

The rift
Witch, crone, stealer of children, betrayer, life taker

Daphne *** ** <daphne.*****@gmail.com>
2 Jan 2017, 11:09
to me

What I am understanding is that you really need some accountability and making amends from me on the point in time that I asked you to take your stuff back to England last August. I can't remember if I sent you the video that I recorded speaking into that in the end. I guess it is still an open wound, so at least it deserves another round.

What I can acknowledge by now is that it doesn't make sense for me to have said I want to continue a relationship with you while asking you to take all your stuff back. I can see that is the nail in the coffin that is our relationship. In one of your videos I felt really met by you when you spoke into the hurt that you know was present for me while making that decision.... It is clear to me that you are living day in day out with the knowledge of that hurt and the consequence of that hurt.

Yes, in a different time and place I would want to have the bandwidth to say 'I am really hurting, I feel broken and will probably feel broken for a while. I do however want to prioritize us staying together and making this transition together. How can we do that?'.

What I am struggling with is, is to fully acknowledge that it was 'wrong'. I am still finding it really hard to imagine we would have made the transition 'even if' you'd had stayed or joined us asap. I believe that there are fundamental wounds between us that would have surfaced in any other given opportunity/any stress related to decisions on how to shape our life in the NL. And the relationship would have fallen apart then.

(...)

I can really imagine it is unsafe for you to accept my love without the willingness to learn anything from the taken course and a willingness to say sorry and make amends, and a commitment to do it differently next time. I wouldn't want to be thing someone that didn't show any of that too.

(...)

I think when I say I am afraid of you I mean this: it is unsafe for me to let your love in and to love you open-heartedly ongoingly.

I don't trust I will be safe with you. This safety isn't in material gains/wealth/stability. That is just a manifestation of something deeper.

(....)

I am 100% sure we can find a way to give the intensity of emotions, activation and other PTSD related experiences room at the table of our relationship. I believe we had glimpses of that in Blackawton and Buckfastleigh. I feel a strong love for you and those 'wounds' and would like nothing more than to stand next to you in what I believe you have the power to do: to heal those wounds this lifetime. I am feel such a dedication to you in this process. It is something I haven't quite felt before. I don't know how to describe it other than that I feel like a protective lioness when I imagine this process taking shape. It would be such an honour to stand next to you, my strong, kingly, loving, smart, compassionate Grey Wolf... Such an honour. And I re-emphasize again, I truly believe you will turn this karma around this life, in or out of relationship with me. And I know, childishly, selfishly, foolishly, I would just so like to be there when you do. I'd so like to enjoy the potential of our love.

(....)

(I would like to pause here for a while, as I don't feel I stress this side of things enough, by far. I wonder what would happen if we were rooted in this knowledge when continuing the conversation)

(...)

What I would bring to the table then is what makes it unsafe to let your love in and love you with all my heart and to have my base with you.

It is your strategy to cope with the PTSD. In my eyes, the continued approach you can heal this by yourself, your strategy to use alcohol as self-medication, your strategy to have 'man time' and cope with life by playing eg computer games. I know you have put yourself in a loving environment of friends, have sought a doctor's help. We talked about 'capping' your spend money on alcohol on one of our walks in Banbury, etc. etc.

(....)

I don't trust the change, or that something is getting addressed so that we don't fall into the same holes again.

I am afraid to sound arrogant.

I feel however pretty vulnerable as I will let you in on a current conversation in my mind. It goes something like this:

Me; so.... How much money did you spend the last 2-3 months on booze?

You; what do you think? (we both know you like to bring my own question back to me)

Me; Well... I'm estimating with nights out and drinking after work and at home, somewhere ranging between £200 to £350 pounds?

You; that might be right

Me; I am finding it very hard to swallow you didn't put that money towards an air fare ticket. Prioritize to see the boys. Prioritize to see me.

You; well, you know money wasn't the only reason I didn't come over. And by the way, it is probably the booze why I am still coping, managing, haven't gone totally crazy.

Me; because of the booze you and me aren't together anymore. We have lost out on so many things already, from you potentially having had your own house/plot of land before we met, to money to save during our relationship, to lesser arguments...

You; well, I did quit for a year.

Me; yes, and we were about to come out of the black hole while you started to drink again. Another of my frustrations...

{stand-off for a week}

(...)

From my current understanding, and I am the first to admit that is limited, I believe it is not PTSD that is impacting the foundations of our relationship, but the strategy to cope with it.

