

20.12.24

Busy helping Amy now.

Hit head today → Cerebral
Valve let go.

Not much more time.

Journalled a bit

Normally it's looking to god for answers. This is more looking
into me to find answers. Not uplifting.

The more I dig into me, the more I find to bring you down.
Not in me, I have to find it spiritually.

Feeling 2025 has to have quietness to be; to find space
for me to find peace.

I needed to see

Easy to see Geoff's flaws

My life doesn't depend on others to make me happy. It
has to be within me.

Part of the journey of dealing in the life I have now & live
my life well.

→ go back to God & find my peace in him.
I've done this before.

→ pray & worship. I know how to.

It's been harder to do that of late; have to be more
disciplined; been too busy. Have to slow down.

Geoff's anger & drinking → give up; Why bother; I'm too
bothered; sit & play games on phones - distraction

Started painting again this week. - v. good for me.
? Retreats for prayer.

I want to help Geoff get well.

To be able to finish well; be at peace w God.

⊕ Place of joy for my family.

How to find peace in my senior years.

So grateful to be well & have what I have.

WISE 1 - fig tree.

Tree in middle

Everything taking nourishment from tree
(like people do to me)

yet tree is flourishing; it's doing well; not struggling as the
fr

still reaching its potential, growing to light + getting nourishment
if need yet is able to nourish others.

And that's ok

This ones straight. Helps if we grow straight when
have others drawing from our strength.

I want to be that strong tree in
That's who I am

My roots do go down deep

My branches do go out to get nourishment

But I can be that for others

I actually like being the tree.

But not tree on my own. Lots of other trees
around. +

we can't stand on our own
together make a habitat

Everyone has their place;

One tree on own falls down.

Others around - weather together; protection

Exp.

strong; dependable; place of refuge for those around it.

Put open; sucked dry; used
OR

strong, dependable - safe

Having to choose which way I want to go.

Choose to delight in the opp. for place of safety
I create.

I choose to be that safe place

Reminds me this is a privileged place.
That tree's not daunted, it keeps growing.
Not looking at the vines on it; keeps growing

when I'm daunted, by it, need to think of privilege
to the sun & to put roots down.

Then I'll stand & all attachments will thrive together
instead of I can't carry this.

They're all making their own way to me; not up
to me.

All about where I choose to let my thoughts go.

My natural way of thinking I grew up it was to see
my cup $\frac{1}{2}$ empty but I choose to see it $\frac{1}{2}$ full.
I've had a blip of seeing it $\frac{1}{2}$ empty.

Reminds me that I'm $\frac{1}{2}$ full.

? Put upon: S

spiral into little hole; be miserable; dark hole.
shoveled up; miserable; curled up in bed; rocking
no joy

S: Choking; lump in throat; tight; tense.

HG - hand to throat

off:

Relaxed; comfortable; smiling.

Don't see the tree being strangled; see it co-existing.

Dreams - being frustrated. waking agitated.
2° exhaustion.

Dreams.

(Had 1st baby + newly preg)

M^o coming from NZ to visit + bringing 3 babies.

Couldn't understand why

(had a miscarriage the next day) I'd had a lot of problems conceiving

I felt like that dream was a promise I'd have 3 babies.

I had endometriosis

F: at peace; a promise

R:

School

Uni entrance exam.

Q on a Ch. + I didn't know the answer.

Woke up + re-read the Ch. + it came up in exam.

(~~these~~ prophetic dreams)

Gen

4 cholesterol.

Reflux

Endometriosis > after children.

Generally

Cool in day

Hot at night under covers.

Foods

⊕ choc; sweets
- milk

Digestion - reflux - heart burn rocks on going to sleep

Sleep - wake up 2-3 hrs

Energy - tired (but doing a lot of things moving)
wake feeling tired

1 push myself all the time to do things
(as energy is low)
(not driven)

I'd sit all day if I could, but force self to keep going.

⊕ read all day
- get lost in it; escape.

Historic novels; about lives
Women that work hard & find their way.

Younger - objected to inequality
worked hard in bank & became a leader.

Strive to do best I can.

⊕ a fair go.

Faith

Strength, hope, courage, grounds me.

Foundation to stand on that's solid.

Integral part of me.
? without.

Qivi - self-centred; miserable; not easy to live

→ opp.

Why are we here?

Lost: who are you?

all have a choice about what your
purpose is important.