

**The Homeopathic Proving of Daybreak Yoshino Cherry Tree (*Prunus x yedoensis* "Akebono")
A Fleeting Beauty: Young and Picture Perfect**

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Daybreak Yoshino Cherry Tree Remedy Nucleus

Beautiful and picture perfect, a manufactured image
Youthful, happy, fun, joyful, free, unburdened, frolicking
Posing, superficial; hiding and not expressing anything too deep/unpleasant
A blessed, lucky life filled with many gifts and synchronicities
Allergic asthma, hay fever, neck/head/shoulder pain, nausea, restless sleep

Daybreak Yoshino Cherry Tree Proving Journals

March 31, 2014 (Sonya)

Past week or so in general no desire for coffee and often waking with nausea. Visited Cherry Trees in Stanley Park and felt an allergic or wheezy sensation in throat and lungs. Mucus plugs in back of throat, hawk them up. A few nights ago exhausted, then more alert than usual some nights.

April 2, 2014 (Sonya)

Loose stools. Sore breasts.

U: Dream of people who are out of it, on drugs and drinking. Woman had a knife, banging on door and window threatening. Man came into store trying to play music videos loud. Lots of mention of violence. Talk of killing bourgeoisie. More violence in DTES. Friend visits from out of town, held up at gunpoint, break in. Guy yelling and friend hiding – traumatized, he's not making any sense – something broken in his head? Bizarre behaviour.

April 2, 2014 (email) (#2 to Sonya)

A few interesting things have happened. Before I saw you last week I had picked up a branch of windfall blossoms and brought them home with me. Yesterday when I was on my morning dog walk I went to make a deposit in the garbage bin at the edge of the park. When I lifted the lid (I'm not sure why I did this as there is a hole in the lid so you don't have to touch it) there was a rose quartz crystal sitting on top of all the garbage. I picked it up and it was the exact same color as the blossoms on the trees around me. When I got home after being out later in the day I thought my place smelled like cat pee and couldn't understand how this could be. (Sonya note – later had this symptom of smelling cat pee when typing the proving out). There is a cat in the building but no way it had gotten in. Later when I was sitting on the couch I realized that the smell was incredibly strong and that it was coming from the cherry blossoms!!

I guess you could consider this my first journal entry for the proving. I've had some physical symptoms too but I'll write them down and we can see about that later.

April 2, 2014 (email) (#4 to Sonya)

FYI - if I am energetically tapped in at the moment already... since saying yes 2 nights ago, I have had dream after dream after dream with witnessing danger/violence/damage, which is horrifying in the moment & involves a loved one or someone innocent (animal) but then later in the dream the situation is miraculously OK and all is well, no one permanently hurt and happy relief is felt.

April 5, 2014 (Sonya)

Dream about living on a big property with a field and neighbors come onto our property. They kind of barge in and don't take proper permission. The father had some interaction with Sahara and thought she was a rude child but he had read her wrong.

My lips are blue on the side of my mouth (veins visible).

Some shooting pain in hands today. Numbness in limbs while sleeping.

Blue looking feet after pedicure.

April 10, 2014 (Sonya)

Salivation at night on pillow.

Perspiration, more easily, and smelly.

Period early this month with cramping in abdomen.

April 12, 2014 (Sonya)

"God Bless the Cherry Blossoms"

Feeling blessed, like a monk

Felt trapped/no choice but now free, no strings attached

Free from the material striving and buying and getting – an illness – we cannot live this way. The earth cannot survive if we continue this. I cannot and will not live this way – to live this way is a sickness (feeling nausea).

Buddha comes to mind.

No attachment – to the material wealth, to outcomes

Want for nothing.

Before proving (#5)

Body symptoms

Headaches, neck aches (mostly left side)

Stuffy nose

Variability in sleep – wake up tired or wake up energized (regardless/same amount of sleep)

Jet lagged

Dream

Of young "rebellious" children

Discussion of "frustrations" on all fronts

Feeling of importance of good communication

- Need to improve
- Working with others (co-operation)
- Clarity through introspection (know self better)

Outdoorsy, connect with nature

Spring cleaning

April 14, 2014 (Proving Day)

C1 (#4)

I feel happy and excited to be here in situ with the trees, on the earth. FROLIC.

Itchy right eye, nose.

Donkey book – The Wisdom of Donkeys

Communing w/animals.

Do I feel anything in my body? Bum is cold on the moist earth. Cool hands.

Petals falling, so pretty, magical.

I love how the trees causes us busy humans to stop in awe, gape nearly

Want to stretch, open

Everybody dispersed – up, walking around, broke into clusters. Want to get into the sun.

Pink blossom, brilliant blue sky – contrast/balance

As usual, I am happy to be, content in peace on my own, no need to engage in conversation, I like to connect to the sense of place, trees, birds, earth.

Will I receive the info? My usual doubt comes up...



Trees nearly in a star pattern

Petals falling is like being blessed

Going counter clockwise around tree

Cold in lower back

Grinding counter clockwise

Bowl feels heavy to carry. Strain in my neck/shoulders. Hot searing.

C1 Discussion (#4 Notes)

We are discussing physio, books, body, muscle pain, orthoheel shoes, tender ligaments.

