What Does Beauty Have to Do With It?
The Proving of Aquilegia Coerulea (Rocky Mountain Columbine)
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We-inspiring to visitors of the Rocky Mountains, the alpine Columbine’s pristine beauty catches everyone’s attention from June through August. The intense blue of the flower’s outer petals resembles the color of a glacial lake or a clear Colorado sky on a summer morning. And skies hardly get any bluer than that. Its inner white concentric sepals summon images of sheer purity and the fine gold-colored stamens add to the flower’s delicacy. With admiration, hikers and mountaineers alike watch the delicate Colorado State flower dance in the slightest breeze.

During the years of 2003, 2004 and 2005 the Homeopathy School of Colorado undertook a proving of Aquilegia vulgaris, the Common Columbine, an unproven homeopathic remedy listed in J. H. Clarke’s, Dictionary of Practical Materia Medica.¹ The remarkable results of the proving inspired an interest in proving the Colorado State flower, Aquilegia coerulea, and spurred a curiosity to look for similarities and differences between these two flowers of the same family.

Methodology
The proving was conducted with 34 provers (25 female, 8 male) in three different groups during 2006, 2007 and 2008 at the Homeopathy School of Colorado. Each prover’s baseline data was collected by recording pre-proving symptoms for three days prior to the proving and by taking a baseline case. The remedy was given in 30C and 200C potencies. The proving was performed in a double blind format with neither the assigned supervisors nor the provers aware of the substance they were taking. During the proving, provers logged symptoms on a daily basis and were in daily contact with their supervisor until symptoms subsided. Hahnemann Laboratories of San Rafael, California prepared the remedy according to Hahnemannian principles in November of 2005.

Name Origination
The taxonomic name for the Colorado Columbine is Aquilegia coerulea (E. James), often also spelled caerulea. Aquilegia relates to the shape of the flower, coerulae to its color. Considering this, coerulae is assumed to be the correct spelling. The name relates to its appearance and references the man who first discovered it:

Aquilegia, Latin for eagle, the flower’s spurs resemble an eagle’s talon.

Coerulea, Latin for blue.

Columba, Latin for dove or pigeon (the flower resembling the flight of these birds).

E. James, Found the Columbine on Pike’s Peak above Colorado Springs.

Botanical Description
Columbines belong to the Ranunculaceae (buttercup) family which includes Aconitum, Cimicifuga, Clematis, Delphinium,
Helleborus, Hydrastis, Pulsatilla and Ranunculus. German botanists named this family Habeniflus-Gewaechse, rooter foot plants, a description related to the flower's likeness to a bird's foot. Columbines also compose the genus Aquilegia that contains about 8,000 species of perennials.

The Rocky Mountain Columbine grows 30 to 75 cm (1 to 3 feet) high and about 45 cm (1½ feet) wide. In the wild, the outer petals of the flower are usually an intense blue color (or white); variations of pink, yellow, orange, red or dark purple flowers are mostly found in gardens. The blossom is arranged into two concentric circles; the inner five sepals are assembled around gold-colored multiple stamens, the outer five petals taper into narrowing trailing spurs. The rolled spurs at the back of the flower reach upward, resembling an eagle's talons. The flower is a favorite of butterflies that uncoil their long tongues to reach the very bottom of the narrow canal of each spur.

The contrasting sepals and petals of Columbines give them a pixie-like appearance as they sit gracefully atop erect wiry branches. A bluish-green color is characteristic of the plant's leaves. The leaves grow on long stems and are divided into three parts, each forming a scalloped three-petal leaf with a slight resemblance to clover leaves. The species of Aquilegia coerulea will turn its flowers partially upward to face the sun, while hybrids growing in gardens frequently hang their flowers downward.

