

Running Commentary Following Gertrude's Death

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Toward the close of last month, I received word from Humboldt County involving a sale transaction and a different formulation of papers from parties concerned with property that I had sold in around 1978. I felt that a trip over to the area was necessary to derive the facts in the case from the real estate agent who had functioned in the sale of properties that I had there and to find out what the technical facts were. The result was Seth and I drove over leaving on Monday, August 31st. We had a very successful trip both going and returning; no problem with the car, only disgust with the extreme costs of food, motels, and of fuel. Prices have risen monumentally. I had a conversation with the real estate agent and left the matter with her. We spent one day, namely last Wednesday, going over the country which I have returned to for many years, having a considerable affection for those great trees. We returned without any untoward event and the trip was successful in the technical sense.

Because of the concentration of the attention upon the problems and the process of the trip, I did not have any particular manifestation of the difficulties precipitated by the departure of Gertrude during this time. But since returning, the stress effect in the solar plexus region has manifested perhaps a bit more strongly than it had heretofore. There is something here that I find difficult to handle. I still feel, when in that stressful condition, a strong wish to get away from the painfulness of it. I've been able to handle it so far.

There's another matter here, on the news this morning there was a report of the problem of certain executive women, as I remember, who were having difficulties connected with their personal relatedness, and that in order to handle this they were inclined to eat very heavily and employed various means to get rid of the food afterward. But it was as though they employed the excessive eating of food as a replacement for a normal affectional relationship. I found this to be a matter of considerable interest. I have not had the temptation to eat heavily. As I said in the beginning, there is a tendency, on the other hand, to eat less, but I've heard of other cases where eating excessively was employed as a substitute for an affectional loss. I thought I'd enter this observation into the tape for what it may be worth as throwing some light upon this problem of destroyed relatedness.

I have the feeling that I should have a practical nurse with me who would have the task of keeping an eye on this organism. From one point of view it does not matter if it passes in at any time, but there's been a request that I should stay alive from sources which I honor; and I would try to do that. There is a bit of stress in the region of the heart when I put forth too vigorous a physical effort and it does not take much physical effort for it to be too vigorous. I don't know whether this sort of help will come, but I feel the need of it and I would welcome it.

I rather enjoy maintaining the record keeping. It helps to keep my mind clarified. There still is a certain tendency to lose clarity. The recall in memory is not as certain or clear as it used to be. I have the feeling that I am steering a course of life that is near a condition of confusion, and this condition of confusion is in a profound way obnoxious to me. It gives a feeling of insecurity, while on the other hand all clarity which I can maintain gives a feeling of security. It may be that I am feeling something of the dying process in the psychical sense while still alive physically, but I seem to be able to do something about it. With effort, I have been able to maintain a fair degree of clarity—not as good as it formerly was; not as good as it was during the last days with Gertrude. If someone were with me on whom I could lean in this sense of keeping an eye on the organism, it would help to make life more livable.