

Running Commentary Following Gertrude's Death

Part 9 of 53

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This forenoon, I reran the tape giving the discussion between Dr. Brugh Joy and myself—November 9th to 11th. It produced a certain effect upon me that may be worth recording.

I slept rather longer and better during the afternoon nap, and I woke up with a feeling that was free from pain that has been my lot during most of the last nearly six months. It was not a state of joy, or happiness, or delight, but rather a state of absence of the pain. It was as though one had lost an arm and had been suffering from it for a long time, and then suddenly, by means of an anesthetic, the pain stopped and there was a sense of a kind of relief. It is a more viable state than the state that I have been in most of the time since May 28th of this year. This is put down just to maintain the record.