

:) Actually this week I have a little to convey, and perhaps it will help me sleep well too.

Eos calls it 'coming from.'

I liked our conversation last week, and thought about Gaya's silliness during a sitting. As I write I remember a what seemed a tremendous breakthrough that had to do with my trying to 'use' insights that came up during meditation. It was as though I was asking "What do I do with all this?" And then there was a kind of deep laughter... "DO" with this? hahahahhahaa

Which speaks to spiritual materialism too... packaging and closing up in order to \_\_\_?

To me it was about flexibility and integration, on the whole... Perhaps also about capacities and unique qualities in people to give and receive.

Hm... I'm veering off topic aren't I? Night! zzzzzzzzzzzzzz