

Wed 12/2/81

*Getting ready to leave tomorrow (Thurs.) for 3 day meditation retreat. I've been feeling very hassled, rushed, too much to do, ect. Yet I'm a little anxious that I'll be bored and uncomfortable at the retreat.*

*I've been experiencing pain in my left knee, esp. when I run and I'm experiencing this as a threat to my health (jogging is my #1 source of exercise) and to my general well-being (I feel better when I work out hard physically).*

*(see other paper for 12/7)*

*12/7 afternoon - while recovering, watching pain starting in knee, I realized what I got most on the Vipassana retreat was what I fear most - physical pain.*

Tues 7:30 AM - 12/8

*I feel a bit of small ache and pain (left over from weekend) My mind is racing. My greed to get on to the next experience (a familiar state) is very apparent.*

*My goal for this day's experiment is to experience a strong sense of being grounded in the movement, to experience the deep sense of peace that comes from having I, now, more, ego, self dissolve into vacuum, connectedness, wholeness, oneness, self. I would like to take away from the experience a quieter, more concentrated mind that can experience this Self continuously (or at least more often), that can know and act more from the Will of God than from the needs of ego.*