

This document has been downloaded from <http://www.homeopathycourses.com> and all applicable terms and conditions on the web site apply.

Introduction to Homeopathy and Homeopathic Provings

What are Provings?

Homeopathy is based on the principle of "similar curing similar". This means that a substance that can create a set of symptoms in a person can cure those same symptoms, when given in a diluted and "potentized" form to a person suffering from similar symptoms. The basis of information for homeopathic remedies has traditionally been from recorded poisonings and from what are called "provings".

Provings are when in an organized fashion, a group of individuals take the diluted and potentized substance and carefully record the symptoms that they experience over a period of time. The information is then organized and compiled together as in this document.

About Homeopathy

Homeopathy is an elaborate and very detailed system of healing based upon the principle of stimulating the body to heal itself. It is non--toxic and highly effective.

The principles underlying the specialty of homeopathy have been systematically proven throughout two centuries of practice and validated by over 200 scientific studies meeting modern criteria of acceptability.

What are the principles underlying homeopathy?

Homeopathy was founded by a German physician named Samuel Hahnemann and the principles that he elucidated have stood the test of time and application. The basic principle, verified by vast clinical experience, is: Like Cures Like —A substance that produces symptoms in a healthy person will cure those very symptoms in a sick person. Healthy individuals called "provers" are given a substance in a highly dilute form and carefully record their symptoms.

Homeopaths observe that virtually all substances —plant, mineral, or animal —may produce symptoms. These symptoms are painstakingly catalogued in *Materia Medica*s, which are then elaborately analyzed (in modern days, by computer) to match the symptom properties of substances to symptom pictures of patients. The basic concept is that symptoms are manifestations of the organism attempt to heal.

Homeopathic practitioners depend on provings, especially new ones, to forward the profession in its quest to heal with the most refined individuality.

Thunnus albacares

Master Provers- Louis Klein FSHom, Mary Grace RSHom
Los Angeles 2019-20



Introduction To This Homeopathic Proving by Louis Klein FSHom

Many years ago, I suspected that fish remedies would be significant in treating dementias such as Alzheimer's disease. A new book is now in the works that will be a manual for the treatment of the various stages of Alzheimer's and other dementias. Fish remedies will be the most important part.

In 2014, I published a book called "Orchids in Homeopathy." This book was based on many provings, research, and clinical information on orchids. The most significant and pivotal proving was that of Vanilla, the most commonly used orchid, which I personally supervised. Much new and important information has thereby been disseminated to the homeopathic community as to what these remedies can successfully treat.

Over a number of years, I have supervised and consulted on provings of fish remedies, have used them clinically, and have received many cases of successfully utilizing them in the treatment of serious cognitive problems. There has been some excellent work from Homeopathic Master Clinician graduates and the Great Lakes Proving Group. As a result of all

these efforts, I developed a good grasp of fish remedies. Therefore, similar to the ubiquitous Vanilla, I decided to prove Tuna that in a similar pivotal fashion is so commonly eaten and known.

This new proving of Thunnus albacares confirms my prior experience that fish remedies are excellent for patients with cognitive dysfunctions. I have listed the main findings of the provings for direct access and use. I am excited to see this homeopathic fish project developing momentum and being utilized in the treatment of patients with what is becoming one of the most prominent and disturbing pathologies.

The information has been abbreviated and edited in some cases to facilitate access and to maintain Prover anonymity.

This was a Hahnemannian proving utilizing the 30C prepared by Robert Muntz at REMEDIA PHARMACY in Austria.

<https://www.remedia-homeopathy.com/>

Scientific classification

Kingdom: Animalia

Phylum: Chordata

Class: Actinopterygii

Order: Scombriformes

Family: Scombridae

Genus: Thunnus

Subgenus: Neothunnus

Species: T. albacares

Some important features of yellowfin tuna and tuna in general.

- Thunnus albacares is yellowfin tuna which is different from albacore tuna or white tuna.
- Yellowfin are some of the largest tuna but smaller than some other tunas such as Atlantic and Pacific bluefin tunas.

- Tuna are warm-blooded unlike other fish. Their warm musculature has more energy and power, therefore they are VERY fast fish with speeds up to 50 miles per hour. They are able to escape most predators. They travel long distances at high speeds for both food and mating purposes.
- Tuna and yellowfin tuna are epipelagic meaning they live in the upper layer of the ocean. They enjoy light. At the same time they are known to dive to considerable depths. One recorded (via electronic tagging) was over 1000 meters. Sashimi grade yellowfin swim at deeper depths.
- Their body shape is also adapted for speed and they go after fast fish such as flying fish and anchovies that live in the upper layer of the ocean. They also eat crustaceans and squid. Large yellowfins prey on smaller members of the tuna family such as mackerel and skipjack tuna.
- Yellowfin are preyed on by larger tuna, seabirds, and predatory fishes such as sharks, wahoo, billfish, whales and marlin. But humans are yellowfin tuna's main or most effective predator. Yellowfin tuna are caught via trolling, poll and line, encircling nets and longlines. Some methods are not sustainable.
- In the tropical waters of Mexico and Central America, it has been determined that yellowfin spawn at least twice a year. This species reproduces by means of broadcast spawning. Several females and several males release millions of eggs and sperm into the water column at the same time. This method increases the likelihood that the eggs will be fertilized and decreases the chances that they will be eaten by egg predators.
- Yellowfin are migratory and travel in schools with similar sized yellowfin. They can also shoal or go with other tuna and other species such as dolphins, (especially) and whales.
- The word albacore means "white meat" but to complicate matters, yellowfin is officially designated albacore in French and referred to as albacora by Portuguese fishermen yet the English albacore tuna (white tuna) is not this species and is officially called *Thunnus alalunga*.

- Yellowfin tuna is often marketed as ahi, a Hawaiian term, and is closely related to bigeye tuna which is also considered ahi.

Themes and Important Symptoms from the Proving:

Mind and Disposition

Forgetful and memory loss

Forgetful of names and numbers*
Absentmindedness
Spaced out, spacey feeling
Forgetfulness for business
Complete forgetfulness
Holes of forgetfulness
Making lists to compensate for memory loss
Dreams unremembered
“Big hole in memory”

Unbothered by Mistakes

Not being bothered by mistakes
Aware of and unbothered by cognitive deficiency
“OK with being forgetful and letting everything go- It will all be OK.”

Confusion Time

Loss of conception of time
Confusion time and dates

Communication Problems

Difficulty in communication
Confusion in communication
Lack of communication - shortening communications
Aversion to communicate over the phone, skype or video. Ok emailing and texting
Heart connection when with people, but can't be bothered to communicate otherwise.

Busyness* and OK Letting Go

Lessened work pressure – effective even though relaxed and calm.
Organized

Polarities

Cranky and cheerful
Loving and hateful
Organized and disorganized
Clear headed and mindless
Aggression and passivity

Connection/Disconnection

Connecting or disconnecting with old friends
Disconnected and connected thoughts.
Contradiction of smiling and wanting to disconnect
Disconnected and out of sync

Jumbled thoughts

Lost and Losing

Feeling of being lost
Disorientation
Losing things
Losing games
Dream car stolen

Falling, Sliding Down, Hills*

Dreams sliding down wall
Downward, down
Hills
Fall back

Dreams Flying fish

Desire to swim

Water

Eyes, from
dreams waterfalls

oceans

Ancient

dinosaurs- hieroglyphics

Travel

Worn down by travel

Friends

Dream of old friends, seeing old friends
People from the past
Friend looks weak
Visiting, meeting with friends
Thinking of friends

Organized and methodical

Pristine and organized
Dreams happy about following rules
Averse rules

Sleeplessness

Restless sleep
Sleepless daze

Chatty, loquacity

Conversations, many -disjointed
Unsolicited advice

Planning togetherness

Spirituality - religious*

'Beautiful and Amazing', miracles, festivities = Stage 4 Periodic Table
Everything looks beautiful
Overwhelming gratefulness
Mesmerized
Synchronicity- important to be in sync
Euphoria

Indiscreet

Talking about many friends, using their names in discussing or writing proving notes

Drowsiness

Blackness pours into eyes on falling asleep

Stolen From

Dream friend steals from him

Struggle, Survival and Escape

Dream struggle, survival and escape
'Struggle to climb back up'
Dreams saving people

Urination Dream

Dream involuntary urination daytime

Forsaken

Left out

Dream bicycling

Dream with group of talk show hosts

Dream in India

Dream man in white mask

Dream step father wearing a wig

Dreams sunken ship

Dream on vacation

Blue

Dream seeing large blue heart in someone else's chest
Dream blue topaz
Dream sliding down a huge blue painted cement wall

Catastrophic Dreams

Unremembered dreams

Connection to nature

Story Telling

Death and Dying

Physical

Sharp and Excruciating joint pains

Sharp pain in right outer ankle

Knee problems, left side

Shoulder pain

Desire for savory food and drinks; soup

Craving fish

Craving candy, chocolate

Dryness*

Mucous membranes, pharynx, throat, eyes

Vertigo

Spinning circles

Fullness and heaviness, chest

Napping

Headache

Back of head

Band temple to temple

Nose

Pressure in nose
Sinus inflamed
Swollen left side and tender to touch
Fullness bridge of nose

Eyes

Dry
Eyelids heavy on waking
sting, irritated
pink-eye

Ears

Tinnitus whooshing sound

Constriction Chest**Pain, right tonsil****Toothache, gum pain, jaw pain**

Teething, teeth erupting in adults
Inflammation in molar and other teeth
Pain teeth extending to jaw

Sensation coolness in mouth**Salivation while talking****Skin**

Dry
Blotchy
Blood blister
Sensitive
Inflammation in old wound

Pain back

Under right scapula

Low energy from emotions

Proving Information

Numbers: Prover Number, Day of Proving, Time of Day

Prover 1

Themes of Prover 1

Feeling cheerful when things are not going well.

Spacey feeling

Forgetful

OK with being forgetful and letting everything go

It will all be OK.

Communication difficulties

Not wanting to speak on the phone

Increased energy in afternoon/early evening.

