8/11

- left P6/7
- **rubbing, desires to P2/7/8/11**

Lachrymation P7/9/11/ S10/ mp

- left P9/S10
- waking on P9/11/mp

Pain P2/4/6/7/S2/S10

- left P4/6
- burning P7/S2
- Canthi P4/6 S10
- cutting, left P6/7
- sand, as from /7/S2
- **sore P2/4/ S2/S10**
- stye P4/S10

Swelling

- lids P6/11
- under eyes P6

• **VISION**

Acute P6/mp

Blurred - driving, while P6/9

Flickering P5/9

Photophobia P5/9/mp

- light, bright, while looking at P5
- reading while P9/mp

• **EAR**

Itching P7/9

- left P7/9

Stopped P2/3/6/7/S8

Pain P2/4/6/7/9

- **left side P2/4/6/7/9**
- ache P2
- sharp P6/9
- sore P4
- stabbing P9

Popping

- **sensation as if P3/6/7/S8**

• **HEARING**

Deafness P2/3/6/7/S8

• **NOSE**

CORYZA P1/2/3/4/7/10/12 S8/10

- **clear P3/4/7/10/12**

DISCHARGE P2/3/4/6/7/9/10/12/S3/S8/10

- bloodstained P6
- **clear P2/3/7/9/10/12**
- colour, orange P6
- green S3
- white P11
- yellow P9
- crusts P2/11
- viscid P9
- watery P2

Dryness P2/11

Itching P2/8

Obstruction P1/4/6/10

Smell

- acute P8/12

Sneezing P2/3/4/12

- **FACE**

Discolouration

- pale P8/11
- bluish, eyes, around P6/11

Eruptions P2/8/11

- eczema P8
- pimples P11
- pustules P2
 - ear P8
- cheeks P2/11
- discharge, white P2/11
- hairline P11

Pain P7/8

- left P8
- eyes under P7
- aching P7/8
- burning eyes under P7

Swelling

- eyes around P6/11

- **MOUTH**

Biting lower lip P7/12

Tongue sore. P3/7

- left P3/7
- left to right P3

Ulcers tongue P3/12/S10

- sides right P3/12 /S10

Pain tongue sore. P3/7

Salivation accompanied by nausea P9/12

- **TEETH**

Sensitive P6/8

- cold water to P8

Clenching P6/8

- biting teeth together agg P6/8

- **THROAT**

Fullness P4/7

Mucous - difficult to detach P6/8

Sore P6/8/9

Tickle P2/3/4/11/S10

- **EXTERNAL THROAT**

(no entries)

- **STOMACH**

Appetite diminished P3/5/6/10/11/12/mp

- accompanied by indifference to food P3/10/12
- increased P5/7/mp

Gurgling eating after P7/11/12

- drinking after P7/12

Nausea P3/6/8/12/S2

- morning P6/9/S2
- accompanied by salivation (see MOUTH salivation)
- eating amel.: P3/9/S2
- tea after P6/12
- travelling P5/S10/mp(cured symptom in P5)

Thirst P2/3/6/S2/mp

- **ABDOMEN**

Pain P7/8/11

- ache P7
- cutting P11

- **RECTUM**

Constipation P2/7/8/S2/mp

- incomplete P2/11/mp

Diarrhoea P1/3/4/6/7/8/11

Flatus P1/7/8/11/12/S8

- offensive P1/12

Urging P2/4/6/7

- **STOOL**

- Balls like P2/8

- **BLADDER**

Urging P1,7,9,11,mp

- night P1/mp (P3 this was a ?cured symptom)
- frequent P1/9/mp
- sudden, morning, waking on P7/11/mp

- **KIDNEYS**

(no entries)

- **PROSTATE**

(no entries)

- **URETHRA**

(no entries)

- **URINE**

Copious P1/7/11/mp

Odor,

- offensive P7/mp

- **MALE GENITALIA/SEX**

(no entries)

- **FEMALE GENITALIA/SEX**

Itching P2/6

Menses early, too P6/12

- *scanty* P6/9/11/mp
- suppressed P9/mp

Sensation as if pregnant P2/6

Sexual desire

- increased P2/8

- **LARYNX**

(no entries)

- **RESPIRATION**

Breathless P3/8

Deep

- desire to breathe P3/8

Difficult

- falling asleep, when P3/11

Impeded P2/3/8/11

- anxiety, with P8/11
- dying, fear of P11

Wheezing P4/8

- **Cough P2/3/6/8/9/11/S2/S3/S10**

Tickling, throat-pit in P2/3/4/11 S10

- talking agg P2

- **EXPECTORATION**

-

Expectoration P2/3/6/8/9/S2

- clear P9
- difficult P3/11
- green P2
- lumpy P2
- salty P4/6
- thick P3
- white, bubbly P6
- yellow P8

