

2-NOV-81

## PHYSIOLOGICAL STATE:

NOT MUCH HAS CHANGED PHYSICALLY FOR ME. IMMEDIATELY AFTER THE TRIP, I FELT FINE AND HAVE FELT NO AFTER EFFECTS. MY SLEEP PATTERN HAS CONTINUED TO IMPROVE AND I FEEL THAT THIS IS DUE TO THE RESOLUTION OF THE JOB OFFER AND TO THE FILLING OF THE VACANCY AT MY RENTAL HOUSE. MY HIP AND KNEE JOINTS DO ACHE AND HAVE FOR ABOUT A WEEK AND I ATTRIBUTE THIS TO MY YOGA CLASS LAST WEEK.

## PSYCHOLOGICAL STATE:

MY HEAD IS IN A VERY DIFFERENT PLACE. DURING THE TRIP I EXPRESSED HOW I HAD BEEN REVELING IN THE DISCOVERY OF THE DIFFERENCE BETWEEN COMPETING WITH SOMEONE AND COMPETING AGAINST SOMEONE. THIS DIFFERENCE BECAME QUITE CLEAR TO ME BOTH PLAYING VOLLEYBALL AND BRIDGE LAST WEEK. IN BOTH CASES, I PLAYED WITH MY OPPONENTS AND MY ENJOYMENT AND PERFORMANCE WERE BOTH INCREASED.

I ALSO HAVE REPEATED EXPERIENCES OF MY POINT OF VIEW BEING SHIFTED ON ANY NUMBER OF SITUATIONS. I FEEL THAT I SEE EVEN MORE CLEARLY THE CONTRAST BETWEEN BODY AND SPIRIT. AND I SWEAR I CAN HEAR MORE PRONOUNCED DIFFERENCES BETWEEN THE TWO VOICES IN MY HEAD. SATURDAY, WHILE STONED, I COULD HEAR THE DIFFERENCE MORE CLEARLY THAN EVER BEFORE AND WAS FOR A SHORT WHILE VERY CLEAR ABOUT THE BODY'S ALLIANCE WITH THE EGO AGAINST THE SPIRIT.

THE SHIFT HAS BEEN VERY INTERESTING BECAUSE IT IS AS THOUGH I HAVE DISCOVERED THIS OTHER WAY OF SEEING BY DISCOVERING HOW MUCH MY BRAIN FILTERS EVERYTHING I SEE. ON MY TRIP, WHEN I ONCE LIFTED MY EYE SHADES, I SAW WARD KNEELING BESIDE ME AND YET I "SAW" HIM TO BE AT LEAST 20 FEET AWAY. I SUSPECT NOW THAT I WAS FULLY TURNED ON AND DIDN'T REALIZE IT. I ALSO HAD A DIRECT EXPERIENCE OF THE FOVEA OF THE EYE, THE BLIND SPOT WHICH IS NORMALLY FILTERED OUT BY THE BRAIN.

MY NEW VISION IS WONDERFUL AND MADE MORE SO BY THE LACK OF PHYSICAL EFFECTS. I WILL BE CURIOUS IN THE MONTHS AHEAD TO SEE FOR HOW LONG AND WITH WHAT INTENSITY THE VISION LASTS.

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