Though the sun sheds golden glory
O'er the far-flung hills at dawn,
From a world azure and silver
Are your lovely colors drawn
From the great white peaks that tower
And the glacial lakes below;
From the deep blue sky above you
And the pearly clouds aglow.
Sweet columbine, sweet columbine
Beneath the aspen and the pine
You seem a gift from heav'n above;
How fair you blow, like sky and snow,
The spirit of the land I love.
The flower of the State of mine,
Sweet columbine, sweet columbine.
—From a lyric by Edgar MacMehen, 1922

Habitat

The Rocky Mountain Columbine is native to Western North America including Arizona, Colorado, Montana, New Mexico, Wyoming and Utah. In the mountains, this exotic flower has a broad habitat range, thriving in aspen groves, along streams, in open woodlands and even on hot, dry talus slopes. It can be found in alpine meadows at elevations of 5,000 to just above 10,000 feet (approximately 3,600m). The flower used for the proving was picked on July 20th at Rocky Mountain National Park, at an elevation of 9,000 feet in a mossy spot along a stream, just below a group of pine trees.

History

In 1820 Edwin James, a brave mountaineer, and his climbing party first climbed Pikes Peak, the most famous mountain peak in Colorado. Little did Edwin James know that the delicate blue and white flower he found on his climb would be adopted as Colorado's state flower in April of 1899 (exactly one hundred years before the tragedy at the Columbine High School in Littleton, Colorado). Laws passed in 1925 prohibited removing any Columbines from public land. Additionally, it was declared illegal to pick Columbines from private land without the owner's consent and the number of flowers picked was legally limited to 25. Praising the Rocky Mountain Columbine, the Colorado State song's last verse reads as follows:

“Tis the land where the Columbines grow,
Overlooking the plains far below,
While the cool summer breeze in the evergreen trees,
Softly sings where the Columbine grows.”
—A.J. Flynn 1915

Very little is recorded about Aquilegia coerulea (Rocky Mountain Columbine), being a fairly recent discovery of the New World, while the history of Aquilegia vulgaris (Common Columbine), its European sister, reaches back into the 16th century. We do know that some Native American cultures used the seeds of the Rocky Mountain Columbine in a love potion.

Symbolism

Originally, the European Common Columbine (German: Akelei, Swedish: Akileija) was dedicated to the Norse goddess Freya, the goddess of love and fertility, crops and birth. Freya was the symbol of sensuality called upon in matters of love. She loved music, spring, flowers and elves and was the most gracious and beautiful of all the goddesses. Old symbolism relating the plant to love and fertility has been preserved in paintings exhibiting sexual imagery, secret love and seduction, inconsistency and fickleness. Over time, Christianity transferred elements of the plant’s original mythical symbolism related to the goddess Freya to the Virgin Mary.²
Toxicity
Despite the fact that Columbines have been ingested as tea and in salads, they are considered poisonous plants. The consumption of approximately 20 grams of Common Columbine leaves (Aquilegia vulgaris) has caused poisoning symptoms of nausea, vomiting, diarrhea, breathing difficulties, heart pains, absent-mindedness, stupefaction and confusion. Its toxins, however, are destroyed by heat and drying. Although records of toxicity are not available for the species of the Rocky Mountain Columbine (Aquilegia coerulea), it belongs to a family that contains a number of mildly toxic plants. According to information from various botanical websites, the flowers are most likely perfectly safe to eat, are rich in nectar and taste sweet. The plant is not toxic to livestock.

Herbal Applications of Aquilegia Coerulea
Several North American Indian tribes have used the Rocky Mountain Columbine for a variety of purposes:

- As a love medicine to attract the girl of their dreams.
- Gosiute Indians (Great Salt Lake, Utah) used the plant as an analgesic.
- Meskwaki Indians chewed the root for stomach and bowel problems.
- Meskwaki Indians combined Columbine with Prickly Ash to treat “thick urine.”
- Milk that had been boiled with leaves was ingested to cure sore throats.
- A decoction of the root was sometimes combined with leaves to cure diarrhea.
- Used to treat the pain of rheumatism (plant parts unknown).
- North Western Natives mixed the ripe seed into tobacco for a sweet smell.

