

the pain. In my first aleph 4 experience, the late afternoon and evening were glorious, but this time the tension held on right through the rest of the day, the evening, and even through the night. It was not until the next day that I felt relaxed, euphoric, and at peace.

The pain I felt all afternoon and evening was the result of experiencing the blackest side of my life. It seemed as though everything I had done was totally wrong, and I could only see the black side of everything: my marriage, my move to Lone Pine, my withdrawal from life. I experienced myself as completely empty, just being a parasite on others, constantly taking and contributing very little. Such simple acts as tending the fire and washing the dishes brought temporary relief from such feelings. I felt all my major life decisions were wrong, and yet I could see no way out, as I had boxed myself in by reducing my income, and moved into a simple life style which I had no way to reverse. The thought that my activities at Multi-Media were no longer needed and I must find another source of income was extremely frightening. And the extreme irony was that I was supposed to be a proponent of higher consciousness, and man's limitless abilities, and yet I could find nothing but emptiness in myself. I wanted to crawl back to Lone Pine and die.

During the night I churned and churned over these issues, and came to peace with returning to Lone Pine and becoming a better partner to Peggy, if she really wished to return with me. I could see that my dissatisfactions were unwillingness to face unsatisfactory areas in myself, which I resolved to correct. One of the main elements here was to stop using her unwillingness as an excuse for me not to do things which I know my heart should be done.

The following day was by and large a day of great peace and warmth. It was marvelous to be with the rest of the group, and I was still quite open to all of the surrounding beauty. Plunging into such activities as giving Lazaro a bath with total un-self-consciousness was a great joy. I could see and appreciate the wonderful qualities of all other group members.

During the next few days, anxiety returned many times, and it took time to totally wear off the tension. However, I began to learn ways to dissipate the pain. This is primarily by instead of allowing myself to be blocked by the pain, to turn it around and see what can be done. There would follow a flow of creative ideas of many alternative actions, which felt very good to see. I learned the importance of once seeing what needed to be done, to move quickly, before lethargy sets in, as the moving and acting releases new energy.

The drive back to Lone Pine was a very beautiful one for both Peggy and myself. It was like having another good experience, as we were both wide open. We had much energy, and were not tired from the long drive. We both felt good to be home again, and we have much new energy and insight.