

Richard 12.3.91.

Fear of Women.

Oh my god! what's she up to this time? How dangerous is she? She says, 'Do I look beautiful?' But dissatisfaction is not beautiful. She is more powerful than me. She has more push, is more energised than I am. It overwhelms me & wants me as a slave. She is furious when perfection is not forthcoming.

I hate being imposed on by anyone! I hate women! Ugh! Ahh! Every man who ever lived in me hates women. I hate and I fear. I hate her power. I distrust them. Always wearing some plot, some purpose. Fear is hate, hate ~~and~~ is fear. Both are very intense!

1 year old. I hate, fear, need. Confusion about which comes up. I fear to lose, hate my dependence. I want to break the chains of dependence. I want to be me.

1 month old. Full of acceptance - being looked after. The other things are there but not stressed.

Womb - 6 months. Fearful, Not moving too much. People are whispering. I'm frightened, tense. I've got to please someone by being moulded, indoctrinated to be a servant. All my food has attached messages; non-stop political adverts. Save me. I own you. You are mine. So rescue me, from this terrible, uncontrollable fear. That's why she's having a baby. The next part of the campaign to be recognised and wholly affirmed.

It absol. terrifies me - I'm not having it - it would be my death, that lot. I can't totally get away from it, but I try to wall it out. ~~is~~ threatened by its power. It just takes over. I can see a solution - accept it for what it is. Acceptance is not imposition. Conscious acceptance = slavery impossible.

Squashing in to corners is limiting. There are no corners or walls. So I become suspicious & as bad as what I identify with in fear. In the same mess as she is in. You have fallen for it.

No escape except by chosen affirmation. Easy as an abstract statement; hard to do. Become incredibly interested in what is said. Gives great power. No real leader in this fear, no direction. A leader and direction are wanted. I am self-elected as leader by saying all this.

The rules? 1st, the basic principle, 'the observer is not the observed.' The feeling are within consciousness, they are not consciousness itself. They need what? A higher form of expression. They ask to be led upwards. So I need rules that transfer fear into creativity.

Energy is characterised by expression but is always the same as such. So energy expression is transformable. Change the form. The expression must suit the here/now. It's a problem of adaptation. Obey what is needed.

What is the best? creates the best form. All I do is follow that. I am slave to the best.

The Best says 'If present in turmoil, see it is not you, & you can then take to the field of turmoil about better notes. You are full of desire for expression & recognition? Love can work the miracle & give you a whole part to play. You can become fulfilled, w. joy in living. The field wants it proved. It's interested, but it must test me. 'Brother, you had better be right.' Its dangerous work.

Expectations are infinite. The field is calling for Christ. That's a big number, and its part of the fear. I can't live up to that.

The Best says, I am here with you, always. Be that Presence, & that is all that's necessary. My ego feels trapped by God above & devil beneath. How do I get out?

Can I put foot to ground and not go through? Fear is a lack, & fear is - a hunger. What you lack is the sure expression of wholistic intent. That's the manna. The weight of the infinite on the particular is a gentle embrace. When full of fear, open up, and you will be helped to expand. You cannot then go wrong. The short way is to open up.

In marital relationship. Listen to the needs of the whole not the part. Obey me, in the proper way. When I speak she understands. I will say, You are my wife. You understand me. (Ego wriggles in discomfort) I affirm this relationship. That is what she demands. There's an upsurge of fear - don't commit, hold some back for yourself.

That was a female emotion in a man. That fear is of being starved of attention & annihilated. Don't deprive me. The Best says yes to both, but the ind. tries to separate itself from the other woman.

I commit myself to you, and I include everything, all particulars. I feel whole, & to do less would be to deny me. All the particulars want grab, hold, darken, & deprive. The light gets less as it is gripped by the hand.

Effects on me. I accept the high truth. Emotionally I feel well & good but prove it. Are you spouting? The Best v. the woman who is hungry & empty.

As hungry I want to control everything. Its an impossibility, but it wants to try. Dark magical desire to control every body. That's terrible to live with. It prevents relation, & is ∴ self-defeating.

If hunger = lack = desperation to control = recognition of truth that life must enter. It can't if its grabbed. So opening & obedience are necessary. Obedience to what is.

But that would annihilate me, says ego. The real I says, Anything less than wholeness is not good enough. I come when all is ready.

It is the I that keeps the hands open to the Best.