

Running Commentary Following Gertrude's Death

Part 6 of 53

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This is a portion of the commentary introduced between the recordings of the discussion with Dr. Brugh Joy.

This morning, I went through the first tape of the discussion between myself, Dr. Brugh Joy, and Carolyn.¹ At the end of the discussion, I found that the rather tight position in *manipura* had been relieved and that I was in a state of consciousness seemingly above that in which there has been the stress throughout the past month. In this case, the state of consciousness, I found, was one of peace and not colored by the quality of sadness. By a consistently maintained effort of will, I was able to hold myself in this state until the time of the noon nap. I seem to be above the conflict that has been present throughout the last month. The stress in *manipura* was absent throughout this time, and I found myself freed from that and as though on another plane where I could look down upon the plane in which the stress took place. There was the slight effect of its being somewhat unreal; but as I have had experience with this crossing of the planes, and know that to be a familiar characteristic, I do not predicate that it was, in fact, unreal. I maintained this position of a rather sustained peace until the nap time. Then during the nap, I did drop down to a degree and was back in the old stress, and there developed a tightness in the chest. But this has since disappeared as I proceeded to this comment.

¹ See the audio recording "Dialogue with Brugh Joy," part 1.