I want to get a deeper understanding. I am wondering what light you can shine on this. I hope it is clear what I am asking into, although perhaps not with the 'right' questions.

I am aware of the limited means (skill and the method of writing an email) but don't see better means arriving soon.

Afraid this will be just re-emphasize the same old dance between us. With a strong desire this would be an instigator to break out of the loop, I am sending this across.

-D-

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Daphne *** **

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Social business is the key to a more sustainable, responsible and inclusive future

Daniel ***** <daniel.*.*****@gmail.com>

2 Jan 2017, 11:15

to Daphne

Daphne

I'm not going to try and convince you.

I understand it's not safe to let my love in.

I suggest you find a better man for you and the boys. It's probably best in the long run.

Thanks for the email.

Daphne *** ** <daphne.*****@gmail.com>

2 Jan 2017, 13:30

to me

I am not needing convincing.

I suspect you are writing this in response to the paragraph of: "What I am struggling with is, is to fully acknowledge that it was 'wrong'. I am still finding it really hard to imagine we would have made the transition 'even if' you'd had stayed or joined us asap. I believe that there are fundamental wounds between us that would have surfaced in any other given opportunity/any stress related to decisions on how to shape our life in the NL. And the relationship would have fallen apart then."

This is not a choice of not wanting to acknowledge. I simply can't. As if there is a magnet that keeps me away from moving towards the other pole. It is not coming from my mind.

Daniel ***** <daniel.*.*****@gmail.com>

2 Jan 2017, 14:02

to Daphne

I'm not trying to convince

This is not a choice of not wanting to acknowledge. I simply can't. As if there is a magnet that keeps me away from moving towards the other pole. It is not coming from my mind.

Yes I get this, which is why it is better that we both move on.

I suspect you are writing this in response to the paragraph of: "What I am struggling with is, is to fully acknowledge that it was 'wrong'. I am still finding it really hard to imagine we would have made the transition 'even if' you'd had stayed or joined us asap. I believe that there are fundamental wounds between us that would have surfaced in any other given opportunity/any stress related to decisions on how to shape our life in the NL. And the relationship would have fallen apart then."

I just find it sad Daphne, that it seems this way to you, still, I hear you are finding it hard to imagine we could of made the transition, we will never know. Fundamental wounds.... your words - not mine.

Yes it fits that you find me self medicating difficult, yes ofc it needs to be addressed, but the best way I could of been helped is to of had stability and a home with my family, that was taken away from me, it is the instability more than anything that sends me downward, and here I am, yet again having to start from beyond scratch. You have shown such a profound uncared for me through this that it staggers me.

One thing that is clear to me, is that I cannot be with a woman who justifies splitting the family, seperating father from children, especially in different countries... that that makes sense to you - as opposed to working it through together just shows how fundamentally unaligned we are - or how far we have strayed from each other.

I get that is how it seems Daphne, but that splitting us apart seems a better option than trying to make it work kills me, and pushes me away from you reversed magnet style.

There is not much more to say

Daniel *****

There is pleasure in the pathless woods,
there is rapture in the lonely shore,
there is society where none intrudes,
by the deep sea,
and music in its roar;
I love not Man the less,
but Nature more. – Lord Byron

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Daphne *** ** <daphne.*****@gmail.com>

2 Jan 2017, 14:18

to me

O Dan.

I so wanted to provide that stability for you, for me, for us all. That was my motivation to set up base in NL by myself. Something you will probably never understand. Something that I will have to live with for the rest of my life.

I am committed to never asking again to take your stuff while wanting to be in relationship with you.

I never wanted to you stay away. I wanted you to join us. I never wanted to permanently split our family apart. You must have felt my sadness when it became clear you didn't want to/couldn't move in with me in Vught. Something I felt I was still playing catching up with during your first visit.

A catch22. Me needing to the assurance of being in conversation around your strategy of coping with PTSD to unconditionally open my hearts and arms. You needing to unconditionally feel my open heart and arms so we can be in conversation around your strategy.

I read your words. And yet, the picture that I am getting is that the two poles of opposite positions are very close to be bridged. I am praying for some alchemy to bridge these two positions. I am calling out for that with all my heart. To honour where I am at, trusting, with head up high and open heart while you do the same is the only way I know to invite truth in. By God, let it arrive.

Daniel ***** <daniel.*.*****@gmail.com>
2 Jan 2017, 15:04
to Daphne

I so wanted to provide that stability for you, for me, for us all. That was my motivation to set up base in NL by myself. Something you will probably never understand. Something that I will have to live with for the rest of my life.

