

**Proving of Millennium Eclipse**  
**By Angela Zajac**  
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First dose 4/3/09 – first quarter of the moon  
11/3/09 Full moon Day 7  
26/3/09 New Moon Day 22

## Preamble

ACCIDENTS -

**003: Picked up my remedy:** Monday morning [?date]I had a bike accident that afternoon 2-3pm.

**Me:** I had a car accident the day I went to give my base case.**005**

Computer broke (Jenny) **006**

**005: Day 4: 11.30:** Got bitten by dog on thumb yesterday, by accident.

Vernal equinox 2009 20 March Day 16

Two proverbs had a

001 Day 16: "Also felt the moon was pulling the blood around in the legs"

**002: Day 16: Time 08:20:** "my heart, my being is at peace with itself."

**Aspergers/ Autistic spectrum (clinical potential)**

**007: Day 17: 11:30:** Feel "distanced" from what is going on around me. Don't want to communicate with anyone.

**007: Day 17: 12:55:** Anti social; don't feel able to enter into conversation/interaction. **[NS]**

005(me): Over the last year I have become aware of the huge extent of Aspergers in my family. I had extreme reactions to the proving. I think that my growing awareness is the secondary reaction to the remedy.

Isolation – the moon cuts the sun's rays off from the earth, so we are isolated from the warmth of the sun. Also links to the feelings of energy from the sun and lack of energy (during an eclipse)

Nb Dark side of the moon – extreme cold of space.

Water- moon controls the tides

### **Stuff I recognise from my experience:**

Dreams of foreign places, hotels.

Feeling cold (dark side of moon – shadow, no sunlight)

Right sided symptoms (I'm normally left)

### **Observations while typing up Mill. Eclipse**

Went to a hom group yesterday & talking about the difficulties typing notes up – very can't be bothered, too difficult etc. Find desk covered with other stuff and proving work hidden and covered up.

Other person also same problem Both said "maybe we need a dose of the remedy!"

Doing a lot of work on Asperger's and autism and Lanthanides – hidden, separate, alone. This may be a good remedy to consider. Especially just read in Proover 3 at end about difficulty making eye contact.

This is essentially a remedy of the *shadow of the moon covering the earth as much as the sun disappearing from it*. Asperger's particularly is about the Shadow – Asperger's is more aware of the condition and is self reflective about trying to explore the Shadow than other problems in the Autistic spectrum. This may help explore the Shadow. I have started to understand the impact of Asperger's in my family over the last year since taking the remedy and I had a VERY hard time during

the proving. I feel I am now starting to reap the benefits and get the insights and overview that this remedy seems to impart.

Many times during the proving I felt that I had tremendous understanding and the “View from above” on complex problems – seeing the bigger picture.

## APATHY

**006** Could not bring self to finish prep for my talk – procrastination again

**008: Day 0: 13.15: Second Dose:** Still on my whale trip. Went shopping to buy a new kettle and came home with some fancy face cream instead, but who cares.

**008: Day 1: 09.00:** I don't feel really focused on anything. I have no goals, no need to strive, content to just be in the moment.

Forgot to double space, find I am not remembering a lot of important stuff, as though my mind has sieved out the essentials and discarded the rest. I normally do guilt trips and angst when I'm not meeting the 'right' standards or obligations. But I really don't feel bothered at the moment. In quiet calm space.

**008: Day 1: 20.00:** I'm defiantly calmer this week. Son wet the bed twice this evening before he'd even gone to sleep and I just changed it. Last week the same thing happened and I shouted at everybody and got completely stressed out over it.

**003: Day 4: 11.25@** Feeling of loosing focus on the proving, a kind of 'whatever' feeling, can't be bothered.

**003: Day 8:** I am wondering if apathy is part of the proving. .... Can't be bothered to write up notes. Forget to take my notebook out and think “oh what the heck”.

**001: Day 6: 00.00:** Dream: I am trying to clean the suit of a man whilst he is cleaning it. Meanwhile a high powered jet flies overhead. Everyone says 'why do you bother with him'.

Went to a hom group yesterday & talking about the difficulties typing notes up – very can't be bothered, too difficult etc. Find desk covered with other stuff and proving work hidden and covered up.

Other person also same problem, we both said “maybe we need a dose of the remedy!”

## VACANT/ SPACEY/ GROUNDED

**004: Day 0 14.42:** Feeling a bit vacant – pressure 3<sup>rd</sup> eye – almost a headache

**004: Day 0: 20.50:** Still feeling rather vacant and forgetful

**009: Day 0: 10.03:** Just feel better, not so 'weighed down'

**0010: Day 0: 20.45:** Feeling rather spacey as if I'm not fully connected between myself and the world around me.

**004: Day 1: 11.00:** Steel feeling a bit vacant and waffly, mouth seems to have gone into overdrive.

**006: Day 1: 11am:** After treatment I felt completely 'spaced out'

**010: Day 1: 08.00:** Feeling much more grounded and part of the world again.

**006: Day 2: Evening: [no time modalities]** Felt spacy all day, probably from Shiatsu yesterday still.

**001: Day 5:** Next day felt spaced out.

## CONFUSION

**006 No time:** my words coming out confused

**006:** Confusion over time

**005: Day 6: 10.30:** All morning felt like I'm in a crisis, emotionally, crisis of identity.

**006 Day 3: 00:00:30:** Words came out muddled once today.

**006** Confusion over time phone contact made; Prover 'I didn't set the alarm today! I am not usually this forgetful.....apologies again'.

## **CLARITY/LOSS OF FOCUS (see confusion & vacant/spacey)**

**003: Day 2: 16.45:** Also difficult to assimilate information, folk needed to repeat themselves. Not getting through.

**008: Day 1: 09.00:** I don't feel really focused on anything. I have no goals, no need to strive, content to just be in the moment.