- **CHEST**

Anxiety in P4/8/11

- air: desire for fresh P8
- sternum: region of P4

Constriction

- stabbing pain, with P2/8

Pain

- coughing agg P2/3/8

Mammae P2/5/7/8/S2/S8

- left P2/8

Sternum P2/3/4/11

- ***aching P2/3/4/11***
- bending P11
- coughing P2
- lying on side, on right P11
- sneezing P11

Pain

- ***cutting P2/3/8/11***
- sore P5
- stabbing P8/11
- side, left P3/8/11

Palpitation of heart P3/8/11

- anxiety with P11
- walking agg P3
- audible P11

• **BACK**

Pain lumbar P2/6/S2/S10

Sacral P9/11

- cutting P9/S8
- shooting P9/S8

• **EXTREMITIES**

Awkwardness P7/8/9/11/S10/mp

- knocks against things P9/S10
- stumbling P8/11

Heaviness lower limbs P9/11

Injuries P7/8/9/12/S10/mp impact?

- ankle S10/mp

Itching P2/3/7/8/9/11/mp

Nails brittle P6/7/9

Pain

- aching bones P6/mp
- ***aching hands, joints of P2/6/7/8/9/mp***
- cramping P6/7/8
- ***stabbing P4/6/7/9/12***
- ***ankle sharp P6/8/10/ S10/mp***
- knee sharp P6/7/12
- neck P11
- aching P7
- sharp S10

Stiffness P5/6/8/9/10/11

- ankles P5
- hands P8/9
- knees P5/8
- neck P11
- accompanied by head pain P8/10 (see HEAD)
- shoulder, accompanied by head pain P6/8/10
- wrists P8

Tingling P3/7/8/10/12/S8/mp

- night P10
- feet P10
- forearm P7/9/12
- spine S8
- left P7
- right P9/11
- leg,
- right P3

Trembling P6/8

- **SLEEP**

Falling asleep

- *daytime P6/7/8/10/11/mp*
- *afternoon P6/7/8/9/11/mp*
- *late P2/3/5/6/12*

Lively, night time in P3/4/5/6/8/10/mp

Sleepiness overpowering

- *mid afternoon P6/7/8/9/11/mp*

SLEEPLESSNESS P2/5/6/8/9/10/11/12/S2/mp

Sleeplessness night accompanied by

- **Sleepiness day time P2/6/8/9/10/11/S8/mp**
- 1pm P6
- 2.30pm P8/11
- 3-5pm P9

Sleep restless, cannot settle P2/3/5/6/8/9/11/S2

- sudden daytime P6/7/8

Waking difficult morning P2/8/9/S2/mp

Waking early P2/3/5/8/10/11/S8/mp

- **2.30-4pm mp**
- **3am P2**
- **3-4am P6**
- **4am P8/9**
- **4.30am P5/11**
- **5am P10/11/mp**
- **5.30 S8**
- **6.30 P3**

Waking frequent P2/5/8/9/mp

- **DREAMS**

Aeroplane P9/11

Aliens P12/mp

Anxious P3/4/6/8/9/11

Birds P5/6/9/11/mp

- yellow P9/mp

Breathing

- difficult P3/5/6

Buildings P4/6/9/mp

- old P4/6/mp
- ruined P6/9
- stone P6/9

- tree house P4
- yellow stone P9

Chaotic P2/6/9

CHILDHOOD HOME P2/3/4/5/6/8/9/11/12/mp

Children about P2/3/4/6/8/9/11/12

China plates P7/11

Coloured P6/8/S8

- **black P5/8/9/11**
- black and grey P5/9/mp
- black and red mp
- black and white P9
- **blue P4/7/9/S8**
- green P9
- orange P9/11
- white P6/9
- **yellow P2/9/12/S8/mp**

Confused P2/3/4/5/6/9

Dead bodies P5/9/11

Dogs P5/6/8/12

- black P5/8
- grey P5
- yellow P12

Face

- distorted children of P4/7

Family of P9/11/12

Fish P6/12

Happy P4/6/8/9 Home of P6/8/11/12

Journeys P2/4/6/9/11/12/mp

Lost, of being P4/5/6/11

Machinery P5/6/9/mp

People

- **crowds P2/3/4/6/8/9/11**
- famous P9/11/12

Protecting children exploring P2/6/8/9

Saving an animal P5/6/mp

- bird P5/mp
- fish P6

Sexual P5/8/9

Stones P2/6/8

- cobbles P6
- green and white P6
- oblong, in rows P2
- rocks P6/8

Trees P4/6

Threatening P4/5/6/8/9/11/mp

Unremembered P2/4/9

Water P2/4/6/8/9/12

- pond P12
- lake P6
- shower P2

- spilled P6
- swimming P4/9
- washing P9
- water and rocks P8

Wild places P2/4/5/6/8/9

Windows, glass P4/6/9/11/S8

Worms P4/8

- **CHILL**

(no entries)