So WHY did you do it? I'm sure you can see how much you have actually done the total opposite. WHEN I AM SCREAMING that what you are doing does not give that to me - the sheer fucking arrogance of it is staggering. Or the inability to separate what you would of wanted as opposed to me. THAT is a HUGE fuckup!

I never wanted to you stay away. I wanted you to join us. I never wanted to permanently split our family apart. You must have felt my sadness when it became clear you didn't want to/couldn't move in with me in Vught. Something I felt I was still playing catching up with during your first visit.

BUT I said - that if you sent me away, if I had to build a life, get a job, get used to being away from my family that I wouldn't be coming, you didn't listen.

The problem with the two examples above, is that your actions are in direct conflict with what you wanted. And they have had a huge cost.

You said "I dont want your things here - it feels too heavy", YOUR ACTIONS have been in support of US ceasing to exist.

Likewise you wanted to set up the home WITHOUT me, without my input, HOW ON EARTH can you believe I would want to live there???

A catch22. Me needing to the assurance of being in conversation around your strategy of coping with PTSD to unconditionally open my hearts and arms. You needing to unconditionally feel my open heart and arms so we can be in conversation around your strategy.

I have never been shy nor against talking about solutions for myself (we have discussed alcohol, budget etc.. about this for e.g.), likewise apologising and trying to make amends. That you don't see that, and use this as the latest reasoning to prevent you taking responsibility for your actions.... is

frustrating and maddening to say the least.

If you are / were so fed up of me and my PTSD, why would you even of wanted me to go with you in the first place before we even fell out at mums? It doesn't make sense. Do you not see the logical fallacy there?

The only sense I can make of it is that you are not willing to be honest about what it was in you that drove you to make the decision you did. And are not willing to see the true cost of it. Partly because I suspect you will see something about yourself you don't like. I dont care what it is - I am just wanting the truth of it! So we can heal and move past it.

I don't need you to necessarily open unconditionally. I need to you recognise the choice you made, to stop believing it was the only or the best choice (which should be even more obvious with the gift of hindsight) and then that if you truly recognise that - the only natural thing to do is to take what actions you need to to make amends for such a huge decision. AND as a result of SEEING what you have done, THEN an opening might within you occur - sure.... but that is the natural side effect of recognising a (your) wrong.

I read your words. And yet, the picture that I am getting is that the two poles of opposite positions are very close to be bridged. I am praying for some alchemy to bridge these to positions. I am calling out for that with all my heart. To honour where I am at, trusting, with head up high and open heart while you do the same is the only way I know to invite truth in. By God, let it arrive.

There is no alchemy to bridge this Daphne, you have separated me from my children, and you, you have set up a life without me, in which I am not needed. You have spent whats left of my inheritance. You have deprived me of what I love most in the world. And still you defend yourself instead of taking it on the chin. You keep on trusting yourself..... In the meantime I want nothing to do with you, please stop contacting me. Lets focus on the boys - and that is it.

My single biggest block with you, the single biggest hurdle is the above in this email. There is no skipping over or bridging to be done. Please wake up and stop lying to yourself.

Daniel *****

There is pleasure in the pathless woods,
there is rapture in the lonely shore,
there is society where none intrudes,
by the deep sea,
and music in its roar;
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but Nature more. – Lord Byron

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Daphne van Run <daphne.*****@gmail.com>
2 Jan 2017, 15:46

to me

I am confused as you don't want to skip over things. While asking me to stop contacting you.

I don't want to skip over things. I don't feel I am wanting to be right, nor do I think I know better. I am imagining that if we were in the same room, and you would tune into me, you wouldn't sense any arrogance in where I am coming from. Ignorance, perhaps. I can't assess that (yet). Honestly, I feel the willingness to find out and say 'I fucked up, I am truly truly sorry'. I might feel stubborn as in trying to get as clear as I can be, in the face of your loud voice coming my way (which sometimes would have me scream back at you but usually shut down as that is my default response to anger). I imagine these rounds would lead to more clarity.

I realise for once that I didn't trust me to have the strength to navigate this transition with you in second instance. Too wrapped up in pain, hurt, exhaustion, lostness. Which is new, and I don't quite know what that means.

But before I continue, I don't want to disrespect a boundary. Do you really want me to stop contacting you?

Daniel Kendall <daniel.*.*****@gmail.com>

2 Jan 2017, 16:05

to Daphne

I am confused as you don't want to skip over things. While asking me to stop contacting you.

Well if it is going nowhere and the same level of understanding / narrative is being presented then there is no point. I hope that is understandable from my position.

