

Distress point of conception.

Squashed in, going to die. Held back. Tremendous pressure, (Coughing, Shouting.) Black. Don't know where I am or what I'm doing. Utter insecurity. Not knowing what next.

Suspended, stuck. No energy to get out. Glued by the belly. Aahh! Aahh! etc.

Not fighting it anymore. Just waiting. I will choose the next change when I will & until then I will conserve. My movement when I move will thus be a non-movement, because I will not move out.

I am aware of who I am, I am who I am determining. A divine energy. Not separate. Observing questions. What is this to do w. engrain? A doubt is a split. But I am one.

← Coughing. Can't breathe. Aah! Aah! Not going to get any where. So frustrated. Can't get into it. Rage! Can't do it. I won't do it. I won't co-operate. Too scary.

← (I survived it.) How can I produce when I don't know? (Arguing about whether to do it.)

← F's record. Holding back. She wants child but I think she's too strained. I can't look after it - I'm too committed to what I'm doing. How will X cope. What changes will it make. Losing control of myself! Losing control! Aah! → Now what will happen? I've been shaken thus. My future goes with it, with that energy.

← ~~Richard~~ Richard record. (I'm fighting not to do it.) I will do it. Push forward. Building up. Swimming movements. Can't move - running out of energy - that is dying. Aahh! Aahh! The moment I relax, it just changed. All the energy goes out - the urgency neurosis goes.

← go back w. new feeling of non-urgency. Swimming forward. Being gripped in this tube. Fighting to burst grip. Aahh! Aahh! Pushing through. Push through. Aah! Aah! etc. Reformulating myself now - I'm beyond the ring. Free. Making noises to pick up tune of field. Noises vibrate me to pitch where I can feel the call. Moving closer. Don't lose the thread. V. near. Aware. Holding onto. Getting into, moving round. Into, into, into. In. I'm making my presence felt. My awareness of me makes watery sphere aware of me. My focus becomes its focus. Awareness of pain as pt of refusal. What you refuse hurts.

Having faith to be moved by something bigger. I am just a function of Life. L an l. It's the refusing which is hard.

Headache now.

Cause. I refuse responsibility for what happens now. It frightens me. How will I support my family?

Life force. Your concern, not mine. I am throughout of Eng. thrusting into future - new potentialities. Headache hides. Don't like exposure. I prefer left ear suggestions. Implications are v. dangerous.

The energy of the record is food for life force.

I don't know what I'm supposed to be doing. I am scared & angry. Don't know what to do next. No centre. I am a good bluffer. Don't like being shown up.

(This goes into R w. Andrew at 4-5) He knows more than I do & I want to be better than him.

Life force is delighted w. info. It would like to feel into head ache & let whatever will come out.

I want my own way! Shocked at energy level.

Time was not separate from field - my father. I listen into what is said. Direction springs from inner source. I love everything equally. I love into more beautiful & efficient expression.

I unravel all 'don't want to's'.

F. not in the same noose. Eng. in him is structured to resist change. It reacts psycho-mechanically. It is a reactive noose.

R. noose. I choose to see it as useful life force experiment. Examination gives depth of sympathy for all beings.

R. best course. Stay in contact w. this level at all times bc cause here you see clearly. At the other level it is knotted. Formulated by reaction. Mechanical. But a valuable inheritance. F. is not the origin of the being. Compassion bc cause it is seen that R + F both have similar experiences.

M's record after this work today. Likes the development. Excitement that they may come to know woman properly not as an object. I tremble in order to speak from the whole of me. It wants me to focus on things.

Mnemonic statement. Ajna centre. Circle - for oneness & within/without. Reminder of body. What is within is same as without. Mnemonic is ONE.

ONE - WON