Results

Mental Themes
Increased energy was reported as a jittery, buzzing state and was reflected in mental and physical symptoms alike. The deep calmness many provers felt reached nuances from being less bothered, to a feeling of sedation and laziness, dullness, indifference and heavy sluggishness. On the opposite side of this scale anxiousness and irritation were experienced, most likely related to increased mental/emotional sensitivity. Following is a list of mental states experienced during the proving:

- Indifference
- Averse to Company
- Easy to Anger
- Increased Emotions
- Anxious, Impatient and Irritated

“For the first 1½ weeks of the proving I had horrible agitation, was much less patient. I was anxious, fidgety and flustered. I couldn’t focus or remember what I was just looking at.” —Prover 1506

Themes in Dreams
Of the 176 dreams recorded during the proving, 58 dreams started with threatening or violent situations which then turned into dreams with benign or happy endings. It seems remarkable that one third of the dreams followed this pattern.

Prover 0708 had frightful dreams, something she never experienced before. Prover 1006 was cured from violent dreams suffered since serving during Operation Desert Storm in Iraq in 1990. It is suggested that Aquilegia coerulea could help with nightmares. Following is a list of dream topics:

- Happy Endings—Threatening Dreams End Positive
- Water Related Dreams
- Attire and Looks
- White, Yellow and Blue/Turquoise Color
- Helping Others and Rescuing
- Forces of Nature
• Gatherings and Food
• Birth and Death
• Pregnancy and Birth
• Narrow Places (Prover 0307 had 12 dreams about this topic)
• Erotic and Sexual Dreams
• Cars

**General Symptoms**

Marked symptoms for this area included an intense sensation of heat, tingling and buzzing in various parts of the system, sensitivity to warmth and heat, weakness like being sedated, craving dairy and an amelioration from eating.

**Physical Symptoms**

Most remarkable during the proving were the sensations of heat, tingling, itching and redness especially in the head, face, extremities, chest and stomach. Pains were generally experienced as sharp, stinging and pressing, and appeared in the head, eyes, ear, face, mouth, throat, abdomen, stomach and female organs. A large number of provers experienced nausea and vertigo, some with headaches as concomitant.

“Immediately after taking the first dose of the remedy, my face felt hot. The sensation gradually intensified. I felt nauseous, had a hot sensation in my stomach and my lips were buzzing. I wanted to take my clothes off and roll in the snow.”

—Prover 0306

**Curative Effects**

Twelve provers highly impressed by the curative effects of *Aquilegia coerulea* experienced improvements in dreams, energy and concentration, blood sugar levels, nose congestion and inflammation, stomach problems, menstrual cramping and acne.

- Prover 1006: History of violent dreams (result from being a soldier/PTSD). During the proving, dreams lose their violent aspect. Locations and persons in the dreams are similar, but no violence occurs. The prover continues to have less violent dreams as of May 2008 (proving 2006).
- Prover 0508: Overall energy much improved; thinking more clearly, better memory and improved concentration. Not cranky although didn’t sleep well. Happy, refreshed throughout day. Feeling more energetic and able to do more things. Less irritated with people; not getting upset with anyone; clear focus all day. Duration 23 days.
- Prover 1206: I have been congested for a long time. After two days of the remedy it’s gone. My energy level is higher than ever. I also have been dealing with runner’s stitch on the left, nothing has helped. Since the proving I have had it very infrequently. But I have been very sad in the mornings and evenings.
- Prover 1406: Nose congestion, present for six months cured by the remedy on Day 4.
- Prover 0707: Red, swollen inflammation on tip of left nostril for 6 months, no treatment helped, aggravated on day 3 of the proving. The right septum became red and inflamed for a day. By evening only dry and crusty; the inflammation went down by 80%. On day 7 of the proving the inflammation was completely gone, not to return.
- Prover 0807: Suffers from sinus congestion. Left sinus opened up on day 1. Both sides open during the whole proving.
- Prover 0707: Stomach seems to assimilate food better, no gas after meals.
- Prover 0707: Experienced a noteworthy drop of blood sugar levels. Fasting blood sugar levels were taken between 7:30 AM and 8:00 AM every day, reading 138 on the first day, 120 on day 14 and 116 on day 21 of the proving.
- Prover 0406: Menstrual cramps less intense than usual. No blood clots, no clumping of last few days, less profuse, less tired, able to stay active.
- Prover 1108: Overall menses better, cramps much less intense than usual, no vomiting.
- Prover 307: Acne I had my entire lifetime seems noticeably cleared up, fungal rash on upper arms since July 2006 is gone.
- Prover 0508: Fell asleep easier, slept through whole night, woke refreshed, happy all day.
- Slept through the night for 22 days (highly unusual).

