

The rest of the day was spent quietly ruminating inside. The feeling of peace grew stronger and stronger, with more euphoria. The wonder of love became more apparent. Several times I became aware of the source and of power, energy and love inside and that it was up to me to focus and direct it. This always seemed satisfying, and built up an inner strength within me. It was enjoyable to just sit quietly and ponder things, which I saw with great clarity. I could see what a controlling person I am, and how much I intimidate Peggy. I could also see how easily I shut her out and really appreciate her input.

About 3 p.m., we drove to town, and I enjoyed ride very much. I was able to drink in the beauty of the surroundings and contemplate many things. I was aware of how tuned in I am to all my interior feelings, and how by simply giving these signals less attention and turning the attention to the outside, the outside will light up. Reading a note from Hassan Novoa, I wondered again about prayer and healing. I felt some skepticism about the fact that God had healed Hassan, and wondered whether it was an accurate appraisal of reality or my personal reluctance to acknowledge something I personally didn't inaugurate. I asked deeply, and felt that the key to answered prayers is sincere love, that sincere love is the answer to everything.

My body felt starved, and dinner was delightful and satisfying. The rest of the evening was spent in quiet euphoria.

I wish to add the recall of one of the most impressive experiences of the day. This is the undergoing of "innocent" or "naked" experience. This happens when there is no anticipation, no expectation, and the analytical mind is perfectly still, so that experience happens in its completeness, fullness, undiluted. This is sheer ecstasy.