

Modesto-

Notes and observations regarding my experience with Preston on Tues, 12/8

Wed 12/8 - I was quite tired when I got home last night and went to bed by 9:00PM. Slept fairly poorly, was up stretching and meditating by 4:30AM. Felt tired all day, slightly grouchy. Yet I accomplished a tremendous amount of work, cleaning up large accumulation at both the office and at home.

Sat 12/12 - Nothing special to report. No unusual sensations, perceptions, memories, feeling states, insightfulness, ect ect.

Love

Noberto