

# Running Commentary Following Gertrude's Death

Part 51 of 53

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December 25, 1982

There is something I wish to report from last night. I was lying in bed, awake most of the time as is usual now, and I was experiencing a degree of unpleasant psychical states in which I felt the continuing pain produced by the passing of Gertrude. However, something happened which was particularly important. I went into a change in the state in which it became a state of feeling which was not affected by the absence of Gertrude. It was essentially a very fine state of feeling, and it left me in a kind of glow thereafter and well into the following day which was Christmas. I have an impression that this may have been the action of *anahata*. It was a feeling state, but it wasn't colored by the quality of pain that has been with me since the passing of Gertrude in greater or lesser degree. To be sure, of late it has reduced in intensity, but still it is an undertone, as it were, in my whole feeling state normally; but last night while in that relatively exalted state of feeling, I was freed from it. I have the impression that this may have been the action of *anahata*, which is defined as a state of feeling which is more impersonal and not involved in the affect of ordinary feelings. It left a kind of glow which persisted into Christmas day, but did not last throughout the whole day. I'm out of that rather delightful state at the present time. This is just a note put in to report a condition.