

Dear Ward,

11/24,25/81

Here are my reflections on the 2-CB trip of last week, 6 days ago; given in no particular order. Certainly the most impressive teaching trip I have had with the most discernible results. One of the prevailing experiences of the trip was that I do create my own reality moment-by-moment. This is the first time I have really experienced this one on a trip, retained an experience (or memory) of the trip-experience, and am now using that "teaching" in my life. I am approaching my life now, both my physical and mental life, from the position "I do create my own reality". It's having results; I am stopping certain negative, painful and unproductive trains-of-thought. Today I was standing in front of the I.Magain's Xmas window. Without even noticing it I had slipped into judging the whole thing --- not only the window but the people watching it; I was looking at one family group and was reflecting on the sociology of Xmas windows --- just as I was on the verge of having a whole learned journal article composed in my head -- dealing with all the psychospiritual etceteras of the scene in front of my eyes -- I stopped; found myself again at the point where I started and chose not go down that tunnel. That kind of thing is happening frequently -- basic changes in the way I think and structure my environment via my belief systems.

One of the pre-trip challenges was to put down on paper what I wanted from the trip. I got it, pretty much as I had delineated it --- something which blew me away inasmuch as I had never really believed it was possible to do this. (in general I guess I have not had much faith in my personal creativity, although my life has certainly been going in a fairly positive direction lately. A source of this lack of faith became apparent on the trip. In that whole number about going to the bathroom, I began obsessing on why my body was behaving the way it was, until at some point I realized how totally futile it was to ask 'why'. All I needed to get was that I had created the situation; then I could choose to change it. As long as I continued to ask 'why', I was inhibiting my creative potential for change. That was the point at which I decided to stay down no matter how much I had to go to the john so as not to inhibit the other experience of the trip.) What I am doing now is worrying less about why I did something, simply telling the truth about the situation as it exists, and then stating what I want to have happen. There's been one dramatic manifestation of this already: saying that I wanted someone to call and change a plan that they had made with me (and I had no real expectation that they would do this) and they did so within an hour.

I feel like I had basic experiences on this trip which are the new axioms for a very new and different way of life. I feel myself very much in process and without much concern for outcomes and goals. Early in the trip I realized that my whole life was valid and had been validated. I no longer had to seek for justifications. There was no reason to do so; my life wasn't valid because I had done this or that it had simply been validated. Also, early in the trip, I looked at my attitude toward the people in my life who are positive role models. One thing I do here is project a lot of positive qualities on these people and then compare myself with them and suffer by my own comparison. I realized that I too am an example and role model for others, no matter what I do, and that I have a choice here of what I want to teach. The 'peak' sequence of the trip was a dance between me and Hadya with my finding inside myself the values that I had projected onto her. It was a mystic marriage with strength and creativity, and it came through as a particularly feminine strength and creativity -- or perhaps seen as feminine since I happen to be female. As you know, in the past I have spent a lot of time looking for a particular form in which to express my energy and creativity -- without any real success. I feel myself now in connection with the sources of that energy and creativity and that when there is need for a form, a form will emerge. Now that I am fully out from under the post-trip illness I had, I can feel a strength and an energy that weren't there before the trip. And I have been consciously supporting