

On Wednesday November 17th 1982, we shared a lovely experience with the window. Benton Mcquiston, Fred and I started at 7:30 in the morning, after waiting for Fred to get ready (originally he said 7 a.m., but dilly-dallied around so it was 7:30 or so before we started). Benton was most patient about the delay saying that the time to begin was whenever we were ready, and that the agreement of 7 a.m. was made at a time when 7 a.m. seemed realistic. He is full of the Eastern philosophy of Si Baba.

Things began to happen around a half an hour later. My body began to tingle, and I remember sharing that it sang. It was most enjoyable being with Fred and Benton. We all felt a great affinity for each other. There was a lot of support. We drank very little sweet juices, as Benton had remembered the last experience when we did drink plenty of fruit juices. We had Miso soup several times, lots of water, but nothing sweet. Later in the day a glass of Cranberry juice tasted delicious. Although I was quite intoxicated, I could handle myself nicely. No stumbling or falling down. It felt good just to sit for a while, and listen to music, and listen to Fred and Benton talk.

Time ceased to exist, and although I knew I would have to leave around 5 p.m. (art class downtown at 6) I was not anxious about it. I did rather dislike breaking up the trio, but got into the car and had no problem driving at that time. Art class went very nicely, when I rendered a tree that did not look like a lollypop. Teacher was pleased. Came home around 9:30 when Fred's class was having its final meditation. Went to bed soon after that, and had a lovely, peaceful sleep, enjoying Fred's affection.

The afterglow continued all through the next day, but I began to feel a little edgy knowing that people would be coming for Fred's class at 7:30 that night, and I would have to have everything cleaned up, neat, and coffee ready by then. I accomplished all that I had to, and enjoyed the class very much. Another peaceful night's sleep.

The experiences are growing sweeter all the time. There has been very little body discomfort, that is, neck tension, jaw clenching. I've had none of them lately. Only once a few weeks ago did I have a headache, but took two aspirin and got rid of it quickly.

*Peggy Brandt*