- **FEVER**

Coldness P3/8/mp

Heat, feeling of P1/3/6/8/12

- **PERSPIRATION**

(no entries)

- **SKIN**

-

Burning - sun, as if burned from heat of P1/4/7

Cicatres (keloid) itching P2/7 mp

Dry P2/8

Eruptions P6/7/8/9/11/12/S10

- dry P6/8
- eczema P2/6/8/S2
- itching P2/6/7/mp
- itching insects as if P7/8
- pimples P7/11/12

ITCHING P2/3/6/7/8/9/11 /S2/3/8/ mp

- feet P2/6/7/11
- hands P2/6/7/9

- **GENERALS**

Biting

- teeth together biting: agg 6/8

Cold

- becoming cold P11/mp

Energy

- **excess of energy P1/2/3/5/8/7/9/10**
- evening P5/10

Food and drink

- alcoholic drinks desire P5/8

Injuries (Extremities – Injuries)

Periodicity, moon phases of P6/9

Walking agg P3/5

Weariness P2/9/11/S2/S11/mp

- daytime (see sleepiness day time)

NB: Repertorisation includes both placebos, Prover numbers 3 and 10.

Appendix I GUIDELINES FOR PROVERS

‘By the law of the Almighty, the body is the work of the soul which fashions its outward appearance by hammering it from within, like a goldsmith embossing his material.’ Leonardo de Vinci

A substance that can CAUSE a set of symptoms in a healthy individual can be used to CURE a similar set of symptoms in a sick individual.

The aim of this proving is to clarify the healing potential of this remedy so that it may be used for the healing and well being of others in accordance with homoeopathic principles.

The main objectives are:

To provide as far as is possible, a safe and tested framework for practice (double-blind trial).

Continuity in all aspects of the proving process.

To obtain thorough and accurate information about all aspects of the remedy.

Instructions for provers:

Firstly thank you for your commitment to this proving!

Check that you have the appropriate colour diary (blue) and the number on the diary and the remedy bottle are the same. Ensure the contact details between you, your supervisor and co-ordinator are correct.

Understand issues of confidentiality related to the proving and to your notes.

The proving will start with the orientation meeting on either the 31st October or 2nd November. You should be able to meet your supervisor and go through the proving programme. The week following the proving is for base line case taking, which should be face to face where possible, and recording symptoms each day as set out below. These can be discussed with your supervisor. This enables your supervisor to get to know how you are before the remedy is taken and familiarises you with the method of note taking necessary for the trial.

You and your supervisor will agree a day on which you start taking the remedy. This should be around the 3rd November. The proving will draw to a close after around four weeks. The date for extraction of symptoms is currently Monday 15th December and it is important that we can all attend together at this time. I realise this is a busy time for most of us and will try hard to accommodate everyone’s commitments!

Taking the remedy:

On the agreed day, the remedy should be taken in the morning with a clean mouth and an empty stomach. **The remedy should not be taken for more than three doses a day for two days (six pillules maximum). Once you notice definite symptoms, do not take any further doses of the remedy.**

Once you begin taking the remedy be aware of any new symptoms or change and intensification of any existing ones, or return of old symptoms (those which have not appeared for over one year). Keep your notebook with you at all times.

Life style:

Do not take food or drink half an hour before or after taking the remedy. The same rules apply when taking the remedy – no coffee, chewing gum, mint toothpaste, mints, vapour rubs, eucalyptus etc as these may antidote the remedy. Avoid taking any allopathic medication and supplements that are not part of your normal pattern. Avoid taking any other homoeopathic remedies for the duration of the trial including the run up to the proving. If in doubt, please contact your supervisor or proving co-ordinator.

Please keep as far as possible to your usual habits and lifestyle throughout the proving. Avoid excess alcohol, exercise, work etc!

The credibility of the proving depends on your confidentiality re symptoms, which should not be discussed with fellow provers.

Contact with supervisor:

This should be at the agreed time on a daily basis at first, until you both agree that daily contact is no longer necessary.

Recording your symptoms:

Note down symptoms carefully as they come up. It is easier to do this whilst details are fresh in your mind! If nothing happens make a note of this also.