**Summary and Conclusion**

Most mental states experienced during the proving of the Rocky Mountain Columbine (*Aquilegia coerulea*) also appeared previously in the Common Columbine (*Aquilegia vulgaris*) proving: exuberance, high energy, hypersensitivity (especially heat, light and noise), slowness, calmness, sedation and relaxation, forgetfulness, indifference to other’s feelings, easily angered and excited, weeping easily and aversion to company.

Every one of these mental states is contained in the list of sensations of the *Ranunculacea* family compiled by R. Sankaran in his book *Schema* and clearly part of the family picture. A number of symptoms of *Aconitum, Cimicifuga, Clematis, Helleborus,*
Hydrastis and Pulsatilla were also part of both Columbine provings.

The amount of violent dreams with benign outcomes seems an impressive result of the proving. Aquilegia vulgaris did not influence dreams in this way or produce similar dreams. Dreams occurring during both provings include: colorful dresses, gatherings, mountainous areas, animals, sexual dreams, pregnancy, water and colorful cars.

Physical symptoms experienced by a majority of Aquilegia coerulea provers clearly point to the use of the remedy to treat nausea and vertigo, stitching pains of the gastrointestinal tract (especially with diarrhea) and the extremities (especially with heat and tingling), headaches (especially with heat and vertigo), menstrual problems including thick bland discharge and rash-like skin conditions.

Finally, how do themes of a substance’s appearance or behavior transcend a proving? Shouldn’t two gorgeous flowers equally yield themes of beauty and grace? In the earlier proving of the Common Columbine (Aquilegia vulgaris) these topics surfaced in dreams. Amazing dreams of nature, landscapes, an “unworldly” garden, beautiful flowers and a palace satisfied this expectation. The Rocky Mountain Columbine (Aquilegia coerulea) did not offer anything along these lines. Its beauty was revealed by an impressive amount of curative effects during the proving and its capacity to pacify violent dreams.

Words of Appreciation

Special thanks go to our homeopathic heroes, the provers and supervisors, finding time in their busy lives to contribute to the body of homeopathic knowledge. I would like to thank Dorothy Simoni, PhD, CHom, Professor Emeritus, Cal Poly Pomona, and homeopath in Boulder, Colorado, (homeopathy@sugarloaf.net) for her relentless attention to detail and her dedication to this three-year proving. Also, many thanks to Michael Quinn from Hahnemann Laboratories for preparing the remedy.

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Symptoms of Aquilegia Coerulea

**Mind**
- High energy, more motivated, more cheerful—0406, 0906, 0307, 0607, 0907, 07083
- Restless, fidgety, jittery—0307, 1506, 0607 0208
- Unusual internal calmness, mind quiet, no need to rush—0306, 0707, 0907
- Unusually relaxed, less hurried—0506, 0906, 0907
- Feels like taken a mini Valium, pleasant sedated feeling—0208, 0308, 0408, 0907, 0906
- Depressed, melancholic, unhappy—0606, 1206, 1406, 0608
- Crying for no reason—0406, 0707
- Moved to tears by music, thoughts, stories, movies—0406, 0107, 0408
- Forgetful—0506, 0607, 0906, 0907, 0208, 0308
- Difficulty concentrating—1406, 1506, 0607, 0907, 0208, 0708, 0908
- Leaving out, transposing letters, horrible handwriting—0107, 0907, 0308
- Irritable and impatient—0406, 0606, 0906, 1506, 0707, 0907, 0608, 0608
- Anxiety—0406, 1506, 0107
- Lazy—0506, 0906, 0608
- Less sympathetic, less patient with family—0406, 0107, 0707, 0208
- Disconnected from husband—0107
- Lack of feeling for family and friends—0107
- Less sympathetic, patient—0406
- Indifferent—0707
- Wants to be alone, averse to company—0107, 0408, 0608, 0708
- Emotionally agitated, angry, throwing things, short fuse—0606, 1506, 0707, 0807, 0907, 0608
- Hit friend—0208 (very mild mannered person)
- Increased confidence to speak up, ask—0406, 0506
- Mentally focused, efficient, organized—0406, 0307, 0407, 0907

