

Richard 9.12.88.

Revenge - resentment.

I don't trust anyone. (Weeping) I'm lonely, no friends. No body likes/loves me. I'm alone. Don't desecrate it. I won't answer questions. You'll only boss me around, 4/2. A's friends won't let me play. They bash me. Get out! I've nothing to do. So I won't let them play with me, either. I've felt this before.

← Tight - in womb. Small, trying to move. She's making me uncomfortable. I want to kick her for not moving. My back is hurting. She won't do what I want. I am a tyrant, & I want it my way. Move! Take the pressure off.

← Conception. The push that gets me through. Pre-birth. Feeling my own power, celebrating my beingness. I like it, being who I am. I know it. I want to pull myself in out of myself. In embryo, in male sense, before pushing forth from this vessel. Necessary to start here before confusion starts. I'm interested in this being. I am volunteering to do battle. One volunteers one's services.

→ to 1st resentment: Other beings - not concerned w. them. That causes resentment. They get in my way. I'll fight them. Constriction, coughing. Having to push in so hard I can't get life into me. I'm darkening. The situation & me all push in on me. Aahh! Pushed in, squashed, yet open, or I'll die. Life must pass through.

Waiting, resenting, fear of non-release! I've got the terrors. I've lost who I am. Don't know. Bereft, weak. Terrible. Fear of woman. Don't want to be released into this strange substance.

Not sure I should be here - I want to dis-volunteer. I'm passive, powerless, out of control. Can't do anything about it. No special treatment, not treated as important. Being bumped round. Being held back! Stupid idea of giving up & dying. h + R. fighting. h is paralysed. M/F not acting together. So stuck here. OHH. Aah! ehe. Deformed. Aah! Aah! etc.

Frightened, don't understand how I got out. I was stuck - forever.

← Stuck. Aahh! I'm a battle ground, fought over. F needed. Holding on. Don't want to release anything! Enough is happening. I don't want to be responsible. No. Shouldn't have got into this. Biology.

Spine. I need to get enough & I will fight you. I push thro' but half of me is paralysed. L side.

L. side is listening to R. side & getting determination to succeed. Feminine waiting to commit. Has male enough energy.

Sperm - what more can I do! I can't do any more. Don't know what I'm doing. Fighting to become single-minded or I won't get out. I'm feeling whole now. Pushing to release. I KNOW now where I'm going. Ready, alert.

Held back by lack of awareness of how the 2 sides come together.

~~↳~~ Aah! Boh! Aah! etc. It comes together from the centre. It's the centre that does it. The centre extends to feel the situation. F. pushes in. Natural resistance to that being pushed. I oppose that. I see the push & the reaction. I see the holding on to that reaction as it goes into next situation. A bending of life-energy until it is bent back or removed. To push back on all pushings. Because I fear not being allowed to live.

Its off-centre - reaction. Its either centre or off. The off, centre blames others for non-love, interference, incapacity, phantasy, guilt, time wasting etc.

Love is more efficient.

Replay, holding to centre. Welding, unifying radiant energy along invisible blood lines. Oneness.

F. pushed back. Reactivity too strong. Want to let go & complain. So I have to let go & watch it from centre. Its happening all round me. I watch the reaction to being pushed. I am concerned with what is now. I listen & wait for right time.

Being pushed again. Doesn't affect me. I recognise but wait. It can't last forever. No urgency, but terrific pressure, heating me up.

Rushing through! Enjoying the resistance. It shows me how much I can push! I enjoy it. Rhythmic. Comes, peaks, relaxes. I work with the cycle. Only efficient way. Work with what's there.

No need of words here. Push! Enjoying my own being used. Situation changes. I just wait. Nothing happening. Reaction off centre is fear now. But the centre waits for change. Reaction is one of abandonment. Unlike. Just a blockage. Going up in elevator but doors not open yet. Rising feeling. No necessity to act, but that pains the off centre being.

Close now. Different atmosphere. Aaahh! Sssh!
etc. Now free! Sudden door opening & I shot out, Not before. Wait for right time.