

B: With Meeting, what I had was changed almost immediately. I couldn't stay with the first memory

G1: I had the image clearly but I couldn't connect to the feeling, didn't have the emotional connection. It was about a friend of mine who I witnessed being run over by a car. I had thought of her some days ago.

K: I felt I could be more specific. It can't not change what you're doing, to meet someone else. But this felt so specific to what was at hand so I'm curious to see in other situations.

A: I met with G1, but maybe it was a bit too early. In the following meetings it was different. With K it felt emotional and I kept making associations, it kept morphing.

G1: What was it like leaving

G1: I kept on carrying it in space. Reminds me that something happened but nothing changed. Leaving, was a way to process what the encounter had been

A: I kept it with what I was doing. I had to stay with K as she was off balance and depending on me. When I knew it was ok I left.

K: It felt natural. The exchange of the energy leaves something on you, whether physical or other.

• Lis: go again. Take more time getting into it this round. You could meet more than one more person at a time. Once you've left the meeting, take time to stay with what there is there, for it to lead to possibly the next thing sensed/chosen. Allow yourselves to sense what it is and what comes out of it.

The music is part of what we sense so take that in but be aware of how you respond to it.