**Generals**
- Increased energy—0406, 1206, 0307, 0108, 0508, 0608
- High energy morning, low 12.00 PM—16.00 PM, high again in evening—0406
- Woke up ready to go with lots of energy—0307, 0406, 0407
- Tingling, buzzing sensation, erector muscles of spine, upper face, I top of head—1006
- Tingling experienced by many provers in different parts of the body
Sensation of heat—0306, 0406, 1006, 0107, 0307, 0607, 0707, 0907, 0208
Sensation of heat in core—0306
Hot, especially face, hands, feet, > drinking cool water—0307
Woke very hot, hot all day—0707
Chilled—0406, 0906, 1406, 0607, 0707, 1108
Chilly on a warm day—1406
Very cold, want to get into bed and cover up—0707
Cold, almost like flu, > anything warm, warm drinks and heater—1108
Weakness—0506, 0107, 0408, 0708
Sedated feeling, feel like a rest, feel like taken a mini Valium—0408
Craving dairy—0406, 1506, 0307, 0208
Desire milky, creamy things, cheese and juicy fruit—0307
Craving cheese—0307
Craving dairy, milk, ice cream—0406
Craving cold milk (doesn’t drink milk)—0208
Desires cold food, drinks—0308, 1108
Better eating—0406, 0107, 708
Irritability > eating—0406
Anxiety > eating—0406
Weak and strained, winded going up-stairs, > eating a big meal—0708

Miscellaneous
Pains moving from left to right—1006, 1406
Foot sweats ameliorates all symptoms—1006
Symptoms begin with tingling, move to itching and then into pain—1006

Head
Sharp, stinging pain, forehead—0706, 0107, 0308; < lying down—0906
Stabbing pain L temple—0107, 0208
Quick, pulsating pain in R temple—0607, 0107
Light headed, frontal H/A with vertigo—0308; < standing, walking > eating—0207
Outward pressure on top of head moving L to R, itchy—1006
Pressure on both sides of head as if being squeezed with two hands—0608
Strong HA over forehead and eyes with loss peripheral vision and nausea—0907
Tingling up back of head, waking from nap—1108
Tingling as if hair is standing on end, L vertex—1006
Sensation hair is standing straight up at occiput and vertex—0308
Sensation as if hair is being pulled at crown of head—0107
Itching on vertex > scratching—0907 (lasted 4-5 days)
Formication L side vertex intensifying to pain—0107
Sensation of heat in head—0208
Hot sensation—0308

Vertigo
Dizziness—0506, 1406, 0107, 0407, 0807, 0907, 0308, 0508, 1108
Dizziness < standing, < bending—0907
Sensation as if would fall to left—0107, 0308
Heaviness in head felt like falling forward > moving slowly > fresh air—0907
Wave-like sensation in forehead, < movement—0807, 0907

Eyes
Stabbing pain L eye—1006, 0107, 0407
Pain R temple and R eye socket—0606, 1006, 0107
Eyes red-rimmed, swollen—0306, 0107, 0607, 0308
Dry, irritated—0706, 0607, 0108, 0808
Droopy, heavy eyelids—0906, 0107 0308
Lachrymation—0706, 0107, 0408

Vision
Blurry vision—0406, 0706, 0906, 0607, 0208
Flash of light—0606, 0607, 0707
Peripheral vision foggy around the edges—0407
Reduced peripheral vision, top down < reading > looking out window—0907
Trouble focusing close but not distance—0406
Photophobia—0406, 0907, 0808

