

Woman.

Sense of relaxation, passivity. Waiting. Defending against bloody women! Can't stand em. I hate them. Wandering things. Demands. Hempiers. Getting claws in.

Its to do w. me. Sick of being pushed around, the provider, errand boy. Who the fuck does she think she is? Revolting. Then she wants finally to control even how I feel about her. She sees only what she wants to get.

She hates tools because each has a function. No respect from me. She turns house into photo. factory. Then whips me in til 12 midn. Turns everything to her advantage.

Internal woman.

She needs a firmer hand. Not happy with what's going on. Plus the weather. All he says is true. He belongs to her + ... is her fulfiller. Appetitive expectancy. Comes from different background + is spoilt. F. indulged her. She thinks its easier to get a man to do it than herself.

Richard could control the situation from a stronger centre. He's tainted by weakness. He wants to please/be liked. Isolation. A sort of trade off. He's walked into expectations + didn't know what. More consciousness is needed.

He asks q's + gets answers, but he does not know me. I would like him to develop consistency.

R. - in principle, I agree. I ~~would~~ I am more selfish than a year ago. I am not prepared to sacrifice all I want to do, or to let S's moods rule the house. I don't feel loving and kind. I do not like being with this woman. She offends me. She has no respect. (Do I want to control her opinion of me.) She has no idea of how she is.

About Mother. Abandonment. Where were you when I needed you. I won't need you or show how I feel. Tight, defensive, inadequate. Must be something wrong w. me. Why else would she treat me like that?

Trigger of abandonment. Crying. By a window. Horrible noise. Strong, heavy rattling. I don't know where she is. She should be here.

Mistake. Caved in, as if everything is falling in to me. A shadow, not a person. Terribly depressed, no energy. Fallen in, can't support it. I am hardly here. Abandonment - I have failed them, can't cope. Nothing I can do. Can't cope with the pressure. I am ill, no energy at all. I told Richard I was going away. All very sudden. Told him I would miss him. Not much time to talk. ✓. find.

(To R.) I have to go away. I'd. Want to take you with me but can't look after you. I will come back.

R. - feel better. Thought it was my fault. (Coughs). Is it?

M. - No. I have to go because I have to get strong.

R. - Plants seed idea of getting strong. I am frightened, small, without.

I feel better that it is not because of me. But I don't like her going - separation. I am alone.

Inner being. Its beating the heart, pumping the blood - living. Lovely. Satisfying - good circulation etc. This separation is painful but necessary, significant. Not being with M. but alone. Not having somebody close. It breeds individuality, a separate person, exposed to change.

Attitude to wife. Tendency to cling, to avoid confrontation, to fear abandonment, fear of being oneself. He fears loss of security.

Correction.

Separate from her. Then you can rejoin at will. Base your centre in yr. self. Become yourself, do orbit into the unknown, along a fine thread of what is right. Path of discrimination. 'Centre' is a way of being. The self finds itself in being itself - in act.

Those demands of 'Do it for me' are demands for attention. Code cracking. Warm me. Underneath her apparent behaviour is the need for acknowledgment. Interest is a food. Pay me some attention.

See that r you do not react to external behaviour. Having separated ~~you~~ from dependence on her, I am self-dependent + can choose my response. I am my own man.

Correct response is to look at what is needed, and how much energy she has. I may offer or not according to what I have to do.

Threat of abandonment. How can she? She can take everything + I am left still with my intent to do what has to be done next. Intent is to live life more abundantly. Life is me.

Fulfillment of the infinite here. The problem is with the 'I' that thinks it knows. It conducts its own chat show.

Best use of sexual energy. (Too bitter, angry to consider it.) Inner intelligence. Sex energy is solar and is essentially what woman wants. Solar sperm. Is what she's offer. Source of solar food. Her attitude to Sun would be totally different if she got what she is really screaming for silently.

Its a very high horse to ride because its so charged. The ancestors say 'He'll never make it.' They've tried and failed.

An idea is a harness. Make sure it fits the life situation. The ancestral harness is too small. I require a better response than that. It will be eliminated eventually. I am ruled by fear or I go into the unknown. I choose life. Fear contains information which could be useful. Fear always keeps a weather ear.

