

Catherina Caton - New Material, Oct. 5, 1981

~35 years [40B]
18.75mg 3/4tsp.
9:17AM start
10-15 maybe
next time

Before.

I have thought and prepared for this trip a lot. Do I have to go digging out ugly dragons from the past or just go on new? Well, the trip shall tell. I always feel like telling the "before's" AFTER the trip. Then I'll know what I should have been talking about.

Basically, there are two themes to this before; taking care of myself and relationships. I am also starting to take care of myself in the area of relationships, so generally the whole thing is going in a great direction.

Recently, in taking care of myself I have: a massage every week, been taking herbs and vitamins regularly, made an appointment with the dentist, lost 10 pounds (thinnest I've been since Jr. High School), found a great haircutter, and so forth. Have also bought many new clothes, varnished my unfinished tables (a great job, too), am keeping my apartment very clean as a habit, am meditating, organizing and storing my possessions neatly, ect.

Areas I am moving in to tighten up include: getting a comprehensive physical, getting car fixed, paying off bills, and getting exercise...and relationships.

Basically, I either fall in love and hang on to someone who's not attracted to me OR someone gets a crush on me and I don't know what to do. NOW, I am interested in someone who is also interested in me, BUT, due to ethical considerations under my control, I am not going to screw around with Peggy's boyfriend and while she is at that retreat.