C1 (#2)

Permission

Synchronicity

Freedom and technical/control/conservative

Light, playful, new, enjoyment, frolicking, exuberance

New and old

Ancient protective grounding deep sacred

Woke up with bright red throat both sides, band of tension temple to temple behind eyes

Ethereal, fleeting, time

Want attention – demanding attention

Falling

Fast and slow

Animal communication

Animal form - donkey

Sensitive, logical, carrying a burden

Beauty, pageantry gorgeous, scented

I will get your attention no matter what

Pay attention to me

Well dressed. Put together.

Fashion - photography

Reaching out

Longing

Stretching

Giving and receiving

Sensitivity to cold/damp. Cold feet.

Pruning to spread, widen.

Thirst

Headaches left side temples, explosive like head would blow off

Sore neck front and back.

Books reading, books together worth reading, books are sacred, books with meaning. Books that inspire you.

Choosing. Making up your mind, decisions.

Introspection

Grounding

Into the sun

Poetry

Happiness

Appreciation

Hair falling out

Nose congested, obstructed

Language. Specific language

Communication

Japan – plane flying, travel

Bright colours contrast

Pain in upper right shoulder – sharp

I have everything but I'm not happy – missing something

Books. Muscle pain.

Orthotics. Hip pain.

Right hip

Back spasms right side

Paralyzed. Can't move.

On the way this morning – shortness of breath

Nausea

C1 (#5)

The Wisdom of Donkeys

Waking up from sleep frequently

Photography – posing, photo shoot

Distraction from focus

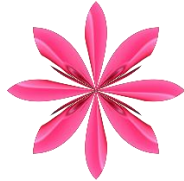
C1 (#3)

SAKURA SAKURA 

Content

Beauty

Finally – nothing less than beauty is acceptable
Shivers from the sound and feel, texture of the bowl triturating from others' swirling
Stop and be receiving to good energy
Beauty
Appreciative
Synchronicity
Stop everything and let go
Bright light feeling
Light PINK bright energy
Such a contrast to have the timing of the triturating counting . . .
Talks of warmth and happiness amongst the trees



Super happy
Laughter
Content feeling!!
Lots of appreciation
So many visitors to the trees
JAPAN – BEAUTY
Little tiny flying things flying past (BIRDS), floating falling leaves



ENJOYING the aroma of the blossoms
Holding onto the aroma.
Smelling it as much as possible.
I love the petals falling on my head!!
Aches in left side of neck
Love the heat on my back
Sensitivities being expressed
Delicate
Sleep easily interrupted, delicate sleep

C1 (Sonya)

Two days ago - dizzy, headache, no appetite
Felt a stab in left temple
Conversation
Book of dog tricks, step by step dog tricks. Reading about permission, teach dogs to ask permission before they go through a doorway. We need to ask permission from the trees. Conversation about appropriation and what is whose. Friend had a fight with colleague, workshop about Ganesha, they said

it's cultural appropriation. Shop where she knew this Hindu man who said Ganesha belongs to everyone. Then first nations stuff, appropriation in Canada, they tried to destroy the culture and there's a clinging to the culture, and also they were very territorial. Went to First Nations grief ceremony last year. Lady said she was at a pow wow wearing husband's band jacket and got reprimanded though they were married and she's first nations, not appropriate. It was about asking permission, segwayed into this lady singing this grief song, lady that recorded it, they said it's OK to record it for yourself but you must ask permission if you post that. She felt embarrassed but you don't know what our ways are until you ask. Synchronicities in the bookstore twice - someone will come in and ask do you have George Orwell and someone walks in with George Orwell book. Someone asked for knot book - the concept of synchronicity. Thinking about someone and they call you.

Books are information, sharing and gathering, passed on and given to you when you need them. Happened all the time when I used to work at the library. Perfect that's the book I wanted. I am here for that synchronicity. Peaceful thing where I get to enjoy. Seemed like such an interactive thing. These things are grounding and you stop and it's introspective and meditative. Giving and receiving state, very lovely yet contributing to the body of knowledge.

This feels really old to me. The trees are doing this, it's not forgotten.

Cherry blossoms in Japan - everyone drops everything and sits under the Cherry blossoms partying and drinking and laughing and eating. That culture is very tight and proper and everyone is contained, woohoo! Sense of freedom and liberty. Pink energy. Soft, free, unburdened. New energy.

Like kittens the newness of them, so soft, want to be outdoors. So fleeting, like the stage of kittenhood. The spring, the beginning. Bouncing and jumping off the ground.

Last few days wanted the windows open

Lots of talk of travel

Not sleeping well. Feeling sleepy.

Lunar eclipse tonight. You can feel moon energy on the bus. I am sensitive to the moon, on the bus and felt oh my God it's started.

Buddha energy. No attachment. Like the petals releasing.

Book called the Wisdom of Donkeys. British man wants to go to New York, he is very literally, he achieved what he wanted to but was not happy yet living his dream. Decided I have to stop this, left and went to France. He is walking with a donkey through the countryside. I love the concept of that book but so slow, reading this like a donkey. The misinformation, how we perceive donkeys is not what they are at all - they are very gentle and reliable. The wisdom of donkeys, always had an affinity towards them, so calming. They have been mistreated and abused yet keep most of the world going. They are overloaded beasts of burden. Story of a donkey taken to circus, stopped at each cage, eye to eye, the perception - we are not the animals here it's the humans doing this to us to feel sorry for, we are OK it's the humans who need the pity. George Orwell, animal farm, the donkey that would not give up his dignity. I am a donkey not anything else.