Ear
Pain, L ear canal—1006, 1506, 0107, 0108; > pressure—0406; > cold—0706
Pressing pain in L ear radiating to temple, L jaw joint and L molars—0107
Intense sharp pain in outer L earlobe—1006
Left ear feels fuzzy, asleep feeling extending to chin—0308
Shooting, stabbing pain R ear—0706, 1108
Plugged, pressure in R ear canal—1006, 0908
Sensitive to noise, had to turn down headphones—0607
Sounds keep shifting from R to L ear—0707

Nose
Watery, clear runny nose—0506 (salty), 0306, 0607, 0208, 0308, 0408, 0608, 0708, 0908
L nostril, clear, thin mucus—0706, 0107, 0808
Paroxysms of sneezing—0406, 0707, 0807, 0908
Congestion—0208, 0506, 0706, 1206, 0908
Clumpy mucous—0608
Very dry—1406, 0208, 0608
Chemical odor in nose—0906
Nail polish odor in nose, very strong—0308
Smelling bad odor with bad taste in mouth—1108
Itching and tingling nostrils—0506, 1006, 0107, 0308, 0908
Nostrils tender, sore—1006, 0608, 0708
| **Face** | Nausea, belching with lemon taste—0307  
Eruations tasting of alcohol (no alcohol ingested)—0107  
Thirsty—0306, 0406, 0906, 1406, 0307, 0807, 0108, 0708, 0908  
Thirsty for cool water—0307, 0807, 0708  
Intense hunger, appetite—0406 (> eating), 0906, 0308, 0708  
Decrease in appetite—0906, 1406, 0307, 0707, 0807, 0308 |
| **Mouth** |  
Aphthae, stinging, tip of tongue—0206, 0406, 0307  
Aphthae, inside cheek—0206, 0906, 0308  
Extremely dry mouth—0606, 0307, 0607, 0708, 1108  
Mouth dry, need to lick lips, swallowing difficult—0607  
Lips dry—0406 (splitting), 0108  
Swelling of lips—0508  
Woke with lemon taste in mouth—0307 (several days) |
| **Throat** |  
Stabbing pain at back of neck on swallowing, > pressure on R neck muscles—0306  
Stinging pain L side extending to L ear—0107  
Hot, burning both sides with congestion—1206  
Swollen, raw, aching pain on L tonsil—0208  
Sore throat—0506, 1406, 0208 (< inhaling), 0708 (splitter-like)  
Dry, sore top back of mouth, craved cold water, > cold water—0406  
Scraping, scratchy sensation in throat with mucous—0606, 0307, 0607, 0907, 0308, 0808  
Sensation of lump—0307(with choking sensation), 0607, 0907 |
| **Stomach** |  
Cramps—0406, 0307, 0608  
After eating, sharp pains gas and cramps, > laying down, < sitting—0206  
Severe, violent abdominal cramping with sudden urge for stool; foul smelling diarrhea, feel drained after diarrhea, but mental physical stamina OK—0307  
Intense nausea, excruciating stomach pain > cool, followed by several bouts of diarrhea, body hot, > cool, laying still, < getting up—0608  
Nausea—0306, 0906, 1006, 1406, 0107, 0307, 0607, 0707, 0807, 0208, 0608  
Nausea with sensation of heat (roasting from the inside out), but body is cold—0307 |

| **Abdomen** |  
Sharp pain L side—0406, 1006, 1206, 0308  
Dull, cramping pain, waist—1006, 0308  
Pressing pain lower abdomen—0107  
Heat sensation, spleen area—1006  
Frequent bowel movements—1406, 0308  
Constipation with dizziness, nausea, HA—1406 |
| **Bladder** |  
Decrease in urination—0306, 0906 (thick urine)  
L-sided back spasm and increased urination—0407 |
| **Female** |  
Nosebleed before rising from bed day of menses onset—0107  
Menses 4 days late—0406  
Menses started 5 days early—0208  
Painful cramps, nauseated, difficult to get ready for work with pain—0407  
Intense itch and small bump, > warm shower, compress—0606  
Stinging, biting pain upward inside vagina—0308  
Sexual desire decreased, not as proactive, orgasm not a priority—0906 |
| **Cough** |  
Paroxysms of cough—0306; > head elevated—0406  
Tickling at roof of mouth and back of tongue causes cough—0706 |
| **Chest** |  
Hot, as if burning, skin hot to touch, red-hot splotches, > cool—0406  
Chest pain—0107, 0208, 0607, 0308  
Heart palpitations—0207, 0307, 1108  
Fluttery feeling in chest—0207, 0808  
Itching, L nipple—1108 |
| **Back** |  
Bubbling sensation radiating from scapula to crown of head—0107  
Chilly shivering, tingling up and down spine while urinating—0308 |
Left side intense pulsating pain—0308, 0407, 0907, 0608