Each new day in the notebook should be marked with the date and what proving day it is –day you took the remedy is zero.

Write on alternate lines as this makes the next stage of extracting symptoms easier and enables notes to be clarified etc. You should not delete things from the diary but try to write legibly and accurately. Remember to include location, sensation, modality, time of day and intensity where appropriate. Which side of the body is it? Use a drawing to describe where if it helps. Does it burn, prick, throb? Is it worse /better for damp, cold etc. When did it start/stop/alter? Note anything unusual re time of day etc. Briefly describe the sensation and affect it had on you.

Run through the following check- list daily to aid observation:

- | | | |
|-------------|-----------------------|---------------------|
| Mind | Respiration | Sex |
| Head | Digestion | Temperature |
| Eyes | Skin | Sleep |
| Ears | Extremities | Dreams |
| Nose | Urinary organs | Generalities |
| Back | Genitalia | |

Note full description of dreams and the feeling it left you with.

You may also wish to note the phase of the moon.

Make special note of mental and emotional symptoms, being as concise as possible!

You may find friends and family members note changes in your behaviour that may not be noticed by you, so do write them down.

Write a general summary of your experience – how it felt, what you learned about yourself.

Use the following letter headings in **red** where possible when recording symptoms:

(RS) – recent symptom is a symptom you are suffering from now or over the last year

(NS) – new symptom

(OS) – old symptom, please state when it occurred.

(AS) – alteration in a current or old symptom. (e.g.: used to be left side and now is right)

(US) – unusual symptom for you.

‘The person who is proving the medicine must be pre-eminently trustworthy and conscientious.... able to express and describe his sensations in accurate terms.’
Origenon 126.

‘The best opportunity for exercising our sense of observation and to perfect it is by proving medicines ourselves’ Hahnemann.

The Guest House

This being human is a guesthouse.
Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!
Even if they are a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still treat each guest honourably.
He may be clearing you out
for some new delight.

The dark thought, the dark shame, the malice,
meet them at the door laughing,
and invite them in.

Be grateful for whoever comes,
because each has been sent
as a guide from beyond.

Rumi (1207-1273)

Appendix II

First Letter

Dear

I wish to complete a homoeopathic proving as part of my fourth year project at the Welsh School. I am writing to enquire if you would be willing to participate as a prover /supervisor.

If you have not taken part in a proving before, full instructions will be given. There will be an opportunity to ask questions at a meeting before the proving starts. The meeting will be at the Welsh School on 31st October at 1730pm. It will be completed over the autumn term. As with all provings, it is important that complete confidentiality is maintained throughout the process.

Participating in provings is an opportunity for learning on all levels. If you feel you would like to be a part of this, or would like more information, please contact me. I look forward to hearing from you.

Second Letter to Provers

25th October 2003

Dear

Thank you for taking part in this proving! I am writing to confirm dates and purpose of the meetings. Also to ensure everyone understands the commitment.

We start on 31st October with an orientation meeting in Carmarthen at the School at 5.30 pm. Because we are a widely spread group, there is also a meeting in Llanidloes at 4pm on Sunday 2nd November. The address is Room 6, 12 Great Oak St, Llanidloes (Tel. no: 01686-411382 if you can't find it!). Remedies and notebooks will be given out at these meetings, with written guidelines. If you cannot make either meeting, notebooks will be posted to you. We will also be going through the guidelines for provers and supervisors, so don't worry if you have not been involved in a proving before.

A date for finalising and discussing the proving has been set as Monday 15th December at 6.30 pm. This will be at the School and it is important that everyone can be there. This date is not set in tablets of stone, so do let me know if you have difficulty with this. Do ring me with any queries.

Appendix III

Significant dates during the proving:

Preproving meeting 31st October 2003: Halloween or the Celtic festival of Samhain (Lord of the Dead). Ghosts are thought to return to walk the earth and the veil between the two worlds is said to be thin. Bonfires were lit to ward off evil spirits.

1st November: Celtic New Year. Was All Saints Day

Second proving meeting 2nd November: All Souls Day celebrated by the Church to remember those who have died. Changed by Pope Gregory IV from All Saints Day or Holy Day.

November 8th and 9th: Harmonic Concordance with Lunar Eclipse embracing a two-week period ending on November 23rd with a Solar eclipse. A Grand Sextile also appeared at the moment of the Lunar Eclipse. This signifies an unobstructed flow of energy in astrology, between six stations. The Star of David is formed in its centre. Full Moon

November 9th: Remembrance Sunday held to honour the dead from two world wars.

November 10th: Remedy taken by proving group.

November 11th: Armistice Day.

