

22.10.25

Really good new
festival

Sick after leaving

More closed off from R for a few weeks.
→ depressed.

Idea of keeping going

Connecting back to self. Let it be
Friend sent me to kundalini alignment + shifted
something.

Been better

Doing more Reiki

More festivals

R

Felt like I was up against glass re anything inside me
but created more noise wanting to close off.

Activated some stuff + I can feel what's activated
= opening + closing

Feels like taking it + closing off for a long period of time
Doesn't feel like a good solution

If close off for a week + then clear, but if go
on + have to work my way out in less resources, not
good.

→ Less boundary blu re + what's going on.
More sensitive around others.

F: dysregulated after.

want to psychotherapist, more likely to react poorly
~~to it~~

close to surface.

?

Less space for me

Harder to be around others

Too close to everything; as if no glass
Everything too close.

Things already too close

Then have to close off & move away

Don't want to see things too close

Emotions are higher

More prone to anger & irritation

? Eg.

Problem drained up without release.

Rx made me more angry & want to move away.
When angry, can't engage

Jack /itch.

Rash: no o.

< eating ice cream

< " choc.

> sugar.

relationship harder;

Felt trapped; couldn't speak at times
felt quite shut down.

Festival -

lightened up a week before festival

was really well.

Running around solving problems; interacting w people.

Laughing about challenges

Kissed a girl.

Disappointing; argued next day, so left it.

She was manipulative & controlling

↓
want to give up.

Made me want to close off move
Come back to self.
(13th Sept)

Disappointed + helpless + angry. Why can't they repair
move to me.

I'm already closed off. & can't get words out
Rx made me want to close off move.

Sleep.

Not bad. Bed at 1.30

Dreams.

Police + authority + speaking up against it.
- coming to get someone else. I was in the house
saw something on laptop + wanted to say it
I refused as they came for another purpose.
Not a criminal offence.

Fi annoyance; having to speak up

It feels like there's a

Energy

- had to claw way back
Gone to gym today.

Food spurt 17th is:
Rt eye twitch when eat close (11th sign)
+ congest. in abdo

Migraines

Sore

- don't feel well after.

avoid it till builds up.

Mania + chaos builds → let's get rid of it
Then feel sick; redated + less energy +
= digestion