

The mole became an aviator then a mole again
then an aviator then a...

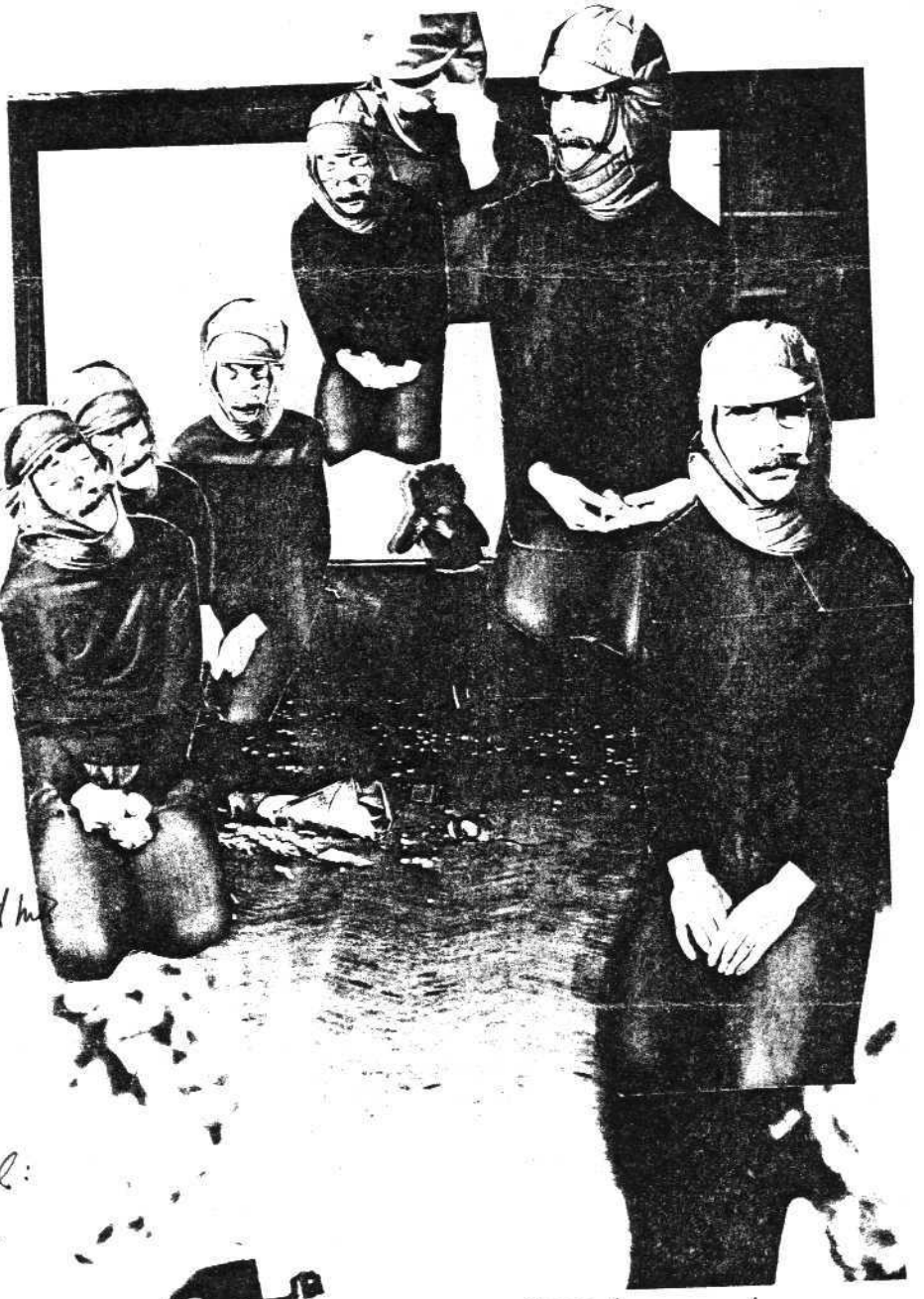
Have decided to go into a semi-retirement, tho this
was a success —

(So how are you?)

Back to the
basics of meditation
for me. Really got
out of touch.

Trungpa's samatha
(basic meditation
technique) practice:
relinquish in-breath,
see out-breath as
you mentally say
Thinking -- since
that is what one's
doing most of the
time anyway. Pretty good huh

I actually forgot
that I was doing that.
Boy, how repressed
can you get. Oh well:
in-out-THINKING, in-
out-THINKING, in-
out- yeta yeta yeta yeta yeta yeta buzz buzz 3 3 3 3 ---



Saw Trungpa in Toronto - Borg organization. He wouldn't see me. Thrown back
on myself again. A seminar on meditation. Sat with about 75-100 people
off & on for a couple of days. Powerful. Sit 45 min to 1 1/2 hrs. do walking
meditation - 10 to 15 min. back to sitting. Time changes all the time. Not too
much of a struggle. That's all for now: in-out-Thinking ---
Love to you both — Debby

