

Mine was a return to the past, and was defensive, being afraid to experience past pain. Sasha's is the excitement for the new, and is based upon trust. I could see how this shift in attitude made all the difference in how one experienced. This realization has been most helpful to me since we had this discussion, and has helped me develop an openness, interest in, and trust in new experience, and a turn away from the past.

Asked about repeating the experiment, I stated I would try the same dose. I realize a lighter dose might lighten the negative initial part, but I am curious, if through learning I could lighten the negative part, and am somewhat reluctant to give up any part of the marvelous cleansing experience.

Peggy stated that she has had a marvelous experience, very beautiful, joyous, and sensuous. Yet she felt the dose was a little high for her, as there was too much body tingling.

The rest of the day was most delightful and companionable. It was a deep privilege to all be together and relate to each other. The discussions were most enjoyable and thought-provoking, and the feel of the other people deeply rewarding. It would have been great to continue all night. Yet joining Clare and Neil did not distract from the experience, but their energy joined in and lifted the experience still further. It continued marvelously until midnight, at which time the experience was still going strong. A most satisfying and fruitful day.

The aftermath of this experience was the most profound of any that I have had in a long time. For the following week, I found myself operating on a new level of functioning, very energetic and very much in the flow of life, free of mental distractions. I felt that I had learned a great deal, had dropped a lot of self-involvement, and was much more responsive to life. I also perceived and thought with great clarity.

This experiment also made me a great deal more aware of the traps of meditation, and how you can build up walls around yourself and certain concepts if you are not careful.