

14.2.25

after last dose of Batao Jan

1 week later got Covid - (18.2.25)

hit me hard.

Just coming out of it

Fatigue for weeks after.

No cough or runny nose

Excruciating body aches.

Felt like every bone was broken

22.1.25 - feeling better

After - sweating & ant. fatigue 2 weeks after

20.1. - menses - felt like lower back would fall off.

Cycle prior - painful & ovulation painful.

Slept badly - 2 weeks after. Woke often.

Week when M. & F. left (25.1.)

27.1 - took Veratrum. as fatigue & profuse cold sweat

- did nothing; Chemis did nothing.

> Gelbium 200c

+ Coffee to f

Ovulation - 5+ Feb - severe bloating & cramping.

- pressing on the stomach.

→ Colocynthis >>

Emotionally unstable - 7 days prior ovulation

Angry; irrit-able; + Shout

< 1 week prior menses.

Spilling out frustration

1 day prior menses - severe lower back pain as if it
will fall off. Like birth through lower back

v. Sensitive in back

+ Stretch & put pressure on it.

> menses - energy back.

Through every ovulation - heaviness; fluid retention
(not during menses)

Girls all got Covid after me.

M. & F. cooked & cleaned

1 brought it onto myself.

1st 5 weeks, I did everything for 5 weeks in parents.

I said 'I want someone to look after me.'

1 was like a little girl & wanted M^o to look after me. I wanted to enjoy the respite.

Holding myself together until they left

1 needed some support

1 couldn't cope w. duties starting again so took Gels.

2 parents leaving

Mixed

v. sad; hard to say goodbye.

114 miss conversations + cuddles; & their help.

1 miss the male strength & knowledge. I can fix anything. 1 miss the yin & yang; the 2nd half of the male taking care

⊕ male guidance

F^o 'don't worry; 114 look after it' - I don't have that.

Like losing the support & help.

M^o - felt wrapped up in blanket

But no personal space; parents in lounge.

Packed w. activities

No time for me to be by myself.

Felt bad taking the time for myself.

⊕ Sick - all responsibilities;

Weird dreams.

⊕ get out of complicated & dangerous place Middle East; can jump from roof to roof.

Me & girls in a city; jumping " "

I'm helping the girls get down the ladder

Trying to get somewhere; obstacles

Maze - trying to get through

F: no end for it; but excited to do that constantly checking girls are safe.

1 can't find the way, but know I will

like a game

Want to get out but not scared

Me & another friend in a square in old town (Russia)
wreck's give me anxiety.

Frightened; not safe

Group of men pull up in front of me; get out of car
- block our way. Trying to get away to call F°
Said they'll kill F° in front of me if I call.

He grabs friend & hits her on ground & cuts her
"Claw" & peep her like a mandarin.

F: terrified

Blood is pouring

Screaming

Helpless; can't call help as they'll hurt F°

Not safe

How will I get out?

(Like where attached in past) & try

Trying to escape

I have no power

Someone will hurt me
Wake &

Hurt me; not anybody else;

Wake sobbing; shaken; nervous wreck all day.

R: stood still; if I call F°,

If I run, friend will get hurt

No one to hear if I scream

Deserted.

No other way

⊕ protect others - trading myself for others
I was frozen; couldn't run;

F: complete terror; paralyzed

Can't move; Can't call or shout.

Ripped out of sleep.

Claw - like bird claw.

→ Frozen.

Evil; merciless; out of nowhere.

Other dreams

Theme: trying to get out of a situation