**Extremities**

Stiffness, couldn’t type, write—0406, 0607
Arthritis-like pain and stiffness—0306, 0406, 0607, 0807
Hand feels stiff, like a glove, < morning, < cold, < before storm—0807
Heat sensation—0406, 0307, 0907, 1006, 0908
Heat in both hands—1006, 0907
Hands red—0406, 0607, 0107
Hands hot, clammy, sweating—0406, 0307, 0308
Sudden, burning, sore, upper arms, < touch, < movement—0906
Soles of feet burning—0406, 0908
Sharp pains—1006, 1406, 0107, 0807, 0308
Awakened 4 times by painful electric shock to base of palm—0107
Sharp pain middle two fingers of L hand—1006
Shooting pain in L hamstring area, < flexing—0308
Sharp cramp in bottom of foot—1406, 0807

**Itching and tingling**

Hands itching—0107; and arms—0807 (< night)
Chill, goose bumps down arms with tingling, shoulders prickly—0308
Tingling in elbow with numbness in fingers—1406, 0607

**Sleep**

Light sleep—0306, 0406, 0407, 0907, 0308
Waking from anxiety and restlessness—0408
Waking, jittery, but easily back to sleep—0307
Sleepiness but unable to sleep—1406

**Dreams**

Live in house with cannibals and murderers; talk them out of killing me—0906
At a party for child, men with machine guns enter, everything goes dark. Calmly I am waiting for the opportunity to escape—0107
Followed by someone, but tricked the person who was following—0308
Joyfully watching divers while snorkeling—0908
Laughing at two guys with canoes heaped with luggage for a 4-hour trip—0207
Someone falls into a creek, gets up and laughs—0906
Dangerous surfing turns out to be in a swimming pool—1206
Cross-dressing party, bow ties, top hats, jewelry, silk crimson dress—0208
Ladies wearing shimmering dresses, one peach one turquoise—0808
Yellow, blue and white—0308, 0808
Swept away by strong current when kayaking, rescued two girls—0307
Child at pool, dead, she is receiving CPR, I speak to her; she becomes alive—0807
Driving a Jeep across a river, water pouring in, have to protect daughter—0908
Prescient dream about pregnancy—0406
Gave birth to a baby girl—0606
Sea creature gives birth—1006
Dog that died of cancer—0606
Hugged dead aunt—0308
Funeral/wake—0307
Spaghetti—0606
Bright yellow banana bread—0808
Party with lots of food—0606, 0208, 0308, 0808
Listening to music in a mountainous field, talking to female musician, nice experience—0307
Grateful Dead concert—0308
Saw Phil Lesh of Grateful Dead at a concert—0808
Friend fighting with her boyfriend turned into a wedding and a concert—0808
Long, narrow river with long skinny piers—0307
Long skinny passage from barn to corral—0307
Crawled under an upholstered chair, to get away from rattlesnake—0808
Vans, passenger vans, semis, big trucks, different colors—0306
Fitting new carpet in blue car—0707
Prolonged erotic dreams (several)—0907, 0308

**Perspiration**

Acrid smelling—0107
Breasts to neckline—0308
Profuse R side—0608
Perspiring on waking—0707, 0208, 0608

**Skin**

Old moles, upper arms, became raised, round and red—0306
Red, spotty, irregular rash on front of neck after bathing—0107
Itching trunk, legs, neck—0506, 1006, 1406, 0807
Itching face, soles of feet, palms of hands—0707, 1006
Skin warm, chilled internally, not quite sweating > indoors—0907

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**Notes**

3 Prover numbers