

14.11.24

WSE - boat in still water.

v. peaceful

So much space

Unexpected

Nothing around it.

Looks like it could go forever but could be things on the edges

Endlessness

being alone.

For a short time, would be nice to be alone in that space

Possible ideas

Having that much space would be unusual.

Would be nice to have that much space

If there on own; mind clearing

Be there by self; no commitments or obligations

movie

A voyage; going somewhere

Triggers this week - Missy Higgins new song - 2nd act

Empty deck; lying there staring at sky; still

Not going anywhere.

Going into a beautiful place of possibilities

Everyone has shadows but always a brighter side.

[Ex soldier moved to isolated part of our valley

Not well suited to that much isolation; need support)

Shadow of the image - a lot of darkness.

Land on edges of have to get out

⊕ sit on boat + paint the water in colours

Gently rocked to sleep; v. still; restful

Nice to have a long restful sleep.

Exp.

Ears move aware of sounds

image of waves in my core, like body rocking (inside)

gently rocked

I can feel my breathing; warm;

Breathing in chest is warm.

Reminds me of being 5 on a house boat.

Couldn't believe you could live in a boat.

Circle in fish-like motion

HG like 

Don't like the feeling; ~~at~~ not grounded; sick

Head spins; ground moving

Opp. S. - Firmly planted in the ground; like a tree.

Firm

+

Climbed mountain this week as needed to be outside
Anxious going up rocky mountains

> kids holding my hand.

Bracelet



It's fused; one piece of metal

It can hold itself.

Loops around

No and

Like a vine

Like being held onto.

Someone holding your hand

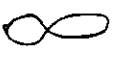
Always had trouble leading; lead from behind in groups.

Become held by the people around you to feel
supported

Want to be in the cluster.

Hard in the kids, to manage all the time.

Every day is chaos. Not enough space to not be in
chaos.

? connection in HG  & bracelet.

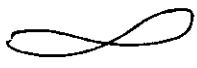
Flirting; quiet & take to make a loop.

Picking up other's anxieties
Pre-empted husband's reactions, but he didn't react.

Doing things so he doesn't get angry.

Things at home have been smoother.

He has own car

We all have to move as a unit  H.G.

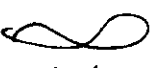
He's less worried about what I'm doing
Feel he's trusting me more.

Reflections

Being supported by feeling connected
I need that to feel I can relax into myself
H.G. fingers clasped
Connected to people in safe way

Bracelet - the clasp.

Now have a few friends I've made myself + recip-
rocated; special.

H.G. -  I like this feeling. In life, done
this slot is comfortable; flow.

Child song in hand movement like that.

When think of people that are isolated, can't
survive by yourself. Need community; to be
connected.

In Colo - get cut off, so learn to know where
everyone is.