

Running Commentary Following Gertrude's Death

Part 10 of 53

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This morning a remnant of this state was still present. It thus lasted for several hours. In studying it, it has some characteristics that are akin to those of a state of *ananda*, but instead of developing to a positive delight, it is rather simply the elimination of a pain, which leaves one in a much better condition than he would be otherwise. I have now three states which are recognizable. There is the state which I have been in the habit of calling "Gertrude-present." It is like a mini-*ananda* located in the range of *anahata* and *manipura*. When in this state, I am in a positive condition. Then I do have the state which I identify as "Gertrude-absent," and it is one in which there is a jittery condition in *manipura*; I feel insecure and unstable. And then it appears that when in that condition I seem to unconsciously draw feminine force from those present—directly from a feminine entity if she is present, and from the feminine side of the male who may be present—and in the cases of Jim and Karen, they have reported that they were aware of this, although I am not aware of it. Now, this state that I have just discussed a few lines back is akin to the state of Gertrude-present in that there is a comfortable condition produced in *manipura* and there is a feeling of greater self-dependence in it. I cannot say whether Gertrude is present or not, but it is definitely not like the state which I identify as Gertrude-absent. It was a relatively strong position, and I felt a comfort because of the absence of the pain of loss. I could, while in it, think of Gertrude and that she was not now here without feeling a stroke of pain with it. It is, thus, definitely a more positive condition.

Last evening Jim volunteered the statement that he was aware of a changed condition in me, which was a confirmation that something that was producing psychological effects that were felt by others was actually happening.