

# Alastair C. Gray

## Experience of Medicine 1

Reading excerpt  
[Experience of Medicine 1](#)  
of [Alastair C. Gray](#)



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## THE FULL PROVING

### Primary and Secondary Symptoms

#### **MIND**

##### Altered State

I feel so stoned, like when you smoke dope. Everything is intense, like a nervousness, like that I am in my own world and everything is surreal, like we are giggling, but nervy giggling and a numb and drunk giggling. I could feel energy bouncing off each other. In our own ball, whole state is altered. Quick doing things. I was throwing my body, fell down and got up and bounced up again and throwing myself around. There were no worries or consequences, very in the present. *2:30c:00:01:30*

(Obs) She is off her head. Laughing. The only way I can describe it is its like talking to a friend on the phone on the other side of the world who is really drunk and you are sober. *2:30c:00:01:30*

I feel like I am hallucinating, I saw a burning cigarette on the side of my ashtray and there wasn't one there, I saw it as I turned my head. My ashtray has two figurines on it and it scared S (the one man has these big white eyes), the more I looked at the more I got scared too. S is so scared of those staring eyes. S then walked into my sliding door and made a face print on it. *2:30c:00:01:30*

At 10:24pm, I walked into T's glass balcony door. *22:30c:00:00:47*

I feel so much better for having scribbled in my book. (Obs) Defacing it, defiant, naughty, felt much better. *2:30c:00:01:46*

I feel elated, I feel the rising, moving upwards theme in my last few dreams. I am not affected by it as much. My vital force feels lifted up. G in the proving seems so happy too, he acts like he is drunk, big smiles, he used much more expression and body language. *2:30c:02:17:00*

Things look weird. I feel stoned. I feel going on a holiday. *22:30c:00:00:4x*

I feel silly, frivolous. *22:30c:00:00:4x*

T's ashtray scared me. Strong feeling. 'Take it away. I don't want to look at it.' With the light it's less scary. *22:30c:00:00:5x*

Now I feel relaxed again with the light, no longer hyper/worked up. *22:30c:00:00:5x*

At 6.20pm, Showering after my run, felt panicky, a bit nauseous. I've also noticed feeling bad about myself, quite contrary to my general disposition of late, both coming home from my run today and last night. *22:30c:00:20:4x*

Let me describe the confusion more accurately. It is as if people are putting their hands in your face and that is why you can't see or think calmly or clearly. *22:30c:00:20:xx*

At 6.45pm, I feel calmer again, though things still look qualitatively different (ie. Not frank hallucinations). The panic today came in a wave that passed. There is a type of quiet in my head due to the 'mind slowed, less thoughts' thing. *22:30c:00:21:08*

I have a light feeling, relaxed, feel very much light. *4:30c:00:00:00*

##### Long

Then S said, 'you look so long'. I said, 'Yeah, I feel so long, I feel too long.' *2:30c:00:02:12*

I thought I'd come down off it, and then I looked at T walking. I said, 'you look so long', like she appeared long to me. I feel squashed. *22:30c:00:01:xx*

At 10:59pm, feel tired, sort of squashed, too. *22:30c:00:01:22*

##### **Rain/Water**

I feel so awake. I woke up at 4am because the rain was so very loud. I had to stick my head out of the window to see it. It sounded like there was so much rain but it was difficult to see the rain at all. I woke at 7am again, which is extra early for me. Sounds were so loud; but there was very little rain. Sounds exaggerated. *2:30c:00:07:00*

Frustrated with everything all day. Frustration at the rain, the pool will be filthy and walking in the rain isn't much fun. *12:30c:01:14:30*

I was in the yard and it started to rain and I started to do some gardening. I really enjoyed this. *18:30c:13:xx:xx*

Can't stand the noise of the water fountain. I feel very irritated. It is very very bad. Very very loud like a hammer in my head. *4:30c:09:xx:xx*

### **Disoriented/Forgetful/Lost**

Lost my pen and my water bottle.  
*22:30c:00:00:5x*

At 6pm on my way home I noticed qualitative visual changes, some confusion. Eg. Reaching for my bottle in my back pocket when I had no bottle with me - instead it was my hat I felt and had in my back pocket. This confusion also makes it 'harder to see', not literally but more like stuff moving too fast because my mind has slowed, less thoughts. Senses more acute. Visually, I saw a bird and it had greater impact, I could almost hear-feel its wings move.  
*22:30c:00:20:2x*

I went shopping and I feel confused, lost and disoriented. I bought food that I have never bought before. This confusion is made worse by driving. I parked my car in the wrong place at first and then after I parked it in the right parking station I lost it. It took me a long time to find my car. *2:30c:00:16:30*

Feeling a bit lost. A bit the same as yesterday. I drove this guy to Chatswood. I didn't know where I was going. To get back I got a bit lost. Was getting tired really easily - working on college work with Irene. Lost feeling - feels a bit different from usual. Normally I'd be anxious. Now there is anxiety, but there's more frustration. Normally I'd avoid roads I don't know, but I've been going down them and getting lost. Before I had no sense of direction, now I'm getting it - 'oh, this road's going the same direction as the one I want to be on'. This is since the medicine. There's a sort of trust.  
*2:30c:01:xx:xx*

I'm leaving things behind and losing things, eg. my wallet. Forgot and left my brace at home for my night lecture at college. When I went to G yesterday I left my jumper at home.  
*2:30c:02:xx:xx*

### **Hurry/Speed/Fast/Time**

T's movement appeared too fast although I don't think they are. I feel dopey. Hard to think and talk. Laughter. Intoxication. *22:30c:00:00:3x*

I walked to college. Felt metallic taste at back of my throat for about 20 minutes while I walked. I got there really quickly. It felt like 3 seconds (normally a half hour walk). With no effort. And I was early! Then I was waiting, a bit impatient. *2:30c:02:16:30*

6pm. Drove to college again. F and I walked to college from the car spot. F said, 'T, I notice you've been walking so quickly since you took that remedy<sup>1</sup>. *2:30c:02:21:00*

I am so hectic and frantic: in my dream a chicken was running around with it's head off, so frantic like the crazy guy in the other dream, also being impatient, being productive, walking faster, van not stopping, racing down a mountain in a car, F jogging, its all so hectic, authority, fear, confrontation and power.  
*2:30c:03:21:00*

2pm, Very stressed, racing. *2:30c:18:17:30*

Just freaked out at T's restless leg and shaking her shoe. The fast movement. *22:30c:00:01:0x*

So hurried, speedy, managed to out talk my sister at lunch. Also stood my ground on the issue of showering at the pool as opposed to showering at her place. I was aware of her in go slow mode and me in speedy action mode.  
*12:30c:02:17:30*

Alert, awake, chirpy, considering I've had a busy day. *12:30c:03:03:30*

Awareness of speediness and hurriedness in all situations, very impatient sitting in traffic on Friday evening, getting to Leichhardt from ours was almost torture. People in general seemed to be too slow in thought and action. General awareness that I am more speedy, sensation that everyone around her is slow. Getting irritable with them for it. *12:30c:03:23:30*

Again this awareness that I was moving faster than others, we had Dinner with some friends and I had to be careful not hurry everyone in their choice of meal. *12:30c:04:00:30*