Talk of animal intuitives, communication with animals. M's cat told me his name was Hector, stray cat said hi my name is Hector. She laughed, had brought the cat from Mexico and never knew his name.

Common Spanish name. I can tell when my dogs want something and how they communicate that.

Yesterday I worked in the garden, tired and lay on the couch and sense of grandmother, lying head on chest, communication beyond natural senses. Intuition, doesn't need to be spoken. Having conversations in your head want to explain something.

Donkeys are protection they protect the herd. Protective of other animals. Sensitive, loyal, carrying a burden.

Nests for the birds

Took a dog's case, it was about demanding attention. He's an animal and he was communicating with me.

Women having fun. People having fun taking pictures. Dogs frolicking. Energy and exuberance. Fashion photo shoot.

Talking about community -homeopathic etc.

Client I had the other day - just wasn't happy with her life so left her life even though there was nothing technically wrong - just up and left and went to Vancouver

Everyone gets up, stands up, walking around and talking, looking at the trees, communing. Blossom like clusters.

Feels like when the petals fall we are being blessed

All of a sudden a lot of brightly coloured people start appearing ,they are communing under the trees, walking around, photographing each other underneath the trees

C1 discussion

#2 woke up with bright red throat

Playful ukelele song

Delicate sleep

Ache on left side of neck (#3 and #5)

#5: Throat, back of neck, nose congestion, head

#5: I had a dream, can't remember the details but a sense of it. The word frustration. Everything I tried to do was not working out well. Frustration in capital letters.

Divya is inviting responses with specific language. Also the throat is communication. And the books. I shelved 100 dictionaries and linguistic books, they all came in at once, language dictionaries and books on usage. Webster didn't like certain words so he deleted them from his dictionary - he would specifically remove words. Like wikipedia, tries to eliminate certain things.

Gaping and stopping in awe - trees stop us in our tracks.

Contrasting colours - people wearing pinks and oranges and purples balanced with blossoms and blue sky.

Neck pain (shoulder pains)

Client who lost the excitement of life.

Youth is fleeting.

Joy and excitement can be fleeting.

C2 (#4)

Trying to keep petals out of bowl, protecting it

The petals are everywhere, littering the blankets...

Wind comes up, cold! Ache in right hip, lower back.

Remembering about being alternating cold chills and hot, temperature fluctuating

Discussing the modelling thing – yuck!

Smile and be polite, no matter the pain or discomfort, like the model, like the donkey, like Japanese culture.

Compelled to write something but have nothing to say...feel VOID but not empty.

Sleepy. Lots of talk of distraction. Right eye is cloudy, has been bothering me past few days.

Chilled. More sun please.

Snacky hunger. Remembering about drinking so much water and still feeling like I need more.

Dull head, headache.

Despite hardship or horror or wrong-doing to us, we can be at peace or keep our dignity – we can choose to heal or move beyond something

Presentation – posing, how do I look?

Am smelling everything – stop to smell the roses

C2 (#2)

Sensitive to cold winds
Chilly. Heat alt chills.
Photography, posing, posturing
Wanting to be included
Difficult sleep
Waking frequently
Grunge vs. gronsch
Sweaty at night
Doing something uncomfortable that you don't want to do
Having to be still – don't move
Yawning a lot
Clinging
Cold hands/feet
Giggling. Laughing. Fun. Smiling. Friends.
More attractive on a mannequin
Spring cleaning, letting go, releasing
Changing
Movement, change, flow

C2 (#3)

The flowers and everybody's clothing is super bright colours.
Feels like there's a lot of stuff going on around us . . . Lots of activity
The noise of the tinkering makes it a lot.
Everyone who is commenting on and noticing everything around us is adding to the chaos.
Hand was tired of scraping
Fleeting sun, I'm yearning for
Cold feet and hands.
Respiratory issues
Breath is fleeting
Cleaning
Big projects went easily and smoothly.
Very satisfying
Frenzy
Overwhelmed
Shopping – indecisive chore.
Gardening – bright flowers
AROMA
Share shopping
Exchange
Give away
Posing
Bright clothing
Whirling activity
A lot of change and flow

FASHION PHOTOGRAPHY

Whirling posing

Primary spring colours.

C2 (Sonya)

Bright painted nails - 2 pedicures within a few weeks!

Y: Dreams of rebellious naughty children. Your kittens are very naughty trying to get out the door.

Blossoms keep trying to get into the bowl - naughty blossoms.

Naughty kids getting into mischief

Dreams of something horrible happening to a loved one then miraculously OK. In dream camping with husband in a busy campground yet one spot open, why is it available while this is so busy, we went there and somebody found a sign that said do not stay here. Is that somebody trying to trick us because they want the spot or is that legit. Arrows came and we were being attacked, they were hitting our tent, hit husband yet I found him somewhere else unscathed, everything OK but no way it should've been, miraculously OK.

