

Richard. 14.11.90.

## Sexual inhibition.

Unacceptability. Stops me breathing. Restriction. Unacceptable to have these feelings for someone else. I'm in a padded cylinder.

← Early sexual rel. Feeling of dislocation. No satisfaction. Drained by it. Didn't like it.

← Is this what it's about? It's supposed to be the best thing. I am so disappointed. I expected to feel great, I feel awful instead. A change, but for the worse. I expected a lot - to be able to tell my friends of my achievement.

Fear is present. 2 people here + I don't know what to do. A blind urge to get on with it takes over. Not much connection except physically. Guilt, as well.

Afraid of what I want most - real intimacy + love. Highly charged emotion on it. Anything to do with it I fear. In case it takes me over totally. I want it + am afraid of it. The emotion of it translates to fear of the physical.

Not good enough. If people know me as I am, they would not accept me as one of the boys. I feel insecure as a man. But I don't want to copy men's usual behaviour - spending time sending each other up + fucking girls, + keeping up with the boys. You have to fit in a hierarchy + I don't. I prefer the company of women. I can be more easily who I am w. them. They are quicker. But I fear intimacy.

← Desperate to be liked, to be touched, played with. Everybody else is bigger than me. I am left out. Want to be treated like them. I wait in the car + they go off + get the attention. I want it, too. But if I shout to get attention I get smacked, + left out. I can't feel M. to be there.

← Feeling of an eternal waiting room, + I wait for somebody else to open that door. I should not open it - an absolute NO. V. scared to cross the space. Absolutely terrified. I've been told I can't do it + I've accepted the suggestion. An unwritten message, a biological print - NO. Vivid feeling of being hanged - the fear of being hanged next day. A bottomless fear. To do with sex. Had sex with another man's wife. Her husband is more powerful, higher rank than me. I was trying to better myself.

If I allow my sexual energy out it may lead to hanging. It's walling me in, this chemistry of fear. Tremendous regret for what I would like to do in the future + can't. Anticipation of that terrible pain.

Wallking. Sentence is read. I feel the rope. Terribly tense. I am anticipating a drop. I am feeling a knot in me + a knot round me.

Can't breathe. The pain. Strangling. Losing total control of myself. Shivering. Dread. The time it takes! and trying to ~~live~~ live. I — feel light. I go towards it. I am aware of spinning towards the light. I am essential now. Total acceptance by the light. It's as if I never left here. The rest was a nightmare.

It looks tangled, but a reason must thro' it. Trying to join a life energy w. another + seeing it get tangled in the world of forms.

Punishment exists only in the world of form. Study the law of appetites and be aware of their interpretation. They are predictable.

→ Born into sexual inhibition. Fear of woman - inside and out. Born into a house polarised by m/w. both needing understanding. I inherit that need as fuel for my journey.

Unacceptability to M. It separates me off + I turn inward to isolation. So there must be something wrong w. me. I feel inferior. I wish to be accepted, but on my terms. I can't regress from knowing that insensitive push is unnecessary.

I have sensitivity but have lost the push. I gave it up when I saw the damage it does, pushing into other people's lives and bodies. Sexual intent.

(Go to centre of phallic power in you.) It feels like coming home. Here I am. Supremely sensitive, aware, good willed. It can't make mistakes. I can trust its inner consistency, based in love. All push at lower levels are less rewarding than is possible. Operant in this being, I say everything. Flows from c. to c. I pull onto c. + stay there. That is efficient in all relationships. And all rel. is sexual, polarised.

Best conduct is to stay in this state of awareness. It gives security to partner. It frees her of a burden. Can I trust him? What's his feeling today, etc. This feeling has inner consistency. The right time + the right place becomes a celebration. A high state of relation.

The shutdown is avoidable by loving oneself. You love better by knowing better. Take risks, don't stay still.

Don't get stuck, talk. Learn to feel into power centres.

You have the power of the infinite at your disposal if you ask for it. You are a modality + the inf. energy is invested in you. The inf. loves development, so don't be afraid. Go at your own pace. It is not a race.

(Shocked by that. Its put into a much bigger context. Having the inf. at your disposal.)