

## Conception.

5m. Don't want to move from what I know. Nervous. No intense. No sound.

4m. Fear intensifying. Don't want to go into unknown. Don't want to be released.

3m. Stopped resisting, now. More aware. Colour change from blue to lighter. Not so alone. Can see colours.

2m. Lighter. Coming to top of water. Still shaking. Ant these questions. If you ask why I become two people.

1m. Calmer. Tremendous pressure from outside pushing d. on me. Doesn't affect me. Preparing myself.

½m. Not much change.

→ One pointed swimming. Heavy breathing. No thought. Eng. contraction is just dynamics. Start of rock. Release from a door. Life or death. This is the whole life done quickly. Totally here, otherwise I will not come to be. Rhythmic - its own eng. Stated to go into it.

Tremendous effort. Whole process of tensing to maximum in order to release it afterwards. The body is a bad demonstrator. I have no bones so I can gather myself in.

Pushing to front. A face against millions. Afraid I won't make out. Struggling to get in front. Moves on a bit.

I don't know where I am. I felt so squashed then I am nowhere. What happened to my energy. Unrestricted. Coming to bits at edges. Round.

King of a kingdom. Only one here. Extended place. I feel robbed of my energy. From extreme activity to extreme passivity. All I can feel is distended. Can't draw myself together enough to care. Stuck here. Its gooey.

→ Waves of eng. coming over me I had not noticed before. They come from everywhere. Drawn up by solar plexus - pulled hard. Forced into a circle, rhythmically. Circularising me. All blue. Lots of blues. Being pulled round. Letting go of it now.

I've been pushed so my backbone is inward. Divided. Not sure of what's going on. Light side and a dark side.

Trying to regain hold of myself. Not a lot I can do, though.

← to race.

Trying to gather together. Whoaaa! Aaah! (Violent movement) Aaahhh! Totalness I am not allowing myself to experience. The two's bit here, + a pushing squirming below. And a division between them.

(Another being) I don't want any part of this. I turn my back on it all. I'm not here. I'm not taking part. (This buggar is blocking me)

Return to two's line towards omm. Ready for business. I'm going to create. V. total. I am whole. I can. I afford to be still. I am my own intent. I could stay here for ever but I am intending going forward. And I will. I have chosen this experience.

← to the race. Aaahh! Ha ha ha aagh! etc. Loud screaming. Feet drumming. I don't want to get into this. Resistance. Don't want to get into this. Aaahh! I am FURIOUS. Its so energised + inexhaustible. Its so painful.

← awareness of omm. I've got a point! (Rolling motion) Another feeling trying to come in. Something is sidetracking me. Stroking, sleep making, makes me side. I am out of it. On surface, letting it happen. I was going for a point, now I'm stuck in middle of nowhere. No ~~tail~~ tail power. ~~Horrible~~ Horrible. No eng. even for frustration. Only two's pain can I become aware again. Absolutely wallowing splurge of which I am part. Terrible.

→ 5m. Splurge. Head like a nodding turtle. I feel a real phoney doing this.

→ Falling asleep.

Omm record.

Drawing + pulling + calling. Looking for most healthy + vigorous to digest and structure. Can just feel their approach

Nearer - mass of eng. coming towards me.

Tension increases as they approach. Magnet between me + them. (Humming). Sending out sound. Waiting for right pitched answering call to mine. Mmmmm!

I've been touched in several places. Choosing. Waiting for right one to let in. Absol. pure. I respond only to right key.

I am one whole being, waiting positively for r. key. Its a sound pitch.

I can feel one on L. side pressing in more. I release him in, but he has to push hard. But the push is a noise as well as a push.

I feel his head is nearly in. Black, compressed. Its an unheard sound. I feel wounded. My wholeness has been wounded. I have allowed myself to be penetrated. I am opening up. Fear too. He has a job to do + I hope he knows it. Its a big risk for me. My life depends on his now. I hope he knows what he's doing. I have memories of other occasions where inaccurate structure has occurred, and much pain. His job is to bring perfect structure to my being. I want nothing else. I am tense and between it working/not working I am. Wounded by this eng. inside me.

Sperm record. I've arrived. I have conquered + I am the king here.

#### Father's record.

← Im. before release. Projecting into future to live forever. Full of tension. Withholding immensity. Dualism. Mixture of feelings. Contradictory. All fighting for expression. Not wanting to release. Happy w. things as they are. Don't want more children. (Subliminal). Oum is calling this 'the woman'. I can hear. My destiny. Release. (Glad to be beyond point of no return. On my own.) Oh God what have I done. Was this the right thing? Not sure. I'm under too much tension. Too much to do in my life. I don't want to create another responsibility.

#### Mother's record.

← Im. before release - Nervous. Fred's nervousness. Maybe he's right, But I feel biological imperative, + choose to respond to that. I am v. nervous. Pray that it works. Prayer for wholeness. Feeling that it is going to cost. Sacrifice. F. doesn't really understand me. Too focused on form. I rely

Richard record. Division, feeling unsureness of whether he is wanted. Biological pull into life.

Richard & Natalie Freeman  
Browell,  
Middle Embury Drive  
St. Albans,  
Hertfordshire  
SG8 5JY

win for strength. Its unswerving makes me nervous.

← 5m. before release. Holding onto myself. Want to be up front. v. energetic. Willing myself forward. Nothing else to be done. Aware of others but I'm me. I want to win.

4m. Not a lot of change.

3m. I can feel F's nervousness. Impinging on me - Afraid of another child, adding to problems. He doesn't want me. I feel female force pulling.

2m. If I am to live on, this is it. I've waited so long. I must go forward.

1m. Hot! Feeling pulled back & energy robbed. Scared I won't make it, not my fear, but an imposition on me from owner of body. I am fighting him for my release. It's critical. My life/release is in balance. Beyond my control. Waiting for him. Praying for release. Aahh! I'm shot out!

Satisfaction at escape. So far so good. He can't interfere further. A new domain now. Breathing interfered with. Sticky environment. Hotter. Heart going like mad - so much energy. All action, fire, race, go! Aahh! Aahh! etc etc. All act! All go! Aahh! Totality of movement. Can't express much of that. A lot of it there. I'm blocking off from it -

→ omniscience. Something else happening. Don't know. Distending outwards instead of compacting inwards. I've jumped.

← Fighting for my life!!! Don't know. I want to get in. (frantic struggle.)

← I want to live! I want to live! I want to live! I felt better. Close. But the energy is so intense I can only stay in it a short time.

← I want to live etc! Frantic struggle.

← Tannum energy - "I don't want to go into this!")

→ to peaceful place. No tensions on me. Peace in myself. Feels like who I really am. Calm, at ease, self assured, ~~harmony~~ harmony.