November 13th: New Moon

November 23rd: Solar Eclipse. Thanksgiving Day.

December 2nd: Festival of Arianrhod

December 13th: Saint Lucia's Day celebrated by Norway, Sweden, Sicily. A young girl wears a white robe and wears a crown of lights and carries a candle. Also other Festivals of Light – Hanukah and Chanukah celebrated around this time. Full Moon.

December 14th: Saddam Husain captured. Advent – a time of preparation for the Christ coming.

December 15th: proving closes with a meeting. Leonids (meteor shower) were visible 13th to 16th December.

Appendix IV

Master prover notes

Poem written day 8 of proving.

I fly like an arrow in the early morning mist,
I fly direct to your heart.
I am the longing for the cool fields, swathed in mist,
swaddled in the ancient landscape,
safe in solitude's bosom.

I live on the borders of your life, pushed out by your strivings and your need.
Look for me – you'll see me in every place in every land.
Apart I stand yet I am with you,
looking in on your bright life: mine are the shadowlands.
Moon on the water –
the stillness of autumnal whispers marks my parting.

My face is a disc of the heart.
I turn it to you and it becomes your mirror.
My beauty will haunt you as you seek me,
as you search endlessly the wild places I once roamed.

Like an arrow to your heart,
I gave you my tumbling joy
on light summer nights spent in play.
The rhythm changes: poised on frosted stars, winter waits.
There is longing, an emptiness.
I shall always feel you in me.

Physical Symptoms

Head

Day 30: (NS) Headache again, travelling to my Grandfather's birthday bash.

Day 32: (NS) Headache since rising again. This has been a feature lately. This one stayed all day – crown to temple, later spreading to behind the eyes. (OS) Also I am very light sensitive at the moment. I do not usually suffer with headaches.

Eyes

Day 32: (OS) I am very light sensitive at the moment.

Day 44: (AS) Vision very sharp and clear but light seems very bright.

Day 45: (NS) Eyes really bad re focusing this evening. (NS) Also my eyes are watering on rising in the morning. I have noticed this a few times now.
Eyes continued to water until late Feb.

Teeth

August 12th: (NS) Am finally getting wisdom according to my dentist. Wisdom teeth on the left playing up and coming through. Feels pressure and sore.

Respiration

27th July: (AS) Problems with my asthma and not sleeping for a few days.

10th August: (AS) Chest bad and I woke at 3 am.

Stomach

Day of feather: 9th August: (NS) Craving for tomato juice in the local supermarket and when out for a drink in the pub, I demanded a Bloody Mary – never drink these!

Day 00: pm (OS) I stopped for a meal and ate fish for the first time in ages.

Day 19: 10th Sep: (NS) Desire for gunpowder tea, tomato juice. Not thirsty for water as I usually am.

Day 19: (NS) I have noticed feeling hypo and shaky whilst working outside a lot.

Had to come in to eat bread and jam. Seem to go through stages of stuffing myself.

Day 21: (NS) Had a tomato juice.

Day 22: (AS) Thirsty, more than usual.

Day 34: (NS) I want Lapsang again. Ate loads again

Day 37: (NS) Ate loads again.

Day 96: (OS) On trips to fracture clinic, I sat in the back to keep my leg elevated. I have had bad travel sickness, which I have not experienced since a small child. I am still getting this if I sit in the back of the car (Feb)

Day 107: (NS) Either not hungry or starving.

Bladder

Day 06: (NS) Peeing more often, darker and frothy.

Day 33: (NS) Waking and needing to pee in the night. Regular thing.

Day 34: (NS) I noticed my urine smells very strong again and big quantities.

Rectum

Day 18: (NS) Bowel habit has changed the last two weeks. It was irritable and squidgey. Constipated now but feels different, good amount, usually on waking after morning tea.

F Genitalia

Day 21: (US) Period not flowing. Didn't come at all.

Day 58: (NS) Period very slight and struggling to take off.

Day 62: (NS) Period coming, slow, reluctant. I feel very tense.

Extremities

Day 34: (OS) Noticed my hands are puffy, achy. System is sluggish.

Day 34: (NS) Itchy right kneecap and palm of right hand.

Day 59: (NS) Hands achy in bed and red.

Day 63: (NS) Slipped on the icy front door step and fell, fracturing and dislocating my right ankle. Agony.

Day 108: (US) Plaster (purple) came off the day after the proving finished.

Skin

Day 02: (NS) I started getting a funny tingling sensation down my left side, across the rib cage.

Day 05: (NS) My side was sore and spots had come up. Painful. Dr has signed me off work for two weeks with shingles. Only five spots but they are painful.

