

Depressions.

Oh my god! Don't know what I'm supposed to be doing. Just not good enough. Can't do anything right. Totally out of place. So different there must be something wrong w. me. I don't feel part of any group.

You're wrong & I am right. I don't like your standards I separate off from everyone. I'm very lonely. No one here. I want somebody to take notice of me. I am here. I can't walk or use words yet. I've been put down somewhere & left. I scream and shout for attention. (Crying). To see if anyone will come. Listening for someone. I'm fed up with screaming. I'm annoyed w. mummy or someone for not coming.

← Dreadful emptiness in belly. Oh god! I recognise this feeling. Totally without purpose, anaesthetised. A great hole in me. I'm in my mother. 3 wks old. Feeling is coming from belly area. Empty. Horrible. I shrink from it.

Image of grandmother. Terribly frightened. She's done something & is so ashamed she doesn't want to live. Maternal side. She's in a rigid family situation, allows only limited expression. She's fallen in love w. someone else. She fears excommunication because the boy is not suitable. Torn between duty & love.

→ M. feels like a quivering jelly. Nothing solid in her at all. She's contradictory. Angry at imposition of me. V. irksome. I've a lot to get on with. It's a damn nuisance. I am guilty at that, get angry. There's a lot of work & a new house to move to. Too big - I don't want to go. I don't know any body there. I don't want to be forced to go.

R. - It's me she doesn't want. She doesn't want me. Maybe she will get rid of me. I am blocking off these feelings. I don't want to go into them. I know them intimately, but can't get into them except in memory.

Afraid they might destroy me. Out of ten. What do I have to do to please you? The prize of my ticket out. Something wrong with me. I feel that. Something wrong & it must be me. (or them?) Got to hide that thought. I am trying to be nice so as to be accepted. I am paralysed into niceness. But wanting to get my own way. I am sick of being nice. I want my way. I am angry. I want to be anti social & rude to everyone. I won't be imposed on. Stuff you. Don't need you or anyone. I reject you. You don't give me what I need. I don't need a lot. I need someone to be positive about me. Give me a chance. Support ~ love - me. (Don't like saying 'love me'. It makes me emotional & destroys the anger.

She doesn't love me. Absolutely terrible. Can't express the hurt. I feel so insecure because of it. I'm nothing.

I feel immobilised. v. uncomfortable.

Lion and the mouse. I expected to find I was a lion & I found I was a mouse. Unimportant, small, frightened for its life. Not a brave hero achiever & I'm not. Should be a lion & I'm not. It's expected of me - a biological expectation. I am drinking this message. Swimming in it. Expectations.

Reinforced by F's voice. It puts more pressure on me. What have I got to be. The house. M. is nervous, F explains forcefully. She doesn't believe him but hasn't the argument, so she is angry but can't oppose him. He imposed on everybody. His voice makes me tense.

His unspoken intent for me is a servant. He wants people to do as they are told. Organised, efficient.

→ Time helps. M. gets more used to me. The shock was in the beginning.

← Worst part of beginning. I feel like giving up and dying. Stuck in limbs at moment. I'm scared to. I want to protect myself from the horrible. Maybe I'll just go away.

I feel absolutely numb - can't feel a thing. Stay still, don't be seen. I don't want to be targeted. Pretend I'm not there. I'm useless. Can't do anything about it.

This is what happens when I go into society. I can't differentiate between M. & society.

Heroic intelligence.

Oppositions in child to be + M. The child is rejected & forced onto its own resources. It feels messages of potential growth, but pushed down by the beaver. It feels to grow separate. Reject others.

True purpose is to be not bound. Be holistic, free of family - encompass larger family.

Purpose is to stay essential. Don't be diverted from calls in the blood. Hark back & keep awareness; which was never lost.

Essential being, image of radiance, of multidirectional focussed of energy. A ball with many spikes sticking out. That is essential - a geometric truth, crudely verbalised.

Ball is a poor image of the radiance.

All radii are for connecting w. correct sockets, to become living whole energy. They are eng. transfer sockets.

In order to fulfil purpose you must use all the energies. Much of it is trapped in self contained circuits. To release it, let the mouse play, & guide it.