But before I continue, I don't want to disrespect a boundary. Do you really want me to stop contacting you?

I did, but it seems you have made a step in.... so lets try another round, appreciate you checking in with me.

I realise for once that I didn't trust me to have the strength to navigate this transition with you in second instance. Too wrapped up in pain, hurt, exhaustion, lostness. Which is new, and I don't quite know what that means.

Yes that makes sense, and fits, and would be part of the tapestry which informed your decision, but there is more.... what else is there? There is an opportunity for you to dig down and find out what really motivated you to send me away WITH my things, because currently it just doesn't make sense.

I don't want to skip over things. I don't feel I am wanting to be right, nor do I think I know better. I am imagining that if we were in the same room, and you would tune into me, you wouldn't sense any arrogance in where I am coming from. Ignorance, perhaps. I can't assess that (yet). Honestly, I feel the willingness to find out and say 'I fucked up, I am truly truly sorry'. I might feel stubborn as in trying to get as clear as I can be, in the face of your loud voice coming my way (which

sometimes would have me scream back at you but usually shut down as that is my default response to anger). I imagine these rounds would lead to more clarity.

No that's fits, I'm not getting the sense you are trying to be right, and that you are trying, and are willing to find something out - which I appreciate.

I hope it leads to more clarity

thankyou for not being loud back to me

Daniel *****

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Daphne *** **

2 Jan 2017, 20:21

Feeling trepidation, as I am sensing it might be dark, moldy and without much oxygen where I will have to go to.

I hope it leads to more clarity too. Appreciating your willingness to hear the continuation of my inquiry.

I seem to remember feeling calm, 'reasonable', 'right' in asking you to take your stuff back. As if it was the logical thing to do. A mental calculation that if 1 plus 1 is two, this is the 'only' way to go.

The longer I sit on it, breath into it, there is more and more space arising around the back then seemingly inevitable choice of asking you to take your stuff back. The idea that you are taking a stand for something very fundamental here, has me continue this digging.

(having a sense of both a pattern of my dad, as well as my mom is wrapped up in this, as well as something collective between men and women, the collective pain that women cause men, but I'll try to bring it back to me)

Ok, descending the stairs to the metaphorical dungeon...

I am getting a flavour of retribution and a power struggle.

You have hurt me so badly, I have felt so ... uncared for I will hurt you back and I will tell myself I am justified. I will make you feel and you will know in your bones that you can't hurt me like that without paying for it.

(It took me a long time to get the word uncared for. Still not sure if this totally fits. As I am trying to answer my own question: 'by what did you feel uncared for then?'. I get answers, but I am not sure

how relevant it is sharing those here now. As if it would put the attention somewhere else.)

Ai. I am trying to breathe through that this is me. Doing that to you. Unconsciously conscious/consciously unconscious. Ai.

I am trying to continue the inquiry or feeling more of the impact, but it has been at least 5 minutes since I wrote this previous bit and I can't move on.

Finally, what comes up is a flavour of being in shock. Actually being in shock, frozen heart, Bambi-that-looks-in-the-headlights-of-a-car-kind-of-eyes. A frozenness. And of the people around me as well. I notice I wasn't stopped by anyone (read my parents, your parents, any elder/relative). As if everybody was in their own hurt/pain. This unfortunately reinforced my 'justification'. Your screaming of 'no, don't do it' just hitting a glass door. Nothing coming in. Frozen. Frozen. Heart hurts. Wanting to die. Can I just stop breathing please.

I am staring to the screen again, I feel stuck. A bit 'out of it'. Finding it deeply tragic. Am lost as to what is next. I am sorry. I feel disappointed and wish there was more (clarity/discovery/feeling impact/words).

Daniel *****

2 Jan 2017, 20:37

I really. Really appreciate your message. Thankyou Daphne. Will reply a bit later xx

Daniel ***** <daniel.*.*****@gmail.com>

2 Jan 2017, 21:00

to Daphne

Ohh Daphne, I feel so grateful, thankyou for looking at this

The longer I sit on it, breath into it, there is more and more space arising around the back then seemingly inevitable choice of asking you to take your stuff back. The idea that you are taking a stand for something very fundamental here, has me continue this digging.

Thankyou for getting that, that I am making a stand for something which is essential, and will hopefully lead to more love and care between us, its been so hard Daphne, I love you so much.

I am getting a flavour of retribution and a power struggle.