**003: Day 2: [no time modalities given]** Had to switch the radio off on the way home, usually enjoy the film reviews but he was driving me crazy, couldn't take it, just chatter.

**006 'S'** Patient sounds on the ball- clear as if she meant business.

**002: day 1: 10.10:** While working the Eurythmy with the kids feel thought that my sharp clarity could break, snap.

**005: Day 2: 23.00:** I can think clearly again now!

**009: Day 2:15.45:** I feel more grown-up in control? NS

**003: Day 4: 11.25@** Feeling of loosing focus on the proving, a kind of 'whatever' feeling,

**002: Day 6: 18.00:** Good humour, clarity of expression,

**004: Day 10: 8:30** OK-can I pick out a theme here? About not making myself understood perhaps? About possibly not being clear in what I'm saying?

## **Memory**

**006**Realised I have left coat and hat at friends house

**006** realised I had forgotten to give her 1 main present

**004: Day 0 14.15:** Forgot I was due to go to a friends house.

**004; Day 0: 16.00:** Having trouble with memory!

**008: Day 1: 09.00:** Forgot to double space, find I am not remembering a lot of important stuff, as though my mind has sieved out the essentials and discarded the rest. I normally do guilt trips and angst when I'm not meeting the 'right' standards or obligations. But I really don't feel bothered at the moment. In quiet calm space.

**006: Day 5:15.00:** Realised I have left coat and hat at friends house, don't usually forget things like that.

**003: Day 6: no time mods:** Forgot to take notebook, so have scribbled notes

**004: Day 6: 12.45:** Didn't write anything yesterday. Felt totally hacked off with the whole process. I think that the remedy has wrecked my memory.

**006 'S'** prover forgot to phone as arranged.

**006 ' S'** prover says lapses in memory not normal

## **MISTAKES**

**006 Day 0: 00:15:00** Over the afternoon I felt a bit confused in general. On the phone, words kept coming out wrong, I said Thursday when I meant Tuesday and times wrong.

**004: Day 10: 8:30:** Feeling really shaky again- just had a text message from my sister and it's made me feel really negative towards her again. Even last night I felt OK about what's happened between us. But today it's all raw again.

Also just found out that the man who was building my website for me has put it up on the internet without showing me first. This is something I asked him specifically to do. He has said things on there which I have not said - things which are simply not true. And it's full of spelling mistakes and grammatical errors!!!!

**007: Day 10:07:40:** Walking alone at night/dark and take wrong direction. The area is familiar; possibly somewhere in Pembrokeshire. I've made the same mistake before (wrong direction) and soon get back on track.

**003: Day 25: no time:** Dream India, Lost, bleeding.

Dream I was in India. I think not really sure but there was a flash through of the guy in Slum dog millionaire running away from people in back streets etc. A few of us (all women) watched it and said none of us want to go anywhere near those streets. We were having drinks in another hotel we all left but when I got outside the others had gone and I was trying to find my way on those very streets.

## CHAOS/ORDER (any other provers?)

**005: Day 0: 21.00:** Really frightened about the state of chaos that I used to be in at Christmas returning, don't want to be like that again.

**005: Day 6: 10.30:** All morning felt like I'm in a crisis, emotionally, crisis of identity. I'm lots of things but don't have freedom to do any of them properly and it upsets me. Feel chaos is descending No order.

**005: Day 6: 21.00:** The feeling of hopelessness and chaos and loneliness was overwhelming, despair was descending. I made myself start tidying and that made me feel better and more cheerful. I started to respond to the **sunshine** coming in the windows and enjoying it. I hate messes, makes me feel panicky. After my patient went I felt really cheery, they were so happy with how things were progressing I felt less down about the other one. I know it would have affected me anyway but I was starting to feel depressed before that.

**002: Day 7: 09.00:** Feel keenness to be organised, tie up loose ends.

**005: Day 9: 07.25:** Feeling more positive. The house is looking neater too. I couldn't seem to tackle any job well enough to complete it or make it look better eg tidying a room. Not just physical energy, chaos in head and couldn't seem to work out where everything should go to finish a task. No mental or physical energy to get to the finishing line. Feels like there's somebody at home. Back in the driving seat

**002: Day 10: 20.00:** touched by the James Cook documentary, the metamorphosis of his soul-forces towards disintegration,

## COLOURS

**001: Day 0: 20.00:** Still very aware of grey and black and white. I chanced on an article about a man who is colour blind and only sees black and white and has sounds translated into colour or is it visa versa.

**001: Day 0: 22.30:** daughter looking at photos friend sent her; they were all dressed in grey she comments.

**001: Day 1: 10.00:** This grey thing is driving me mad! Everything grey is more important, stone's, the cassette player, whereas usually it would be the other way around. Grey was peaceful.

**005: Day 2:10.00:** when got to Wetherby, patch of lovely green grass made me cry. Gardening connected with mum maybe, don't know. Had to turn up music loud [rock] to make me feel better. Swore a lot, fucking bastards etc. [i.e. people who don't care about me. Nobody there for me]

**001: Day 3: 18.00:** Ate out in a grey restaurant,

**001:day 9** noticing grey again I am wearing brown I wondered about a grey dress today

**002: Day 10: 16.00:** gardening with strength and joy, delighting in the green colour of winter lettuce,

**002: Day 10: 19.00:** cook with playful delight... deep red beet root sauce, carrots, potatoes all from my own gardening (communion-feeling with the Earth).

**004: Day 10: 8:30:** Feeling really shaky again- just had a text message from my sister and it's made me feel really negative towards her again.

