

Peggy. I realized that a lot of the uncomfortable feelings I experience around others and try to get away from is often their feelings which I am unwilling to experience. As I allowed myself to feel it, I became aware of bitterness toward men. There appeared to be a problem with her father, and as I watched and became aware of this she cried. There also seemed to be resentment toward men who approached her only for sex. She requires extreme gentleness, rather than the haranguing we often get into.

I turned my awareness to Jacob, and had some realizations about him which made me feel better, but which I don't remember right now - along the lines of missing his family and country. Then listening to Verde's LA TRAVIATA, I saw Jacob smiling and full of joy and leading celebrations. Still not free of tension, I explored further. I noticed that as soon as I turned inward, the first thing I always experienced was fear. It is a very pronounced reaction. I have to accept and run off the fear, and then can proceed. Trust is so important. I decided to see if I could feel what it is like to be loved. I had an extremely difficult time remembering being loved, even though with my head I knew that there were many times I felt love. I saw that I had an enormous block against feeling loved. It felt good just to experience and assess the enormity of this block. It seemed that I could only remember feeling loved in proportion to my being loving, which seemed very rare. I experimented with creating love, something that always moves me into good places in past experiences. I could see that when you exert yourself to create something, automatically simultaneously create the opposite of it, which you must be prepared to accept, but from which we often hide. Trying to create built up a lot of tension. I found the best was to simply desire, hold the attention on it, and let the universe create the reality. A form of prayer. But even best was to surrender completely, and hold the mind absolutely still. In this stillness, the celestial level reveals itself. During all of this, the tensions finally dissolved away completely, leaving a most marvelous feeling of euphoria. I decided to see what it felt like to not have a body. In the process, my body began feeling very light, and I could see that in order to feel no body, the body must be completely healed. By attempting this, my body felt remarkably light and cleansed, although I never developed the feeling of being outside of my body. Loved my body.

5:00 p.m. By this time, Jacob feels that he is down from the experience, Peggy is still zonked, Uma feels marvelous, and I feel more intoxicated than ever. The music sounds better and better as we let go more to it. It feels great to sit outside in the shade on the deck and just look around at the marvelous landscape. I have a marvelous time just looking up at the blank blue sky: the very rich light of the Void a la Huxley. A wave of loneliness comes over me, and I see that following God is a lonely path, but rich in its own rewards.

We all go for a walk out to a big flat rock near the west edge of the property, surrounded by fairly luxurious growth. It is a marvelous place, and it is marvelous to be outside, to see the beauty, to enjoy each other. I feel very philosophical. Food as always tastes marvelous. We quietly enjoy more music, which gets better and better. We retire early for a marvelous night's sleep.

Some afterthoughts:(also remembrances): In the late afternoon and evening Jacob kept turning on again as it came in waves. A recall of a significant experience: Jacob described how the pain in the gut is the child in the womb not being filled with enough love, which leaves him crippled and for which he must make up. When I asked, "How?", he said you must start with the immediate family since they are closest. This made me look at my family and adjust to each one of them, after disposing of some deep anger toward my older brother. I felt the strong feeling within of my fear that everything will be taken away from me if I don't hold onto it very strongly.