

14.10.29

Mareina

Beyond exhaustion

Tired

f: angry

Not > sepiä

? Lack of sleep

Luke doing his thing but not helping me, & just napping for

So angry in myself: I can't just take a rest.

Getting really angry. Pd off.

7 weeks of sick kids.

Something happening in church. Small parish (Russian)

Lots of Ukrainians vs. Russians (after conflict)

→ A Mareina to congregation to do more chores.

Father asked if I'd do secretarial role.

Congregation demolished part secretary.

I don't know if I can take it on; no family support.

Another person pressured me in god's name; that it's my duty. Luke says No; can't keep up in his work; constant studies.

→ I said No; not taken well at church.

Others ^{women} ignoring me & grudge.

→ punishment for not agreeing to the request.

Doing my chores in church. M. Olga - had a go for missing 3 weeks (girl's sick) & had to catch up

- taken aback; couldn't speak.

Trying to hold myself together

Didn't ask how I was

→ eyes - styes -

+ eczema flare up on eye lid

- sting in sauna / sweat

as soon as I see her - uncomfortable

s: skin on fire; burning.

Stool - full blown diarrhoea - water

f: Reprimanded; disrespected.

Like a kid lectured to.

Put down;

} have had = life.
New SX

Kills the desire to go back, but important to me.
after eucharist; feel whole + cleansed. Then as if
Pours pos on you
Everyone speaks Russian

F: anger

Anger in myself / can't speak up.
Whatever I do is as if spat out.
No one else speak up for me.

F: stuck; no solution

Love church - 5 yrs.

She's better in older women.

No way out.

Don't know how to navigate my emotions
anger will explode; bottled up.
Usually I'd speak up.

Not sure why I'm holding back.

If I speak out, I won't be welcome.

F: not welcome.

as if I don't exist.

We're generous in church, but treated badly.
She looks at me as if I'm lying.

Not heard

Not validated or trusted

My words not important;

Dreams.

- July

- at beach; windy pavement; I'm walking in
hotel complex (white)

trees everywhere

white + windy;

sky dark; moody.

Small houses to left

all family there.

I know if I walk, I will bump into him.

She's wearing white tunic + pants. Looks beautiful

Sun out;

I hold her hand; we sit on the path.

Big wave touches our toes; kiss of ocean

⊕ Ocean.

Gloominess went & sun came out.
F: peace; warmth; happy; safe; loved; didn't asked her
to come; as if she knew I needed her.
Understanding it was meant to be
" " was there without words.
Pure happiness & harmony & right. No worry or stress.
Pure peace

(after Sepia 4th dose)

Menstr - & some conflict

usually 5 day

Aug. - 4 days 1/2 horrendous cramping & low back pain.
lots of clots. Spitting on 2nd day

Ext. short for me.

sep. - 3 day late; ovulation - swelling; cramping;
felt eggs released; no libido (unusual).
retained fluid. aching back.

> exercise

Sleepless nights & stress.

av. spicy food (unusual)

⊕ coffee (unusual) & is not affecting sleep.

Need stimulant to get through day.

⊕ Sugar & choc.

affecting you

Less patient

reactive to emotions.

exploded - releasing heat & anger.

Body reacting so fast.

Not fair