You have hurt me so badly, I have felt so ... uncared for I will hurt you back and I will tell myself I am justified. I will make you feel and you will know in your bones that you can't hurt me like that without paying for it.

Yea... really fits, I've resisted saying "you did it to hurt me/get back at me/teach me a lesson" or words to that effect, out of fear it would trigger your defences. It just really fits, I'm so sorry you have felt uncared for, I have been trying so hard.. I want you to feel cared for with me :(

Finally, what comes up is a flavour of being in shock. Actually being in shock, frozen heart, Bambi-that-looks-in-the-headlights-of-a-car-kind-of-eyes. A frozenness. And of the people around me as well. I notice I wasn't stopped by anyone (read my parents, your parents, any elder/relative). As if everybody was in their own hurt/pain. This unfortunately reinforced my 'justification'. Your screaming of 'no, don't do it' just hitting a glass door. Nothing coming in. Frozen. Frozen. Heart hurts. Wanting to die. Can I just stop breathing please.

Yea, it is tragic, sorry it hurts baby. I saw the frozenness, and yes so strange noboddy stepped in. But we are stepping in with it. Which I feel proud of us both for.

I am staring to the screen again, I feel stuck. A bit 'out of it'. Finding it deeply tragic. Am lost as to what is next. I am sorry. I feel disappointed and wish there was more (clarity/discovery/feeling impact/words).

I think its a pretty good start, I feel less mad/crazy now, I could feel something in the decision that was hard to name, something I had to make a stand against... I hope that makes sense and that is where I have been coming from all this time, and why I can be so loud at times in my protestation.

Its so funny the response in me (to what you name, that place) - my system is such a strong no to that place.. Thankyou for naming it, take a break. I love you - this is a big part of the reason why I chose you, your ability to discern truth. Lets take a breath.

hope you're ok. Thinking of you x

Daniel *****

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there is rapture in the lonely shore,
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and music in its roar;
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but Nature more. – Lord Byron

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Daphne *** **

2 Jan 2017, 21:15

Thank you for your replies.

I can't talk much now. A lot of frozenness is leaving my body in gulps.

I feel deeply connected with you (as if I needed more confirmation...): It turns out both exact moments you sent a reply a wave of tears broke through the frozenness. Without me knowing you'd actually send a reply... (Only discovering after wave of tears)

And I am having a very heavy period that started yesterday. And I had diaroea about 3 hrs ago... Anyway, I'll stop the details, but all feels connected to this.

Feeling some proudness too on us both.

More later, potentially tomorrow. Xx

Daniel ***** <daniel.*.*****@gmail.com>

2 Jan 2017, 21:18

to Daphne

Oh baby. God bless your body. Bring on the poops and the period. I seriously thing this is big. Well done you.

I so love you Daphne. Please look after yourself at such a tender time.

Yes you are connected to me. I'm here.

I'll eagerly await ;) sleep tight x

Daniel *****

3 Jan 2017, 18:40

Hey, how are you? You seem far away, imagining you are with "stuff"

some things I'd like to hear about, when you have space:

(having a sense of both a pattern of my dad, as well as my mom is wrapped up in this, as well as something collective between men and women, the collective pain that women cause men, but I'll try to bring it back to me)

Any more around this?

Can you say more of feeling uncared for, the impact of... how it feels in your body? What is it like to feel uncared for....

What do you feel proud of us / you for? :)

How is the frozenness?

How is your body doing?

hope you are ok

x

P.S my system feeling very blocked at the moment, was just sick, not to sure what is going on.

Daphne *** ** <daphne.*****@gmail.com>

3 Jan 2017, 18:51

to me

Thank you for email.
Still getting boys to bed.
Will reply later.
Hope your body is feeling cared for. X

Daphne *** ** <daphne.*****@gmail.com>
14 Jan 2017, 12:22
to me

Last night I felt I talked about where I was at: feeling pretty worn. Felt very isolated relationally/socially and alone in life. I am close to tears since this morning and work was a nice distraction but that is all. I have had a lousy night - my own restlessness not the boys. Something is sapping my energy.

I had another lousy night. The closest I can get to the source of the restlessness is fear. I am afraid. My heart is more closed. I feel scared, and out of tune, when I think of you coming close, us 'trying again'.

