

Not being wanted.

Suzie accusing, Bench in wrong room. I'm shocked. Want to shout but I'm scared in case she leaves me. I want to tell her she never mentioned it.

Hurt in chest.

← You don't love me. I'm doing it to please you + you don't love me. Nobody loves me or they would not be so horrible to me. I feel very lonely.

I copy everything to make me acceptable. I do + say the right things to be acceptable. But didn't want to. Fear. A miscalculation.

← V. small baby. Can't wove myself. I want to be held by M. + get feeling at one with her. I want to be held + not put down.

← (I feel I am not doing this well). Disturbance. In the womb. Balance disturbed by feeling I am going to be pushed out. I feel the intent coming towards me. A non-loving intent. I am a nuisance, not wanted. A pushing away by Mother. I'm hanging on. V. frightened.

→ Stuck in middle of horrible feeling of not being wanted. Pushed away, separated, not wanted. I'm in a turmoil because of this. Is there something wrong with me? I don't like this.

V. uncomfortable in solar plexus. It's in the blood, in chest. Terribly nervously frightened. Shaky, insecure.

← Before onset. Appreciating rhythms around me. Harmonious. Change occurs. Not in me. A knot below solar plexus. A tensing. Frightened. On the alert now. What's coming next? Disturbed. Trying to do nothing so I won't be noticed. I hope it goes away.

M's record.

Sad, and big + not v. mobile. Can't bend + tidy up. V. tired. A real nuisance. 2 is enough. Can't think about 3rd. F. may look at other women because I am ugly.

→ I am annoyed. Can't do anything. Shook. Can't do anything. I'm furious. Fed up. Wish it had never happened. I'm in no fit state to look after it. I feel guilty but it's true. I am furiously angry at being pregnant. Furious at myself, Fed, + baby. Biology is angry. Chemically angry. I'm out of balance.

Baby record.

Pushed in on. Pushed away emotionally. I am aware now that it's not to do with me. It's them, not me. I can understand her problem. It doesn't have to be mine. I can cope with it now I know where it comes from.

← earlier record. Sperm record. Being held on to. Treated as separate by F. ('father' is wrong word here). Can't move, not allowed to express myself. Not allowed to speak to anyone. A long way off from ejaculation. Bonded. It's as if I'm not supposed to be here. It's very secretive so I'm not allowed to speak of it. I've been told not to say anything. We are separated off from the rest of the body. A no-go area. A law of its own here.

F3 record

I can feel separation. My body feels divided. It's necessary to

to control the lower half. v. bad if it got out of control. Don't like the idea of it.

R. records.

Lack of attention, which means lack of energy. The donor is not attending, not feeding me w. awareness + interest. So I am less efficient. I am carrying these records thro' + wish to do so with consent. The image of frog w. eyes half above/half below surface. (It's a tadpole/frog). Fred's attention is below + above never.

Resentful because F. ignores me. He's spent no time with me. I'm frightened to say anything to you. You don't even know who I am. I am vulnerable to you. You've hurt me so much ~~for~~^{by} ignoring me. I resent you for that.

(I'm scared of doing this) I don't want to get into this. You never listen. You impose wrong solutions on me. You don't love me. What's wrong with me. You never look at me unless to change me - You push me. You manipulate me. You frighten me. You are worse than a woman. What do you want of me.

I didn't want to be sent away. Horrible atmosphere at home. You had to be the centre always. You were so important. I hated those schools you sent me to. Why don't you grow up. You are a fool. You wasted your life.

I won't be like you. You could have become a nice human being. You are weird to live with. Unpredictable. H + A feel the same.

Look at Mother.

I had to ask you to hug me. I needed to be touched + you never did it. How can I respect your weakness when it hid your determination. She is really v. strong. The whole family is organised to what you want for yourself. I always loved you. I needed you and missed you when you went to hospital.

Sad round the house. I wanted you + you weren't there. I felt v. lonely.

I don't know if she'll ever come back. I have no one else. I feel empty. She's so special to me. A special quality. She loves me + nobody else does. I miss her + want that attention.

Go to loved centre in me.

v. cloudy. Can't feel much. I believe in a love which is the centre of me. I am stopped from going to that centre by resentment. (against whom?) Can't answer. It's as if I am stopping me. Nothing to do w. anyone else. I am stopping myself from loving + being myself. Bad habits.

There's nothing inherently wrong. All of me can be used. But I doubted myself. Doubt was suggested by my circumstances. I was evil by being a son of Adam.

That is on both parents' records. I am a son of light. Adam idea is on top of head. That's the smoky bit that obscures the light. Not a question of losing it but of transforming it by work.

Being unloved is written into the record.

Real father's feeling. I am a little one of him. He feels about me as he does about him, no division, all love. He wants for me what he wants for him.

I am not enlightened like him. He has no doubt - pure positivity. I doubt, leading to negativity and darkening, engendering fear and resentment. I reinforce that by re-mining established patterns.

There is a possibility of change, though.

R. F. says, Come to Me. Call me. We will look at it together. (Look at last night + Sus). Remind yourself of who you are & you don't get triggered. Instead, you would see the trigger in her. Good advice.

(What is loveable in you?) A lot. I'm warm. I give of myself. I am sensitively aware. I am capable, practical & I don't push people around. I respond to people in the right way. I ease. I don't separate.

Banish all irrelevant to Essential Self. There is no urgency. Intelligent potential waits for right moment to set in right way. Total alertness, not pre-determined in any way. Not out of control, as I often am.

I will to be a real Free-man.