1 01 11:30 In general I am in good health. Recently I've been dealing with a lot of stress in my family and the recent loss of my mother. My stress has been more emotional, although I feel quite well at the moment. I have, in the last two weeks, had some issues with cold sores and boils. In general, I have a chronic pain that's mild in my low back region, my left hip and occasionally my left knee. More recently I've had an acute issue with my neck, left side. I don't know what else to say or report. I had a headache the last night before the remedy. Not this morning. Re-Took remedy and headache came back. Just got done treating people- nothing out of ordinary. Yah! Doesn't really feel significant. Yah, nothing right now.

1 01 22:35 Nothing really more to report. I took another dose of the remedy and am about to go to bed. Prior to taking the remedy, I was told by a friend that I was more cheerful and playful. I seemed to have more energy in the afternoon and just before dinner. I had a hot flash and was talkative. Then my neck started to hurt, so I laid down while I was watching a movie.

1 03 21:39 No real change occurring for me, sorry to say... I truly don't feel any different yet.

1 04 Mood is great as usual. My knee went out and is really Inflamed... which

happened periodically over the last several years... Nothing else really to report!
Had a day off, cleaned out my closet... took a leisurely nap. That's it!

1 06 I had a dream last night... I was in a weird place, struggling to get something done... had challenges.... can't remember much more. My knee is excruciating. I'm going to get an MRI on Monday. Annoyed at my knee. I'm cheerful otherwise. Nothing else to report.

1 10 So basically, I may have to go for knee surgery. This has been a long standing issue (prior to taking remedy). Seems as though it's just come to a head. I can't put any weight on my left knee and it's super swollen and I think that I have a torn ligament.

I had a dream last night that this friend that I've recently had a falling out with, stole my car and misplaced it somewhere and I couldn't find it and I was angry and searching all around. Aside from that I'm cheerful, annoyed about my knee and having a hard time sitting still, but that's nothing new. I'm tired, I'm cranky but cheerful.

Prover 2

Themes of Prover 2

Sensation of coolness in mouth
Spaced out
Slow motion
Catastrophic dreams
Headaches
Mucous membranes parched, mouth

[Notes sent written in pencil, long-hand.]

2 01 07:20 Took 6 pellets of the remedy

- coolness in mouth on my mucous membranes esp. when inhaling.
- metallic taste in mouth.
- eyelids cool, when blinking, the rim.
- afternoon early evening: somnolent, spaced out feeling during afternoon. Don't feel dizzy, but almost like spinning circles & not accomplishing much, slow motion.
- mucous membranes in mouth parched

Dream – only remember a piece of it: People in a house situated on a higher place, though I didn't realize how high up I was until I was sliding down a huge blue painted cement wall that was slightly inclined, so I didn't fall. A couple others were sliding down ahead of me. When I realized I was sliding down a wall, I just struggled to climb back up, just a few moments, until I realized it was not going to work. So I slid down on my stomach, feet first, down this tall cement wall. There was slight fear, but when I realized I could make it, I was fine.

2 02 nothing noticed upon waking or morning

- picked up phone & finally called a friend that has been on my mind for months
- sweaty at night, on chest.

2 03 woke with a stuffed nose. Blew it out.

- Slight headache all day – like a band around head from temple to other temple, wrapping around the back. HA not at temples. Annoying. Didn't realize to mention it even until I spoke with my supervisor this evening.
- Dreams of survival / escape. Restless sleep all night. 1st dream: can't remember specifics but there was a feeling of trying to help save everyone. I was making complicated plans, mathematical & geometric plans or else extinction, explosion and all.
- Another dream – I remember being on a wild open airplane ride & being vertical and hanging on so as not to fall out.
- Dream of a waterfall and watching others standing around it (we were already in hiding) and asking why we were standing there & they told me they were waiting for the appearance of some that had been taken away. They were expecting them to either fall out of the waterfall or come through it.
- Never felt alone though making plans in my head & not necessarily with others. I wasn't ever the only one looking to swim. Always many of us.
- Dream of old friends

2 04 Wake up due to dreams

- Still have annoying headache, mostly back of head. Slight

2 14 Haven't noticed anything different since checked in with Supervisor.

Prover 3

Themes of Prover 3

Desire to shorten communication

Anxiety

Yawning

Passive and sarcastic

Irritability in responses

Lack of communication

Issues with breathing

Constriction of chest/breath

Lacking air

Impatience

Frustration

Being ignored

Feeling like a speck of dust

3 04 10:00 In 10 min felt heart beating in chest, like anxiety. Like heaviness in chest, shortness of breath. Breathing fast, quickly in chest area, middle.

Heaviness as if tightness or sitting on chest. Anxiety feeling, cannot think about what it is about. Just feel anxious.

- I felt quite full in stomach, upper stomach, as if pushed up. My chest felt full, actually.

- I repeated remedy at 4:30pm. Same feeling in chest, passed quickly.

- I had a little heartburn when I went to bed.

- Dream: it was a short dream – I ran into an old friend. He was not well. He looked weak, like he had serious disease. I asked him about it; he did not tell me. He did not tell me what's wrong. I was surprised at him, how ill he was, how aged he was, how weak he was, 'cause he changed so much, he aged a lot, but walking. But aged like 20 year.

3 05 The shortness of breath is still present. I have to breathe deep, not enough air. I feel tired (maybe it was busy day)

Heaviness in my chest, I have to breathe consciously. I need to take deep breaths to get enough air.

I am lacking air. No matter when, I feel I am not getting air. No difference if I walk or sit.

Today no anxiety as on first day.

3 06 Breathing is better.

3 Waking up during sleep and cannot fall back to sleep. I'm thinking about work. It certain happened before, but now it more often since I took a remedy. Mental and emotions not changing, feel nothing.

Period was worse. Heaviness in low back.

Mostly the shortness is almost gone - just a little left. I took it as is.

Period came just before I took the remedy. It was not consistent before, so I did not know if it was coming or not this month.

My breasts were painful to touch.

Beginning was just fullness, bloated at the front of abdomen and moved to back (low back) on a last day

The period started just 2 days before I took the remedy.

Last day heavy back and uterine pain

Pain like vice grip

Flow: medium to heavy, a bit heavier than previous time.

This time period is really bad

3 10 I worked today. It was a slow day. I get a bit frustrated with slow day and slow people. I came to Car store to change winter tires for my car. The guy was irritating. I just let him talk. He could not find size of the tire rim. It did not make a lot of sense to me. Did not find him very helpful, but they all like that. I was frustrated. At the end, he said to me 'Yes, you are right'. At the beginning he was unhelpful. I left the store. I felt about the guy that he was not clear. He was difficult to find what I need.

He was not smart, a bit slow like everybody these days. I get frustrated with people who don't know what they talking about.

I feel I know more than he did.

They were slow and that frustrating. I was a little bit irritable. I let it go. Universe will take care.

I can not get them to sighing up. They will eventually. They needed more time.

My dog is very bad! She is very frustrating today too. She was not listening. I say - you need to sit and wait. I threw the Frisbee down on a porch and walked away from her into the house.

I'm craving for sweets and eating chocolate wine gums. They were always my choice, but more last week.

No dreams, or not having any. Except that one at the beginning. I'm sure I have some, but I don't remember after waking up.

Period stopped, I am sleeping well.

Yawning again, trying to control it without opening mouth.

3 18 I still have issues with breathing. Shortening of breath is a theme of the Remedy.

Frustration in general in work. Anger with family. Anger - it's not usual for me.

With my niece I was... my niece and sister were getting puppies. I asked by text - when did I get to see puppies. I made a mistake instead of "I" the text "You".

She texted me back Ha-ha, corrected my grammar, I got angry. What the feeling? - I wanted to reply with a childish answer - "Never mind, forget it!", [HG- slashing hand across horizontally] but I did not.

Feeling left out.

It stayed with me a whole day. I expected her to text me back. Two days later I texted her "no worries".

What bothered me the most: She never answered my question. To me it was a way of leaving me out. I texted her to remind her about me. I felt left out and not heard.

There is some disconnection between me and my sister in general, but I thought it was a bit more pronounced with her during this proving.

Feel frustrated in sales. For example, how come people not going back to me?

Feeling Forsaken,

Feeling left out, not heard. I am not important, small like speck of dust.

It brings me the feeling of the remedy - heaviness, constriction of the chest, like in asthma. I don't know how asthma feels, but it is what comes to mind. Like dust irritates me.

My dog - she is impatient, more than usual. Generally, I let her sit to put the leash on, but she continued to jump and jump. And I got frustrated over her. I said, "Either you sit down or I'm not going out!" [in very commanding tone]. She listened to me.

And it is happening with my dog since I took the remedy.

Still increased sugar craving.

Yawning

Keeping smiling and nice attitude

3 26 I feel proving remedy worked off. Lingering shortness of breath is gone. Frustration level went off.

I am not that frustrated, as I was. It was so marked. I don't feel it anymore.

I mentioned speck of dust before. I'm a little bit more conscious about it, but not a major theme.

Prover 4

Themes of Prover 4

Loquacity

Talks of healing substances and clients

God and synchronicity

Theorizing

Intense/amplified

4 01 12:30 So far so good. I feel really clear and intense. No physical symptoms. It's a dynamic feeling – like me amplified. I feel good. It's not euphoric. It's like a heightened state of clarity.

Waking, sometimes I have a feeling of dread – like I'll never be able to meet the day. Overwhelmed – a feeling of never doing enough or doing it right. I am very thorough and go above and beyond. I shower love on my massage clients, especially. My clients do love, adore and respect me.

I'm amazed that inside I feel inadequate but I know more than anybody. It's a tug of war inside myself – that I'm never doing enough. I feel torn between my work and my family. I want to raise my family. I didn't want to have a practice.

That's me being all or nothing. Now there is a feeling – lovely. Euphoric. Not spacey. I feel intensified, amplified.

4 03 4:47 I'm relieved that I don't have any physical symptoms. Physically I feel good.

The eczema inside my eyes seems to be a little relieved.

I have a safe feeling. There's a synchronicity going on energetically. I belong to this Akashic reading group. Yesterday a lady did a reading for me. She said, You are just pure energetic love. I just reached rose quartz. You are this rose quartz rock full of love. Even Reiki teachers say my aura is so expansive. That's what I felt a few hours after taking the remedy. So I wonder if this remedy is rose quartz. It feels expansive – this love energy.

