

Am I acceptable?

Fear; great fear invading me from M. Because F. is away - is he with other women? Can't cope w. all these children weeping. Feel so awful inside. Don't want this child. Don't want to get bigger + less able to move, and F. at business w. all these women. How ~~do~~ do I know what he is doing.

(Fear pain increased).

Cause of pain in ear. Tears. Self holding for protection. I want to defend self against everyone. I don't want to be hurt. Where is she, my mummy? Don't know. Weeping. Completely alone. Frightened, of the dark. Noises. Creaks, creepy creaks.

→ 1 hour. Asleep. Felt as if M. had been away for a while. Maybe something had got her + could come for me. It's Father. Scared.

Conception.

55. Vibrating, bouncing in a mess. Warming us all up. I'm pushing to front: I'm a spark of sunlight,

Held back + down. Pruned, (yelling), Eeeahh! Ya! Impinged, held back, restrained. Until I pushed out. I felt I might not get out, I might die.

I survived it. I got this. I overcome + I am expressing my life.

← less intense, but I'm here. Moving FORWARD!
(Heavy breathing); Feel sick. Face pushed into mud. Sick. Snake w. fork on back of head pushing me d. I'm stuck. I'm stuck. Aah! Aaah! etc. Swimming forward now. OK, on with my business. I felt v. sick back there.

Begin to feel like myself again. I'm smelling + tasting where to go. Great adventure: Viking feeling. Full of viking images. Sailing - one way passage, a life story, a great venture.

I'm stopping. After great activity, this difference. I've arrived. This sound-colour. A no-sound, but full, silent sound. Vast. It's a colour as well. You see/hear it.

Listening for way to go. Couldn't hear when I was going so

fast. Utterly content in this somewhat sound. I originated from this. Rest is bio-mechanics.

Swimming, without frenzy. Much more gentle movement. without effort. Moving along fine, since I'm on right path. No haste, but going fast.

Darkening around me. Being enclosed, pushed in, grounded. A lot happening but I don't have to make it. v. strange. I'm so used to vigorous activity. I don't have to do anything. Interpenetration, merging, taking place. A case of not-doing doing. Being, not doing. A unity is being made. A single cell dividing. Dual purpose. I have allowed myself to be enclosed.

← 5s. before release. Moving forward. (Coughing.) Fear I won't make it. Not enough energy. I'll never get out. Aah! Aah! Aah! God! the pain - my head, my ear! Aah! Ooh! Pain makes me move. Aah! Aah! etc. (long sequence of shouting). (Movement + sound more intense). I'm stuck - Christ, I'm hurting. Moving forward. Something wiped me out. Shit! Absolutely socked me. Knocked me out. Poison. I'm out of that awful gas ~~and~~ stuff. Gave me a frightful headache, weak from that. Not enough energy to continue. Life goes on, though. Don't know who I am, where I am going. Moving forward. v. uncomfortable, not knowing what to do. Unsure. Maybe I should give up. (Aah! pain come at that), I should carry on. I want to crawl off + sleep. (Ooh! it doesn't like that either!) Funny side to it all, really. A joke.

Energy changed now. Coming forward. What's next? Get on with it. What am I supposed to be doing now?

Listen to my ear now. It concentrates me like nothing else. It tells me to hear all the vibrations round. Hellish argument going on. Man + woman blazing - each back by army. Arguing what I should do. (Coughing). Feel sick.

One says breathe, the other says don't. Go away, go away. etc. Go AWAY! (Male - defensive) Leave me alone. Don't say things like that. I am good. Go away. I don't want to listen.

Doesn't want to hear criticism. Aah - pain! "I don't love you!" Woman. Always late, you never think of me. You never ring. You're late. How dare you leave me like this by myself. How dare you. How dare you?

"Utterly unreasonable. I left on time. Breakdown in tunnel."

I hope they don't pick on me. Frightened. Pain in ear. Arguing about me. I feel guilty. I haven't been v. good all day. It must be my fault.

Trigger. S. complaining about letter. I defend the bank. She disagrees, + says I'm unsympathetic, she walks out. I feel empty + alone. Accused when I feel I have not done anything. I have

been abandoned.

I'm scared she'll leave me. (Central consciousness says its not true).
Ear says "I've heard that statement often. — I'll go back to Brazil.
Sorrow, anger, not great deal of conviction. Pain goes to back
teeth. Bitt! I could bite her finger off.

It goes back to F. ejaculating. Empty. You've lost energy.
Don't own it anymore. You can't hold it back. Teeth cannot
hold them.

Sad negativity + loss of power, and a release.