### **002: Day 13: Supervisors notes**

I watch myself – like a fencepost, be firm and calm. Only waiting an apology which will not come. Forcing everyone's colours to show. Put my colours out – feel like launch pad – feel space from which charge has gone

**001 day 18** Woke up annoyed couldn't recall dreams. A very bad night couldn't get to sleep. Pain at base of right little toe stabbing (NS).

We are going to a christening. I couldn't decide what to wear and in the end chose a grey trousers and jacket and an orange top.

**002: Day 23: Time 17:00** Then I hear of Wendy's migraine at home, abandon other evening plans, come home and plunge instead into a Rothko-black soul-state from 22h to 5am my being overwhelmed with a sheer absence of life joy and enjoyment of self-hood. My black mood makes her headache seem all the crueller, as no compassion – substances seems to flow from me.

**008:** Later dreamed my hair was very long and I was dyeing it a gorgeous shade of deep red

**001: Day 0: 12.15pm :** Pt phoned to tell me about her dream about a men in a grey suit in a wheelchair.

**010: Day 4: Dream:** Wearing a white dressing gown in café, met friends who were embarrassed by me, so I didn't really talk to them. Throughout dream, frustration and sense of not being able to connect, find my way.

**001: day 25** Dreams Daughter and a male friend admiring a waterfall standing on the edge of a ravine. Suddenly rocks fall down nearly missing them and he holds her so she doesn't fall off. Then more rocks fall and I am on the other side thinking the whole thing will certainly collapse in a minute daughter starts crying. As the whole thing is about to give way I see a giant of a man pick up this small area between his fingers and lift the whole thing up out of harms way in a nonchalant mood. I think even when you think things can turn around. Another aprt of the dream I am walking with a very tall black guy on my left side. We

## **AVERSE TO REMEDY**

**005: Day 1: 13.30** REALLY don't like this remedy.

**005: Day 5: 22.00:** I just feel very low and depressed. If this doesn't improve I don't want to carry on with the proving,

**007: Day 5: 13.05:** A couple of days ago [day 2] I was feeling quite negative about the proving. Disappointment that I wasn't producing more symptoms and feeling responsible for my supervisor not having a very satisfying experience.

## **CONFIDENCE/LACK OF**

**001: day 9 10.30am** a pain in left knee joint not yet gone where banged it against table comes on when lie down at night better by day undermines my confidence.

**002: Day 9: 08:00:** confident awakening into a sunny day.

**002: Day 9: 18:00:** taking "life" in my own stride..... deepening confidence

**002: Day 9: 21:00:** moving amongst the "rich and educated" with fine self-confidence, integrated and wholly other.

**004: Day 9: 09:30:** did recording for audio for website ...went well ... feel quite confident.

**004: Day 9: 17:30:** went to study group – ok all morning but in afternoon I spoke about a case I'm having trouble with. I ended up feeling like I'm getting it all wrong. And now I don't feel at all confident.

## **CONNECTION/DISCONNECTION**

**006:** I was really connected with him in that moment, through the invisible layers of his dementia

**003: Day 2: 16.45:** I felt disconnected at times and like I wasn't being heard. Also difficult to assimilate information, folk needed to repeat themselves. Not getting through.

**005: Day 2: 17.00** Feels like I've just got home into my body after a tempestuous journey. It's been horrible and I'm relieved it's calming down.

**007: Day 2: 07.00:** Woke feeling closed off / a bit grumpy....unsupported.

**007:Day2:10.15:** Quality of my day felt different today. Feel switched off from what is going on around me: sense of distance from others in the group:

**007:Day2:10.15:** Quality of my day felt different today. Feel switched off from what is going on around me: sense of distance from others in the group: (see isolation)

**005: Day 5: 14.00:** Just had lunch with my cousin, she told me she had a dream we were on holiday together, same countryside, similar hotel, thought it was France or Spain, poss Italy, had the dream same night as me!! She has been having weird vivid dreams for the last week, I didn't mention anything she just told me about it.

**002: Day 7: 09.00:.** Feel keenness to be organised, tie up loose ends. My thinking and imagination even during hours of gardening influenced by devine presence; deep love for the perfectly formed old oak-tree nearby

**002: Day 10: 19:00:** cook with playful delight.... deep red beet root sauce, carrots, potatoes all from my own gardening (communion-feeling with the Earth).

**003: General times:** Eye contact being difficult looking straight at people but not actively connecting eyes which has been horrid on occasions. Folk I wanted to connect with just not being able to.

**003: Day 21: no time:** Dream. Escape hiding. Bodies in body bags. Food. Had to get people away from somewhere smuggling them out in body bags. I was worried about how we were going to keep them alive. Heads in one bag bodies in another.

**003: Day 2 dream.** Later someone told me 'that young woman has had her foot taken off' something was wrong with it, not sure what ? fungal.

## ENERGY INCREASED/LACK OF

**006** Felt very alive on crossing and on arrival at house

**006** Feel energised by the sunshine.

**005: Day 0: 16.45:** Really don't want to do anything but go to sleep.

**009: Day 2: 11.00:** Had been to town and didn't feel shattered.

**003: Day 2: [ no time modalities given]** Very tired today, yesterday was very good was working on things until 10pm last night. Yawning all morning.

**003: Day 2: 15.00:** Wanted to pull over and sleep. [*? Driving back from meeting*]

**004: Day 2: 20.30:** Have felt very tired since mid afternoon so am going to bed earlier than normal.

**003: Day 4: 19.00:** Had a good day achieved most things, good energy.

**008: Day 4: 09.00:** Had a horrid post-lunch dip yesterday,

**005 Day 7 21:00 (Full moon)** Had more energy today and felt fine and positive. Did a lot – very busy day & coped fine – first time since taking the remedy. No physical symptoms.

