

Dream,

from chasing someone. Then there is a bar over a big well, unfathomably deep. Person I am following is holding onto bar. He lets go + falls into tunnel. The bar is too thick for me to grasp. I fear falling + dying. I find smaller bar but still can't let go. I talk to the falling person but fear to follow.

The dream stops. Then I see again a cylindrical vertical tunnel of fire. I am at top. I feel very good here. Can't see whole tunnel, a shield covers the entrance. But to see even a little feels v. good. To be close, away from + close again. As I come into it there is increased consciousness, vitality - on fire with energy.

emotional impact of the bar. Fear of letting go. Links w. similar falling dreams.

On the bar. (Tension, screaming, crying, rage). Intense compression. No expression poss. Locked, holding on. Terrible. My soul, squeezed by unexpected experiences. Retained. Not retrieved.

Being who falls is relaxed, enjoying going down. Extended in free fall  $\rightarrow$  go. Dropping like a leaf, not a stone. It is not a danger to him. He lets go. Does not cling. He adapts. I would like to, but am absolutely terrified of death. (Relates to waterfall experience).

I would be carried away somewhere I didn't want to go. Terrible fixation. Holding on is painful. Would like to let go. Holding on to conditioning. Water represents free flow, non rigid, non defined. Bar is memory - F's impositions. Bar is my F. I long to let go, but fear to let go. I fear drowning in the river - my mother. The cylinder is sexual.

Bar of iron, comfortable, thick. Water + cylinder are extremely uncomfortable.

The leader is aspect of me. A game of dare. Follow, its fun. A light tone to it. To him the bar is a support he does not need. He falls, but not dangerously. I am stuck, the distance between us increases. I am in furious self-oppositional agony. Unknown forces wanting to let go. But wanting in another part to hold on, passive.

(Loose the bar.) Free fall. Pleasant descent, not fearful. The importance is in letting go and free movement. If the bar is F, to let go is to live my life, without caricaturing him + his fears etc. (What will he say about this, etc. looking for approval. Disgusting). Self-disgust ties me to the bar.

2nd half. The fire represents ability to change. Now-here ability to respond capably. It's a richness, not materialistic. I am in it, nearer or further. Importance of relationship with it is absolutely essential. It's far bigger than I am but in relationship I become like it. Whole, quick, holy.

I have a correct distance to it. As I come in I feel sure of what, who and where I am. It's part-shielded. Depends on me. I feel right where I am, closer would be inappropriate.

Feeling of my placing is perfect. I feel complete, alive, in touch. It will not take me over. It is me. Correct relationship w. it is essential.

2 halves of dream. Records in body, records in spirit. I dream it in 2 halves because I could not handle uncontrolled terror. The second half is the opposite - wholeness, peace of mind.

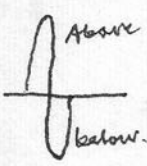
In the terror my mother in me cannot let go. Wipes me out. It needs terrific courage to let go. F. is the pillar we all revolve about. All to do with terror. The idea of courage makes me emotional. It is what is needed. Bungee jumping.

The real Richard is ? The whole process, not a separate part of it.

Solution of problem raised by dream? Courage. Pulling yourself together to a point of acting without caring about the result. Simply letting go. V. hard for this being because of fixated fear-energy.

If there was no poss. of solving it, I would not be able to dream it.

Now essential courage to operate. Starting anew. Fresh air. It feels that the tunnel is fear, the column is courage. Acknowledge the terror is there. You feel it. That lessens its intensity. This courage is not the knight battling the dragon. It's all acceptance of what has been, + that changed the feeling itself. It's all energy after all.



Magical rule: As above, so below.

Go with courage into the bar. I tense up inside. I just allow energy flow into the tightness. It neutralises the terror. Terror is the bar, the wall, the water. It's all fear, resentment + blocked ambition + self-chastisement.

Courage accepts all, wh. means me. So, if I am accepted what am I fighting? I never felt accepted by M + F + so become separated. Until I accept ~~me~~ myself I cannot let go.

Fear + courage together make a very fine, unstoppable.