The river flows.
with such certainty
a quiet force
that doesn't deny
depth of clarity.
As in waking
dreams seem less real
so this river will seem
less clear in darkness
is it simple
is it illusion.
In the first experience
there is the mild
sense of a depth-less thought.
Anxiety that in thinking
a singular thought
there is no real boundaries,
no real ground rules.
But this denies the self,
it is a meditative material.
It places burden
on the censors in all of us,
it requires them
to respect our feelings-
and impulses.
It requires us to be real
without recrimination
The basic therapy it will provide
is one of de-stressing
ultimate conflict.
There are never narrow paths,
unlike life which seemingly
is criss-crossed, it provides
a door, through which as one steps,
a unique perspective
of the human intellect
and an uncensored vision
of our desire to learn
the workings of the self.

Awakened 5:30AM with nausea
and Bowel Pressure, dosed off & on
until 8:30 during that time
at about +1-aware of increased
heart rate still some eye jump.
1:00 all seems within normal bounds.