I read this this morning on Facebook: "Take your broken heart & make it into art." -Carrie Fischer

How to Create & Choose Intimacy Over & Over & Over Again, No Matter How Afraid You Feel or How Broken Your Heart... The point is not to become free from fear, nor to avoid having our hearts broken. The point is: What art will we make from it? The point is: How can I love even more, with this broken open heart of mine? The point is Love. Always Love. Sweet Love - Fierce Love - Wild Love - Boundless Love - Self Love - Clear Love - Generous Love - Love That Holds the Whole World. Do you know how to love like that? Even when you are angry, or hurt, or jealous? Even when you feel rejected, or unappreciated? Even when you are afraid?

And that what I feel proud of in having done that over the past few months, last 4 weeks especially. I feel proud of you knowing how to love this way as well. And answering this love from my so full heartedly, in the most daunting of circumstances.

I am grateful for your request to revisit your questions. The things that had me arrive in the place from which I asked you to take all your stuff back is still having it's pull.

Feeling a lot of hesitation continuing.

The impact of feeling uncared for is an inbreath, a stilling, a cramping. A withdrawal of my heart. It makes me feel less spacious, less round. Feeling uncared for easily equals feeling abandoned. Being on my own.

The hesitation increases as I think of when I feel uncared for. But I am not sure if you asked that. I do suspect a lot of messiness if we were to go and explore this. And I also suspect it would be the bridge to a future.

...

[Message clipped] [View entire message](#)

Daniel ***** <daniel.*.*****@gmail.com>

14 Jan 2017, 12:55
to Daphne

Last night I felt I talked about where I was at: feeling pretty worn. Felt very isolated relationally/socially and alone in life. I am close to tears since this morning and work was a nice distraction but that is all. I have had a lousy night - my own restlessness not the boys. Something is sapping my energy.

I hear you, sorry you feel this way.... I am here, and always have been, just waiting for something to shift...

The sapping of energy which I think you later identify as fear catches my attention..... and maybe a fear of mine pops up that you don't want me, or that on some level you feel that we are done..

I had another lousy night. The closest I can get to the source of the restlessness is fear. I am afraid. My heart is more closed. I feel scared, and out of tune, when I think of you coming close, us 'trying again'.

I feel sad that the idea of us rejoining has you scared, out of tune....

I know I really want to you feel you, if you catch my drift, I've never wanted to be a pain or something which takes you away from yourself...

I read this this morning on Facebook: "Take your broken heart & make it into art." -Carrie Fischer

How to Create & Choose Intimacy Over & Over & Over Again, No Matter How Afraid You Feel or How Broken Your Heart... The point is not to become free from fear, nor to avoid having our hearts broken. The point is: What art will we make from it? The point is: How can I love even more, with this broken open heart of mine? The point is Love. Always Love. Sweet Love - Fierce Love - Wild Love - Boundless Love - Self Love - Clear Love - Generous Love - Love That Holds the Whole World. Do you know how to love like that? Even when you are angry, or hurt, or jealous? Even when you feel rejected, or unappreciated? Even when you are afraid?

And that what I feel proud of in having done that over the past few months, last 4 weeks especially. I feel proud of you knowing how to love this way as well. And answering this love from my so full heartedly, in the most daunting of circumstances.

Yes, I can see how much of this you have done, makes sense you feel a pride around this :)

I am grateful for your request to revisit your questions. The things that had me arrive in the place from which I asked you to take all your stuff back is still having it's pull.

Feeling a lot of hesitation continuing.

I have a sense of the hesitation.... the pause..... I could imagine that it is unwanting to go into pain/hurt..... I fear it is that you don't want me

What does the hesitation feel like? is it hard to look in a particular direction, imagine a particular thing?

The impact of feeling uncared for is an inbreath, a stilling, a cramping. A withdrawal of my heart. It makes me feel less spacious, less round. Feeling uncared for easily equals feeling abandoned. Being on my own.

Well I'm firstly just wanting you to know, I am so sorry you feel/have felt uncared for..... I would hope that the opposite would be true... and I hear you.... and can see ways I have behaved that would have you feel like that, I am sorry I didnt care for you better...

And makes sense that being uncared for would equal abandonment that you are not being held or behold in the way you should / need.

The hesitation increases as I think of when I feel uncared for. But I am not sure if you asked that. I do suspect a lot of messiness if we were to go and explore this. And I also suspect it would be the bridge to a future.

Well I guess that is the main question
When do you feel uncared for?

Also want to ask again about what you saw regarding your parents in this in the original message?

Yes I suspect it would be the bridge, down this road... I am game - are you willing to continue?

Daniel *****

There is pleasure in the pathless woods,
there is rapture in the lonely shore,
there is society where none intrudes,
by the deep sea,
and music in its roar;
I love not Man the less,
but Nature more. – Lord Byron

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