On Friday – a long term challenge with cars. I had to have it towed. The next morning the three banks were closed. I thought, "It's OK, it's all in God's hands. Whatever happens it's OK."

I feel like I have this ability. I can visualize it and it will manifest it. It's not like it's mine. It's a power flowing through me right now. I'm wanting to capitalize on it.

I'm grateful that I'm not having any painful, physical symptoms. I'm glad I'm not proving.

Pine trees have terpenes, a-pinene, and they're anti-bacterial and they're saying people with cancer should walk through pines. They're absorbing. They're in a lot of essential oils. Also rosemary and citrus fruits.

4 04 18:39 All is good.

Went for a hike all day and got pink-eye. It was probably from the hike.

4 05 8:25 I'm doing OK

I feel like the remedy wore out. I feel frustrated about that.

I don't have that same euphoria. Yesterday I was feeling sort of down.

I woke up worried about finances. Work is a little slow and no Emotional clearing.

My ears started shifting.

Then I got pink-eye and it bothered me but got better after we went to bed.

I don't mean to be a complainer...

Dream yesterday when I woke: I was having lunch with two of my own clients – the man is one of my oldest clients – they were jet-setters. We were sitting and I asked her what she does. She is a psychologist and said I could see her at 8:42 a.m. I wondered why she wanted to see me. Did she think I'm troubled? I had all these feelings of self-doubt. I thought, "Why don't you just tell her." It was a self-doubt moment: Why do you want to see me?

Last night I had a dream about my old friend. She and I had a falling out. One of her kids was a zombie.

People from the past were showing up in my dream again.

My ear is itchy again – I thought it was clear.

I have some feelings of disappointment. My son is my greatest success and greatest failure. He says, “Nothing works. I have to ride it out.”

4 06 10:17 Today is good.

Yesterday was aggravation. I was so agitated. I got really agitated at my kids. “I feel so frustrated and you guys need to help me.” I was cleaning the house and they were helping me. “I shouldn’t have to ask.”

This really beautiful thing happened. I said, “Can’t you just give me a hug? Do I ever act like this?” Everything I was feeling was so intense. My son hugged me and said, “It’s OK Mom.”

My son’s friend’s Mom died two weeks ago.

One of our cars is older. It drives like a dream but all the electric went out.

[Long tale of visiting friends at 1:45 a.m., a boy’s car accident, a friend arrested for being drunk in public.]

We went to other friends – we’d texted them at 1:45 a.m. and were there, K. We only stayed an hour – till like 3. N. had a terrible car accident. A car plowed into the passenger side of his car. He’s a year and a half older.

The power of love can really heal. I’m so grateful I have other friends in my life. She’s done some crazy stuff – she got arrested on Dec. 10th for being drunk in public. We’d had a great party for him. A stranger found my card in a friend’s car and the stranger had me come and get her car so it wasn’t impounded. Then we went to visit her in jail.

My friend P, randomly met C at an ophthalmology appointment. They hit it off and began to talk about “Feelings Buried Alive Never Die”. Then C sent her – but she sent two copies - “Remembering Wholeness”. I gave it to K. She said it was so like Louise Hayes. We’re all here to help each other evolve and grow.

I feel part of C’s acne and anger and abandonment from another best friend, S., and others. S’s Mother was a pilot and she kept flying off and the boy stayed with the Grandmother. Then his parents are getting a divorce. I’d pick him up and he’d say, “Life sucks and I just want to get off this planet.”

I could see that S had incredible balance from the day he was born. He had incredible toes.

M didn’t want C hanging out with him. He was afraid for him. At a cub-scout meeting, S did it again. His Mother, L, just kept blowing it off. Finally she began

to take it seriously. Fortunately, the den leader called CPS [child protection services] so I didn't have to. Fortunately, we moved that summer. Six months later, a Mother called me to say S told her daughter he was going to kill C. So C lost him too. This whole theme of loss.

C said, "I'm a magnet for these strange kids."

So I pray for my son and hold this faith for him that he will have miracles in his life.

Healing and miracles are taking place.

Thanks for listening. I just didn't have anything to say.

4 07 I was just home. I was just OK. No symptoms.

4 08 I'm trying to figure out where to go with my life. I've never marketed myself. But I don't want to be too busy because I want to spend time with my kids. But I feel I should be making more money because we had car trouble this week. I feel embarrassed to say that.

4 09 I woke with a sore throat.

My tooth is hurting – from the middle teeth, go R to 4th tooth over on top. It feels sore in the root. It's not like a toothache, but if I go to bite down, it hurts. It hurts under my R nose. I've had that tooth worked on a few times. But sometimes if my resistance is low, my teeth have some problem. I gargled with apple cider vinegar and my sore throat went away. Took Calcium-lactate supplement 2-3 times so my sore throat is gone. Root of tooth is still sore.

I woke this morning and thought "Call D.", who I haven't talked to in 6 months. I've known her since . God told her to call. She had a Facebook post of two colonoscopies and not doing well. She's very religious. She's taking Gabapentin and said, "God is gonna help me." I told her God was in every plant on earth to help. She said, nothing worked and now she was depressed and going on antidepressants. I said, "How long have I known you and you have to wait for God and angels to tell me to call you." I talked to her for 1.5 hours. I feel a little out of sync with this. Now I'm feeling, "Oh no, I was in sync and I have to get back in. I'm letting everyone down. I'm doing everything wrong. Before I felt so confident, in the beginning, and now I feel like I dropped everything.

Most of the journey with this remedy was emotion. I was euphoric in the beginning. Maybe in the end, maybe I'll take it again and experiment.

Discussion of quantities of patients, money, building a practice. Don't want the money thing to be the issue. Wakes daily and asks God to send her someone she can help. More talk about when and how to charge/discount. Talk about it all unfolding like it's supposed to.

4 10 18:27 I'm fine. I feel better than I did yesterday.

The sore throat thing has kind of subsided and the tooth thing is better. I think it will be fine. I just took Calcium-lactate. I wanted to take some remedies, some Hepar, but I didn't.

I feel kind of embarrassed because I've been a little emotional and now I'm more steady. Sometimes before my period everything was so intense – the highs were high and the lows were low.

Yesterday I was feeling so discouraged and kind of worthless. I know this isn't true.

Yesterday I talked to [best friend] and told her "I feel disconnected". She said, "Yes, the enemy is out to get you, but don't worry about it. I'll pray for you."

I don't like feeling disconnected and out of sync. I wanted a sign. I grabbed a book of Catherine Ponder who wrote books on spiritual prosperity and manifesting. I opened it and it said, "Love heals everything. Project love on everything and everyone and finances." I thought, 'OK – I got my remedy.'

Sometimes I need signs. I just needed to hear "Love heals all." I felt that was the theme of the remedy all along. The rose quartz - everything.

This morning I was meditating on God's love and projecting it to my family, my clients, my friends, the world. A woman called me at 7 a.m. Her son has been suffering from depression for 3 years, suicidal for 1 year. From the first two pumps [of CBD oil] he's been happy, able to sleep through the night – getting ready to apply for college. She said, "I want to buy 5 of these CBD bottles. Everyone in high school is depressed and suicidal. She bought 12 bottles right then.

I don't believe in Satan, but I do believe that there is positive and negative in the mind sometimes. I want to be Zen and go with the flow.

Financial struggle can impact our well-being. I don't want to be in the struggle anymore. I want to be in the flow, be open, not forcing anything. It's OK to receive income. I want to allow it to flow.

I'm back to studying remedies and flowing in love.

I don't know about these emotions. I don't usually swing so far.

4 17 9:49 I went to a funeral today. I'm talking to my friend. The person who passed is a 'dear, dear client of mine'.

4 18 16:34 I'm doing well. I'm in good spirits. Everything's going really well. I still feel there's some synchronicity going on between myself and other people – it's a nice feeling.

I don't have any physical symptoms – they worked themselves out. The cold went away. The eye thing resolved itself in two days.

I don't have anything major to report.

4 25 I'm doing great

I'm in a nice steady flow of good energy

I haven't had any lows in a few weeks

I haven't had any physical symptoms – all that sinus stuff disappeared.

Emotionally I feel really good and really positive.

I feel really clear headed. There's this really energetic thing going on with spirit and people. It's like a nice energy – a soul connection. I'm thinking of people and they're calling or texting me without me even doing anything. There's synchronicity. There's still a magnetic quality to it. Mesmerism – as Hahnemann would say.

I took my daughter to Ghost Town. We're having a great time – it was beautiful out. She wanted to go into a store – a pet store with dog cookies, etc. The woman had CBD dog biscuits. She said, "Do you know CBD oil?" I said, "I do. And the owner and I struck up a conversation. Her husband worked next door in a Mystery Store and her Sister has pain. She wanted my card. My daughter said, "Mom, everywhere you go people talk to you." I said, "I know – I can't help it. I didn't initiate it."

Another child who went with us . We started talking about hot air balloons and I said I'd always wanted to do it. Another tale came from a guy moving from Colorado to California.

Synchronicity – I've always been a little like that. It's like me 2.0.

Prover 6

Themes of Prover 6

Rebellion against rules
Gratitude
Connection to others, music, color, beauty
Forgetful of everything; complete forgetfulness
Ancient things (dinosaurs- hieroglyphics)
Fright
Inflammation
Nausea
Teal colour
Confusion of time and dates
Rules- Dreams happy to follow rules
In the present
Dream frightening man in white mask

6 1 17:08 Took first dose of remedy late because all day I thought we started tomorrow! Prior to this, I have been very productive all day, clearing my desk so that I could leave town. That's when I found my proving papers. My focus today was on a Tree Ceremony that we are planning at our garden project. We will be losing several beautiful trees to the school's construction project. I am so grieved by this, I have sought help from a Shinto priestess to do a blessing ceremony. We are all connected.

6 1 17:14 Nausea; wave of dizziness. The remedy has acted.
Fullness in the bridge of nose.

6 1 19:30 During study group, we kept sidetracking what we planned to discuss.
Almost like we didn't want to follow the rules. We kept trying but would fall back into other subjects.