**005: Day 11: 14.00:** Felt completely exhausted & went for a lie down. Went deeply asleep and didn't wake until 4.00pm & wouldn't have got up if hadn't had to cook dinner. Mentally fine.

## FACING AWAY

**003: Day 2:** Dreams, I turned around and was in a cathedral type place. Quite light loads of people all facing away from me towards the altar.

**001: Day 2: Midnight +:**  
**Dream:** There is John Morgan from Helios on a platform, he addresses the audience. Then he turns his back to them and faces a computer, chooses file and from drop down menu clicks on C for cancer. I am irritated by the fact he is not facing us.

**001: Day 1: 10.00:** My aunt deceased had had a baby and was sitting it at a table feeding it; I only saw the back of the baby.

## BABIES

**001: Day 1: 10.00:** My aunt, deceased, had had a baby and was sitting at a table feeding it; I only saw the back of the baby.

**003: Day 2: Dream:** I was looking after a baby, it was a big baby 3+ months and naked. It was screaming and struggling like it was in pain or just cross. Couldn't get it to settle at all. I was OK with it just getting tired from the physical effort of holding it [not sure which sex] The baby then turned into a student [young woman]

**003: Day 23: no time:** Dream Babies sodding wet nappies. Babies – I think possibly in India, not sure. I was looking after several and changing nappies that were absolutely soaking and leaving wet patches around them as I changed them. Something about diabetes in it, but no idea how or what. The babies only had on these very big square blue nappies. They were crying a bit. I was just getting on with it. I had another dream but can't recall it.

**001: day 26 00.00** Dreams I am looking at a map of China. I have just had a baby boy. It is in nappies. I want to change him.

## FIRE/SUN

**006** Feel energised by the sunshine.

**004: Day 2: 20.30:** Still + + + cold but soles of feet are hot and burning again. No itchiness but they feel like they have been sunburnt, sort of swollen, dry and burning.

**005. Day 1: 14.00:** Finally feel that it's all calmed down enough to focus on work. Thank God its sunny; don't think I could cope with a dull day today.

**005 Day 3:** Had another weird dream last night. On holiday – again! At some roman baths. Trying to find somewhere to put clothes to go for a swim with the kids. Argued with the kids about where to sit. Everyone was packing up to go and taking their sun loungers away. We were running out of time and also the sun was disappearing.

## HEAT/COLD

**004:Day 1: 18.00:** My feet have started to itch, burning hot and itchy.

**004: Day 0: 21.00:** Itching skin on chest & now on the front of my neck, at first it was hot and itchy, but after scratching it has become cold. The skin now feels really smooth.

**004: Day 6: 14.00:** I'm still feeling cold. The heating is on in the house, but I don't seem to be able to warm up on the inside.

**001: day 10** Very cold I feel today

**005: Day 20:** Still feeling really awful, hot/cold, no energy. Throat sore, slight cough – bronchial

**001:Day 10** Burning top of right foot pleasant

**005 Day 3** Had another weird dream last night. On holiday – again! At some roman baths. Trying to find somewhere to put clothes to go for a swim with the kids. Argued with the kids about where to sit. Everyone was packing up to go and taking their sun loungers away. We were running out of time and also the sun was disappearing. Tried to go around another pool and the kids jumped over some water. I couldn't get across and when I went in another direction I got stuck and ended up high over the pool on some loose stones and had to scream for help. Was frightened of falling. In the end someone held some mattresses out on the floor and I fell onto those. Felt upset and on edge through the whole dream. Also remember thinking this water is too cold to swim in, we need to go home.

## IRRITABILITY

**006** felt irritated by staff at hospital about lots of things but needed to keep calm appearance to help Mum.

**006** I felt my patience stretched again by her showing me lots of things just when I needed to set off, but I knew she needed to talk about them – old photos and similar, so I relaxed into it and set off later

**001: Day 0:20.00:** Argued with husband, wanted to know what words he had used to describe what I was going to do to other people.

Noticed his driving was bad. He missed turnings, didn't seem to know where he was going, used wrong lane.

**004: Day 0: 19.50:** feeling + + short tempered with the children. +++ tired want a hot drink and go to bed.

**005: Day 0: 18.10:** Feel very irritated by my daughter and father.

**001: Day 2: Midnight +:**

**Dream:** There is John Morgan from Helios on a platform, he addresses the audience. Then he turns his back to them and faces a computer, chooses file and from drop down menu clicks on C for cancer. I am irritated by the fact he is not facing us.

## ISOLATION/LONELINESS/ABANDONED

**005: Day 0: 18.10:** Felt very upset and unsupported.

**005: Day 0: 20.20:** Feeling quite down / lonely

**001 Day 0 10.15am:** sensation of tinnitus like it's removing me from the world

**003: Day 2: 15.00:** It was interesting the three provers sat together today, we were the last to give our feedback and briefest also quietest of the bunch. Better in the afternoon, less quiet.

**005: Day 2:10.00:** Big sobbing tears on way to study group, felt ' I want my mummy!' OS not a return from after she died but from before she died and all through my life.

Unsupported. .... Swore a lot, fucking bastards etc. [i.e. people who don't care about me. Nobody there for me]

**005: Day 2: 06.50:** Very depressed this morning, don't want to leave the house. Lonely. Want someone to be kind to me. Feel very weepy, but not able to cry.

