

MDA

9/27/80

TS

*The river flows.
 with such certainty
 a quiet force
 that doesn't deny
 depth of clarity.
 As in waking
 dreams seem less real
 so this river will seem
 less clear in darkness
 is it simple
 is it illusion.
 In the first experience
 there is the mild
 sense of a depth-less thought.
 Anxiety that in thinking
 a singular thought
 there is no real boundaries,
 no real ground rules.
 But this denies the self,
 it is a meditative material.
 It places burden
 on the censors in all of us,
 it requires them
 to respect our feelings-
 and impulses.
 It requires us to be real
 without recrimination
 The basic therapy it will provide
 is one of de-stressing
 ultimate conflict.
 There are never narrow paths,
 unlike life which seemingly
 is criss-crossed, it provides
 a door, through which as one steps,
 a unique perspective
 of the human intellect
 and an uncensored vision
 of our desire to learn
 the workings of the self.*

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*Awakened 5:30AM with nausea
 and Bowel Pressure, dosed off & on
 until 8:30 during that time
 at about +1-aware of increased
 heart rate still some eye jump.
 1:00 all seems within normal bounds.*