About miracles. Things work out in the end.

Lots of waking up in my sleep, I usually sleep straight right through, crap sleeps. E: Happened to me too, wake up from little noises.

Beauty, photography, posturing, looking good and sexy.

Fleeting sunshine, peeking in and out of the clouds

Event photos - weddings, engagements (group gatherings - celebrations)

Petals getting into the bowl, into our hair. Be vigilant against them!

Hot alternating with cold.

Tossed blankets off last night.

Photographs - this woman who has a little dress on who has to be barefoot and lie on the cold ground - it's manufactured and fake, not real. It's like being treated like an animal or donkey. Do this, stand there, now be happy, act natural. Act like you're warm.

Endurance. Japanese people will smile and be polite even though it's terrible, and you are doing something you don't want to do. How much longer do we have to do this? I will take that burden from you.

Sadness below the surface

#5: All this is distracting and bizarre - girl lying on the cold wet ground. Hard to stay focussed.

Grass is always greener feeling - tubercular

Woman at EMF booth - magnets that antidote the remedies

Posing. Picture perfect.

But what lies underneath?

Discussion about medical system - US vs. Canada. People won't pay here if it's not covered.

What lies underneath? Anger, resentment, frustration - suppressed emotions. (neck starting to hurt, getting tight). Hiding behind a smile. Appearance.

#3's uncle - miraculous that after this ski accident he is not dead!

Sadness in throat and stomach area.

Spring feeling.

Clothing swap - sample sale

Feel like people are talking on the surface - and feeling a little frustrated that people don't want to go deeper.

Tension in neck and pressure feeling in head

Cravings for hot drinks - I am so cold! I brought a thermos of soup

RESENTMENT. Feelings and expression coming to the surface.
Why not just be who we are and say what we are feeling and speak our truth and be who we are.
Deep sadness and resentment feeling in stomach - uncomfortable feeling like anxiety.
Digital photos - now immediate gratification and having fun. Lots of posing, presentation. Accessorizing, changing clothing (the people taking photos).
But can't you see it's all a lie?!
Grief for what is not expressed
Girlfriends having fun, exchanging clothing. Good friends out
PRESENTATION
Everyone wearing primary colours. Pure colours. Looking clean.
Sadness in throat. Grief. Felt stomach to throat.
Talking about where people are from and where they have lived - Alberta, rural areas etc.
Brainwashing - money spent on advertisements e.g. mining and pipelines
Alberta - they destroy the environments yet their trucks are big and shiny and friend with 4 car garage with skidoos and motorcycles. A Xmas room in her house. The excess of Alberta. She and her husband work all the time. Huge dining room table full of stuff

Discussion
Fleeting breath (had some trouble breathing at times)
Right back tooth (nerve) pain

C3 (#4)

Wanting quiet, away from conversation
Want to hear the tree, I need quiet to focus
Sense of sadness – numb feeling, or, non-feeling.
Looking at the dappled sunlight, the pattern – web of interconnected life, as above so below, patterns playing out at so many levels.
Am I numb to feeling? What don't I want to feel? – behind the façade of pretty blossoms.
Don't like the clunking mortar pestle sound, at all.
Low energy, opposite of the bouncing kittens.
Dizzy. Wobbly. Blood rushing through my legs after getting up.
We need the sun to survive.
I am being pummelled with petals in the wind!!
I just received a sharpie! How lucky! In the crack of the bench. <3
Today and yesterday I was thinking about Receiving and about accepting gifts. And how life doesn't have to be difficult or hard. It's OK to receive gifts. Do we also receive LUCK? How does one be or become "lucky" anyway?
Bright sun – bit of a headache, but I'll take it if it means being warm. Sacrifice one thing for the other.
How wonderful to be in the middle of the city, in chaos, yet we are here in relative peace.
There is something unexpressed, some kind of sadness underneath. Like tears want to come and I keep turning them away.
Craving for sweets, chocolate.
We are so blessed that our lives are such that we can spend the day in the park doing a proving <3
Moved blanket into sun. Happy <3. Sun on feet feels good.
Some gurgling in stomach, gut.
Super calm, relaxed. But when I put my head right down I feel woozy, like drunken bed spins.

Tourists – getting closer to us now, almost as if we are invisible or in a different dimension? . . . in addition to us there are 24 people in this grove.

I wonder if the trees are amused by the gawkers – they’ve “seen it all” – the polished Japanese ladies with their fancy clothes, coiffed hair and Louis Vuitton handbags . . . who are they? What are their stories? Have we seen any Caucasian or African tourists? No . . . Oh, there’s a Fijian guy?

I feel very open to suggestion right now, if someone suggests this or that, I’d easily go along.

C3 (#2)

Chills down arms/back

Put blossom in my mouth and chewed – bitter

Old love. Old romance.

Lost love. Pining. Grief. Loneliness.

Softness. Pale. Warmth

Coming together – community – celebration

Marriage. Joining.

Eager. Luck.

Attractive accessory.

Internal vs. external.

Aching right hip into butt.

Treat loved ones with tenderness.

Fell asleep.

Sleepy lethargic, could sleep for days.