**007:Day 2:10.15:** Quality of my day felt different today. Feel switched off from what is going on around me: sense of distance from others in the group (see disconnection)

**010: Day 2: 06.30:** I wonder if the emotions are connected with a sense of loneliness [son gone to England, just me and Charlotte now]

**008: Day 4: 17.30:** Feel isolated, need to talk to friends.

**005: Day 21: 07.30:** Dream: Gone back to London on the train & couldn't find where I lived

## MOON (full on Day 7)

**001: day 10** Completely different reaction to full moon than usual usually cant sleep and headaches, neither happened this time.

**005 Day 10 15:00** Feeling more positive – coping with work a little better than usual – better able to plan & focus.

## NATURE

**008:** During the night prior to taking remedy I dreamed that my sister had met a Homoeopath who was making an essence from whale-song – I could hear the whales singing in my dream

**002: Day 1: 9.30** my dreaming took me to the north of Scandinavia, the mid-night sun land. I am deeply permeated by calm, beautiful serene scenery, the hospitality, the good company, the mood of expansion and relaxation.

**002: Day 7: 09.00:** My thinking and imagination even during hours of gardening influenced by devic (devine?) presence; deep love for the perfectly formed old oak-tree nearby

**008: Day 8** Stood outside in the evening listening to the blackbirds, taking really deep breaths of fresh air and thought what I *really* need is ozone!

**002: Day 13: Supervisors notes**

Dream of unspoiled, neglected garden got more and more cultivated, inhabited and dangerous, beauty all gone. Dream of restriction and contraction.

## REVERSAL

**001: Day 14 Dream 00.00...** the west side of England was revised I mean Whitby turned up on the Westside and I saw the west side of England mapped out in squares and it was all explained to me by a farmer type chap. I felt uneasy at the reversal of Whitby.

## LIGHT /DARK (sun eclipse) (check for other stuff too)

**001: Day 0: 20.00:** Still very aware of grey and black and white. I chanced on an article about a man who is colour blind and only sees black and white and has sounds translated into colour or is it visa versa.

**004; Day 0: 20.50:** It is as if a huge light has been switched on

**009: Day 2: 06.00:** It was dark, felt like I had just blinked and it was light.

**002: Day 6: 18.00:** Feel despite 'downs' [neighbours grim cancer diagnosis] sad physical 'declining?', light, light in growth, even as regards Dennis. I know that he is growing! I am growing, without eating and drinking too much from fidgety restlessness.

**006: Day 6:14.00:** Daughter home and snuggling as I paint the Tipi, she looks fine. Just a bit tired now. Music on while I painted. Felt bright

**002: Day 24: Time 09:00** bring two Japanese to Leeds/Bradford Airport. my mood moves (I am a mover, am I not?) towards the light. aware that this blackness was a discharge from the depth of my being, an excretion of poison, a relief as if going to the toilet.

**002: Day 24: Time 18:30** Drive to town to pick up our daughter and go to our school's 28<sup>th</sup> birthday party get there before anything's begun, am slightly taken aback. Then the unavoidable question: how are you? Between heaven and hell,

## SIDES

**005: Day 1: 07.25:** Back pain now 'R' sided VERY unusual for me, location just below my waist, and is where I used to get pain from kidney infections, last one over 5yrs ago, dull ache radiating out

**007 Supervisors notes day 20:** Giddy feeling like motion sickness. Worse on train, but not to do with being on train, to do with turning to the left.

**002: Day 13: Time 18:00:** felt as if the bullet which was my "friends" had shot into my back and which had lodged somewhere near the right kidney

**001 day 18** Woke up annoyed couldn't recall dreams. A very bad night couldn't get to sleep. Pain at base of right little toe stabbing (NS).

My left foot feels newly alive, the meridian flow is noticeably up. Never as a kid could I ever pivot around this left foot axis while skiing.

**005: Day 2: 23.00:** A sore patch behind my 'R' ear, I thought my glasses were rubbing behind my ear. 'NS' A very small, red and slightly raised patch I think it's a new symptom as it's 'R' sided and my glasses haven't rubbed in 2 years, all my usual stuff would be 'L' sided.

NB see nose symptoms and ear – lots of right sided stuff

**004: Day 2: 08.00:** Ear pain! 'R' ear has flared up again, so this is a recurring problem. RS Itchy first.

**007: Day 1: 13:06** Sensation of warmth and slight crampiness in l side back of neck, lasting approx 5 mins, [NS]

**005: Day 1: 16.00:** 'R' side back of head base hurts

**005: Day 1: 16.33:** Pain back of head moved to 'L' side now [ alt sy ]

**009: Day 2:15.50:** 'L' side head twinging / 'R' side head twinging **NS / AS**

**009: Day 4: no time modalities:** 'R' side trace pain going 'L' side, gone 'L' hand side pain gone [AS]

**006 Dream** last night of being in a van with other women. They said it would be okay, as I was there. I was given a breast pump and was easily able to produce milk from right breast – it felt good but I was bit surprised how easy it was.

## SPACE (check in dreams)

**002: Day 13: Supervisors notes**

I watch myself – like a fencepost, be firm and calm. Only waiting an apology which will not come. Forcing everyone's colours to show. Put my colours out – feel like launch pad – feel space from which charge has gone

**005: Day 5: 07.00:** DREAM: Outside England! In street and there were big blobs of mercury floating in the air, like it was in space.

**005: Day 14: 07.30: Dream:** Weird, in space! Someone, possibly evil human/humanoid alien was trying to listen to my life and other peoples.

**002: Day 11: 16:00:** conference in the school ..... Report from a sister-school's ..problems in the area of responsibility, power, control, ego, human inter-facing...; came out flying strong, feeling verified in my intuitions and in deed. Felt like a freighter under full sail, with golden prow for a nose which looked absent, because it smelled the way ahead by sticking itself through the veil into spirit-space.

