

9:31 A.M. All take 40 m.g. supplement. I am aware that my decision on the supplement is guided more by the clock than Benton's suggestion to be aware of the dynamic. I see that because of clock time and past experience, I sense a dropping off, and want to take the supplement before it goes too far. I see that in many things in life my awareness is turned on by facts, rather than a sensitivity to the event; but once I see this, I decide it is not too bad a way to operate, so long as something turns up my awareness.

9:38 A.M. Benton is beginning to have some clarity. States that tobacco is associated with black magic, not white magic. He suggests doing some Oming to clean the spirit body. We all join in. I find it raises the energy level and perception level. I have a very heightened sense of God's Presence as I look out at the mountains and beautiful clouds, and strongly feel all of those in past ages who have pronounced OM to center themselves on God, and the marvelous feeling of the Unity. Benton saw that we were creating, a center from which a bright light radiated forth toward the mountains. He felt the mountains were grateful and could see them smiling. He is beginning to see with his inner eye. He sees his little pipe woman as an instrument of the devil, which is fine as we need the dark forces to balance the light. He now feels much livelier, and wants to sing a happy song. He feels the 23rd Psalm is a happy song, and is his song. He feels he is now the purest channel he has ever been, and reads the 23rd Psalm aloud. He likes the Hebrew concept of God, and feels an opening when I talk.

9:50 A.M. I feel some sluggishness developing inside myself, and think it may be the supplement taking effect. A few minutes later I verbalize the feeling, and Benton is quick to report that the sluggishness is in him, and I am picking it up. He describes light cords connecting us. Benton expresses that his mind is holding on, afraid of being displaced, and is experiencing a jumble of thoughts. Peggy reports that there is so much more than we see, and we need to appreciate it. Benton now feels he is experiencing things from his past life. He and Veronika were lovers in a past life, and she was unfaithful to him because of her loving nature. He killed her and her lover, who was Warren. Now Veronika is back to raise his anger so he can learn to deal with it without killing. He is coming down a little now to a place of more peace, more balance. Felt he was too high, and unstable.

10:05 A.M. He feels Si Babba put his hand on his back and assure him that everything is all right. (Benton spent some time in India with Si Babba.) He quotes Si Babba: "Self is getting and forgetting, Love is giving and forgiving." Five minutes later a friend of Benton's comes to the house. I answer the door and dismiss him. Benton is angry that Tommy came: it makes him nauseous. He sees that anger is the worst thing, creating toxins, getting in the aura, and shutting one down. Sees that he must "solve some things with Iden. By contrast, nature is a dance of love. Flowers, all of nature give freely, ask nothing. He finds that keeping, his eyes open is the best. I continue the exalted state that I am in wondering at the marvel of prayer, the flow of grace, the wonder of good I feel that I am being, filled, strengthened, and see how to incorporate the energy within me to expand my being.

10:20 A.M. Benton is aware that one of his spirit guides, a teacher, is enormously happy to be able to express through Benton. In the past he had too many bad habits to be a conscious channel, and could receive only through trance and the pipe. This is a very personalized experience. A little later, He feels that he is coming down, and some dark stuff is coming. We decide to take a look around outside.