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My trip seemed to begin within half an hour with a feeling of energy vibrating along the surface of my skin. I vaguely remember that the two areas of my life that I was focusing on - my physical pain + wanting a relationship - would be taken care of, and then getting information about those areas that I can't remember.

Then for I guess a few hours everything was focused in my body as it went through repeated contractions, with pressure moving downward through my pelvis and legs rather than concentrating more in my head as it usually does. At times I was very scared, and yet it felt pleasurable and relaxing.

I had a keen sense of there being a "me" trying to get out of its constriction, I felt I was giving birth to myself and at times as I watched my body it looked just as I imagine a woman does in labor. During this period I also remember feeling life seeping into my body, having a sense that there is no death and that I have been afraid of life. I kept thinking of Fiddler on the Roof, which I saw recently, and the father's song about "Life".

At some point I don't remember clearly everything subsided and I went "out" or fell asleep. When I awoke I felt as if I had gotten a very deep rest, and felt fairly calm and peaceful. After awhile my head began to hurt but I found I had a measure of choice and could choose to focus on what feelings I wanted rather than the pain and thus reduce the pain.

Ward suggested I listen carefully to the music and this was generally a light, centered, peaceful, and enjoyable experience. I focused some on the two areas I had wanted to look at but again I don't remember any specifics except that I would go in and out of feeling love and respect for myself, which seemed to be the answers. At one point during this time I saw my body lying dead on a beach. I was looking for another body to inhabit but couldn't find one, so I think I returned to my "dead" one.

The trip felt very complete to me, and I'd like to do another one.