

Richard 31.10.90.

Wanting to know.

Can't speak. Scared someone might hear + swipe my head off. Wanting to know is blasphemy, because you might able to know. If you are able to know, the church might be wrong. How can one person be right? He's infected w. misery. I might be thrown out. I don't believe in church or what they say. They get rich - a club that mistreats everybody. They don't want questions, which their non-experience can't answer.

Some of it is true and beautiful, some is rotten. We repeat the litany, an entrance card. I don't trust this rotten hypnotism. False.

Got to keep up appearances - otherwise there's a bottomless pit. We don't talk about it. It's not nice.

Don't show emotion in public.

You know where you belong in the social order + you treat people according to their position.

You expect respect.

You are allowed only a certain range of ideas. These are all you express + they are your ticket to the club.

They have no outlet. Very angry about sex - other people enjoying it + you can't. A selfish resentful scorn feeling of expectations not met. Lonely, isolated.

It is like a crust. (Break it and look below into pit)

Yawn + stretch. I feel more vital; there is no pit. Well-being + energy. Interest, not a mirror reflecting a kaleidoscope of meaningless bits.

The crust wants to control ^{all} but its surface, so it can't control what is below. There may be ice on sea, but the waves continue. Real relation between is a flow - like water.

Wanting to know is a transition phase. When the crust dissipates, you know. That is truth.

Sex. is divine energy. Its neither m. or f. The crust makes you get permission for it, or you are punished. Permission is given only if you do as you are told, financially, militarily etc. You will defy them + you then get limited permission. What they do + what they require of others is different.

Keep to yr. own class + they can control you more easily. Step out of line + you will be punished.

Sex in categories. Masturbation not good. It doesn't involve you in society. We don't talk about it. Not nice. Sex itself is not nice. Its enjoyable but you don't admit it. V. uncomfortable to think about it. Fear of punishment. For homosexuality, for pregnancy etc.

Sex eng contains unified m/f in relationship. Supportive union in act. A tower. Any drive anywhere. Sex seems to always mean physical. But its universal at every conceivable level. Mathematical, political, practical, physical. If everything from opening a door, working on a computer.

Its misinformed. Repressed, it takes immaturely expression. Misinformed is misformed because blocked.

It has no right expression. Leader, fear, guilt hidden, loneliness. I don't have the right. I am not worthy; you won't like me. So I avoid exposure to emotional & physical contact. Pressure builds up & comes out at wrong frequency. Too intense, too full of expectancy.

At deep level I am sexual. Dynamic; from putting 2 energies together. I am that combination. All expression is sexual.

Fear constricts free flow. To the extent of my fear, I inhibit natural expression. Fear of father bursting in on masturbation - the forbidden. I'm bad. So keep quiet.

In one sense masturbation is a celebration, in another it is safer. Its a recognition of how I feel, at least. Its better than nothing. Then I walk into repression of feelings. Vulnerable because its inter penetration. Vulnerable to damage. Fear of how much I want contact.

It goes back to having no contact w. mother. V. strong. Recognize & say yes to it - allow a little interest & gentle care & interest. Then a change comes. Don't push, just expand interestedly into what's there.

Approach to partner. First approach oneself. Be aware of your feeling. Is it right to start sexual celebration? As you feel, expand into partner's feeling. How is she feeling? If its right, you flow along the bridge you have made by your interest in her. Then follow the feeling in heart you as it arises. The heart is the bridge & first mover. Then you have success.

I like it, but I wonder how I will deal w. negatives? First acknowledge the feeling. Then allow modification by inclusion. Sexual energy includes all. Follow the heart is the single rule. Those are words.

Head energies complaining. Drift, loss, rubbish. Fury at losing control. (The heart says yes, I include you.)

Think of consequences! Sexual eng. is not dick-tated to.