Nostalgic – old memories of past happy times with family/friends

Getting together

Thirsty

Mucus in back of throat

Focus, precision, perfection

Direction – taking direction and giving direction

Bitterness – how dare you – angry at letting go – fear of letting go

Fear of change

Stiff neck right side and right occiput, kind of aching pain

On display

Vulnerable

Loved then left alone

Abandoned

No longer beautiful

Loved for your beauty, admired

Beautiful and lonely

Wanting something that is gone/lost

Wanting someone who is gone

Homesick, longing to be home

Impermanence

C3 (#5)

Dozed

Lost thought – picture or insight elusive – lost opportunity – have to be quick

Poor memory – fear of losing memory
Looking over scene
Sadness connected to earth
Indecisive – clarity – speaking your truth
Thirsty
Connected – earth, self, community, family and friends
Look around

- peaceful
- All is right
- People are jogging, walking, etc.
- What is going on

Whole vs. individual

Doubt

Yawn, feeling sleepy

Sun – healing – Vit D – healing benefits of. Not just warmth

Hand sore – change how I'm holding the pestle.

Relearning – going back to old way (habits)

Arthritis – anger – haven't fixed it (frustration)

Food trapped between teeth – floss – ache (toothache) – anger about that

Can't fix everything? Not so sure

Will or force it

Optimism vs. determination – unrealistic expectations

Annoyed – tourists?

Photography – what do large number of cameras mean?

- Creativity outlet – capturing
- Beauty

Fear – someone might steal

We've moved our purses

Man making me nervous

C3 (#3)



Pristine perfect landscaping and balanced equanimity

Balanced-looking houses, picture perfect

Perfect aroma of cherry blossoms

Still muscles cracking, stretching

Surface stuff

I love the sun

Perfect – everything is perfect out here

Except my aching neck

No patience for my achy neck today

Ride with the breeze

Aesthetically pleasant

It's okay that way too

We are a hardy species

It's snowing flower petals

So nice!!

Will I have what I need . . . Everything is totally fine but the question is there . . . Of preparation.

UNPREPARED BUT don't need to be. Everything is taken care of perfectly fine.

This is not a deep remedy

Very surface

Fleeting

Lots of activity

Achey

Weighty but delicately so

Like an unpowered feeling

No power

Just light light, when power is needed

Exacerbated

Overwhelm of activity

Easily distracted

Uncompensated

JUST AM



LOOKIN' UP!

All day yesterday too!!

Breathing petals

C3 (Sonya)

Japanese Cherry

C3



Express Don't Suppress

Now sad/anxious feeling felt in chest
Feeling like I could cry - petals falling like tears
Uncomfortable feeling in abdomen
Silent grief. Nobody really talking and feeling a little cut off.
No communication and not wanting that.
Silent introspection
People dozing off
Burping
#3: Hyper considering how little sleep I've had, don't want to take a break
Like a knot in the stomach
Want to lie in the sun
Blanket is now covered with blossoms - covering up, hiding, what's underneath?
Feeling sneezy and sharp pain in abdomen
#4: Feeling invisible like we are in a different dimension than them
Pain in back right side

Witnessing this other reality - the cherry blossom park goes!

Interesting to see what people are reading - you can't generalize. Macho guy reading Louis Hay book or young girl reading a science textbook

You can hide behind photography. Great taking pictures that are natural and not posed. Posing doesn't capture the real person. I got the best picture of my uncle, he was so shy and didn't like pictures. He was relaxed in the pictures I took. But he hated posing.

Neck pain because people are looking up so much, straining neck looking at blossoms. After a winter of looking at the ground.

C3 Discussion

Cold/numb feeling in brain

Like numbness, like no power in my hand, so delicate

Left sided sharp head pain

Extreme stiffness.

On Saturday neck so stiff, extreme stiffness. (a few people had this)

C4 (#4)

Am I looking for something that isn't there? Making a mountain out of a mole hill? Can't we find any depth of meaning we like in something? We can go as deep or shallow as we choose . . .

Agree about trying to "do the proving" in a public place. Is it harder? But nice to be out here.

\$50,000 on a dining room table. Wow. How can we keep out of judgement for a choice like that?

Hummingbird visits. We all delight.

Trying to notice myself and my thoughts rather than be inside them – so that I can be free of them.

What about the middle road. To neither extreme of joy or sadness – but a peaceful neutrality? Seems to me this is the optimal place to dwell – there is not judgement or lack or excess or limits . . . It is a simple place. From here we can dip into grief and easily recover, we can soar up to bliss and gently rebalance after. Middle Road. Seems an Asian theme? Buddhist? In a place of neutrality where all is as it is – not made to be good or bad.

I can smell the earth warming.

Conversation turns to religion and government. Matriarchal society vs. patriarchy – where in matriarchal the sexes are balanced and honoured instead of patriarchy with men "above" women.

If we are to change our society, all these structures and systems need to crumble, collapse before the new change can come. We need feminine leadership – which is not to say female, but femme energy.