**002: Day 20: Time 08:00:** Entire day lived with the wish to be wrapped in a warm blanket on top of the world, in the silence of a mountain hut, alone with the primal silence of nature and the stars.

## STAGE/PERFORMANCE (NEEDS CHECKING - dreams)

See 005 002 001 (see dream rubrics)

**005 Day 6** Had a short weird dream – something about being a t a dance – but it wasn't nice – started off I was with a group of people waiting, confined somewhere. Then we had to come and learn a dance – very frustrating and worrying. Felt a lot of pressure on me to learn it, then the dance we were learning changed – became an audition – more pressure. Strange as I'm a good dancer and love it and have never been phased by auditions.

**006** Woke after a dream. I was driving my mother and younger daughter – they were sat in the back of the car. No-one in front passenger seat. Pulled into a lay-by and a brown car that had police written on it, pulled up in front of me.. Two young men got out of the 'police' car. It felt strange and I saw that they were wearing gaudy theatrical costumes – almost like harlequins – and white make-up.

## TIME

006:Confusion over time

**010: Day 1: 20.00:** Also feeling pressure for time to get things done, but that is normal.

**003: Day 4: 19.00:** Had planned to do accounts but no time, that always happens.

## TRAVEL/HOME (check for other examples)

**005: Day 0: 15.25:** Want to be at home

**005: Day 1: 06.50:** Being on holiday with my cousin,

**001: Day 2: Midnight +: Dream:** I am in a hotel room somewhere, hot, abroad.

**005 Day 0 06.50** Know I dreamt last night, something about packing. Have dreamt every night since provers meeting. "period pain" bad enough that I would normality take pain relief. Twisting pain as if someone squeezing v hard inside.

**005 Day 2 17:00** I was much better today after having the company at study group and hugged my son tonight – all ok. Feels like I've just got home into my body after a tempestuous journey.

**005 DAY 9 7:25** Had a brief dream this morning. Driving down an English country lane – no foreign travel... Feels like there's somebody home. Back in the driving seat!

**005 Day 5 14:00** Just had lunch with my cousin – she told me she had a dream we were on holiday together – same countryside, similar hotel, thought it was France or Spain, poss. Italy – had the dream the same night as me! Has been having vivid weird dreams for the last week – I didn't mention it, she just told me about it!

**005 Day 7 9:00** Had short weird dream last night – mostly influenced by a film I saw a couple of nights ago – however film was set in America – this was definitely in Paris! Also before that I was back in somewhere Mediterranean (again) countryside – buying something at a kiosk – food I think – it felt like Greece or could have been Italy – hot dry, scrubby grass & trees (like Olive trees) again.

**DAY 12 8:00** Dreamt about being on holiday with Ian Botham (!). Think it was Cornwall but might have been in France. Then changed to definitely being in a French hotel – with Rod Stewart (!!).

**005:Day 21:7:30** Dreamt again last night. Had gone back to London on the train and couldn't find where I lived. I could remember where I used to live but not where I lived now. I knew it was a long time since I'd been home and they would have got rid of my things. I remember my friends taking trains and buses home and I couldn't get on one because I didn't know where I lived. Felt distressed. It was dark. I finished up in Winchester which is the last place I'd lived by myself. The room I was in was almost derelict and there was very little coal for the fire. Paper peeling and dust. Really upsetting.

**003: Day 25: no time:** Dream India, Lost, bleeding. Dream I was in India. I think not really sure but there was a flash through of the guy in Slum dog millionaire running away from people in back streets etc. A few of us (all women) watched it and said none of us want to go anywhere near those streets. We were having drinks in another hotel we all left but when I got outside the others had gone and I was trying to find my way on those very streets. I was scared being followed. Had no money got on a train. I had wounds on my legs. Just bleeding spontaneously without actually being cut. There was a man on the train fascinated. He was collecting the blood from one of them on my thigh in the aisle of the train into a blood tube I think! Got out of the train still couldn't find the hotel. Couldn't understand why I hadn't used my phone! Wasn't too worried considering.

**001:day 26 00.00** Dreams I am looking at a map of China. I have just had a baby boy. It is in nappies. I want to change him. He lays his chin on mine. I want to put somehow a newspaper instead of a nappy. Madeline is in the dream. She is lying on a bed exhausted, quiet vulnerable. She has got something to do with being in China. We are all in China later on my energy is a bit flat. I however decide to do some yoga.

## WATER/ICE

**005 14:00** 2<sup>nd</sup> dose.

**005 14:30** Went for a poo – softer than usual. Dry mouth. Sharp pains right lower abdomen. Drank water. Have to go and lie down. Abdomen gurgling – can't feel it, just hear it. Lower back aches. Knees aching. Shoulder blades stiff as if been working out.

**005 Day 1 13:50** Wee-ing more today than usual. Right kidney still slight dull ache around area of kidney.

**Language:** 008 water, surfaced, dip, entry, suspended.

**0010: Day 0: 16.30:** Driving car, felt strange looking out into World, where I didn't quite fit. A feeling like maybe I was under water or something.

**0010: Day 0: 18.30:** at gym, felt quite strange, normally aerobics is easy for me, my co-ordination was fine but felt strange, legs felt heavy and unused to movements [not clumsy] Like I was moving through water. I felt heavy though.

**007 Day 9:** (Dream) I used toilet and when I flushed it the water went over her clothes

**003: Day 16: no time: NS** Left ear crackling as if there is water in it

**003: Day 22: no time:** Dream I was sitting on the stairway and loads of water and ice was coming down the stairs – I didn't take any notice. (Have dreamt of water and ice before during the proving).

