

Conception.

Unsure, sea of feelings.

← Temperature. Too hot or too cold? Can't make up mind. Sort of glue. Pressed in on + stuck to whatever is next to me. Very viscous.

Jackboot on my shoulders, heel on spine, pressing me d. Face in mud, pushed by this boot. A war. I'm a soldier being pushed in muddy puddle. Coughing. Can't breathe. No-man's land now. Don't know what's going on. Undetermined. Why should I go on. I'll just stay here, miserable.

Slowly changing. Got to be a better experience than this. I see yellow light. Moving forward. It changes + strengthens me. Colours change, energy rises. Blue in front of me.

I want to move on out of mind. I take my own weight now. What is relation to F? I have gone off somewhere, separate. Moving forward now in a field, grass. Blue to green. Space, potential, openness, choices. Beyond is the sea. Messengers come by sea, so I must go to shore. Tremendous lightness. I just move over. Walking or floating on my belly, feeding the earth as I move over it. Solar energy above me. Yellow colour. Blue to green to yellow. Self-sufficient.

← before stuckness. Moving to push forward to crepeendo. Pulling, biking back so as not to waste what I need. Stuck a bit here now. Aah! Aah! Stuck, pushed down! Don't want to be pushed d. Fighting to get out. I am going to get out! I'm not giving up! I'm fighting with my F, for my right to live! My will to live! I will not be oppressed. Aaaaah! Aah! I will make it! I will! I will! I will! I want my way. Get out of my way! I'll fight you! you are bigger than me but I will get through. I'm more determined than you + I will get through. I'll wait for the right moment, storing my energy.

Period of waiting here. V. impossible. Stored w. energy but the field has gone flat. What's going on. I feel cheated. My eng. has gone. (F's record) he feels flat and cheated because he stopped. Holding us rigid. That's why temperature has changed. We are feeling stuck - in prison. Unable to move. Field increasing. Aaaa! Aaaa! Don't know where I'm going. I want to hold on. Don't want to go anywhere. I'm scared. What's happening? Who am I? Don't want to do this.

Waiting, pressed in, like a sprinter. Shaking w. anticipation. Stopping to listen + feel into the movements + to MOVE OUT! Going out. Moving out. Swimming. Moving out, moving out.

I'm out of the barrier. I'm out. I'm out.

Limbo-like, but slightly changed. I'm angry - I can't get into it.  
Frustrated. Can't feel anything.

Long, thin, laterally extended. Terrified. In a limbo, dream-world, phantasy - I hate it. No reality. I will die in an unreal world. No chance of making it. Sorry for myself + hating my self pity. Immobilised by fear. Can't feel anything - it's a load of shit - not mine. Swimming thro a sea of fantastical crap - nothing to do w. my purpose.

I'm having nothing to do w. sea. I won't bother with it. Try a small movement. Try to get energy. Jackboot vudge again. How will I get out of this shit. I'll be stuck. God help me out of this. Slightly better. Getting somewhere.

Yes, yes, yes! Yes. Yes. etc. Answering all the impulses + therefore moving to goal. Impulses are correct info. which I affirm. The energy between me + goal informs me. I cooperate w. life energy. I say yes to it. It moves me. I feel in front of me + I agree w. the direction.

Merging point now. 2 energies being joined into one. One fork swirls into another + creates vortex. Itself joins to itself. Almost an impersonal process.

← 5 secs before being stuck. Awake of myself. Rhythms of compression/expansion wh. will lead to release. Painful suppression now. Holding on. Outside is pushing in on me. I'm waiting for the change. Doesn't bother me. I'll wait. (Vibrating). Changing now. Moving forward, swimming w. great energy. Shaken out. Aah! Moved out. Moving forward.

Inside a woman. Different resistance to my being there. I move forward. Resisting temptation to disperse which is round me. Reverse of man. He pushed, she pulls. Swimming up. Contacting egg. Primary sexual experience of penetration.

Losing sense of who I am. Concept of this other. I don't feel the same. As in a bath of hot water. I respond to its desire. It causes me to digest it. It changes me, though. I'm less compact, less moveable. As I change shape, I change function. I'm a miniature eyeball, pt. of awareness, building myself a body. Ambivalent; because of sacrifice. I like the stable reference, but I lose freedom to change.

You are the whole process of free/bound. You are the free, self-bound.

Awareness is the intention. Self-awareness. Filled with interest. A field of growth/death/growth change.