

sensitive contact with reality. One can't push or shove, but must listen delicately. Also, it is very important to be very clear on what it is you are trying to learn, and to see it's relevance to what you are doing with your life. Right now I am not sure what I am going to do about this, but whatever I do, I must explore it delicately.

3. Self-interest. I am still totally wrapped up in myself, to the point where I hardly perceive what is going on in others. I thought I was getting more open by meditating, but I also see improper meditation can isolate one more. At any rate, this experience not only made me brutally aware of my self-focus, but I opened up a lot to others. I feel I brought back with me part of the beings of my companions, so that my views in many areas are enlarged.

4. Body awareness. I received a considerable heightened awareness, particularly the day after the experiment. I felt I could feel my body processing information and other activities. For example, after eating, I became aware of when the energy began to be available to assist me in driving.

5. Centeredness. It became quite clear how important it is to be clear on what one wants. Everything automatically follows, falling easily into place when the center directive is sound.

6. Communication. The importance of clear communication, clear cut statements and agreements, became obvious. I am often very sneaky about this, and this is part of the price I paid in my experience.

7. Potential. I am amazed at the remarkable potential when people can train their minds to use such materials. The importance of learning and scholarship are now more clear to me than ever.

8. Feelings. I had become very indulgent to my feelings. It is now clear that once one is clear about his objective, it may be important to override certain feelings to proceed. Giving in to my resistances has led to my world closing in. I must remain alert to keep the boundaries open and maintain interests, so as to keep the life juices running. Also, I tend to stew a lot over feelings, pondering their cause, when a more satisfying approach is to see what I really want and go ahead and do it.