C4 (#2)

Giggly, whimsy, rebellious

The joke's on you

Practical jokes

I'm making mistakes in spelling words

Air head – can't keep anything in focus

Wandering thoughts

Can't concentrate

Lofty ideas – fantasy

Keep it light

General conversation is better

Deep can take you down into the dark areas – might be scary, sad

A light canopy, covering
Letting light in
Covering up vs. seeing through
Young and old
Incredibly sleepy
Solid, strong
Falling asleep under the cherry blossoms and a blanket of soft petals
Beauty is fragile
Blossom and decay
Last week eczema flare on hands <night

C4 (#5)

Wondering – proving in public place – does it make it more difficult to get/extract the info?
Feels very organic, as it should be
Hummingbird sitting
Thick trunk – climbing tree
Walked around – richness of nature, diversity
Over consumption
Young couple – maybe taking photo for family that is overseas – special photo
Loneliness of separation – cut off from family
SUV's, big cameras, fancy clothes, buggies
Too much, not so idyllic
Woman Sonya spoke of – dissatisfaction
Safe place to be – children running around – not true of other parts of the world – land mines, poverty in other parts of the world. We are lucky to be here.
Stirring – trying to remember, man reminded me of waiter at Bishops – moved on – to what?
Memory again?
Luck of health – equalizer
Heart disease, breast cancer. Victimized.
Squirrel.
Discussion – DTES, women, etc.

C4 (#3)

Appreciating the opportunity to appreciate nature
Things of beauty
Appreciating things of beauty
Creating things of beauty, no CAPTURING things of beauty
“Keeping up with the Joneses”
Movement contrasted with no movement
1-2-3 go
Speaking to the NON-VERBAL
One-sidedness speaking
Left sided neck pain
Achy has turned to tired.
Droopy
Dispersed energy

Left sided pointed pain
Headache

C4 (Sonya)

#5: Feeling bloated last few days

Easier not to look at and not acknowledge our pain

Mucus back of throat

What to heal? Unexpressed grief.

Accepting gifts - matters the spirit it's given in - with resentment, or given freely with no strings attached?

Looking at all the wealth around us, women with their nice clothing - did they earn this, was this given to them, or?

Finding the idea of accepting large gifts uncomfortable

Caucasian girl making fun of the picture taking - perhaps because she can't identify with the "cherry blossom" (Japanese) culture

Talk of spending too much on a table.

Wealth can corrupt, and by passing on that wealth, by gifting it we can corrupt - maybe that's the reason for the uncomfortable feeling.

Find the idea of giving much easier than the idea of taking (material gifts). Easier for the ego to be the giver, not the taker.

The problem is attachment. Being attached to something material.

Practicing non attachment - so that we can accept the gift in the right spirit of non attachment.

Togetherness, fun, family, friendship - it is the non material things that have the most value.

The trees bring us together, families and friends, and that's beautiful

Youth, physical beauty, and material wealth are nice but can also be fleeting, and they cannot give lasting happiness

Feeling a lightness like a weight has lifted

Went to see Betty K's talk. Said I won't go to a white only school and church said you are not welcome anymore, not long ago since they had segregated classes. Residential schools - not that long ago.

Moving towards matriarchal society. Too far gone without the destruction of what is. We're too far gone. How will this happen? Structures will collapse and crumble before it has to be rebuilt.

So deeply embedded in us. How shocking to have a textbook with she pronoun. Man who felt excluded when he read that textbook. There is complacency about it. They are changing statistics. Done away with the word rape will change statistics, just calling it sexual assault, hides the rape culture. We can't change the term for humankind instead of mankind.

Male godheads. Jehovahs witness such a black and white religion, you are either with us or not. In the Koran god is not male or female, genderless (but you don't hear that culturally). They can't talk to you anymore if you even think of leaving the church. If you leave the church you leave the community - we won't support or talk to you. If I reject the church my mother will reject me.

Religions are about control and black and white. All the rules are handed to you. Then at the end you will be saved and go to heaven. Heaven is eternal life where everybody is beautiful and there is no sickness. Why would you want to live forever? You never age, die or change. (blossoms blow and make people laugh). Maybe that's why they throw the confetti at newlyweds!

It's been fed to us and we believe it, just like our culture in general, we all agree and swallow it up and go along with it vs. question it. Scary to question it.

My nephew went to Nepal for a month, couldn't make a decision about anything. Incredible experience that opened him right up and he stopped going to church.

The church couldn't support him then he got social anxiety. It is not deep, doesn't go deep. Then he goes to Nepal! Not very spiritual but deeply experienced things like sports and got a tattoo and talked to all these people, so transformative. Something had shifted, could tell from his energy.

We all have this weird faith that we've agreed to. These are the rules, OK.

I don't have to pay taxes because I hate what the govt is doing with the money. Run on the gerbil wheel it's the only wheel to run on.

We just have to change our idea of what we need

Ideas that are squelched because of the money issue. Fascist capitalist system.

Mom and dad have security but they don't feel secure. Huge pension, own their home and vehicles.

Grandchildren graduated and can't find a job and student loan. Children struggle, don't own their own home. Brother has a huge property with no house on it.

Book "Gather the Women Change the World" Small circles of women empowering each other. Trying to get the 2nd UN Conference on women to happen, there's only been one! Jungian Society of Victoria talks and workshops

Colonize therapy with First Nations women. Was about to quit working at Onsite, too much pain and grief and horrible stories. Grief ceremony, so beautiful and incredible

Money taints/poisons us

Put the grief in the ground (from the people at Onsite) then skipped home. This grief came from the female line in my family - grandmother, mother, etc.

