

26.8.24

Holly.

Emotional day - M<sup>o</sup> unaware of what's going on in my life.  
I can't talk to her. If I were her, I'd be crushed.

Exhausted; heavy.

Grieving what isn't

But best I've been in myself.

? Trigger

5<sup>th</sup>/8<sup>th</sup> shared photos of M<sup>o</sup> farm + property.  
Feel safer she doesn't know but still hurtful.

Brad came in + asking how I was. Said he was 4 over me  
+ wanting to try again.

I felt insulted

He said he didn't care about me then but does now.

I had to tell him it was over + done.

I had no clarity I'd made the right ~~the~~ decision

Kids doing well.

Work - busy. Feeling the wt of it.

Next year Henry starts school 2 days.

→ will work 2 days per week.

Ceramics classes going well. Asking me to do more.

Tues. nights +

able to save → more reserve.

WISE

Outlander era.

Women being 2nd class

Don't know if she's scared or disgusted.

Pushing something away.

Deep dark forest is big oak trees; moss; boulders.

She's feeling unsafe; surrounded by people; big men  
trying to take someone from her

She's trying to keep the answers

can't run - too many

Trying to protect herself + to keep something safe.

Taken away somewhere isolated

Not near home

Can't escape

Has to survive it somehow.

They're coming closer; she's more scared; desperate.

She'll get away somehow.

Lots of boulders around.

Instincts will kick in & she'll pick up a rock  
& get away. But not close to anything.

Exp.

Pure terror; mind scrambling for what am I going to do.

Chest caving in

Making myself small

Trying to hide inside my own body.

Eyes clanking

Uneasy

Stomach tight

Chest sunk

into a ball.

Pulling back into solar plexus

I want to really sink into the chair

Disappear; should & not be there.

Protected

But more vulnerable by not being prepared;

Instinct to protect yourself but logic is you can't  
as you

Stand in chest pump - power pose.

If I make myself look big I'll feel big;

Putting on a show & hope for best.

Feels more vulnerable than being small as focus  
more on how I look than presenting.

Reflections WISE 2 - pink lotus.

Enchanted pond; fairyland

Moody; blues + purple

Sparkles in water

Tingly; buzzy all around

a world under the cover of lily pads

whole community living under there.

Not people; some magical things

flowers are like spy towers; come climb up, hide  
in petals

can retreat

a watch tower

Don't know what they're hiding from

want to be secret

Disguised

look like

When safe, come to life

Have their world

HG. interlocked  
fingers.

When warned from watch tower,

→ conspicuous; hidden;

I'm one of the things in the water

It's fun; vibrant; exciting; busy

Exp.

Like a close knit coven but big. Lots going on but  
calm & organised & you know what's!

Happy; joy; vibrant; lots of life

safe

I can breathe deeply

Alert but relaxed.

Don't have to predict or be a guard.

Alert

- instant retraction + become invisible but visible  
still; there but not there but still safe.

HG suck back to outside rim of pond

Disguise themselves  
Anchor into the floor or walls of panel  
of secure: planted when there's danger  
Then free again

HG - enclosed

HIDING  
Becoming invisible  
source of danger.