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~33yr.

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This last month or so has been quite an intense time for for me. First, the store I was working in went bankrupt, and that has forced me to think about what kind of work I want to do, especially taking a look at whether I want to do some kind of therapy or healing work. I have a lot of fear and confusion and doubt about going back in the field again, and yet it seems to pull me more than other things.

I have also met a woman who has brought up a tremendous amount of feeling in me, both about her and about myself. Both my job searching and this woman Sadie have made me take a look at a lot of negative feeling I have about myself. This negativity has been closely associated with the physical pain I go through in my head and body. Three weeks ago when my head hurt so bad that all I could do was lie down and take aspirin. A "past life" scene in which I was clubbed to death has come up a lot in connection with this pain.

This past week a shift had begun to occur. The pain in my head has not been as prominent and it seems that I have begun to internalize the good feeling I've had about Sadie, allowing myself to feel good about myself. There have been times recently when I have had a sense of well being and satisfaction unknown to me for a long time. It is interpreted with liberal doses of insecurity, loneliness, ect. but my general feeling is that I am moving in a positive direction.

I have several things I would like to "accomplish" on this trip, although some have been long standing desires. I would love to complete my saga with my physical (and accompanying emotional pain) pain and move into more satisfying feelings like those of comfort, peace, security, well-being, trust. Trust seems to have been one of my major themes this past month. Trusting and loving myself and my life. I have felt great doubt and fear and mistrust these past few years. It is time for a new way.

I would also like to create the space to have a relationship with a woman in my life, whether it be with Sadie or someone else. I would like to recognize and let go of any blocks I have towards a relationship, and in a sense experience myself having one.