

Decision making

In womb, tense. Can't make a decision. Don't want to go. Don't want to do it, M. not wanting to go but got to go. Push-pull. The house situation again.

Go onto own centre. In a highly charged situation. My purpose is to get born. This tension is there but it won't kill me. It restricts me.

Look at M. It makes her angry. She suppresses it. Masculine formal side is a problem to her. The push-pull makes her ill. Too tense.

I am responsible for my business. Non-decision splits it. Not an efficient base to work from.

Re-enter own site. Much more clear + aware. Can make up my mind. My staff like it. It strengthens them + me.

F. in you in similar situation. Feet wagging, clearing throat. Not q. sure. Tight lipped. What's the offer? Yes, let's try small amount. Have them in early + evaluate. Then re-order.

Summation of the work, so far, Ψ

Feeling difference is I now feel like a plower bud, tight, compact. A with more freedom, a little more space. It's all about knowing who I am. I know more, + am more confident that I can know who I am. The goal is to be who I am.

Engram work shows me tied to spider's web of trying to please what cannot be pleased. Growing aware that I am mechanical in my actions. I am not in the present. The one engram takes over and persuades. NOT BEING WANTED. So I search for love + do not expect to find it. The answer is that Life loves me. Richard loves R. more + accepts more. Growing strength. Not easy.

Opening of bud will be in correct time. It is held in the heart. The stem goes d. to roots. The bud is only part of the process. Pure emotion alone, nor non-operative ideas, nor non-grounded intuition will sustain it. A loving, willing attitude, careful consideration, openness, sensitivity, will. Taking decisions moment by moment. Look straight forward; neither up or down. More work to do. It will be done, without hurry, step by step. Don't get disheartened. Remember, love is always inside, even if not directly seen. Never leaves your side, ever. Accept that. Fear of not being loved is a painful illusion.

Work to be done on self-worth and confidence. To act from here. Re-live the energy blocked at solar plexus + allow it up. More engram work. More affirmation of I AM.

Sexual life. Really it's the emotional side - the fear of loving fear of rejection, fear of sharing + giving. Creates insecurity + sexual coldness. What do I do + how,

BE in the situation + allow yourself. Guilt feeling. Clarity + sensibility are the goals. Direction, not suppression. Relebrate it. Cause —

Rel. with M. Not able to get near her. Distance. Always a barrier, an unwritten law — so far and no further. Only on my terms. Tone (and turn) it down. You are not acceptable — I can't control you. v. nice, but stay where I put you, dear. I have not enough energy. Too much. I need help. Please stay where I put you.

M. feelings about sexuality. I must not get pregnant. I've been told not to. Stop the men. They don't have babies. Stop them leaving you with babies. I'm frightened they might leave + I will have a baby + die. Going off + leaving me. Bastards — I don't trust them. Frightened of them. They don't understand anything — me. Stupid. Not letting them near.

I recognise these feelings. It ops. in me as a man, in wanting someone else to take the decisions. I get angry if Suz does not take decisions. Masturbation is the easy alternative to taking responsibility for love-making. It is often anger in our rel. which makes me lonely + put off.

S. record. He does not understand me. Don't know how to feel, how I need to be touched + where. Treat me as a whole. Make love to me, not my body. I am not a dust-bain.

Richard. Cause of emotional isolation. Bottom of garden. Been speaking. No friends. Want to hang myself. Utterly miserable and alone. I am bed + nobody loves me.

← Sexual rel. between M + F. I am my M penetrated by F. I am both of them. Total non-relation. Penetrated without relation. M — who am I? I feel I am my M., penetrated abused, angry, frightened, used, resentful. I can feel v. little of F. A gulf of non-relation. He is tense + concerned about sexual act — inhibited, frozen. He knows how she feels + feels misunderstood + lonely. I want fulfilment + I find loneliness, desperation + disappointment.

Richard. I can relate to that. Expectation, inhibition, fear, guilt. You shouldn't be releasing your sperm. Hold onto it or you weaken yourself. If you lose it you would be enlightened. You will fall under women.

The link is woman's anger at ignorance, non-recognition

Heron. Best way is self-love. The key to everything. The awareness that essentially I am LOVE in act. All I do is love. All fel. is sexual in that sense. I will love.

I start w. self-love. I then give what I feel will be received. If not acceptable I withdraw it.

The best way is gently to let the field between us tell me what to do. That is the way to satisfy S. needs.