Day 06: (NS) Pain in ribs like a plaster had been ripped off, worse for moving. Can't bear restriction or clothes on it.

08: (NS) Bee sting is now very red and angry. Went to the Dr's as it is infected.

Day 17: left side itchy again today (shingles spots).

Day 18: Rash now all over thighs and tummy – I'm covered in it.

Day 18: (NS) Rash again today. PM and < for bathing. Red, blotchy, bright red. Across my waistline and belly.

Day 19: (NS) Rash to belly came up again this evening.

Day 21: (NS) Rash after bath again across tummy is much less prominent – disappears after a short while.

Day 42: (NS) Scar on tummy has been very red and sore for a few days.

Day 48: (NS) Left arm very itchy on rising and rash visible – hot and itchy.

Day 49: (NS) Awoke early as rash itchy on belly, neck and top of feet.

Day 72: (NS) Rash last night in both arm creases and the backs of both hands.

Day 84: (NS) Back of hands itchy – have been regularly the past month.

Temperature

Day 13: (AS) Chilly slightly.

Day 65: (US) Very cold after operation and shook and shook. Nurse said I was hypothermic and they wrapped me up like a Sunday joint.

Dec 31st: (NS) Feet cold and circulation poor in right foot. Needing heat packs to warm up foot before I can do exercises. Have got progressively chillier.

Dreams

10th August (day after finding feather): Dream that I was back in the Anvil where I lived aged 14-18. I knocked at the old door and a man answered. I was to show him a secret compartment in the house. He went in and turned left into the newer part of the house. I turned right in to the very old part. I walked in the dark with bare feet, up the back staircase to my old room. Every creak was as I remember on the stairs. There was a light coming through the slats in the wall. Felt free, unrestricted in the dark. The carpet was soft to my feet. There was a secret staircase and salt cupboard in my room. The priest hole and stairs we discovered quite by chance – they scared me in my teens. I spent a lot of time painting and sketching in this room.

Day 23: Taking a lady from a busy city to her home. She had huge bags and I had to carry them, very heavy. My left arm had an itchy rash but my right arm reflected it and was black and red!! Necrosed tissue. I dropped the lady off and walked a long journey with the bags. It was very cold and snow

Day 44: Weird dream of trying to hide in a washing machine, full of wet washing! In a house and lots of them piled on top of each other. Scared and in a hurry as aliens had invaded and were coming to get me and they had captured everyone else.

Day 44: Second dream of the night. Taking my arms and legs off whilst talking to someone – bit of what looked like metal sticking out. Eating something off a plate and next door lots of noise from a TV and I couldn't go in there because of the noise

Day 52: A friend and myself were administering to a sick bird (large) very yellow and soft, like a seal in shape. I stroked it and in its mouth the tongue was forked like a snake's. A fishhook was stuck in the tongue and I knew how to take it out. The creature was close to death but we went to get pliers to help it.

Day 75: I was part of a large household – an old Victorian house. Had to move as it was sitting on volcano! Had to sneak off as being watched. House was full of women and we were preparing a special communal meal. I went to see a friend (dead now) in a house in the woods and she gave me a brace of pheasants to prepare for the meal.

Day 85: Dream of rescuing a bat – small, soft and pinkish. (Second dream of rescuing a creature.) Also dreamed of bat before proving.

Sleep

10th Aug:(NS) Awake at 3 am

Day 02: (AS) Felt very tired – more so than usual.

Day 05: (NS) Happy to potter but need to sleep in the afternoon.

Day 06: (NS) Very difficult to get going; want to sleep during the day.

Day 14: 0330 am awake again. Wrote a poem in the night.

Day 14: (NS) Must sleep with the curtains open at night.

Day 15: (NS) Up at 2.30 again. Surfing the net!

Day 21: (NS) Awake 2.30-4 am again

Day 34: (NS) Awoke 2.30 again. Is a regular feature now.

Day 44: (NS) Woke again 2 am.

Day 45: (NS) Awake 5 am –very busy.

Day 76: (NS) Did not sleep well. Sleeping during day and waking at night.

Mind

Accidents: flying and falling

Day 00: Flew home without a single traffic jam, despite being a bank holiday Friday. I passed two bad accidents and traffic piled up on the M25. I wanted to be back home in the cool, misty mountains.

Day 20:11th Sep: Found out my Auntie D had broken arm and leg.

Day 21: 12th Sep: C broke right ankle and has a plate.

Day 32: (US) Hit a pheasant and felt terrible but I could see it was dead – nerves jerking it.

Day 61: My Uncle, who came to stay for a few days at the beginning of October, was knocked down by a car in his hometown, luckily not hurt badly.

