

Richard 19.6.91

## Emigrating.

Capped, confined feeling. Too much noise in a small space. I can't see the heavens above. Oppression. Not doing what I want to do. So I am oppressing myself. It's what I'm not doing that oppresses me, not what I am doing, I feel v. uncertain, don't know what to do. No clear purpose. Don't know where I'm going or what I want. A misch-masch inside.

← weekend, conservatory, raining, all fed up. As went for business migrants. Could be OK, I remember it. Would shut Sux up + get kids outside. Bloody awful weather. I hate weekends in rain. 8 months per year of low light is too much. How long? I image shorts + T shirt in Aus. + enjoying it.

F. would like it. He's getting older. Responsibilities of Y. etc. Neg. feeling. They have no interest in us. We may as well live abroad, Sux upset about it, They don't want to see children. v. rejected feeling.

They don't want me. She doesn't want me ~~or~~ or my children. I feel terrible, valueless. Angry - revenge. I'll go away, then you will see.

Pleasing Sux. That is strong. I want to please her. There you are - beach, sea - aren't I wonderful? Will you love me if I do it? 'What's next' is the reply. Sitting on a beach is not the point, Do you love me. Do you see me, know me? I am trying. Difficult to love you - too demanding, lack of responsibility. You are a burden.

6 mths in Aus. Bit lonely out here. Different, too. Empty. Don't know what to do is still the problem. Family situation not much different. We're all unwell, stressed, isolated.

12 mths → Settled. Not any better, but certainly different. I'm more independent - this is my achievement, not built on somebody else's back. I also feel still isolated - from the family as well.

← True cause of unrest in R.

I don't know. I am looking for the solid, the reliable. Nothing solid enough to lean on. I don't believe house job + family is the real, there's something more real. I live a shadow life.

I'm hollow inside. An eggshell. I defend the edges, walked everything out. Felt I had to. I have defended myself ever since I left my mother's warm cavern. I don't want to live my mother's nightmare. She's passive, with strange shapes that threaten her. A feeling torture chamber.

In the eggshell I feel cut off, without poss. of being generated. I'm waiting for something. I lack something. I am passive like her. Don't know what I'm doing. It's a shadow life, not real.

I've generated her life in me. Thought I'd escaped that. I am further on, her plus one. I am aware of it, in a more objective way.

I am not content to remain thus.

### Hexonic intelligence.

R. was stressed between wanting to stay in womb + wanting to go. The fear of outside threats. R. felt his M's fear was dangerous to him. Fear too of not being joined. Isolation.

Compare that w. present situation. Very similar. Same energy, same challenge. Can R. make it on his own?

80% egocentric content in the current situation energises it. 20% is objective approach. R. has sufficient energy to observe the process -

Voice of the woman cries out for deliverance. The woman in R. cries out too. The answer? The water has to be changed to wine. The feeling passive recording substance has to be changed to receptive initiative - immediacy.

Alchemy. Wine contains water, + the history of it development (its flavour) + alcohol (spirit) in dilution - The water remains but is changed.

Water is the not knowing who I am, where I am going statement. Wine statement is 'I am here, willing, on my way.' My way is not determined by external goal. My way is immediate response to the whole situation.

Change the patterns for rainy Sundays. Have a party underneath the trees. You can change your response, make them fine times, not usual. No boredom in immediacy.

Is there a positive reason for moving? Opportunities are here, and there. The challenges remain the same. It would shift the burden about to move. Business would be more difficult.

Family would enjoy climate more. New opportunities for expression - not better or worse, but different.

There is urge to move. Free + easy over there; no responsibility,  
Urge to re-experience that. It's memory,  
Engrammic forces at work.

At the moment it is better to stay. The lack has to be filled w.  
the immediate task to hand. Concentrate to fill'

Centre of being. Gently leaned in on from all points of a  
sphere. Dynamised by the in-tent. There is nowhere to go.  
The journey is inward, not outward. The egg shell doesn't  
exist. No defensive structure here. Its pure awareness.

Balancing family. Problem of lack of this satisfaction - they  
have dissatisfaction. The stated is not the problem, but  
the unstated lack. I am empty; fill me. The response is  
here is some; let's practice containment, containment.  
Invert the cap into a container. Its a proven possibility  
invert it + its full. Can't drain it. For anyone who  
wants it. That's freedom. A dome, but skywards.  
Receptive, like an ear, (Hear, O Israel).

Essential business is not going or staying but converting.  
That is alchemy of changing emotion to sp. awareness;  
~~no~~ No to Yes. Remove the impulses.