6 1 22:30 Sat down to watch Mozart in the Jungle which I was watching the last two days. The opening credits are colorful, but tonight, I was mesmerized... it was so beautiful... and the classical music, especially Mozart, touched me at a soul level. I felt in a state of bliss with pure enjoyment of every colorful scene, every music piece, the sights and scenes of Japan. It was like being on a hallucinogenic drug.

6 2 24:00 Pre-sleep meditation brought the color TEAL strongly in my view, as well as a line drawing of a tombstone covered in hieroglyphic pictures except for

the word, "fish" printed in lowercase. This remedy feels almost prehistoric.

Many dreams going one into the other.. .only remembering the last few. Dreaming of going to visit my friend in Malibu. At the bottom of the hill, there is a gate house and we (I think with some friends) start to climb the hill. Everything is pristine and organized... alike a strict condo association. We meet a man, who was very excited and intense about us following directions and the rules of the association. We were not to be walking in the storm drain indentation. Rules are rules! We hurry to my friend's house, who is anything but a rule follower.

6 2 9:30 Totally forgot a commitment I had made that I was looking forward to doing. These moments of forgetfulness are like complete forgetfulness... totally out of my mind, even if I was thinking about it the day before. Even so, I smoothly rearranged my day and was able to do everything I wanted to do, and it was totally enjoyable.

Productive and way overbooked, but managed to squeeze in all my plans, and had fun while doing it. I find myself more in the moment than planning ahead, although I continue to book my appointments, and do have plans, but I am calm in the moment.

6 2 20:00 At pot-luck fundraiser, felt a lot of heart connection. Was totally there in the moment. Basked in amazing homemade cordials and brandies ... things just tasted wonderful..Dutch cheese with tomato chutney, pesto mushrooms.... everything tasted good to me.. (but that is not unusual)

Dreams were plentiful, but I totally could not grasp them to remember them.

Check in with my supervisor, who is also leaving town. Seems a lot of people are in and out of town during this proving.

The left side of my nose is swollen and tender to touch. This seems to be the result of that initial fullness I felt in the nose. It is the upper part of my nose.

Productive: I am usually this way when leaving town, so don't know if it is tied to remedy. I packed a lot to do in this day, and when I was in each task, I was focused. I did not feel rushed in any way. Like I have all the time to do what I want to do. That said, I "forgot" to do the things I didn't complete.

Forgetfulness: While I think I am being very productive, there are "holes" of forgetfulness. While I was packing to leave, I was multitasking several other things, and I took my neck pillow out of my carry-on, but left it on the counter and ended up not sleeping on the plane because of it.

Still felt in the present... not worried about anything... watched old friend on plane, talked with my seat mates, who actually went to the same high school as I did.

Also, forgot to deep water my garden which I told myself all day to do.

NS: During the flight I had back pain.. was uncomfortable,... right side under scapula. The pain was gone immediately after leaving plane.

No sleep on plane.

6 4 Was in a sleepless daze for most of the day, but still couldn't get to sleep until 11 pm east coast. Had tons of dreams... vivid.. but was awoken at 8 am, while in a dream, and it went right out of my memory. Dream was pleasant, and active but can't remember.

SKIN Blotchy. I noticed this today, but remember that one of my study group mentioned it on Monday. The skin on the left side of my nose is rough and scaly, and still swollen.

My normal regular bowels are disrupted, most likely because of travel.

Visiting my 91 year old mom, and topic of conversation was about death and dying... reviewing my father's death, and planning for her own, down to the box of dresses... one for summer/spring or one for fall/winter... what to say in ob, things to do when she dies... . As I notice this, I get an invitation to a death and dying workshop with a death midwife which I will attend at end of month.

As I go to sleep and close my eyes, it feels like a blackness, as if ink being poured in front of my eyes, comes in. It is soothing to me, but then I ask if I should be feeling scared... as it is such a darkness. This had just started occurring after my father died in December... and here I was sleeping in the room where he passed. Feel connected to him through this. This time, though, it was intensified.

6 5 I am in a beautiful place, forest trees all changing color. The air smells beautiful after the rains. The rains were beautiful, as were the thunderstorms. I am very appreciative of nature. I see an aftermath of a tornado that hit this area... broken trees everywhere... feel the loss.

Everything looked so much more beautiful than I remember from any other visit.

Spent evening with family, and again , a very strong heart connection with everyone.

I am still very much in the moment. Maybe because I am somewhere different and just enjoying the minutes with my family. I had many dreams last night and when I wake, I am still in the dream, but as soon as I rise, they disappear. Something about numbers... balancing something.

Nose: Today is the first day the left side of my nose looks normal. It originally felt full, then tender to touch, then a red and dry feeling, and now better.

Sleep: Had trouble falling asleep tonight. Possibly due to time difference, but it took me an hour to settle. This is new to me as I am a good sleeper. But as I say, I am traveling, and in a different time zone.

Inflammation: My back right molar (which has given me problems in the past) was inflamed. And actually, the gums were inflamed throughout my mouth.

An area I had a mole cut out over 40 years ago, became inflamed as well. Things seem more accentuated.

While I don't do well with milk, a little bit of ice cream sent me into abdominal disorder last night.

6 6 Slept in till 8:00 once again. Difficult to remember dreams, but know that there were many and vivid.

So, what I thought was an old toothache actually seems to be teething! New tooth material is growing in the empty spot where a tooth was pulled many years ago. It's like I am a shark, and new teeth are coming in...

My right molar continues to hurt, and the pain has increased. My face where my jaw is, is numb to touch, and I have shooting pains every once in while that stop me in my tracks.

6 7 Just rolling with the flow... spent day with my mom for her birthday. A really nice day.

6 9 1:00 Woke naturally to get ready to catch a plane. Once again, strong dreams that disappear on waking.

Everything flowed naturally as I caught a plane for LA, and arrived in LA without any issues. Went right to work, and did not stop until 10:30 pm when I got home after giving a presentation on Honoring Trees. I was grateful I had completed my power point before I left for CT.

The tooth and jaw pain continued, even creating sharp radiating pain into the face. But I now realize that it is not the back molar. I actually have been "teething". A tooth that was pulled 5 years ago is coming back... three edges of the tooth have broken through the gums that were inflamed. Wow. Really makes me wonder what this remedy is. Shark? Regenerating teeth?

When I got out of the shower, I noticed it. Some strange eruption/red mark on my right breast. Not quite a blood blister, not a bruise. It does not hurt and it is on the surface of the skin, but looks like a red ring around it. It was not there yesterday, nor do I remember any injury.

6 10 Dreams included ropes, a sunken ship. Getting food for people who have none. A dog in a cage. Hungry elderly people.

6 11 Woke from a frightful dream. Was renting a room in a big house with my three grandchildren (I only have two for real.) We had gone to bed. After the kids fell asleep, I went to the kitchen for a drink. I passed the owner of the house and said good night as he passed to the other side of the house. When I got near the kitchen, I saw a man in a white mask rummaging around the kitchen. Our eyes met and he knew he was seen by me. I ran the other way with thoughts racing on how I was going to protect the children. I started

screaming for help. My voice sounded funny. No response from the owner no matter how hard I screamed. I woke, with my heart going a mile a minute.

In the morning, I see an advertisement for Halloween, realizing that was the person I saw in the kitchen.

6 12 After shower, I saw a large red blood blister like eruption on my right breast. Not painful to the touch. Not something I have ever seen. I looked like it would be painful, but it wasn't. Dark red.

6 16 In 2016, I fell on my right knee, doing something to my patella. Over the years, it would be painful if I kneeled on it a certain way. It didn't hurt during walking, etc.

It pretty much settled down over the years, with an incident of kneeling "wrong" once or twice a month.

But now the pain has gotten so extreme that even the light covers on my bed affect it. I have to carefully place my knee on a pillow before sleeping, and I even feel some strange ligament movement when walking.

For the first time since the accident, I cannot kneel at all, which was clear during yoga classes.

6 24 Halloween was joyful, connecting to all my neighbors , enjoying the grandchildren who had a blast, many neighbors having cookouts, and sharing. Great heart energy.

6 27 Nothing is too big to be done. I decided to go check on the preparations for the Tree Ceremony only to find a huge pile of compost in the area that I wanted cleared. Alone, I began to clear the area. I was unusually calm. Within minutes, 5 young volunteers came to help, and within two hours, the "mountain" was moved. Felt in the flow of the universe, as it was completely unplanned. I find I don't sweat the small stuff, and have trust that things can be accomplished.

6 28 Tree ceremony was lovely. Many people in tears, connecting to the trees... songs, poetry, calming the spirits in the trees. Connection to nature is strong with this remedy.

Drinks with friends afterwards... found that I could not remember two patients that my friend sent to me. I usually remember all my clients. I could not even visualize one detail about them. And it was within the past year. Big hole in memory. So much so it is troubling.

6 31 I have done many provings, yet this is the first time I have been so lax in recording symptoms. It is almost like I am doing it because I don't want to follow rules.

I have really enjoyed this remedy. It has kept me in the moment. Whatever I am working on, it is the only thing on my mind.

And I don't necessarily do what I am supposed to do , but I am getting a lot of peripheral things accomplished. Some are things I would normally hate to do, but I do them.

Once I decided to pick up the living room, and it became a major cleaning job, shampooing carpet, oiling baseboards, rearranging book shelves. It was just a whim that turned into a detailed cleaning. It was done quickly and was very organized. Usually I am very scattered.

I think the pockets of memory loss help keep me in the moment, as I am not thinking of my cases, or things I have to do, but just doing what I am working on in the moment. Yet the memory loss is troubling. Things I would never forget are forgotten.

I am writing lists, since I am not remembering things, but the lists must be fun, look fun, artistic, colorful. I basked in making my November TO DO list, decorated the pages, and colored it. Also, loving doing art work with grandchildren. Get lost in it.

6 36 Knee continues to hurt, but has improved 50%
Very sensitive to all the disasters surrounding me. Feel it in my core. Can feel anxiety for others.

6. 162. The remedy cured her knee until now. She couldn't kneel for a

long time after she fell in Georgia. After her fall she got up quickly and could walk. Then she got a sharp pain under her patella that came and went. The pain has now returned with a vengeance.

After she took YFT, it returned with a vengeance, March 2019. Now it is worse (2) kneeling; must be very careful with yoga.