Day 63: (NS) Slipped on the icy front door step and fell, fracturing and dislocating my right ankle.

Day 72: After the second proving meeting, on the way to drop off diary a Barn Owl flew across the front of the car – 2 minutes down the road we found an accident. Two women were hurt.

Day 76: Friend G dislocated his shoulder and in hospital the same time as me.

Day 78: (NS) I fell backwards down school steps, lost balance. Not hurt, just accident-prone.

Day 81: (NS) Fell in bedroom whilst trying to get something. Jarred leg really badly and had to go to A to get check-up!

Day 100: (NS) I feel I have been knocked out of shape – the school of hard knocks.

Death

Day 14: Elizabeth I killed her cousin – kills when threatened.

Day 24: Owl programme on Radio 4, fantastic. Beautiful story of Barn Owl and blessing of the wild – herald of death. A woman told her story. I was very moved by it.

Day 32: (US) Hit a pheasant and felt terrible but I could see it was dead – nerves jerking it.

Day 61: (US) One of our Sebright Cockerels died. I buried him close to other chickens.

Day 64: (US) Wrote my will on an old envelope before I went to theatre. By this time was convinced my luck was out anything could happen.
Day 70: First proving meeting, Halloween or Samhein.
Day 72: Second proving meeting All Souls Day.
Day 91: (NS) Thoughts - 'Birth, the nearest thing to death.'
Day 102: My Grandfather is in hospital. (full moon) He is 103 and has not been in hospital before. I went to see him on 30th Dec. We said goodbye.
Day 102: (8th Dec) Our friend and colleague K is dying of cancer. Lots of thoughts re proving which seems linked with death.
Day 106: My Father is in hospital, very ill with pneumonia.

Weeping/ Grief

Day 14: (NS) Painful memories re baby.
Day 17: (NS) Still tears of release, not self-pity whilst writing the journal – just quiet acceptance of my life.
Day 34: (US) I have felt depressed for a while – feel the loss of summer and the owls.
Day 55: (NS) I seem to cry easily at present.
Day 107: (NS) Very irritable and frustrated again. I cried.
Day 108: (NS) Huge emotional fall out. Felt so emotional.
Day 113: (NS) Burst into tears.
Day 114: (NS) Picked up phone. I burst in to tears. Not like me.

Solitary/isolated

Day 02: (AS) We took a relaxing walk to the dams. It was deserted – wonderful!
Day 31: (AS) Enjoyed the peace and stillness of the house.
Day 53: (AS) Glad for quiet space.
Day 76: (NS) Another day on the bed. Feel low and isolated from everyone.
Day 76: (NS) Storm is over, the sun is shining. There is calm, peace.

Rage/invasion of space

Day 03: (NS) I lost my temper and flew into a rage several times during the week. This was about space, my home being invaded.
Day 05: (NS) Was irritable and pretty horrible to D.
Day 07:(NS) Raged and stormed in the yard and threw a stick around. Anger and rage at the intrusion and take over bid of E and all the paraphernalia. Don't queer my pitch!! Resentment was the feeling. I went on to E about how valuable space is!
Day 19: (US) I was in the wood shed and a moth (small, brown and cream) flew towards me and into my face. Next thing I knew it had flown deep into my ear. I couldn't get it out. I panicked and became hysterical as it fluttered about. Tried to flush it out. Screaming at B to get it out. Eventually found a syringe and he squirted cold water down my ear. It shot out the second time unscathed.
Day 19: (NS) Thoughts – moth invaded me!
Day 22:(NS) P wanting to visit. B and I felt angry, that they were invading our space!
Day 30: (NS) Got very angry at traffic and journey whilst travelling to my Grandfather's 103rd birthday party.
Day 106: (AS) Lost the plot twice today with frustration.

Fast/slow

Day 05: (NS) I had two weeks at home and a reason to be quietly on my own, instead of dashing here and there and dancing to tunes.

Day 28: (NS) Dashing around.

Day 30: (NS) Got very angry at traffic and journey whilst travelling to my Grandfather's 103rd birthday party. Wanting 'fast' and angry at every hold up. B's car too slow, everything too slow. Told B there should be a minimum speed limit, never mind the maximum!

Day 42: (NS) Frantic to get on.

Day 52: (NS) Slept badly again. Glad for quiet space. So much to do.

Day 63: (NS) Drove to S for daughter's wedding dress fitting. All is FAST, can't fit it all in. Must stay focused.

Day 30: Wanting 'fast' and angry at every hold up. B's car too slow, everything too slow.

Sorting/order

Day 05: (NS) Turned on the stereo and danced about madly. Couldn't stand the muddle and untidiness.

