

28.11.90.

I'm hopeless.

In school. Kept in. Wish I was playing. Something about numbers - can't understand them. Proof that I am no good & will never make it.

It is M's voice. Can't cope, quiet desperation; at the end, can't go on. I recognise this feeling. She feels alone & misunderstood. Cut off & v. frightened & insecure. She can't express it. She resents that no one understands - incl. Dad. Its like a knot in the diaphragm.

She has put her feelings into me - a misch mash.

← Origin of M's fear. Strobe lighting effect. On-off. Very unharmonious. M's fear goes to her M. Fear of having a baby. Of being pregnant. It closes her down.

Its all bullshit - anti-me, anti-life. Its nothing to do with me. I have a life to live, not somebody else's.

I feel I have to keep quiet in order to live. Pretend I am not here in order to get born. I don't want attention to be focussed on me. It frightens me. M's anger at pregnancy. Its a nuisance. Causing upset, inconvenient, better not here, etc. Its horrible. It makes me shrink, & poisons me. Its a chemical bitterness. Its not the chemistry of love. That is gentle, supportive, good willing. The other is resentful, angry, tired, lonely & hateful, disappointed & bitter. The expectation is not the experience. Communion was expected. Experience is of material clashing, not real sharing.

Am I going to survive? Yes. At center there's no worry. At periphery there is a diet of anxiety. Centre says, acknowledge it and take the best from it. Anxiety is potentially useful. The pos. of it is that desire. The situation is a fuel for conversion. I will get there. There is always hope. Everything is being pos. charged with the truth of comprehension. In every instant there is a poss. of change. I will for you your greatest desire.

The M. feeling saps my drive. Feeling of not knowing how to go about it. Outer rigidity, inner weakness. I get up tight about genital matters. I feel there are expectations & I am not up to them. I am not the ideal S. holds - Her initiative turns me off. And her talking. And I have the habit of not doing it. We do not make time. And I want to be relaxed to as a person as well. I feel uncared for and used. I resent that.

M. enjoys the closeness in sexual act. A magnetic attraction. Anger too at being left in a vacuum, dissatisfied. There should be more.

F. record. Fear of pregnancy - responsibility, Desire, but inhibition. A feeling that we should not discuss it - least said the better.

The unwilling from both sides makes R. v. anxious + fearful of being born.

When I realise that these attitudes are imposed, I feel more myself. Here, + glad to be here, because life has given birth to me. I don't wish to pass such feelings on. I shall not pass them on.

If these feelings are not mine, what am I? Like taking a shell off. I feel vulnerable, extremely sensitive, not working on reality.

Sexual congress seems to come from the heart. Comfortable, discriminating. I feel cautious about when, where + with whom. Its like putting your finger into the main socket. Caution, not fear.

Masturbation cause. Spiralling down a vortex to a place where I am isolated, unloved. Fearful about sex + lonely. Seeing these organs develop implies something I'm not sure of. I mind them w. some worry.

As I spiral in I am compressed, smaller. Not much room - confined in a dungeon. Afraid of being caught at it - someone bursting in. I feel comfortable, walled off from everything. No roof, oddly. But I never look up. But it comes outwards + I could climb out.

I climb out - feels different. Not so confined - on a mountainside. Part of something

The act feels like a passive arrogant lying in the sun. The member is not a part of me. It has its own ideas. It feels a separate entity. My body doesn't incorporate it because it doesn't want a takeover, doesn't want these confusing energies. Excommunicate it. It wants its own way + feels more powerful.

Terrible fear of this genital energy. It will go anywhere + do anything.

The energy feels like a taper in liquid which it is sucking up. It is not yet lit, but it has potential. Not ready to be lit yet. It needs to be a whole act, otherwise the body fears of it are true. It needs to be stabilised by being incorporated, inseminated by best intent to do the best.

What needs to be done? We are dealing with 4, not 2. Recognise that I have initiative + that has effects. I have to initiate, not relying on 3rd party support. I can have communion. The problems lie with me.

Headache. Buying presents. Susy angry at my choice. She seems to chose on price per Olivia's doll last year. I ~~feel~~ said that was my preferred choice. Its to do with getting her own way.