The growth of her tooth continues very slowly. She can use it when she chews. She feels the tooth is kind of short.

6. 192. I have not had a problem with my knee for months. I can push hard on the area that has been painful for years. I THINK I took another dose, wanting to get that productive and calm again... maybe in January or February.. I don't remember. Think it helped, but only for a couple of weeks. Except for my memory, this remedy has been quite a great experience for me.

Prover 8

Themes of Prover 8

Relationships and family

Spiritual / religious

Buzzing sensation - head, back

Throat symptoms

Tinnitus

Eyes dry, sting, irritated

8 1 I woke up this morning at 4:30 and went back to sleep shortly after. Dreamed I was working in a dollar store owned by the L family (they are homeowners in my building who are always complaining to me about something). They were having a sale except they didn't want to reduce any prices! Woke up again at 7:30 with a stuffy nose (lots of mucus) and watery eyes.

8 1 15:24 Skyped with my proving supervisor to talk about my symptoms. After my meditation this morning, I had to say a few affirmations and noticed my throat was dry and scratchy. I've had the dryness in my throat all day and what seems to be allergy symptoms. I've sneezed about six times today. After I took the

remedy I noticed a buzzing around the crown of my head. It was about 15 minutes later. It's been a busy Monday. F. is back from vacation and we're dealing with everything that happened while he was away. I have a reconstruction kick-off meeting tonight that RE is running so we're looking forward to that.

My proving supervisor asked me what I'm attracted to in a man and I told her that initially it's chemistry or personality has to have a spark. I don't have a particular "type" like other women do.

She asked me if I have been daydreaming a lot today and I told her no – typically I'm a daydreamer but I've been focused on tasks today.,

I told her I'm feeling bloated and gassy. When I met with an owner in the gym today, I saw myself in the mirror and thought I swear I didn't look that fat this morning when I got dressed!

At the time of our call I had only taken the remedy once because I wanted to check whether she felt my symptoms were because of the proving or if it's because I have allergies. Today, she said to repeat so I took it again after our call. No new symptoms yet.

8 1 21:20 took the 3rd dose

8 1 22:20 I felt the buzzing around my crown again. I also felt it on my back as if the skin was somehow coming off. Not painful, more of an expansion or tickling sensation.

8 2 4:40 I woke up at 4:40 and couldn't go back to sleep right away. I was dreaming of being on a retreat with a few Koreans and someone I worked with in 2008. I haven't seen her since then.

I listened to a few astrology clips about Venus retrograde. I attempted mediation at 5 am but kept having thoughts about rejection and my conversation with X last night. We were introduced by the matchmaker but we didn't get very far into the conversation. He offered to introduce me to his friend which was a nice gesture so I sent him a few pictures and wished him well on his search. I also asked what he's looking for in a woman so I can keep my eyes open for him too. He responded, along with pictures and I thought it would be fun to connect him with my friend A. Anyway, back to my attempt at meditation. I asked the

question, 'Why is the Universe still bringing unavailable people?' Also thought about S. and asked, 'What's the lesson here?' Then I tried to visualize my future relationship and have gratitude for where I am now. But I started to get frustrated. So I stopped it and went back to astrology clips. Then I fell asleep again.

8 2 7:27 I woke up from another dream at 7:27- D. (my best friend) was in the dream and getting ready for a work function. But she was wearing different white and black lingerie and it looked like something you would wear on your wedding night. I wore a blue and black lace dress with a blazer over it and was searching for the right earrings and shoes but nothing looked right. Then, N. was there and told me she is getting ready to buy a house. I was happy for her because I know how long she's been working for that goal.

This morning when I woke up, I had been lying on my stomach with my arms under the pillow. I moved my right arm and my blister scab came off in the center. That was painful! I felt slightly stuffy but better than it has been. Was very groggy the second time I woke up.

Been thinking of breaking things off with B. I'm supposed to see him tonight but I feel like it is just not going anywhere. Maybe I will reach out to J. (relationship coach) to help me through it.

Been feeling a little more physically relaxed today. As if I took a strong pain killer. My mind feels sharp, though. I did drool a little when speaking to Flavio which was weird. Haven't heard from B.. I want to call to break things off.

I ate some Halloween candy. All chocolate. My poop was soft and sticky, yellow/green. My burn seems to be healing.

B. sent a text at 3:40pm to flake out on our date tonight. He's in Pomona waiting for a meeting then flying to Vegas tomorrow for the rest of the week.

At 6 pm, when I was on my way to food store, B. called. He was saying how exhausted he is and how he's on the way to the airport. I thought he said he was flying out tomorrow? "Oh, did I say that?" Anyway, complaining more about the travel and how it's wearing him down and how his car is only 2 years old but has 78k miles on it. He didn't think his travel would be so crazy, he he. I basically

didn't indulge him but said I'd been thinking about us and it seems like neither of us is ready to share our lives with one another. He said it's not true. I said I've been in a long-distance relationship before with someone who lives in NYC and we only saw each other every few months but that we had a closeness and daily communication to stay connected.

I got a little reactive and said I'm not upset about it, it just seems like neither of us is willing to share our lives with the other. He said he gets it. And if I ever want to get back in touch, to reach out. So, I went into the market and actually felt fine about it. Then my mind started to think maybe being reactive wasn't the best approach. I came home and started preparing dinner. While slicing carrots it finally occurred to me that he was lying.

8 3 6:55 Was dreaming I was on vacation in Miami and commenting to A. (an old elementary school mate) that I barely had time to visit with family. Turns out she was there just for the day so really didn't have time. Then I saw L. (my stepdad) talking about a baseball camp he is sending the grandsons to. There's a lake there that's frozen in the winter. I could see L.'s heart in his chest and it was blue and big. Took up his whole abdomen. I thought maybe it was frozen too and that he would need to thaw it if he went to the lake.

Symptoms: My right tonsil has been bothering me this morning. I'm reminded of the abscess I had once back in August 2009 when no antibiotic responded to it so I had to have it drained. I don't have nearly that much pain but it feels slightly uncomfortable. Been feeling the sore throat all day but it's slight. Also, my skin is a little sensitive, almost itchy, but no rash. Felt the buzzing on my crown again. Also feel agitated as if on coffee. Can feel my heart beat.

Mood today was good and feeling productive. Went to a DTLA meeting at the Police Station to hear about different efforts and how the community can work with the PD to help improve things.

Also working with my board secretary to do a few holiday events, pumpkin carving, movie nite at the pool and holiday food drive. I like organizing events and getting the community together.

After my meditation, I journaled the following: I am the co-creator of my life. This is something I'm actually starting to feel. The actions I'm taking in relationships and through coaching and homeopathy are helping support that.

D. called me tonight after dinner with M. I listened and gave her some advice. I think mostly unsolicited but it's because I can see her slipping back into this pattern and I feel she could put a boundary (once she's clear about what she wants for her future) that will be healthy for both her and M.. He's still in a relationship and I don't see him giving her what she wants until she knows what it is she wants and can clearly communicate it to him.

8 4 5:30 Woke at 5:30. N. was in my dream again. Dream dating a famous movie producer and I have a movie I want to pitch to them. It's a Star Wars movie. I planned to just pitch it to her in the day but things got delayed and we also had dinner plans together with my parents. I was now at my parent's house getting ready and my pitch notes got wet in their pool. I was a bit relieved because I didn't feel confident to pitch yet, so I was hoping I could do it another day. I checked with my mom and she said N. had left to pick up her man in Woodland Hills and then come back to their house so we could all go to dinner together. My stepdad made a comment about their age difference to me. My stepdad in the dream looked nothing like him in real life but it was him. He was also wearing a wig.

Symptoms:

Woke up feeling like I might have a tonsil stone but it went away and I had no other symptoms.

I got triggered at work by someone complaining that someone was parked in their reserved parking space. It really set me off and I was agitated for about 1.5-2 hours. I ate lunch, had tea and talked to my proving supervisor about it and went on with my day.

This evening I had a coaching Q & A call with my relationship coach. I shared my breakthrough/breakup story. I also shared about my experience with guys who want to connect on social media right away, etc. He asked me to email him about it, so I just wrote him a lengthy email with my experience with matchmaking so far and how they keep sending me the wrong men!

8 5 3:20 Woke at 3:20. Dream: I went to an award ceremony for someone from film school. Got there at the end and missed the presentation. Got to say hi and congrats anyway. He was very emotional because it was the anniversary of

someone's passing who he worked for and was a big influence. We were in a big auditorium. Many seats were empty. There were several screens.

I took a while to go back to sleep and listened to an astrology clip and a meditation. Finally fell back asleep and woke at 7:05. In my dream I was upset because I lost my sunglasses at a pool party. I was suspicious that someone took them on purpose but after questioning everyone there, they all denied it.

Fell asleep again and woke at 8:20. Can't remember if I had another dream.

Symptoms: Throat sore in the pharynx. Feels like allergies from Santa Ana winds. At about 8-9pm, started to feel my eyes irritated and dry as well. Very dry throat.

Watched the Lady Gaga documentary tonight. Very interesting. I like her and feel terrible about her fibromyalgia. I cried at the moment she told the story of her aunt who died of Lupus at age 19.

Today I was more calm than yesterday. I had two triggers. The first is the retail trash issue that is out of control because A. (trash company) took the second bin that was there because nobody was paying for it and the retail owner didn't want to pay additional fees. I sent him two photos – one yesterday and another this morning as well as followed up with the representative at A. He responded at 4:30 to say he increased the pick up to four days per week and scheduled an extra pick up for tomorrow to get rid of all the trash outside the trash room. He also added a recycle bin because it's free. I thanked him. Thought I would have to call the Health Department on him!

The second trigger was an email from a homeowner complaining about the notification time periods for different services in the building saying the notice is never enough to plan accordingly. I wrote back and explained that we try to give 48 hours notice for planned repairs however sometimes there are emergencies and we cannot give more notice. She never responded.

My tinnitus is very obvious right now. Whooshing sound in my right ear.

Right before Shabbat started I checked Facebook and saw a post from a matchmaker with info on a single guy in LA. I messaged her but he's not a match for me. She began asking me questions about R., the first guy I met on JSwipe back in 2016. She was very pushy telling me to message him again and see what

happens. He's kind, has an amazing family, etc. I felt like she didn't really want to know what I'm looking for, and instead, wanted to push him on me because his family is trying to get him married. It was already Shabbat so I told her we could speak next week more about what I'm looking for to see if she knows anyone.

