

in ourm All one. I'm compressed on myself, slowly feeling edges of myself. Floating, moving. Can feel with backbone + stomach. Aware of outside of me as I move. Going somewhere. V. tactile.

→ I'm not moving. Stationary. Connected or surrounded. A pull in stomach area. I'm aware of what's happening, but no great feeling.

Bigger, more partitioned & patterned. Fabrication according to pattern. Aware of diff parts of me - head area. No external movement, only bio-movement. Intense vibrational awareness.

End of 1st month. Aware of circulation starting. Cyclic movement. V. interested in it.

2nd month. Aware of somebody walking around w. me in them. Another person around. Don't feel anything special except shock of dependence. As long as they do as I say it's OK. I am interested mainly in me, not abstracts.

3rd M. Feeling change. Nervous, uneasiness - foreign to me. Invasion. Static electricity or radio waves round me. Don't like it. Interference. My job is to get born. This cotton wool affects me. 3 factor of interference.

4th M. More solid. Still nervous, fearful. Threatened - I might not get born. Not v. well attached. Something trying to detach me. It's not physical - an idea-feeling of not working this burden. Terrifies me. It might have the power to do it. Impinging.

5th M. Increasingly tense. Bigger now. Starting to move externally now. Feeling bigger, so I can be born w. better chance to survive. Bigger + stronger is what I have to be. Solar plexal sensation about attachment somehow. Invasion of nervousness. Uneasiness of the bearer of me. She's v. fluid, not one-centred; between centres. She wants me / doesn't want me. Unsure, inability to cope. She's unaware - that's dangerous. She's suppressed her fears + they come out on me. Unsure of who she is. This feeds into me + make me nervous.

6th M. V. stuck here. More movement before. I'm not moving. Because she is not moving. Uncomfortable. Not so nervous, tho'. Discomfort. Too hot, the environment is too hot.

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7th M. Expanding but not feeling well. Lethargy. But I can feel body pushing out all over. White lethargy. Gets more difficult to separate my feelings from others. Lots of 'L's. Locksdaishal, Lazy. Not a good feeling. Ears are working. Listening in. V. noisy. Voices. Tone difference. One deeper + stronger than other. Just sounds.

8th M. V. confused. Can't sort out who I am any more. Lost the clarity I had. V. difficult for me to talk. I am part of someone else. A bit of them. Lethargy again.

9th M. I can feel face pressed up - no space. Individual consciousness not v. big. Mixed in w. all that's going on. Not asleep but comatose, drugged. Body enlarging. I'm merged w. other being. Not happy about it. Don't want to live someone else's life. It's the blood does the mixing - massive plumbing system.

24 hrs. before birth.

Resting, aware of what's happening. Blood sugars. Storing energies. Terrible tension builds up.

12 hrs before. Like an opening night. Drama, pressure. Squeeze. About coming out there. Vagina is certain opening.

6 hrs. Squashed. Throat + neck not comfortable. Unbearable pressure, then relaxation. Pressure, tension, movement.

3 hrs. Desperate, terrified. No one is here. No one around. (M) climbing the walls. Alone and left. Afraid. No one to hold her hand. Her tension makes me tense.

1 hr. Better. More people around. I'm happy too. She is happy. Makes it easier for me.

1/2 hr. Don't want to go thro' with this. Comfortable where I am (Not true, but I don't want to go) It might be painful out there. Cause of the nervousness is out there. Don't want to find out.

1/4 hr. Pulled, pushed, squeezed + rotated. Annoyed - uncomfortable. Don't want to be pushed out. Terrible strain outside. But a purity too, pain has cut thro' to bone. It is life which is granting me birth, + not the woman. She suffers it - but more because she resists it thro' anxiety in her + and her mother etc.

I am loved by life. But also a base fear - vulnerable, unknowingly fearful.

Birth process.

Pushing myself. Squeezed (pushed). Head against something. Hurting me! AHH! Ah! Out of control. Pushed into painful thing. Can't breathe. Terrible. Squashing my head. Claustrophobia. Mouth I'm pushed into is now parting. Pause. Comes again. WORSE! Aah!, Aah!, Aah! God! Aah! (me or mother?) Born + giving birth at same time.

(Losing feeling.) Going down. Down. Head pushed + the something is moving slowly. Everything has stopped - weird. Stuck here. Strange. Can't work it out. Ev. has stopped.

→ V. relaxed now - not sure. Something's done something to me + I've gone ga-ga. Process has started but I'm not pushing back. Don't like it. My muscles have gone. Passive to the push.

Head pushed down but <sup>I'm</sup> not doing anything about it. Not involved in it. V. unnatural. No resistance in me. Its lessening now. Getting more like me. Circulation returning. Not as strong as I was. Feel sick. My God! its going again. Terrible. Stuck. Sick + weak. Interfered with. My sug. is being taken away by what M. is breathing in.

Tied up w. being in here. Want to be out. Breathing hard. Pushed thro tube. Squashing + slipping me out. Feel top of head is out. I turn + I feel I am out. Felt squashed + then no more. No pressure now. Fiery stuff in mouth. Breathing for 1st time. Oh!

Being picked up, something put round me. Walking me somewhere. Rough on skin. I am centre of attention. I can see green colour. Lot of light.

Passed over to someone - a man. He looks at me. Something on my navel. I want to get back to somewhere warm + be held. I feel separated + I want to be back on my M. They are doing other things. Getting weighed.



Another room, hearing water. Smaller room.  
Taken back to 1st room thru swing doors. Green  
colour again.

Being put down on little bed. Not happy - want my M.  
Interested in me now. Bubbles in tummy. Its very  
interesting to be alive. Things can happen within  
me without anybody else being there. Dawning  
awareness of being separate. Feels q. good. Can get  
on.

Opened onto front. People interfere w. me. Disturbing.  
I was happy before. They move me w/out reference  
to whether I want it. Feel annoyed. Enforces the  
idea of separation. I have to ensure these people  
do what I want them to do & not interfere with me.

Not so much light. Calmer now, more comfortable.  
M. didn't like that green room. She's next to me.  
She has touched me. I must make sure she doesn't  
forget I'm here. I remind her by crying - then she  
will do what is useful for me.

V. tired. Needs to sleep a lot to get built up. Not  
really a sleep. If awareness, too. Outside has only  
limited value.

→ Happy point. Fishing. Enjoying myself  
looking for fish in river. V. happy.

Conception,  
Half now.

Shippedness. I feel something going to happen. Born for this. Trying to irritate the situation to move. Trying to procreate it.

1/4 hr. before.

Image of countless tiny living dots. A plastic energy fluid. Host body? No feeling there for me.

5m. before.

Tremendous shivering, fighting to push forward. Aware of sperm eng. as different from my usual mode. Ind. willer, caring only for its push. Utterly single minded.

3m. before.

A fight to the front, + keep there. ~~Pushing~~ Tremendous energy. Noise and movement. Creating space for me to move in. Joyful process.

2m.

Violent undulation. Swimming onward.

1m.

All v. compressed in here. Squeezed. But we are washed over with energies. Our time to leave is come. Death or possible life.

30s.

Intending, coiling up, to start the spring of energy. Appropriate.

15s.

Push our way out thru' his resistance. We are not given out; we fight our way out.

→ Feel v. sick. Come out of it.

← 15 sec. Beginning to feel sick. Fear, without form. It's to do with these two, wh. intimately affects me. "Not wanted" is what I get.

Distinctly off.

← 30s. before.

In on myself. Pushing in. Storing a spring ready to go.

→ 5s. Get to go forward. Aah! Aah! (Sighing)