

When I go check on it it's off, the screen entirely dark. The battery has run out. Super-annoyed at myself for not thinking to check batt. status before going to lunch! Annoying learning curve. //

-HARVEST-

EW: It feels like we're forgetting the legs. It would be nice to explore that more. Our relation to the space is also important. Allow yourself to be sensing it and tracking it through. You can play with the electrode of the body and you can also transmit it to other parts of the body. We've lost it a bit because we are looking for the memory rather than allowing the body to find it.

You don't have to amplify to all the edges, you can zone in to just one thing.

A: You really have to think, when you're amplified, to find the next thing.

GW: But maybe you don't have to go all the way with amplifications. You can catch an attention and go with it more immediately, almost interrupting to find this new beginning.

J: There was also more doubt today.

GW: Allow the body to go through the process of sensing until you find your anchor. Don't be stressed that you have to find something too fast. And maybe the doubt is part of you W.A.I.T. There were fewer meetings today. It's fine but you can submit to the full meeting in order to allow some associations to arise. You can also interrupt to find a meeting. I know it can be hard to do that when you're in your thing. (A mention disruption of dates) Maybe the dates are an element too much?

A: No it's great. It just takes time to get into it.

GW: The moment when I proposed a date was dramatically very strong. It united you when up to that point you were more separate. When we get a date, locate the memory, but do that through the body.

GW: I know I said something about gesture/edition. But