

that everything is all right with her. She feels very good about herself, and knows she has the strength to handle future eventualities, even though they may be tragic. She does not want to see the evil faces any more, so she come out of her withdrawal.

3:00 p.m. We all continue feeling remarkably well, and most grateful for the experience. Ivan feels full of energy. After a while we listen to music, which is very beautiful. We walk around outside, which is also very beautiful.

5:00 We have supper. Everything tastes superbly, but no one can eat very much. No one has had as freeing an experience as Vanessa but all feel it was most worthwhile. Vanessa is particularly pleased and grateful for the experience, and feel she gained a great deal of understanding about her own nature.