

Eating.

2 sorts. One controlled by the eye, the other an attempt to fill something. A feeling common to both is not being worth anything. Only being here on sufferance. No right to exist. Lucky to be here at all so don't rock the boat.

The more I eat the more solidly I am here. (Only since marriage). I was desperately looking for woman, so I didn't think about food. To do therefore with marriage?

← Sucking at placenta. Pull at navel. M. nervous, so my reaction is to get bigger. (I feel only the shadow of it) Shaking, pulled 2 ways. Terribly nothing. Uncomfortable. In a great room w. nobody in it. Don't know why I am here. Out of place. What's expected of me? What is it to do w. me? Headache coming. Tension in head. M. makes me nervous. Want to get solid. V. vulnerable, not secure. Could be dislodged. Bounced too much. I'm being moved around. Stomping round to stamp me out. It travels right up. She's lifting boxes into new house, angry and nervous. It's all my fault. I heard someone saying that. F.'s voice. It's your fault, you should have done it. She is furious with him.

I have to be great to prove something. Live up to the big house. We are comfortable here. I like it here, don't want to move. I know nobody there. Furious that no one is listening to me. All I can feel is M.'s fury. I feel furious because she is. Self-righteous fury. I will continue to be so til someone recognises it.

M.'s record. How dare he! I could kick the sofa over. How dare he? I don't want it. I'm going to hold onto this feeling. I don't want to move. Frightened of that other house. It's too dark. Don't like those long corridors. It's too big. It's cold as well. No friends here. Don't want to pack + move. All this work to do. Can't we double up here for a bit. I'm happy here.

I am being forced to go there! I resent having to do all of it. It's a bloody nuisance doing it. I'm frightened. I feel happy about baby + also I don't want the extra. Hopeful, but weak. It's a nuisance. If we hadn't got the extra baby I would not have to move. F. always wants to move, but the baby reinforcing that. I don't want my life upsetting. It's not right. Dark and cold.

R. record. It's my fault. She's angry. She wouldn't have to move but for me. I feel threatened. If she could get rid of me she would. Banging + stamping — something in her knows about it. She's my enemy.

I hold on tighter. Why don't I give up? I can't. Life isn't giving up. Gosh, I can't give up. That's a surprise. I eat more to get bigger and stronger to increase chance of survival. I want to make my bond stronger so I need more food.

Feels good. Gives me more energy. Affirmation of wanting to live.
→ To post marriage, Affirming my relationship by eating all this food put here. Not used to it. Affirming the relationship by eating. There might not be one otherwise. Got to make this work - it's my 1st real relationship.

← womb. Lonely, empty. Absolutely alone for always. The decides that. I don't want to hear what's going on outside. I'm part angry, part terrified. They feed each other. Angel says, 'I won't be dictated to. I'll live my own life. Then an empty loneliness inside that.'

I feel stuck. Can't move. Rigid. Eating is something to do. It's pleasurable at least. Depression. Nobody wants me or I them. So I may as well eat. It's a temporary relief from tension. Like a drug addict waiting for a fix. Then inevitably, guilt. Eating instead of doing. It's safer to eat than do.

Closely tied to sexuality, to initiating. If I repeats sexually in every sense, I tend to eat. Anything creative, with interest. Burdened with someone else's problems. As in-laws and as child of my parents. I lug these problems around with me.

Sex energy tends to break out from under. It's not efficient.

→ Point of putting on weight. Taking winter let. Eating fried bananas. I eat + eat, feeling fuller. I want them out of sight. I'm bored. We've achieved relationship. Now I am bored. I expected more. My God, what will F. say if it goes wrong? That's always present. What will he say. Maybe she'll wake up + leave me to pay.

I really enjoy the bananas - delicious. I'm full. Then they don't taste so good so why do I go on eating four. Fear. Will she leave if I don't eat? v. insecure. It's 1st relationship + I want to hold on to it. But what am I supposed to do? Worried. Don't know what to do. I have another banana.

The horse is the link. The uncertain future. I have no structure.

Utter non-understanding is the cause of the anger. We neither of us know ourselves. How the hell can we relate? We live with, but we don't share. (Same as mother) M. wants F. to do what she wants him to do, she's inconsistent so he ~~dismisses~~ dismisses her.

Hexonic awareness.

Eating is an appeasement for weakness, the inability to stand up for himself in face of violence. Result, - passivity + depression. Don't initiate, don't rock the boat. It's also to do w. lack of structure. Fear.

Needs to be a time each day to be non-stressful occupation. Stress at work, stress at family. she needs a time to stabilize.

3.

Perhaps a gentle walk. Gentle. Preferably alone, feeling into the beauty around. Breathing. Not a goal, no points. A merging time. Appreciation time.

Counteracting worthlessness? Its good fuel for work. It prickles & stimulates creativity. Writing, drawing etc. V. useful energy source. The neg. has a pos. phase. Let it write and draw itself or put itself into verse.

Some eating is necessary, some not. Discriminate between. Pleasure has to be dealt with. You can't get rid of it. In excess it becomes pain. Pleasure not to excess is joy.

Drink more. Pint of water immediately in evening. Eat what you need and nothing more. Walking gently, eating is tied to feelings. These must be expressed. Spend time fulfilling structure.

Eat less, more intently. (Anger about pleasing others.) Everyone I've ever met I've had to appease & please.

Life chose me.

Life intent in me is the best of me. It feels like energy which is permeating me. I don't know much about it. I feel it dimly. It wants to develop every facet & integrate all into wholeness. Its not cumbersome.

Experiences & habit patterns are not essential. Turn away into the stream of life energy. Live in the present. Re-conceive it.

Re-conceive food appetite by using the energy of eating in creative expression. Master it. 1st step — make rules about what and when I will eat. I shall eat vital food, not dead food. Develop an appetite for vitality in food.

Fear of loss of social life. Learn to take a moderate amount.