**002: Day 22: Time 17:00** the general pedagogical meeting left me speechless with disappointment and forced me deeper into public dissent. I am feeling strong waves of antipathy "breaking" against my "shore". After the meeting my upright-line felt like one long icicle.

**003: Day 22: no time:** Water spilling seems to be a feature too. A patient spilt some yesterday. 8 year old said it looked like ice and I have just kicked a cup of water over. Water spilling in my dreams.

**008: Day 4: 09.00:** feel as though I need to be suspended in a fluid was to be comfortable, water bed or air bed! Sensation of being crushed on lying down.

**008: Day 4: 09.00:** Feel a bit better than yesterday, which got worse after I did my entry, was v low, talked to 'A'. Feel more surfaced now and getting back to reality in a way I can deal with. Had a horrid post-lunch dip yesterday, very depressed, nostalgic for the past [people mainly and happier times] – craved chocolate but had none in the house so had a snooze instead which helped. Just wanted to drift off – not to get up!

**003: Day 8: no time:** Dream. Was at a school leaving dinner, think it was daughter's. I was doing the drinks. Asked for orange juice and hot water. She put loads of ice in my drink and hot water. Remember thinking I had better take the ice out of the hot water as it would cool it down too much.

**002: Day 24: Supervisor's notes:** Extra information: Dreams my father and sister. Not a cocktail to drink. Need to redirect the eyes so living and dying hold their balance. Appearing and disappearing hold their balance. (much talk of angels and balance of earth) thin ice under feet of artist, v thick ice under security conscious citizens.

**008:** head feels compressed and squashed on the pillow as though my body weight is too much – feel as though I need to be suspended in a more fluid way to be comfortable – water bed or air bed!

### **Nb Fluid in ear –sensation**

**004: Day 2: 08.00:** Ear pain! 'R' ear has flared up again, so this is a recurring problem. **RS** Itchy first. Sensation of wetness inside. **003: Day 18: no time:** Ear still crackling like fluid in it.

**001** At exactly 10am Cockerel Crowed, felt overwhelming tears as in the first meeting.

**005: Day 2: 06.50:** Very depressed this morning, don't want to leave the house. Lonely. Want someone to be kind to me. Feel very weepy, but not able to cry.

**005: Day 2: 06.50:** Had to get up twice in the night to pee. Was very thirsty, had to get a glass of water during the night.

**006** I was sitting on a ledge, high up at one end of a large swimming pool.. The other side to the swimming pool was a huge tank, a bit like at Sea World or The Deep – large fish were swimming around on a level with me. Strangely though there were large lizard-like creatures also walking around in the tank. There were, I could then see, large glass air bubbles for the lizards in the water.

## UNSUCCESSFUL

### **001: Day 11 Dreams**

I am painting a picture with some others who are also painting. The painting has something to do with Karma. The tutor is taken with my picture and invites me to come and look at a book on the subject. We go into a labyrinth of rooms where the books are all old and dusty. He is trying to find the right book- doesn't find it.

## SRP

**009: Day 2: 03.00:** As fell back to sleep, flash of the year 1939.

006: Delusion head moving in hands

**006** seemed to have head moving but when I looked it stopped

**006 Day 1: 00:13:30- 16:30** Working at care home, noticed the same thing as yesterday re head 'moving' under my hands on two separate occasions with different patients.

## PHYSICALS THEMES & AFFINITIES

### ME type symptoms

**005: Day 0: 20.20:** Feel upset that I'm getting my old symptoms back. (flu like)

**005: Day 20: 21.00:** Feeling really poorly & depressed like used to be 5/6 yrs ago. ME Sickly/nauseous feeling in abdomen.

**003: Day 2: [ no time modalities given]** Very tired today, yesterday was very good was working on things until 10pm last night. Yawning all morning.

**003: Day 2: 15.00:** Wanted to pull over and sleep. [*? Driving back from meeting*]

**004: Day 2: 20.30:** Have felt very tired since mid afternoon so am going to bed earlier than normal.

**005: Day 18: 22.00:** Feel awful. Fluish. No energy (No joint pain or muscle ache).

**005: Day 20: 21.00:** Feeling really poorly & depressed like used to be 5/6 yrs ago. ME Sickly/nauseous feeling in abdomen. Food tastes bitter. Lack of appetite Sweating all over damp, esp base of hairline Shifting pains in muscles, buttocks, between shoulder blades & inside of top of calves. Feeling very weak. Feels like getting worse not better, Niggling little cough Sporadic thick mucous at back of throat, clear & sometimes green (first thing in am)

### Neck and shoulders

NB Also see cured symptoms

**006: Pre remedy: 'S':** After meeting on Saturday, my neck got stiff [OS] but passed.

**005: Day 2:11.50:** Upper back and shoulders really sore after phone call.

**004: Day 11: 14:15:** Just been in the garden - there is so much to do. Have at least cut down all the buddleias ready for new growth. It was a very hard prune!

Think I pulled my back - damn!

**005: Day 15: 21.00:** I seem to wake up clear headed and now able to get started more quickly and focus. Had more energy today even though has a hard day yesterday decorating. My back hasn't bothered me recently and I had had a twinge in my left shoulder for about a month before the proving, which has now gone.

