

a few minutes I've missed something very and deep as A recounts.
Has he cried? I'm not sure.

K: it's fun to record the journey afterward. I wonder if there's
a book on where we hold joy in the body.

We reflect on how trauma/pain/negativity leaves a more lasting
trace than the opposite.

/ Interesting how humans seem to retain trauma sadness disap-
pointment more than the joyful experience, as well as socially
we share with each other laughter jokes and lightness rather
than sorrow and troubles. Grief is often reserved for the one best
friend. Remembering how when I met my children all these
joyful fun memories came to the surface from my own child-
hood which previously were hidden from my awareness. //