

keeping the 'window' open, through reflection and particularly sharing with Melvin and Catherina and staying in touch with ourselves and the experience and how the trip continues to manifest in our lives.

There were two places on the trip which were 'bummers' -- the vocal music and the not-quite-right "Love in Bath" tape. After you turned the songs off, I was feeling awful. My heart felt like it had been punctured and there was a strong tendency for the mind to invalidate the whole trip -- or at least to be feeling awfully sorry for itself. I worked my ass off at that point and it truly was not easy to get myself back to that peak place I'd been before the songs started; and I knew that I was fully responsible and that even if I could not bring myself all the way back, making some effort was far better than lying there feeling shitty, with my head in the past. The other incident is less easy to describe on paper; what seemed on reflection to be the major element of it was that somehow a 'lie' and a 'truth' got into the same space at the same time (you had said it was my tape, yet I knew that it wasn't the exact tape with the other selections on it which Catherina has left for me; and I understood everything --- how you said what you did and that it was true for you, ect. ect. ect. I saw that I had a limit there -- somehow I couldn't hold all of that 'conflicting' data. What came out of all that was my seeing that I expect myself not to have limits, or rather expect that I'm supposed to transcend all of them; and the truth is that right now anyway at any given moment I'm going to have some limits -- either physical or conceptual. It was a relief to discover this and not to have to carry around the unexpressed and unfulfilled expectation of limitlessness.

I fully experienced the goal I had set out for myself on this trip. I wanted to have that full experience that Keith talks about of the arising and passing away moment by moment of all the various mind and body states; to experience the peace and rapture of detachment and non attachment to any of those states, to experience the loss of self. I experienced the truth of the way things are, the nature of consciousness and its relation to the objects of consciousness -- the phrase that came to me was "It's all I need to make me a servant for life". I know I'll continue my practice, and I'll probably go to another retreat, and I'm not doing it in order to bag the vipassana lollypop and take it home and put it in the silver box. And the whole experience was wonderful and not just as a pretty thing unto itself -- it is inspiring for the way things can be (and truly are) in all the realities of a life. I have prayed to have this experience over and over again and I truly saw and continue to see that I am swimming in an ocean of the very things I had been praying for.

This is a good place to stop writing. I thank you very much Ward, and also the inventor, and 'myself' too for a rich and valuable teaching.

With all my love,

Peggy.

*other tidbits:*

- *having emotions without identifying with them - being "in the world + not of the world".*
  - *using the music as a focus so often I was there at the source of each note. I experienced myself creating/playing the Beethoven sonatas moment by moment. My whole relationship with music feels changed - much more spacious, open- for the experience of it-the love+the learning; not the perfectionistic-professionalism*
  - *I am feeling a lot more cheerfulness + less crotchety.*
- I don't have copies of this or 1st one.*
- If convenient, would you xerox me a copy of each, or save for me to borrow back to xerox when I get home? thanks.*

[Editor's Note: Page 559 has been merged with this page]