

Richard.
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Dying to live.

Pulse 3" above skin surface. Feel it on arms and hands particularly, Not doing anything. Aware of heart beat, self, body, nothing else. Something's happening & I do not have to do anything about it. Mind is not busy with should/ought/must. I am here, witnessing, participating, Not distracted by other things. Awareness.

Body of experience is gooey. Stickiness is falling off me. I feel lighter. Something that had interfered with me (radio interference) has gone. I can hear myself think about all that crackle.

Energised in a subtle way. Difficult to speak without interfering w. it. It does not need to be said. Getting an image of a light, an alive light. I can feel it. It makes a sound. If I put a name on it ~~is~~ becomes an idea.

Not aware of the so-called world. 'Unconscious'. It is the world which is the unconscious. Consciousness can identify w. contents. I do not have contents as the world does. I am a container, not a content.

I feel a weight on me which created a type of weight. Feeling of other being - energy patterns - being here. There's a dance, I am not alone. The relationship w. others is graceful, dance-like. The angles of relationship are the relationship itself. It is alive geometry.

More spherical in shape. Rounder. No legs anymore. Body is something other than I. A casket. Part of a joke - the body is not in a c. - it is a casket.

I only ever have one relationship - to myself, the self which is all selves. Sole energy, alive in me. We are all containers of this one. Self knowing life. All life is that life, I have one relationship.

Self-examination. Memories. Murmurs. Aware of tremendously powerful force pulsing out of solar plexus like a light house, v. dynamic, like a birth. I recognise this feeling-energy intensity. It's the eternal quality. It's popped up before, as a child and later. It extends way above my body & I am in it. It's v. powerful. I've felt like this before. It's pulsating.

I feel I'm entering new body. Degree of confusion because I cling to what I recognise. Before, I've always shut off in fear at this point. Image of being plugged into a universal grid. Degree of resistance causes me pain. I am clinging on - in localised areas.

Energy flow has disappeared. A mask inside my head. A choice. Eng. cannot flow thro' the mask. That's how it is. Mask feels foreign to me. But as I look at it, it's made of slag, cracked & overheated, what you are left with a Greek mask.

A waiting process. I feel polarised between belly consciousness & head consciousness. Body is still.

Feel my head resisting the eng. flow. Its going round not correctly. Too much energy, stuck, resistant, a dead end. Waiting for it to drop off. Its v. heavy, holding me down. High pitched noise in L. ear.

Despair. Can't do it. Going to be pressed under. Stuck forever in a godless place. Held in, stuck. Can't move or ~~do~~ anything. Stuck with a heapful of shit. Waiting, frustrated. Is it birth or death englam? It seems like both.

Panic in head. Got it wrong, can't control it. I'm separating out. I feel v. v. fine, like silk. I feel fine, transparent. Image of v. fine fibres. Almost like a lung of fibrous light. I am breathing fine/light. No diff. between light & breathe + light I am.

Butterfly's wing comes to mind. I am through the physical. I am somewhere else. I have ears, not eyes. I hear sound. I hear where I am. Hearing is my state of being. Its all sound. Self-produced sound. v. v. fine sound. A lot of it. I am. I am! I am.

Ignorance is lack of knowledge of 'I am'. Ignorance is predicated. I have being/purpose - non-separate. Image is an idea used to define an idea, which is then worshipped as purpose. Image is dead; a mask.

'I am' feels like the Sun. I recognise the struggle to recognise; (R.F's) struggle to recognise, myself. I am complete in myself. but I have not the mobility, because I am not separate. I lack separability.

(Sum up R.F. mask.) Looking for self. That is what it is all about. Forget the rest, go for the best. That amuses me. Its totally true. Forget the rest, get with the best.

Re-ident. w. R.F., carrying the message into it. Diff. vibrational tone - much finer. Its finer, sharper, there.