

Novmeber 18, 1981 -- 8:20 am

Dear Ward,

22mg 2CB ~40 years

Here's a fairly up to the minute report on the current state of affairs in my life. Physically I am well; basically in very good health with a couple of conditions I want to correct. One, my exercise and fitness level is not satisfactory right now. I'm achy, back trouble, general creakiness; haven't re-integrated an appropriate exercise regime into my current life style and I'm working on it with some body that's starting this week. The other, some overweight, probably bothersome only to me but I feel it. Neither are worth obsessing over and they have been around too long without my having done something about them. That brings me to something that I want to look at on the trip today: a pattern of procrastinating doing certain things for myself and then getting annoyed with me for not doing, and the level beneath that of not accepting myself as I am at any given time.

My life has changed a lot recently. Ian and I are engaged; we intend to be married in March. It's a real about face for me: after many years of living very solitarily and without a home or very many possessions, very very simply, I am sharing a life, have a home, am acquiring possessions. I decided to make the commitment -- Ward, I am having the devil of a time writing this thing!!! Anyway I'm feeling very good psychological. I am much less at the effect of my mental and emotion states than I've ever seen myself to be. I meditate regularly and I work to keep that state going in other aspects of life than just the sitting practice. In fact I am living the life style that I had said many times in the past that I wanted and it's working very well --- a lot of time at home taking care of things here, time for my friends, some a regular spiritual practice, sharing all this with another person.

It's difficult for me to define what I want from the trip. Mostly my attitude in recent trips has been to take what I get. I've not wanted to set up expectations and I've mostly been concerned with some kind of emergency emotional or physical situation in my life. Right now I feel that I have everything I want in the sense that I'm living in the way I want to be and I have a great sense of space and support around me for dealing workably with whatever might come up. There are some experiences I would like to have, however, and incorporate -- they are things that I heard about in connection with the practice of meditation and also in the context of the miracles -- to experience deeply that I am not my thoughts, body, emotions, etc. etc. and to experience that selflessness that is spoken of. This has been a desire I've been carrying for a while and in the very process of writing it down here, I have asked myself "Who's asking for this materialism. Still, I would very much like to experience that place of detachment, non-attachment, choiceless awareness, surrender, that is spoken of and in turn to re-experience all the forms of my daily life from that perspective. What is the greatest source of joy for me in life is that I am on this spiritual path and the people I share it with. In my relationship with Herman, there are areas where I would like to be more free than I am right now and in general would like to use this trip to further a loosening up process in my with respect to people and other things of the physical world.

Thank you, Ward -

*Love,
Joy.*