They put this blanket on me, it's protection

Thin line between us and "them" - people at Onsite. And people will judge them. Feeling not judged - freedom from that.

Being judged for not having money.

Lack of respect for women overall is part of what we are doing to the earth

Environmental housing is not valued, because of our capitalist society

DTES funding for women's centre got cut - my grief level went up

Sonya: A couple weeks ago, increased violence in DTES, people very angry and violent.

Woman who grew up with no parenting and no human contact.

People yelling out the window "get a job" to people on Hastings

Discussion

Health - Feeling victimized - but why not me?

Feeling energized yet not much sleep

Niece running for political positions - almost all men won the spots

Choose your battles, what are you going to do?

Mothers against drunk driving is now run by a man!

As soon as more men start getting involved and it becomes a money maker like nursing, now you see more men nursing because it's more well paid. They fight harder and are more aggressive.

Paintings of female nudes yet most of the painters are men. Art of women not shown as much as the men.

All the speakers are mostly men. The men ask for it and go for it, ambitious and aggressive.

We are taught that nature is feminine. It's only what's assoc with one gender or another. It's so limiting!

Shadow of standing up for ourselves is called aggressiveness - we label it "mannish" It's OK when a man does that.

When the blossoms are gone, the trees just get walked by. Like people getting old.

My friend has always been identified by being a beautiful woman, very difficult for her now, it was part of her identity that it's been shocking for her. She was validated by that.

Man asked us for permission before we left!

C5 (#4)

Back at the house

Oh the kittens! More distraction haha!

Feel as though I've just come in from wild weather – wind or extreme sun – I feel weathered, worn, wiped.

Neck pain/ache

Feel the vibration of the mortar and pestle in my bones. (It's on my lap). Thinking about vibration/frequency and how it can impact our cells et al in same way certain vibration/sound can shatter a wine glass.

We are all tuned, to a degree. What about illness or dis-ease being busted apart by certain frequencies/energies.

Thinking of Dr. Rife whose work was about frequency and how particular cell types cannot withstand i.e. cancer cells “disintegrate at 396hz” or whatever the number.

It's a wonder we survive in this world with all the frequencies, radio waves, cell waves, etc.

Now the green tea mint tastes super bitter! Earlier it was fresh and sweet almost.

Hungry.

Can our cells be “reset” i.e. can we “cancel” cellular memory? Does DNA remember? I recall a study about this, that it does recall.

So, to “reset” our society, could we reset our cells so that we no longer have those limiting beliefs?

Sleepy.

Subtle. And that's okay. We are so attuned to things being dramatic and extreme, but this feels like a subtle remedy.

Tobacco smoke?

Dazed. Zoned out.

Cat Autumn and I have a staring contest. She nods off, sleepy kitty.

Closure in throat, yet unconcerned about it.

Discussing morphine, pain killers . . . discussing organ transplants, being taken out.

C5 (#2)

Kittens frolicking, laughing

Appearances – being seen and not seen

Appearances are deceiving

What are we looking at? One small part of the cycle of a cherry tree

To bloom is to flourish

The display that brings on pollinators

The fresh bloom of youth

Distracted by frolicking kittens

The bloom before the fruit

The idea before the manifestation

Talk about feminine and feminism

Pink is for girls. Pretty in pink.

What is feminine/female

Cherry is associated with virginity and innocence

Noticed past 2 weeks spelling mistakes or forget how to spell something in the moment

Itchy on right hand
Itching on left
What is a typical boy? Boyish
Cherry blossoms make me feel happy, light, excited about what is coming . . . summer, warmth, new
growth as they fall I feel sadness and am reminded of how fast time goes by
Bloom and grow
Bitter tea – liver
Nose congested/obstructed

C5 (#5)

At Sonya's
Adorable kittens – full circle, same energy as start
Adorable grandkids
Tea
Starting to crash = warm and comfortable
Safe vs. danger
Cats on porch outside – fear for their life
Geldof – grief, regret (emotion)
Smart women – granddaughters – what is ahead for them?
Disappointment – that didn't work out
Conflict
Thinking of positive emotions
Laughter – cats playing
Love
Moving away from pain
Pain on right side – twitching

C5 (#3)

Brightness
Refined sense of things
Beauty
Perfection
Distraction
Curiosity
Unquiet
Quiet
DTES
Why aren't there cherry blossom trees in the DTES?
If so, would there be less violence?
What would that be like?!
Safe – referring to the cats.
Home, underneath the cherry tree
What do cherries look like?
So much more focus on blossoms than the cherry!
Unrecognized?
Unappreciated?

Unseen?
Unfocussed
Happy distractions
Animal communication
Cat is zoned out too!
For a fraction of a second!
Right sided PUBIS PAIN
Left-sided shoulder (lower scapula)
Bitter taste of the tea
Dramatic/extreme?

