

21.2.25 Khander.

Gingivitis is healing.

OCC. Arsenicum → digitin > also

Struggling alot today.

Lovely drive on Sunday - 1st outing in 6/12

Enjoyed it.

Day prior, I decided to challenge myself w/ non-meat protein.

→ parmesan cheese.

→ nausea → > Ars. alb.

Felt good in energy w/ Ars.

(only saff does)

Car - felt jarred + vibrated
shattered

Out of balance + overstimulation to go out.

Wiring - hypersensitive to any stimulus

4 potencies to 200.

Wednesday - realised the sx were aggravations

Woke w/ pain in Rt arm; hot; burning; gritty; watery;
wrist ached; vulnerable.

Scared me

I'm reacting to everything now.

I need to break the loop w/ anti-Ys.

Body loves the bigger foods; needs them.

But reaction is aggressive

Out of balance; stressed

Poor homeostasis; subtle fever + chills; can't sleep;
minds

Like I'm arrested - can't state; nothing helping sleep.

Doing too much online research (health)

Amigdala want me hypervigilant to threat.

STUCK; Can't switch off.

5: held in that one space.

2 took Pearl. x 2 to sleep.

out of balance is adrenaline when go out
MRI - last Friday.

WISE - Wines

What a horrible mess

Chaos

Confusion

competition

✓ unharmonious

ugly

legitly

No planning - added in + on

Too much over compensation resulted in chaos.

Overwhelming mess

I don't want to deal w it.

Someone else's problem.

S: contracted

⊕ get away; distance myself; not look at it

Doesn't make any sense

overall armor; barrier coming up to stop me feeling it.

⊕ detach from it; from focusing on it

Disrupts my need for order + predictability

Don't want to

Shield to protect me from having to deal w it.

Exp - safety

⊕ A numbing → like anaesthetic; coma; fuzzy;
Disconnect, don't feel + it's safer.

⊕ paralyzed + stuck; trapped

R: vulnerable; having to hide until it passes.

→ vulnerable; alone; not safe to be exposed.

Loss of power

confused + overwhelmed.

overwhelming fatigue

opposite:

STUCK - held down its ropes
sinking

opp. - light; floating; free; expansive

Safe; balanced; warm; calm;

A battle; what will it cost me to push through.

arms & legs feel so heavy it's hard to walk.

A sleepiness; fatigue; heaviness; weighing me down.

④ go flat; be horizontal.

Giving in to it too much.

Open eye - easier to not give in to it.

Spacey.

Fluctuations all the time.

Spacey then clarity.

Push through → exhaustion.

Out of balance; can't regulate

HG - limitless

arms moving out

safe

no need for barriers as free & open
& happy

content relaxed centred.

Feel that on holiday when mind is distracted.

Beautiful things; good food; nature; culture.