**009: Day 0: 10.01:** Worst of low back pain gone [slipped disc ongoing symptom]

**009: Day 0: 10.17:** Tingling in 'L' buttock turning to pain, feels like it has 'woken up'.

**005: Day 1: 07.25:** Back pain now 'R' sided VERY unusual for me, location just below my waist, and is where I used to get pain from kidney infections, last one over 5yrs ago, dull ache radiating out

**007: Day 1: 13.06** Sensation of warmth and slight crampiness in l side back of neck, lasting approx 5 mins, [NS]

**008: Day 4: 09.00:** Neck stiff all night, couldn't easily get comfortable lying down

**005: Day 6: 10.30:** Lower back hurting when woke > bending forward and stretching muscles.

**007: Day 1: 13.06:** Sensation of warmth and slight crampiness in 'L' side back of neck lasting approx 5 mins NS

## Headaches

**008:** head feels compressed and squashed on the pillow as though my body weight is too much – feel as though I need to be suspended in a more fluid way to be comfortable – water bed or air bed!

**003: Day 0: 14.45:** Felt lightheaded immediately on putting the remedy in my mouth lasted seconds.

**004: Day 0 14.42:** Feeling a bit vacant – pressure 3<sup>rd</sup> eye – almost a headache

**009: Day 0: 10.20:** Head, inside of middle is pounding, very, very slight as if pushing upwards and outwards and expanding sideways.

**0010: Day 0: 15.00 – 17.00:** Stabbing pains in head different parts.

**003: Day 1: 20.00:** Head pain, on top of my head. Sharp pain. Lasted seconds only, like a nail pressed into my skull.

**005: Day 1: 11.00:** Coffee Headache, normally no effect. Back of head and top, pressing pain, lasted about 20 mins. Started 10 mins after I started drinking coffee 'NS'

**005: Day 1: 13.30:** Head still bad, temples, top and back, pressing pain, like a cap but not worn at temples, also just above and behind ears very sore.

**005: Day 1: 15.30:** Head still really hurting at temples, also right at the back where the head joins the neck

**005: Day 1: 16.00:** 'R' side back of head base hurts

**005: Day 1: 16.33:** Pain back of head moved to 'L' side now [alt sy]

**003: Day 2: Dream:** Was in a big room with loads of people milling around. Then there were a few people, homoeopaths, there. I had a sudden violent pain in the top of my head then it felt like a great weight was pressing down. Then it felt like it was in my forehead, one of the homoeopaths was telling me to rub it or go with it and it would be fine.

**003: Day 2: am [no time modalities given]** I awoke with the remnants of the headache. Just a pressing downwards on the top of my head. Passed quickly.

**005: Day 2: 23.00:** Twinges of head pain, temples and mastoid, bone pressing when I'm standing and walking.

**009: Day 2:15.50:** 'L' side head twinging / 'R' side head twinging NS / AS

## Menstrual/menopause symptoms female

Nb Full moon affects menses – corresponds to day 7

**001: Day 1: 14.00:** Bloating like before period. Cold. 'RS'

**005: Day 1: 08.30:** Can't rush this morning, overheating easily. Remembered I had a hot flush last night, haven't had one for over a year. 'RS'

**010: Day 1: 06.30:** Sense of heat, despite cool breeze from window [almost like a hot flush]

**005: Day 2: 06.50:** Back and abdomen hurting, pressing / drawing pain.

**005: Day 2: 06.50:** Had to get up twice in the night to pee. Was very thirsty, had to get a glass of water during the night.

**005: Day 4: 07.00:** Remembered I had a hot flush during the night, no perspiring just hot and dry all over, opened PJ top and threw covers off & got back to sleep. Have had one hot flush a night for the last 3 nights, haven't had those for well over a year. Did have one period last year but the hot flushes didn't return after that.

003 Day 6 Vaginal discharge heavier.

**005: Day 6: 10.30:** Had to be face down with tummy on pillow to get back to sleep. (like menstrual pain)

**004: Day 10: 06.00:** got up because I really do hurt, lying in bed.

Also +++ heavy period. Really flooding this morning. Quite painful too > sitting, < standing, < lying down. Pain in pelvis and down legs to calves!

**005: Day 10: 15.00:** Vagina has been dry as a bone for about 6 years. Now light clear mucous ie normal lubrication just noticed.

**003: Day 13: no time:** Woke in the night with a big hot flush, bigger than usual and a sudden very painful sharp shooting pain in my right forehead. Only lasted seconds. Couldn't settle for ages after that.

**003: Day 18: no time:** Hot flushes – I think these are more intense on the remedy. Got a bigger sense of an adrenaline rush.

**008** Whilst cooking tea had very heavy 'bearing down' feelings in my lower abdomen – dragging pains very like Sepia. Felt better after eating.

## CURED SYMPTOMS

**005: Day 15: 21.00:** I seem to wake up clear headed and now able to get started more quickly and focus. Had more energy today even though has a hard day yesterday decorating. My back hasn't bothered me recently and I had had a twinge in my left shoulder for about a month before the proving, which has now gone.

**008: Day 0: 12.30pm:** Noticed my neck is feeling a bit better [OS on going problem for about a month] now.

**008: Day 5: No time mods:** My neck is Better!

**009: Day 0: 10.01:** Worst of low back pain gone [slipped disc ongoing symptom]

**009: Day 4: no time modalities:** Spine / back feels better, smoother [NS]

**007: Day 5: 13.05:** Out walking the dog I realised my neck is feeling more comfortable I seem to have more movement when putting my head to my chest and there is less 'crunchiness' when I move my neck

**007: Day 6: no time mods:** Feel my neck is a little more free today [I suffer from spondylosis of the cervical vertebrae] especially moving chin towards my chest.

## CLINICAL AFFINITIES

Aspergers/autism – see mental themes – Connection/disconnection, confusion, clarity/loss of focus, vacant/spacey/grounded

Dementia – see mental themes – confusion, memory, clarity/loss of focus, mistakes, vacant/spacey/grounded

ME symptoms (see physical themes & Energy increased/lack of)

Head and neck – see cured symptoms  
Menstrual symptoms – see physical symptoms