8 6 3:10 Woke at 3:10. Dream started with me and a guy I like on bikes, riding by a school and then I decided to bring him home. When I got home he asked to take a shower because he smelled like smoke so he used the downstairs shower. I went upstairs and saw my mom in the upstairs bathroom doing her hair. My stepdad was in the bedroom on the phone on a business call discussing transferring accounts. I went to the bathroom, my mom to the bedroom. Next thing I am in a different place with some lounge chairs and I see a few monkeys. I start humming Hanuman Chalisa. One runs away. I keep singing louder and the other gets pissed off and jumps to bite me and I wake up.

I wake and my tinnitus is loud, eyes very dry and pharynx is sore.

Woke at 5:30. Dad was in my dream and there was something wrong with my car that he helped adjust for me. He was wearing a strange zipper bag - looked like a garment bag.

Fell asleep again and woke at 6:28 from a dream where a group of us were going to take a trip in space. It wasn't really a mission but rather a leisure trip. There was someone there who knows my ex-boyfriend, O. Woke up right before my alarm. Mantra music was still playing.

This morning I did something new and attended an investment presentation. It was a presentation by a Financial Analyst - and followed by a panel discussion on market timing vs. buy and hold. Some interesting points were raised and I realized that I actually do not have much emerging market investment at all so will consider investing.

After the presentation I came home to have lunch and meet with my proving supervisor but she didn't call. S (my little cousin) invited me to meet her and C. in the Arts District because they were at a brewery watching the Dodger game. I stopped by for a bit and it was nice to see them. I hadn't seen them since they got engaged in the summer. S.'s ring is beautiful and they are very happy.

My folks are away for a family wedding and sent a few pictures of the trip to me and my step-siblings. I've commented or just hit the like or love button but this pissed off my stepbrother who responded, very upset. This response triggered me but I waited to respond and I think I communicated respectfully to him. He didn't come back after that so he's probably still upset. My mom responded privately to me taking my side which was nice but not necessary. What was most interesting about this is noticing how his slighted remark to me about hitting the love button instead of taking the time to comment is how it threw me off even after I responded to him. I was still drawing energy from it and it was affecting my driving and even made me have a bit of road rage. If more people considered how their comments, actions or reactions affect people, we may be able to remove a good amount of negativity in the world.

8 7 Today I went to D.'s housewarming party. She had approximately 70 people! It was a great party, as usual, I got to visit with her family and some friends I hadn't seen in a while. I'm so very blessed to have good friends like D, A, E and A. who have become my family over the years.

8 8 4:15 B. called today around 4pm. I didn't want to answer so I let it go to voicemail. He said he was just calling to say hi. I returned the call tonight after my meeting but it went straight to voicemail. We'll see if he calls back.

After work and before my meeting I finally heard that my transcript was mailed last week to the school in Colorado and a copy mailed to me. I had asked repeatedly to have a copy emailed to me so I asked again and she said it's too late because it's already in the mail. That triggered me. I just need the simple information and I paid for it but she's delaying my process. Although I'm upset I feel the need to Ho'oponopono.

8 16 7:20 Woke up and could not remember any dreams

The day was good and productive. Most of the day was spent with follow up from my meeting last night. Paperwork and letting people know of various approvals.

In the afternoon, I met with M for tea at the Mayfair. It was nice to meet and get to know him better. I'm not sure what the purpose was of why he wanted to meet. He shared some Torah wisdom with me and we talked about travel, scuba diving. He mentioned that he wants to align with good people who have goals to

improve the world. Most of the people he meets with are energy vampires not willing to do what it takes to improve their lives. We talked about my dating experience and I asked him where he thinks I can meet great men (kind, considerate, loving, family oriented, spiritual) and he suggested some events. I told him I had been to one he produced and enjoyed it. But I'm also a little older.

I heard a podcast tonight from an astrologer I follow. She talked about manifesting and the first step to unblocking in this area is to stop complaining. Since the full moon is in Taurus very early tomorrow morning, it's about manifestation. So, she challenged everyone to stop complaining for one week. This is because what we focus on expands. So if energy is going to complaining, we attract more things to complain about. I know this... and would like to commit to not complaining for two weeks – until the new moon in Scorpio.

8 17 5:43 In my dream we were discussing a blue topaz ring and who it belongs to at a party in honor of a new baby. She was a surrogate baby and had the most incredible jade green eyes. She was also very articulate for her young age. Before that dream, my former supervisor at my company was in a dream, styling her daughter's hair and making a braid out of it. She was unhappy about something.

Symptoms: eyes very dry

Today was a good and productive day. Still working on meeting wrap up and feeling good overall about it. I had diarrhea most of the morning.

B. called me back this evening. He wanted to say hi and that he misses me. We got into it a bit because he wanted to explain himself and was defensive. He said he didn't believe I gave us a real chance even though we met over three months ago. He also kept saying I caught him in a busy travel time (as if that's my fault) and that since the last day we spoke until now he only traveled one day. It's funny because he forgot so many details and then said he has short term memory loss due to the statins he's taking. I felt like he wanted me to say it's okay, let's try this again but he wasn't listening to me and what is important for me in a partner for a long term relationship. It was even more clear to me that we're not compatible. But a part of me still feels a bit of guilt for feeling that way, for not wanting to try again despite my intuition guiding me in the other direction.

We hung up and I continued to watch the World Series game 2. Started to doze off around 7pm. I think it was due to the heaviness of the phone call.

8 18 7:40 Woke and dreamed I came back from a vacation and as my mom was bringing me home from the airport I was making a plan to immediately go on a trip with A. to South Africa. He came to get me and we were on our way. It would be a quick trip and we weren't going to Cape Town but it was something.

He's a great swimmer and we went to an Olympic pool so he could show me some of his tricks. He could stay underwater for around 2 min without coming up for air. A. was young and blond in my dream. There were a bunch of friends around and he asked if we would write down our dream and give it to him. I told him I didn't want to give them to him because my dreams are private and I don't share them with just anyone. But he took it from me anyway because I couldn't find the paper I had written mine on.

We were waiting around until it was time to go to the airport. I checked out an old building that was being rehabbed for sale. There were people I knew there and it was a party.

Symptoms: Eyes sting

Today was a festive day. 7-Eleven had their grand opening. A lot of residents who were initially opposed to it stopped by and were happy - even shopped! I sent an email to J. regarding trash and he erupted in a very nasty way with me.

Threatened to tow cars from the parking lot and asked for my supervisors contact information which I happily provided. He really set me off for a good while. Then it was time to start prepping for the pumpkin carving party. The crowd that came had a great time and there were some very cute pumpkins. I think it was a great success. Then I went over to M. and C.'s home to watch a scary Netflix show. We watched two episodes and they made the promise not to watch anymore without me. They're really sweet and have great ideas. I'm glad we're working together on social activities and helping improve the building experience for residents.

8 19 4:45 Dreamed I was in India with my son and a group of other people I didn't know. We were on a journey to Delhi and we used bicycles, foot and we

flew with a special cloth that we held on to and it carried us up in the air. The air quality was very bad (the sky was a hazy orange) and I told my son it would get worse the closer we got to Delhi. I also tried to prepare him for other things we would see like a family of 5 people on a moped. There was a portion where we were traveling in group transport but I don't know what type of vehicle. There was a Cuban who said Shabbat shalom to me and I was tripped out by that. There was a woman next to me who ate a carton of my mushrooms without asking. The people were Caucasian. I also remembered I forgot to bring my homeopathic remedies. Especially the ones for India.

Before that I was in a group of famous talk show hosts.

Symptoms: Eyes dry and pharynx dry

8 20 7:30 Woke at 7/30. R. in my dream lost about 100lbs. B. was also there. It was a party for her, welcome home. I got her a gift of eyeliner but it ended up being soap.

Fell asleep at 11:39 watching the baseball game. When I woke at 4:45 I was dreaming about an infomercial ad that was playing.

Also remember eating a slice of salami in my dream.

8 19 Was slow in the morning today because I didn't get enough sleep. Went out for A. birthday and didn't get home until 3am. We had a great time - everyone was in costume and happy today. I went to my Dad's girlfriend's house for a little birthday celebration for my Dad. I met two of D.'s daughters and their husbands and one of their daughters. It was really nice - they're all very sweet people. I came home and watched the last game of the World Series and the Dodgers lost. Then I watched a coaching video on mastering online dating which gave me some good information on how to set up my profile for success. It's going to be a lot of work but I want to get started this week. Feeling okay today - has a great weekend. My eyes are still very dry especially when I wake up.

8 22 5:10 . Dreamed I was set up with a dentist by my friend S. and another person. The guy was attractive and we spent a little time together in Beverly Hills, walking around near his office. It was a crisp fall day and had just rained so we were wearing raincoats. He was curious and asked a lot of questions. I could tell he was cautious about me. He also asked what his friend said about me. Apparently, she told him she thought maybe he was gay. When she mentioned it to me before the date I said why would she set me up with someone who's gay? She said she wasn't sure because she had never seen him with anyone before. Not sure why. I saw AK and YA walk by me in the dream. We were walking holding hands and didn't stop to talk to anyone.

8 22 8:10 Woke up at 8:10

Dreamed I was on a trip in Europe. Maybe Scotland. One of the guys on the trip was talking to me and I mentioned the Camino de Santiago. Told him a bit about it and that there's an event for it if he wants to get more info.

Symptoms: Sneezed a lot all day. Used a new perfume so I think it was the cause.

8 23 3:49 Woke at 3:49. Was dreaming that I was at a party then went home to my mom and grandparents who were elderly and starting to lose their minds to dementia. My grandfather had a few aprons wrapped in a thick plastic that he wanted us to put on their pillows before going to bed. My mom did that to save an argument and put them to bed. My dad showed up for a few minutes to say his "goodbyes" and told him how he felt about them.

Symptoms: Eyes burn. Tinnitus is loud.

