

Sperm body in week before release.

Not fully grown yet. Forming myself. Movement from c. shakes upwards - contraction; downwards - elongation. Receptive to growth energy.

← 13th month in F. V. calm. Unstressed, aware, peaceful. Tip of an enormous V touching the skin lightly. Non-separated. Part of everything.

← 1st week in F. More individuated, separate. Not connected in same way. More myself.

← before precipitation into F. I feel whole. Lying very complete but not energised, not stressed. I am myself, I am perfection of who I am. Not separate from field. I am formed by that field. I have co-created what is best suited w. reference to whole. Separate but not separate. For the greater glory.

I shall breathe into it, I am a link function. That is what is required to do it out of love. My form fulfils a need of this time of linking. Sitting in airport waiting for plane to another continent. I must live in both continents. End of one journey + crossover point to another. Lot of preparation.

I want to test myself. Give myself. I've arrived here from another set of experiences which have taught me to give. I want to take that giving with me. Image of open door. Sitting is leaving door open w. good intent, I have nothing other than this. You have a hole in the middle of you. But it's a full hole. Feeling of giving birth, partnering what is coming thro. Passive/active, non-action allowing higher action to express. Vulnerability; the partner to open sensitivity. The open door facilitates linking. Linking is the dominant function.

→ To precipitation in sperm. Pushed in. Different surround. Being jiggled. Prodding me to make me aware of physical activity. They buffer me, these forces, but do not penetrate me. Fear arises. Of being drowned in mud or blood. Diluted with blood. Physicality rushes me to the outside. I feel the same as before but I am opposed, I do nothing. Aware of it as there. I'm shocked by being here. I never realised it was so difficult and heavy, so unresponsive to immediacy. I don't like lack of immediacy but am glad to be here & will to see it through.

→ original link concept in now-moment. Still functioning. Same purpose. I need now to formulate this openness. Formulate what comes thro it. Ideas are shells. Link is in power. Ideas are formulations of that power. Good God energy.

First recognise the need. Then affirm + love it. It is not weakness but strength. Change perception + realise. Listen with inner to the voice speaking within this full void.

Unity of mass./fam. Effective function of relationship is important - the first link - and must be made real. (Other links are beyond it.)

First learn to breathe into depths. It's steady. Steadies outmail within. As I breathe in I am pregnant w. possibility. Solar plexus moves my hands. Eng. goes to the root, & then flows up the tree & balances the eng. channels. It's a link to the inner body. This is link between co-existent worlds which to be linked & unified. Breathing is essential for now. It requires conscious effort until habitual. Consciousness of the need.

It's a vitalising, unifying effect on the being. The eng. & the unity are necessary before next step can be taken. It turns attention within & suspends interference from without.

Relation w. Father. Necessary to open to what he's feeling. Remove eng. from trigger points which shut down awareness, particularly acoustic ones.

Relation with Mother. Necessary to be rid of fear so I can see more clearly. Tendency to see M's fear as one's own. Bleed the fear out.

Relation with Wife. Gain control of one's own attention & give it fully to wife. Full interest, full commitment. Remove fear, mental wanderings, ruminations, & give full support. Being has many anxieties & neuroses. Eng. is better used getting involved.

Relation w. Daniel. He needs personal relation/attention. This being has to organise time & eng. to be available to give this. Relationship feeds on interest. Share what he wishes to share.

Relationship w. Rachel. Some is true here. But her character is different. Spend time talking, help formulate thoughts. Conversation with her. Learn to give interest without anxious distraction.

Olivia The same applies, particularly in naming of objects & forming language. That is sufficient.

Points of reaction are that this being can learn to give what is needed by openness. Junk gets in the way. Needs to be cleaned up. First name & feel it. This requires time. Generous time. Re-structuring of timetables & lifestyles is necessary, but do-able.

I like it. I like having work to do, clearly stated. I want to do better.