Mouse - nature of. Its happy with itself. v. efficient at finding a home & expanding & exploiting. v. adaptable, can live anywhere. Under attack, it squirts fear into muscles to shoot off. When danger goes, it comes back. (It is, v. very brave).

Life has not refused me. I fell into somebody else's patterns.

Not in control. They are processing me. I feel angry about that. I want it over.

R. (excluding M. record) Some reality at last. I'm not v. big. I'm only doing essentials. Breathing. I'm in the middle of me, staying v. quiet, waiting for next step. Nothing to be done yet. When there is I will.

I have a v. faint life pulse at moment. Feeling it getting marginally stronger. There's a topper. My life flow is reduced. I'm hanging in there, waiting. The fear of not getting born is not me. The emotion has the energy, but I am alive. The energy is mechanical, but the life is quite different. It knows it's alive. Emotion expressed. Alive is alive. It's not energetic, it's essential.

Emot. energy would love to use essence for its purpose, but it can't get at it. Only way of communication is a non-insistence. An insistence which is then negated. Paradox.

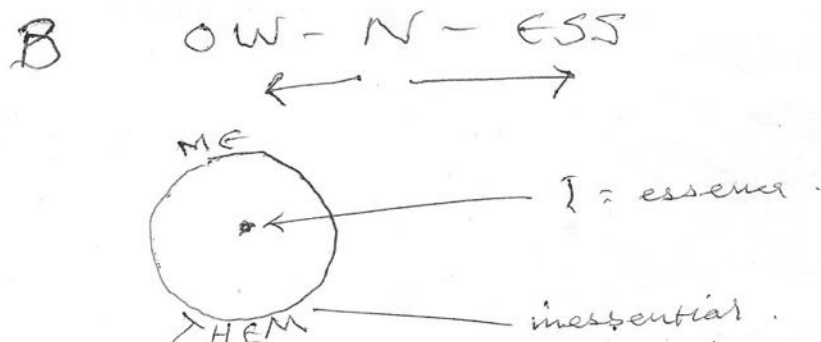
Essence accepts the emot. eng. of birth & is not changed by it. Doesn't fight or ignore it, is not insensitive to it. Image of  $\emptyset$ . Image of the essential life. A stylised tear drop, which came from the eye  $\odot$  of Brahman.

→ into Bowness situation. I observe myself trying to keep house together, working v. hard. I've brought it to Bowness. I will develop in every situation I'm in. This B'ness is a mirror of my birth process. Personally I can go or stay. M. in Bowness says "take me to the beach but support me. Are you strong enough?"

Reluctance, cover up comes over me when asked what is best.

The more essential I feel the more I this peculiar non-sound of electrical energy. Relation between the two. The total sound doesn't stress me. Emotion sound does. I don't feel I have to do anything, until the impulse comes to do something.

The problem is one of looking to re-arrange the furniture. It's not the contents of consciousness that counts. It's the script that counts, not the actors.



I protect myself against not being wanted. I remember life has not refused me, and I feel better. Life loves you. So I have no problems.

I expect F's attitude, as part of his pattern. Life has primary claim. I have something else to do.

11 I have now to keep all this in mind. Don't forget it.

12 Get an education first. I lack a good ideational framework. I don't understand much of what's in my mind. I can afford to tell myself the truth & explain what I mean.

Physically, I need to unbind. I am too stiff. Learn to give all up & relax. Don't lose yourself, but don't carry so much around.

Don't be so guilty. Sexual guilt. Being here guilt. Life for life's sake. Thank you Life, I am glad to be alive. I burden myself with responsibility.

See what situation is & move one step at a time. Deal with inadequacy by picking it up and take it along. Nothing, catch shaking. Small things to begin with. I will not give in.

Moving back into society. All you do is done in relationship. I run away from myself - we are all largely in same boat. Cross fertilisation. When the wind blows we don't know where it goes. If it feels good, that's enough. Live it.

Sailing. Deepest purpose. Wind & water and wood & sun. You capture wind in cloth & wood to send you over waters of possibilities - Adjust to wind, decide how much you gather or spill. Always be alert, or you are in the water.

We are all in the same boat in the sea.

I like this exercise. I'd like to substantiate it how & when I can.

It seems to be about accepting who I am, and thereby accepting everyone else.

Life did not reject me. Life affirms me.

I am who I am. Solid. I have a right to be here. Grounded.