

Buddy Zetina

41yrs.

31mg 2C-B

10/23/1981

*In general I feel very strong and focused. I feel I am getting clear about my self. I have thoughts about "coming into my power" and "arriving".*

*The thing I feel most disharmony with is that I haven't and almost feel unable to manifest the reality I want in my life. I have had four goals for years and I do not have them. They are: 1) A truly intimate and nurturing relationship with a man. 2) To not have extra weight on my body. 3) To have a wardrobe that meets mt standards and 4) To have my house and car be just the way I want them. My pictures of and experience about these goals has shifted - from my net worth depending on them, thru "I deserve it," to knowing that somehow it is a matter of receiving- I also know that receiving is a measure of self worth.*

*At times lately I have been very demanding with myself about this, my mind says "when are you going to let yourself have it", (you bad person) - then at times I know that material things are not what I am longing for is fulfillment- or as the cursed would say salvation. I do feel myself opening more to him all the time - I do long to be so filled with love that I have no time or space for conflict.*

*I had a session of Hellerwork today on my head and neck. I released a lot of holding and feel a new connection between my head and body. I have been taking Nitrofurantoin for 6 days for a bladder infection and yeast infection which I got after making love three times in one week. I'm annoyed about it and feel it is more of the "not letting myself have it" syndrome. Then I feel guilty for being hard on myself for it. I have been having headaches for 2 weeks, a new thing for me. I had migraines for two years 12 years ago but rarely have any headaches for past 10 yeas.*

*As I re-read this I don't sound in very good shape, but honestly I feel the strongest I have ever felt. I trust I am appreciated and I feel loved and acknowledged.*