8 24 Today was Halloween. It was a nice festive day. We had a pizza party at work and A. brought up the new schedule change and how unhappy she is with it. She feels like the building appearance will go down because they won't be working together all 5 days. I understand it but I also feel like she's unhappy about losing one of her weekend days. I told her let's try it and see what happens. If it's not working then we can revisit and see how we can make a change. I'm reminded of when I worked for K. and how I had many changes in that job. It was frustrating and scary because I felt like I was losing everything. I was hired for one position at a particular salary and two months later I took a 20k pay cut and my job changed. Then lost benefits and became an independent contractor and was

sent to different buildings and it was awful. I want to be sensitive to my staff and show them that I genuinely care and appreciate their efforts. I don't want to upset them because I know how hard it is to find good employees. I think I need to discuss with L. again tomorrow. Maybe there is a way to hire someone part time for the weekend.

Tonight I went to the L's for dinner and to watch the Haunting of Hill House. Very appropriate for Halloween

8 25 5:57 Dreamed with E. We were sleeping in the same bed and she asked if that affected my dreams which I said yes. She thought it was interesting how the energy is affected like that.

Woke at 7:10. Dreamed was still at U. Friends C. and K. had a falling out and his last day was today. He also lost his apartment so I offered him to stay on my couch for a few days. He was very messy. In the dream I was using the bathroom / peeing a lot and it was running down my leg to my foot and the floor. Strange because I was sitting on the toilet. C. also showed me a photo of the day K. went for her boob job. Also he received some of his son's artwork in the mail.

Symptoms: Eyes dry.

8 27 5:00 Woke at 5. Dreamed I was in a class with other women and at the end, my teacher and the person I got reiki attuned from, gave me some reiki. It felt very strong. She asked how I felt and said I needed more sessions. I told her I had pain in my shoulder and arm. Then I went to the locker room for a shower but couldn't find a shower that worked. I switched two times but no hot water.

8 28 Woke at 5am. Dreamed was on a cruise with friends. A., D., A., B. and G. We were drunk and having fun.

Woke at 8. Dreamed was talking to someone at work about getting involved with a charity to build clean water infrastructure in underdeveloped areas. Was brainstorming and strategizing about it.

8 29 6:00 Woke at 6am. Dreamed I was in Miami on a bus with D. We got off and went to a bar and needed to get something of ours that was locked up in a very old lockbox. The key was sticking out of it and all we did was turn it.

The next part of the dream I was in LA with G. and he was giving me a tour of his building and explaining the office and residential components.

8 30 3:36 Woke at 3:36. Can't remember my dream. Woke up very hot and sweaty. Temp inside is 78. Did a manifestation meditation. Still awake.

Woke at 8am. Dreamed I spilled a little bit of water on my bed and it caused the purple pillowcases to bleed into the white sheets. I was looking for a way to clean them ASAP

8 31 5:00 Woke at 5. Was dreaming I was at DA's and L. was there too. Saw D. and she was decorating furniture with a sharpie. We were cleaning her house and talking about a ghost we saw named E. that looked like a swamp man. L. and D. wanted to bring him back. I wanted them to finish cleaning so we could sage the house.

Today I went to a yoga class for the first time in about 2 months. My body really needed it. I was shaking while holding some of the poses. My right shoulder hurts as well as my left ankle. I've had both pains before. The shoulder back in 2011. The ankle has been more recent – about a year and a half ago it started and has been bothering me on and off. I mentioned the shoulder pain to my yoga instructor and he thought it could be from the way I'm sleeping at night which is primarily on my stomach.

Last Saturday I received a whatsapp message from my latest matchmaking introduction. We exchanged a few messages and determined right away neither is a match for the other. He lives in the UK and although he travels frequently he's not considering a move to the West Coast. He is also 53 with grown children and doesn't want any more. So we wished each other well and I submitted feedback to the matchmaking company requesting a skype call with the CEO of the company. I received a response from someone I had not yet dealt with at the company with an available time to discuss. I asked if it was with the CEO (who I met with a few times before I became a client) and was told she is unavailable this week so I said I would wait until her next available time and was told she is unavailable indefinitely. I was upset. I don't like being ignored or given the

run-around. I feel it's poor business for the CEO not to want to talk to me about my concerns. But then I thought maybe she's on a medical leave or something. Anyway, I spoke to the woman who emailed me and I gave her my feedback about them not matching me according to my requirements or those of the men I was introduced to. She took good notes. I asked to have a skype meeting with another matchmaker who I had met with before and she set it for tomorrow. The whole experience has me questioning the company's credibility so I reached out to the Matchmaking Institute to check their certification and was told it's in process. The CEO of the Matchmaking Institute asked why I was inquiring and if I was having an issue. So I told her briefly but let her know that I'm speaking with someone tomorrow and expect they will be able to match me better going forward but if not, I would take her up on her offer to help communicate with the matchmaker on my behalf.

This week I registered for a match.com profile at the urging of my relationship coach. I've been filling it out and adding photos that I think are nice but it's not popping to me... so I hired someone to rewrite it. I've always had a hard time writing about myself or selling myself so I'm hopeful this will be an improvement.

8 32 3:00 Woke at 3 am. Was dreaming I'm in a pool with a big tub spout for a waterfall. I'm there with my partner and we're playing.

Symptoms: Eyes dry.

Today was an emotional day. I woke up at 3am and couldn't fall back asleep until 6. I played a few meditations but was restless. Then I saw the news of the club shooting in Thousand Oaks and was sad about it. I listened to some astrology recordings then finally fell back asleep. I woke again at 7 then again at 8. Got up and got ready for the day.

I had a Skype call with K., one of my matchmakers, and I was prepared to tell her how I felt and repeat everything I had told M. two days ago but she cut me off and was talking. She explained that the CEO, R., can't meet now because she's pregnant and not involved in everything at this time. She also explained that she (K.) had pneumonia for two months and couldn't speak so she was out for a bit. She apologized for matching me with Z.– it was her mistake for not exploring with him prior. And she blamed J. on her team who pushed that introduction against her better judgement. She sent me G. as an introduction and I started crying. He

lives in Israel. I'm so frustrated because I don't feel heard. She reviewed several other potential matches with me but only one in LA. She kept saying she's focusing on quality not quantity and I agree. That's the whole reason why I hired a match-making company in the first place, so they could do the vetting for me but even so, I have to do so much work to stay on top of this. I registered for a Match profile and I'm finalizing in the next few days. Then I will be able to step into a more proactive role in my dating vs. the passive one I've taken so far.

Prover 9

Themes of Prover 9

Gratitude

Sleep

Memory

Disorientation

Calmness

Stool, urgency

Nose, pressure

3 a.m. & 3 p.m.

Burning sensation , mouth, heartburn

Eyelids heavy on waking

Deep sleep

Soreness, armpit

9. 01. I haven't noticed a whole lot. Two things I actually noticed:

An overwhelming gratefulness when I was driving into work and a need to reach out to those I'm grateful for. It was a really good feeling.

Two hours later I had to go to the bathroom really bad and I'd already gone to the bathroom. I don't know. We'd gone out to dinner – maybe it was a little spicy.

I don't know – I'm the questioner. I'm really trying to pay attention to my body and my emotions. Nothing else.

9. 02 7:36 Slept very well last night! First time in a while. No dreams that I can remember.

Around 3:00 pm yesterday, I became very tired.

9. 03. 9:15 My dog is sick so I was up with her early hours....finally fell back to sleep as I don't have to go into work today.
Yesterday, still felt pressure in my nose. No dreams that I can remember last night

I should add that when I was coming home Monday night I went to turn on the lights of my car and I accidentally turned on the windshield wipers to the far back window of my car. For a bit I was actually disorientated as to how to turn them off! I pulled the car over so I could think about it. Although I don't use the back wipers very often....it was odd that it wasn't second nature.
Yesterday at work I had maybe three episodes that I had to really think about information I needed to perform a task. Again, feeling a little disorientated.

My dog, O., got sick last night. She was nudging me at 4:30 a.m.. She was gagging. And then I couldn't get back to sleep. I should take her out. She eats grass and it makes her throw up and she feels better. But not the kind of grass we have – she likes the blade-type grass.

I'm not working with a full deck. I'm a little crazy sometimes – kind of forgetful.

Monday, coming back from work, it had gotten dark when I got in my car. I was going in for a facial. I went to turn on my lights and turned on my back windshields. I realized I didn't know how to turn them off. All it is, is the R side is the windshield and the L side is the blinker. I had to pull over to know how to do this. It was dry. We don't even need it in LA. But I felt disorientated. I don't know if it was "What's wrong with me. I panicked." I pulled over.
Yesterday, when I was working, I felt that way, but very quickly – just for a moment and that was the end of it.

I was still feeling that pressure in the nose without having a cold or anything. I'd written it 3 p.m. on Monday – feeling pressure in the nose. Now I was very tired, in the afternoon. That could have been because I didn't sleep well Sunday night. 3 a.m. mark is catching up with you.

I came home and T. had dinner ready and I ate.

I went to bed and watched some programs I'd taped. I fell asleep – it felt like 3 hrs and it was half an hour.

I slept really well on Monday night. I can't think of any dreams.

9. 04 8:36 I felt more calm than usual today. Not feeling the need to get everything done, which is not my normal mindset. Could be because my puppy O. is sick and I am concerned about her. These are the things that take over. If someone is ill -that is close to me, that is my concern and worry. It's not that I was frozen. It is just that I see how I slow down and don't make the little things important.

Had dinner plans with a childhood girlfriend last night. We had a great time.

My girlfriend told me a story about her boyfriend's daughter getting a Volleyball scholarship to C.S.F. Then something happened and she quit the team. Anyway, I needed to tell you that so you understand my dream.

Dream that I remember: I was trying to interview the players on the volleyball team but not all were there. They had gone to dinner as a team and some had not returned from the restaurant. Soon after, we had to go looking for them. We were walking around this town finally finding the restaurant where they had been but had recently left. Now we were rushed to get back to the gym to finish interviewing. Next I was in a big home with a pool, with a large crowd of people, maybe a party? Could have been the volleyball players, but can't remember. Chaos. Then everything calmed down and I was alone with my dog, O. I was afraid of someone outside with possibly a gun? I know right, crazy. But my dog, O., is a good watch dog and will bark and chase off anyone, so I'm not afraid. We chase off this person and that is all I remember.

