

reference. This is the first time Peggy and I have been able to do this undermaterials, and it felt wonderful, and released a deep feeling of love. We returned to the group in great spirits and free of any negative aspects.

For me, I had passed over the hump, and the remainder of the day was relatively free of negative feelings, with a steady growth in the feeling of peace, euphoria, and tremendous appreciation for the wonderful people around me and the beauty of the setting. I was hungry and later food was marvelous.

Peggy began to feel discomfort again, which grew quite strong. She was greatly helped by talking to Ann, and the process she ran with Clare. Then she and I sat together for a while while she passed me her burden. I could feel her deeply, and felt very supportive, detached and creative. I have often filled this role with others working through heavy places with materials, but this is the first time I have done it so effectively with Peggy, our deeply feeling each other and her willingness to have my support. We shared deeply and beautifully in one of those very special cleansing experiences that one can sometimes have with these materials.

There was a very nice comedown with the remainder of the day, with a feeling of deep inner strength and peace. I felt no desire to direct the experience to try to get into levels that I often do; a couple of times that I did were quite rewarding. But it feels so good to be with the others and enjoy the interchanges.

It was hard to go to sleep, but there was no feeling of being deprived of rest. In hiking the next day, everything felt very calm and I felt very strengthened so that climbing a mountain was almost effortless. Also there was no urinary problem. Now 3 days later the experience re-occurs when walking down among the rocks and bushes. The overall feeling is that while there was no great drama (besides the drama we put on in our delightful conversations) there was the feeling of release of great inner strength and very important inner work that was accomplished. There were also many firsts in the delightful, creative conversation and the dis-inhibiting in relationship with Peggy.