C5 (Sonya)

Many distractions - at the park and now the kittens inside!
#4's rainbow socks
Prickly light feeling on head, like I'm wearing a slightly prickly crown
Prickle on right hand and foot earlier today
Fuzzy headed feeling
Congested nose feeling, like running nose
Feel slightly nauseous
Very nauseous now, left sided neck pain and light headed, left sided abdominal pain, burping relieved
nausea, more mucus back of throat, middle back achy, disconnected feeling
Now feeling a bit like the fog has lifted
Very affected by the morphine - discoloured my teeth. Before gallbladder operation a lot of nausea and
vomiting if I ate any vegetables.
Friend had a liver replacement surgery. She was so angry at the liver when she saw it - you betrayed me.
Feel like you did something wrong, to cause it to happen.
It's an emotional issue - will she go through this new liver. The look of it, difference between a healthy
liver and her liver.
My sister wanted my gallbladder so bad, but I didn't want it, she said it will just end up in a pile of
gallbladders somewhere. Picture of a pile of gallbladders.
#5: tried to prepare my body for the heart surgery, go through a lot of emotions, thanking my body for
pulling me through. I had to explain what was going to happen and thank you for getting me through it.
Pretty drastic operation..
But we are not our bodies, we just occupy them, we are not our body.
Heart is emotions and gallbladder is personal power. I was struggling with personal power issue.
I have a phantom gallbladder now, I still have one. I feel it.
Feel better than I did before, without one. You can live without it.
100 years ago I would've died, went into liver failure, would've died if it hadn't come out.
It can lead to cancer if you don't remove it and don't get it out

Discussion
Time went fast!
Fleeting beauty and posing, but what is below the surface
Dr. Rife applied frequency to cells - what frequency sound kills cancer?
Tasting bitter
Cherry trees are ornamental like the women posing today
Could be like Nat Mur or Staph. Staph is a good remedy after surgery too.

The inequality. A lot of affluence. Talking about DTES. And gender inequality. Money destroys the environment.

Could be used as an acute for jet lag

After the Proving

April 15, 2014 (email) (Sonya)

Anyhow, I do have a question re: hormonal cycle - did anyone else have a symptom of breast swelling? It was quite pronounced for me this cycle, but no other hormonal symptoms of note. I am not complaining lol

April 15, 2014 (email) (#3)

Today the LEFT sided neck pain is gone - but there is a bit on the right side . For me, that is NOT usual!

April 15, 2014 email (#2)

Good Morning Sonya,

I got this in my mailbox this morning. A synchronicity?

I also had multiple dreams and they too seemed directly related.

Here are my notes from last night:

- sudden attack
- mucus in back of throat
- nose is congested/blocked
- pain in neck L side
- nausea
- R hip aching in the joint
- itchy eyes
- stiffness

Dreams:

-trying to stop a confrontation between a tough looking group of beefy men with shaved heads and some cops -I was trying to get the tough guys to go for a walk instead of fighting -I was kind of begging them to go

-I was given a strange dictionary of two sizes in one book and asked to check the words/spelling in a poets new work

-I'm in an apartment and suddenly realize that if I clean out a bunch of boxes and junk I'll have a lot more room. *It's like I can finally see beyond the clutter to what is actually there.*

I also noticed, since I was up so many times with hot flushes, that there was a powerful wind last night. I could actually hear things flying around outside.

That's all. I'll go through my notebook and send you what else I have a bit later.

I forwarded this message because we were talking yesterday about grunge and flannel and expression/suppression of emotions after a loss.

Whatever it was, it wore flannel.

It wore flannel

At a recent trivia night, a Wednesday in a small college town, No Doubt's "Spiderweb" came on as the selection of the guest host. I smiled and told my fiancé, "My sister used to have this album. I remember her listening to it a lot." After a moment's consideration, she remarked on how young we must have been at that time. Tragic Kingdom was, in fact, released in October of 1995, putting the ages of both Jackie and myself under a decade. But our exact ages for that specific event weren't important. "Well, she was never not really young."

Jackie died in October of 1998, less than three months after her 11th birthday. By that spring I had unconsciously entered a temporal stagnation. I watched everyone move along as time went by with nothing in the back of their mind to anchor them to the past. Their momentum continued, whereas mine halted and slowly started to move backwards. Around that time I began accumulating what I didn't yet own of the grunge discography. It wasn't long before I began to play music myself. Blessed with a mother who tolerated drums in the house, I put forth my best effort to resurrect a culture that had come and gone while I was just old enough to catch a glimpse of it. I persevered through numerous lineups and band names, consistently shooting down any notion of covering or sounding like artists whose prime existed at a time when she did not. My regression extended far beyond nostalgia. It was something that I had no control over and was never really fully aware of. Some might call it survivor's guilt. Perhaps. Whatever it was, it wore flannel.

Within each interaction and every picture taken I functioned as a vestige of a former time. I guess I had convinced myself that in doing so it would somehow mean that it was not all gone - that I could create a space where she might find me.

This story has sound — [click here to listen](#).

This is a multipage story — [click here to see it in full](#).

April 19, 2014 email (#2)

A few dreams

I was marrying a woman and at the last minute she changed her mind. I felt betrayed, let down, sad, confused.

I need to get a young girl away from large threatening men who want to harm her. I felt protective.

Also feeling a bit of nausea over the last few days and heat alternating with chills. Very sensitive to cold.