Day 06: (NS). I have changed my whole room around.

Day 15: 6th Sep: (NS) Desire last week to make the house cosy for the winter.

Day 19: (US) At bedtime I emptied my bin in my room, burning old paper on the fire. In the basket were two soiled owl feathers. I threw them outside into the night. And by the light of the porch, the big one stuck shaft first into the ground.

Day 31: (US) Got up early and did lots of things in the house, tidying, clearing out.

Reflection/Mirror/ Clarity

Day 00: I had been meditating for the feather to L McKennet, the Mask and the Mirror.

Day 06: (NS) I changed my bedroom around, as I wasn't happy with the mirror opposite my bed. I felt I had an unhealthy attraction to it. Became quite paranoid about it, afraid to look in it in case I saw something, not me.

Day 14: (US) Wrote poem in the night – 'My face is a disc of the heart. I turn it to you and it becomes your mirror.

Day 14: Poem written. **(NS)** In the night hours (3.30 am), my mind seems clearer, very unusual for me.

Day 15: (US) Astonished by association with owls, snakes and mirrors and Left Emanation.

Day 21: (US) Leaning over pond in the pub garden. My Granddaughter aged two looked into the water and said 'Grandma'. Very clear and surprised!! So was I! We were both mirrored in the water.

Day 51: (NS) Suddenly I had clarity of mind – many things fell into place and were explained.

Day 53: (US) 'Then I thought, when we mirror others and not ourselves, our own identity is lost or pushed out.'

Day 85: (US) Discovered I can quite easily write backwards, right to left. Quite enjoyable. When I look at what I have written in the mirror, all is clear!!

Birds/nature

Day 27: BJ saw Barn Owl on tillie room roof in the yard. I have heard them a lot at night these past few days.

Day 40: Awoke 6am and fed the animals. A beautiful, clear dawn. I stepped outside to greet it. I heard a Barn Owl ak aking close by. It flew by and then stopped short as a large silhouette of a Buzzard arose on the horizon by our gate. The Owl flew back and stopped by the step on which our dog and I were standing. The Owl hovered above us and put out its face to get a better look. Then it was gone. It looked so much like a moth hovering.

Synchronicity

Day 00: Making remedy - Barn Owl puzzle and glass owl in a shop at lunch break.

Day 00: I had been meditating for the feather to, the Mask and the Mirror. We were listening to classical music on the computer –the same track came on whilst I was doing the trituration.

Day 08: Got a letter from N re my friend that died, with newspaper cutting of funds raised for cancer research. In the same post, another letter from a friend with the same picture of my friend.

Day 18: 9th Sep: Looked in the bookcase for a picture of Elizabeth I. The book opened straight at her portrait. Apricot coloured hair, a flat nose, white, stoical face and a ruff around her neck. She looked remarkably like a Barn Owl!

Day 32: Dropped in to see my supervisor. There was a frame with a beautiful feather. She said one of our school tutor's gave it to her. I asked what type of feather it was and to my surprise she said it was an owl feather

Day 49: Wicker owl in the kitchen where we were staying keeps confronting me. Had to cover it up with a duster!

Day 69: I had ordered 24 diaries – 12 provers and 12 supervisors. That is exactly the number of provers and supervisors that joined the proving!

Day 94: Saw a white quartz owl in the window of gem shop, where I had asked someone to be a prover.

Spelling and words

Day 03: Mistakes writing letters back to front.

Day 15: (NS) Noticed problems with spelling and use of words. I don't usually have trouble with this. Ongoing problem at present.

Day 45: (NS) Mistakes writing and leaving letters out of words.

Day 72: (NS) Having to think about how to spell words. Putting prover notes together upside down and in the wrong order – difficult to organise paperwork. Also writing some letters the wrong way round.

Colour

Day 22: (AS) wearing different purply pink much more often.

Day 31: (US) New blinds up and are lovely shade of pale green. I noticed I am wearing green and purple a lot. Also like cream or buff.

Day 67: Discharged from hospital with purple plaster. It had to be purple.

Day 70: Wore pink/purple to proving meeting. Also fluorite crystal – very attractive and I must wear it. It's purple and green. I have worn it throughout proving.

Day 108: (NS) Bought purple socks and deep red jumper to celebrate the purple plaster coming off!

Numbers

It all started with three owls on a gate.

Day 00: I was given three bottles of the Remedy.

Day 96: Bs car speedometer reads 666 before we left for fracture clinic.

Day 103: My car speedometer ending 666 before we started for fracture clinic.

Day 108: Grandfather's hospital number ends in 666.

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