My girlfriend was telling me at some point last night that she loves to watch mysteries/ who-done-it shows. She went into detail of a show which consisted of a killing, hence maybe that was the reason for the gun?

9. 04. 8:38 a.m. email

Added: Went to bed late - 11:45 after I got home late from dinner. But slept VERY good! I don't usually sleep too well. So this is another good night sleep.

9. 04 Phone call 11:14 a.m.

When I woke up, I didn't remember my dream. I remembered it as I was writing you the email. I remembered walking down the alley looking for people, then I

remembered I was interviewing people. That's how I am with dreams. I'm tying it to our conversation. That's how I usually dream. I can see where my thoughts are planted. It was chaos like I remember when we got back. It was a big house with a pool. It was rainy and I went outside by the pool and it was really lovely. I went back into the house and people were leaving. Then I saw the guy with the gun in silhouette.

My friend had been telling me she liked all the murder mysteries. I told her about a show I'd been watching and got busy and never saw the end of it. She saw it all and told me – it was a true show.

I always feel O. will protect me. The dream ended with me telling the guy "You need to leave." He didn't have a gun and left. Not that it has any correlation.

Not a huge difference, how I am feeling. Every once in a while, something that I do, maybe monthly or bi-monthly that I think I have done, I'm questioning now. Maybe it goes back to the disorientation.

I think my boss screwed things when she did year-end taxes and deleted a bunch of things so I wasn't balanced. I balance and mark it every month. I'll ask her when she gets back. It wasn't as strong as when I didn't know how to turn the back windshield wipers on or off. I've had that car for 16 years. There's a lot of information I have to remember because I'm working with other people's lives.

The only thing I wrote down was that I slept very well, almost hard to open my eyes. This is one thing that I have noticed a big change for me.

I feel like I am not having that urge to be so busy all the time. I am feeling a bit more laid back, relaxed.

After going to lunch with my sister in law, I came home around 3 pm and took a 2 hour nap on the couch. Deep sleep, again when I woke up my eyelids felt very heavy. This is rare for me.

9. 06. 9:53 a.m.

Slept good in the rain last night, again heavy eyelids when waking up. I'm really feeling good with all this sleep. I know I dreamed last night but can not remember what it was about. I will think about it and write it down as it comes to me.

I really am not feeling any significant changes other than sleep.

9. 05. -The only thing I wrote down was that I slept very well, almost hard to open my eyes. This is one thing where I have noticed a big change for me.

I feel like I am not having that urge to be so busy all the time. I am feeling a bit more laid back, relaxed.

After going to lunch with my sister-in-law, I came home around 3 pm and took a 2 hour nap on the couch. Deep sleep, again when I woke up my eyelids felt very heavy. This is rare for me.

9. 06. Slept good in the rain last night, again heavy eyelids when waking up. I'm really feeling good with all this sleep. I know I dreamed last night but can not remember what it was about. I will think about it and write it down as it comes to me.

I really am not feeling any significant changes other than sleep.

My sleep has always been a problem for me. It's my mind. It's probably really my mind. I'm a busy person – I keep myself busy. I've noticed in the last week, really heavy sleep.

Today I was going to do Yoga on the beach. My Yoga instructor flies in every two weeks from Seattle. Then it rained.

9. 07. Email 7:56 p.m.

Sorry for no email. Got sidetracked today and woke up late.

Took a nap Saturday afternoon for 1 1/2 hours and it was deep. Again, when I woke up my eyelids felt very heavy. Funny how I am enjoying my naps! Late yesterday the inside of my mouth got very raw again, I think I told you about this BEFORE I took the remedy.?? Anyway, I gargled with the mouth wash again and it finally subsided by today. It almost felt like I had burned my mouth with hot food. This is very strange.

Didn't sleep so well last night after going out with some friends for dinner. I tried to take a nap today but couldn't. Still feeling more mellow than usual and not like I have to accomplish everything yesterday. I like this feeling of more calm.

Nothing else that notable.

9. 08 Email 10:45 a.m.

Sleeping well still - but didn't feel exhausted. My mind is not so jumbled with ideas and things to do. I forgot to bring up something. When we went out to eat Saturday night, I came home and went to bed - late for me - 12:30. I couldn't go to sleep because I had the worst stomach ache. It felt like I had heartburn but in my upper stomach. Under my sternum. I ended up throwing up- it went away for 15 minutes then came back. I ended up propping myself up with pillows and that gave me relief- this is very odd for me. I fell asleep around 2ish finally. Felt fine Sunday morning.

9. 08 Phone call 5:35 p.m.

Everything is on a pretty even keel. I went to sleep and everything's good. I'm better rested and I'm not so jumbled in my thoughts. Not jumbled – I've gotta do this, I've gotta do that...boom, boom, boom, boom. I'm more settled. I'm still getting stuff done.

Unless I wake right from a dream, I think I'll lose it.

That thing about the stomach was really weird. It could have nothing to do with the remedy. We had a few different things to eat. We had an appetizer, we shared a brussel sprout salad among four of us, I had my main course, and the four of us shared an appetizer. It was a burning in my stomach. I've only had heartburn once or twice in my life when I was pregnant the first time. It was that pressure and burning. I couldn't get to sleep. I had to prop myself up. I was laying there, going to sleep. I have a pretty good stomach – an iron stomach. I had a couple of drinks. Nobody else had it. ?Main course? A really good burger with fries.

9. 09 email 9:55 p.m.

I had a busy morning before getting to work and forgot to email. Then after work, reconnected with a girlfriend that I haven't seen in 40 years. Just got home, long day.

Slept well last night, eyelids still heavy when I woke up.

Had a quick dream that my upper lip became swollen, but didn't know why. I feel that there is something to this remedy about forgetfulness. I know I am dreaming but when I wake up I draw a blank, it's very strange.

9. 10. email 3:43 p.m.

Nothing to note. Slept well and that makes me happy!

9. 10. Phone 7:14 p.m.

Has nothing to say.

9. 11. email 12:25 p.m.

Feeling well today.

Still.....sleeping well, mind is still not racing as it was so that is great.

I had a quick dream that my boss was going to give me bath towels! Bath towels! What? Haha

9. 11. 2:25 p.m.

Add that last night under my right armpit I felt soreness, to the ride side of my breast area.....but underneath the armpit. I did not see any scratch or bump, nor did I feel anything there. Just soreness. It's a bit there still. Almost like I scratched it or something was rubbing, but no mark is seen. Will keep an eye on it.

9. 13 email 1:14 p.m.

I am keeping notes, typed and will send them to you before we talk next week. I don't have much each day, but one morning I remembered several dreams.

9. 17. Phone 7:41 p.m.

I've been documenting, but there's not much to document. I'll send you what I've written every day but it's really not much.

I did have a set of dreams one day and when I woke I remembered them but not in too much detail.

Everything I was feeling any difference to has probably mellowed out, other than, I really feel there's something with this remedy that has something to do with either your concentration. I still don't feel like I need to get everything done, which is great, but I get everything done. When you're almost on a high and get

everything, I don't feel that. But I am getting things done. Does that make sense. There's a calmness to me.

Right armpit? That went away. It was almost like a pinprick on your skin – like you get poked with a pin – that little irritation. There was no red mark. Maybe it was something I was wearing that pinched me or it was tight.

I guess I should tell you. I burned myself pretty good on my arm cooking Sunday night. I touched a pot when I reached in to get a pot and touched another pot. I put it under cold water. In the morning it was brown. The next morning I was at my boss's and she had a great cream and told me to put it on. It was nothing – it didn't get red or peel or anything. I'm a sloppy cook – quick and dirty.

Prover 11

Themes of Prover 11

Drowsiness

Scattered dreams

Old emotions- past ideas

Stillness in the body

Time

Powerless

Resist the present

11 01 13:00 Felt drowsy and slept. Had wild dreams.

11. 01 18:00 Felt drowsy

11. 02. 7:00 Felt more stillness with the body. Less mind activity after taking the dose. In the dream things were going away, giving new space to new things.

11. 02. 12:00 I usually deliver stuff but today I was told to clear stuff and create space. I left old items away and created space on the shelf. In the morning I realized something from high school. I was verifying why I was a victim of my past. Why would people pick on me? Was it because of my resistance to my present?

11. 03. 12:00 Felt drowsy. More thirsty than usual.

11. 02. 15:00 A resistance from certain things from the past. Feeling powerless and helpless. Not accepting the present.

I had a dream I had a cat. I was holding the cat and taking it to the basement and I asked him, "Do you want to go?" and he said "No." We had a good relationship.

Waking up from sleep and the time goes very slowly.

11. 04. Xx Mild pain in the throat.

11. 07 18:15 Woke up a couple times which is usual to my pattern. Had a lot of scattered dreams, noisy in the sense of talking with friends. My brain was very active like I was thinking of a lot of things, I don't know what, and that was very unusual.

11. 08 19:00 Throat hurt a bit but not continuously.

Lots of dreams. Dreams of my sister going to the supermarket on a sleigh.

A feeling of powerlessness comes on again at work. In the morning, a co-worker tried to manipulate me and I was trying not to feel helpless.

11. 10 Had a dream I was attending school again from the one I dropped out of. It just feels weird to be back in the same place.

11. 11 Had a few scattered dreams. Do not remember much but had images of two dreams. In one of them I saw a man going into the jungle/woods and picked up a nice big green leaf (very big). It felt like he was going to use it as a canoe (or float on water with it). He rolled it into a small piece and went away. In the other dream I saw a side view of the schematics of the human skull and next to the lower part of the brain it said 'lower mind'. Next to the higher top part of the skull it said 'higher mind'.

11. 12 I was downtown with a friend and that friend does not live there. We were on a road and a big truck just passed us and didn't wait for us to cross. Had a steady day and my mood was 80% optimum and very productive.

11. 14 Felt drowsy in spite of a good sleep at night.

11. 16 Old emotional pain surfaced but went away by 10pm. Had very low energy, lower than usual.

11. 20 I was in a big group and felt like I was being left out. However, I did not feel lonely.

11. 22 I am sleeping and do not wake up. No dreams from the past 2 days.

11. 23 Noisy active dreams. Don't remember anything - just that the brain was quite active.